

Food Supplement Nutrition Education Annual Report FY2013

Maryland SNAP-Ed, known as the Food Supplement Nutrition Education (FSNE) Program, provides nutrition education programming to low-income individuals and families throughout the lifespan, from Pre-K through senior-aged. The use of multiple-level interventions promotes sustained improvements in nutrition behavior among participants. MD FSNE implemented curricula that influenced healthy eating and physical activity practices at home, in schools, and at other sites frequented by the target population, including childcare centers, summer camps, and senior centers.

Pre-school Youth Interventions

Recent studies have found that lifestyle choices and physical activity practices are established very early in life and have an impact on future health and well-being. Thus, preschool-age is a critical time for nutrition education intervention. In FY13, FSNE reached over 5,000 preschool-aged children through nutrition and gardening focused curricula, including Color Me Healthy; Read for Health; and Grow It, Try It, Like It. These nutrition education programs encourage healthy eating and physical activity through multiple interventions, including music, dance, children's books, fruit and vegetable tastings, and gardening/planting activities.

Childcare providers and parents of preschool-aged children participated in curricula that encouraged healthy feeding practices. 1-2-3 Feed Me!, a childcare provider centered program, and Feeding for Healthy Eating (FHE), a parent-focused intervention, encourage adults to role model healthy eating, cook and eat with children, and introduce new foods to children. Through 1-2-3 Feed Me!, childcare providers of preschool-aged children received a two- or three-hour training through the Maryland State Department of Education (MSDE) on healthy feeding practices.



Nutrition Facts
In total, FSNE made approximately 312,000 contacts in FY13, a 26% increase over the previous year.
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Preschool teachers report that their students have **greater opportunities** for physical activity and **increased opportunities** for fruit and vegetable consumption

91% of FHE parents report often or always encouraging their children to make independent food decisions by determining when they are full



86% of FHE parents also report offering foods to children a second time if they did not like them initially




80% of childcare providers plan to eat meals with the children in their care

94% of childcare providers plan to implement healthy feeding practices through role-modeling healthy eating behavior

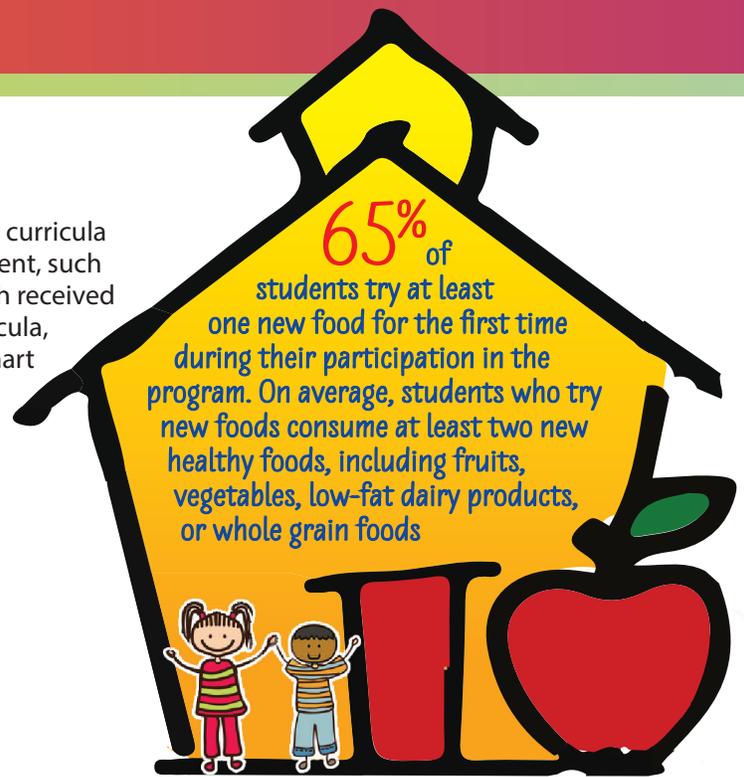
7 out of 10 childcare providers plan to prepare simple snacks and meals with the children in their care

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School-Age Youth Interventions

In FY13, 22,733 youth were reached through nutrition education curricula delivered both in-school and outside of the classroom environment, such as afterschool programs and gardening clubs. School-aged youth received nutrition education through five primary nutrition-focused curricula, including Nutrition Nuggets, Read for Health, ReFresh, Media Smart Youth, and Up for the Challenge.

Youth in grades 3 and higher who participate in these programs report an increase in the amount of new foods they try, the total number of fruits/vegetables they consume, and their preference for healthy foods.



Youth who participate in FSNE nutrition education curricula report **significant increases**

in their preference for healthy foods, including fruits, vegetables, and whole grain foods – 70% report liking vegetables and almost 90% report liking fruits and whole grains



8 out of 10 

students who participate in FSNE programs report consuming at least one fruit the previous day



7 out of 10 

students who participate in FSNE programs consume at least one vegetable during that same time period

After the nutrition education programs:

94% of youth report sometimes or always eating fruits with lunch

82% report sometimes or always eating vegetables with lunch



Nearly 20% of youth participants were reached through **Growing Healthy Habits**, a gardening for nutrition education program focused on enhancing students' tasting and preference for locally grown vegetables.

Youth in these programs report an increase in the amount of new vegetables they try, and their preference for locally grown vegetables, which are the two primary goals of this curricula. Further, when youth prefer foods, they are more likely to select and consume them.

80% of students report tasting zucchini and summer squash for the first time during the program

ALMOST 50% report tasting radishes for the first time during the program



Students report a significant increase in their preference for 11 vegetables, including lettuce, spinach, zucchini, cauliflower, cabbage, broccoli, tomatoes, summer squash, peppers, cucumbers, and radishes.

Teacher Training Programs

In FY13, 165 elementary and middle-school teachers participated in intensive teacher training programs, including the Integrating Nutrition into the School Curriculum (INC) and Youth Gardening for Nutrition courses. These 30-hour training programs are conducted in collaboration with MSDE and focus on increasing the integration of nutrition and gardening education into existing school subjects, including math, reading, and language arts.

After participating in the training, teachers report integrating nutrition and gardening activities on a **weekly basis**

The amount of time they encourage students to share healthy eating messages also increased from **monthly to weekly** after the training course

Teachers increase the number of healthy eating opportunities for students **nine-fold** to once per month during the school year

Teachers share healthy eating and physical activity information with parents on a **monthly basis** after participating in the teacher training

After increasing the focus on nutrition education, INC teachers also report changes in their students' behaviors:

9 out of 10 teachers report that their students speak more positively about healthy eating and physical activity

3 out of 4 teachers report that their students try more healthy foods



Adult Interventions

In FY13, SNAP cuts reduced benefit levels for more than 770,000 Maryland adults. MD FSNE responded to these cuts by delivering nutrition education programs that focused on dietary quality choices and food resource management to over 5,600 adults. On average, adults received nutrition education through a series of five, 60-minute classes featuring food demonstrations, tastings, and real-world application of learned skills.

After participating in the classes, they report significant positive changes in their daily consumption of fruits and vegetables.

Adult participants in FSNE nutrition education classes increase their daily servings of fruits and vegetables by **twenty-three percent** for a total of five servings consumed per day.



98% of adults report eating fruits or vegetables as snacks at least sometimes after participating in the nutrition education programs



Adults also change their patterns of consumption at meals – After the program, almost **double the number of participants** report always or often eating two or more vegetables at their main meal



Adults participating in FSNE nutrition education programs increase the daily variety of fruits and vegetables they consume.

over one half of adults eat 2 or more kinds of fruit each day, while **two thirds** consume 2 or more types of vegetables each day

Following FSNE nutrition education programs, **thirty-five percent more** adult participants report consuming fruits and vegetables every day for snacks



Adult Interventions

FSNE administers a number of nutrition education curricula that are delivered in novel or nontraditional ways.

Healthy Cents: The curriculum focuses on enhancing low-income adult participants' food shopping and food resource management skills.



Shopping List:

Participants intend to improve their food resource management by

1. using a list when food shopping;
2. comparing prices before buying food;
3. buying larger quantities of foods and making their own single servings;
4. buying generic or store brands; and
5. using the unit price to compare prices or different sized packages.

Participants intend to improve their healthy eating by often or always choosing many colors of fruits and vegetables each day; eating more than one fruit or 100% fruit juice per day; eating more than one vegetable per day; making half their plates fruits and vegetables; and trying new fruits and vegetables.



91% of Market to Mealttime participants indicate that their family would be willing to eat the recipes highlighted in the program

After attending events that offer recipe demonstrations,

78% of adults report that they plan to buy the healthy ingredients used in the recipe so they could prepare it themselves.

76% of participants plan to involve their family in the preparation of the recipe

Nutrition to GO! - Approximately 20% of the low-income adults served by Maryland FSNE were reached through Nutrition to GO! displays that provide simple, clear information on nutrition or physical activity concepts.



Before attending Nutrition to GO! events, participants report *rarely* thinking about/knowing the calorie content of their foods and beverages; after programming, they report plans to increase their awareness of the nutrition content of their food and beverage choices to *often*.

Before Nutrition to GO! programming, participants report *rarely* choosing smaller portions of food; after programming, they report an intention to *often* choose smaller portions of food.

Senior Interventions

FSNE reached over 650 senior adults through nutrition education programming in FY13. The two primary programs utilized with this population were Eat Smart, Live Strong and Eating Smart, Being Active, which encourage participants to eat more fruits and vegetables and to engage in moderate-intensity daily physical activity. After participating in the programs, seniors intend to make significant, positive changes to their daily health behaviors,

specifically by **engaging in at least 30 minutes of physical activity during the day,** as well as **increasing the number and variety of fruits and vegetables they consume on a daily basis.**

