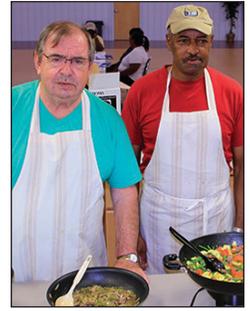


Steps to Health

Supplemental Nutrition Assistance Program Education (SNAP-Ed)



What is Steps to Health?

North Carolina State University's SNAP-Ed Program is **Steps to Health**. Steps to Health educates and inspires limited resource North Carolinians to eat smart and move more through nutrition and food resource management education programming targeting preschoolers, kindergarteners, 2nd grade students, 3rd grade students, adults, older adults, families, and Latino families.

Steps to Health is delivered by county-based NC Cooperative Extension Agents across North Carolina. Agents are:

- **Members** of the community they support
- **Trained** by university faculty to influence changes in behavior and impact the lives of those they teach
- **Skilled** in using hands-on, interactive teaching methods
- **Committed** to delivering research-based instruction
- **Dedicated** to reaching diverse, low-income populations

What is SNAP-Ed?

Supplemental Nutrition Assistance Program Education (SNAP-Ed) is the nutrition education arm of SNAP. Funded through the US Department of Agriculture and delivered nation-wide, it brings together federal, state, and local resources to improve the likelihood that families enrolled in SNAP and those eligible will make healthy food choices within a limited budget and choose physically active lifestyles.



"Our group added the exercises from the program to their regular 'morning routine.'"

—Congregate Nutrition Site Manager, Onslow County

"We all eat more fruit and vegetables and less fat."

—Participating family, Johnston County

"I enjoyed hearing my daughter tell me about the program. It helped me make better decisions on how I prepare food at home and it definitely encouraged her to want to try new fruits and vegetables."

—Parent of 2nd grade participant, Sampson County

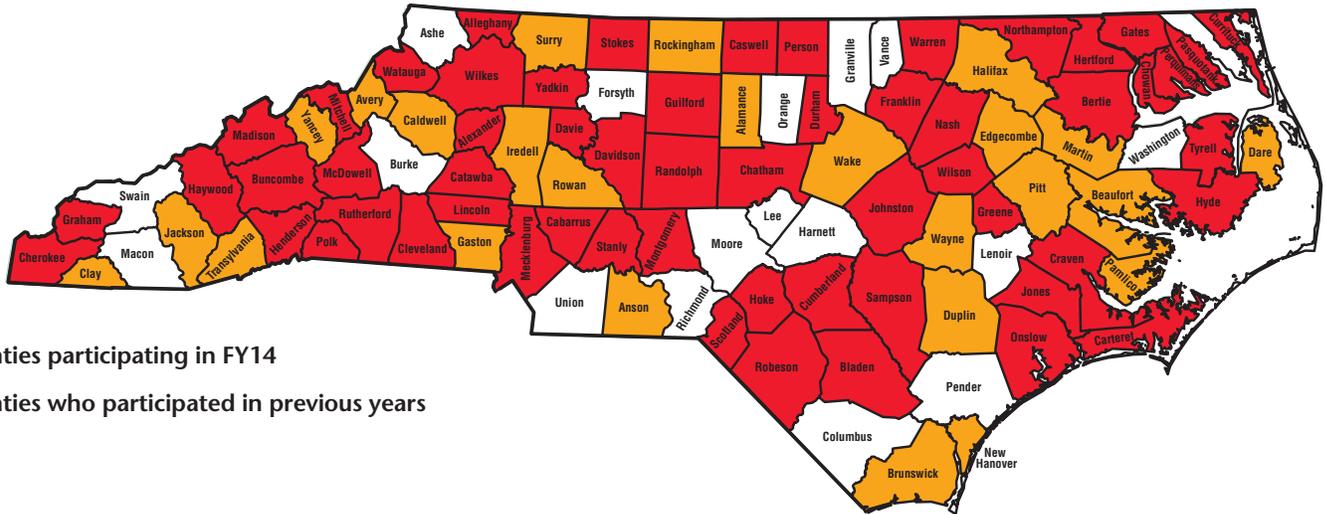


"I read all food labels now before purchasing!"

—Older Adult participant, Cabarrus County

"My son looks for whole grain in the ingredients. He helps me with grocery shopping now!"

—Participating mother, Henderson County



Defining the Problem

Obesity and related chronic diseases are prevalent among North Carolinians. North Carolina ranks 13th in the nation for obesity, and 9th and 17th highest for adult diabetes and hypertension, respectively. Poor eating practices and physical inactivity are not limited to adults. Children are following closely in their footsteps, with only 1 in 4 eating recommended amounts of fruits and vegetables and almost half spending more than 2 hours watching television every day.

Cultivating Solutions

Beginning in 2007, Steps to Health has improved the diets, nutrition-related behaviors, and physical activity levels of thousands of North Carolinians. During this time, Cooperative Extension agents have made **210,759** educational contacts, reaching **26,541** participants within **81** of North Carolina's 100 counties.

Steps to Health Works

Programs are multi-session to provide repetition and aid in the retention of information presented. Sessions are interactive and multi-sensory to better facilitate learning. Session components include: taste tests, cooking demonstrations, games, discussion, physical activity, songs, and goal setting. Participants receive take-home materials to promote behavior change outside of the classroom.

HIGHLIGHTED FY13 IMPACTS

- **77% of parents** of 2nd and 3rd graders observed their child eating more fruits and vegetables.
- **82% of adults** made progress towards a personal health goal while participating in the program.
- **97.5% of participating Hispanic/Latino parents** observed an improved willingness to taste fruits and vegetables in their child, and 100% made a positive behavior change themselves.

CHANGING BEHAVIOR: Steps to Health Delivers Consistent Outcomes

