

CSU Extension **SNAP-Ed**

2014 Annual Report

In federal fiscal year 2014, Colorado State University (CSU) Extension's Supplemental Nutrition Assistance Program-Education (SNAP-Ed) reached over 1,987 adults, impacting 6,647 family members. SNAP-Ed participants learned about basic nutrition and healthy lifestyles, food resource management, food safety and physical activity.

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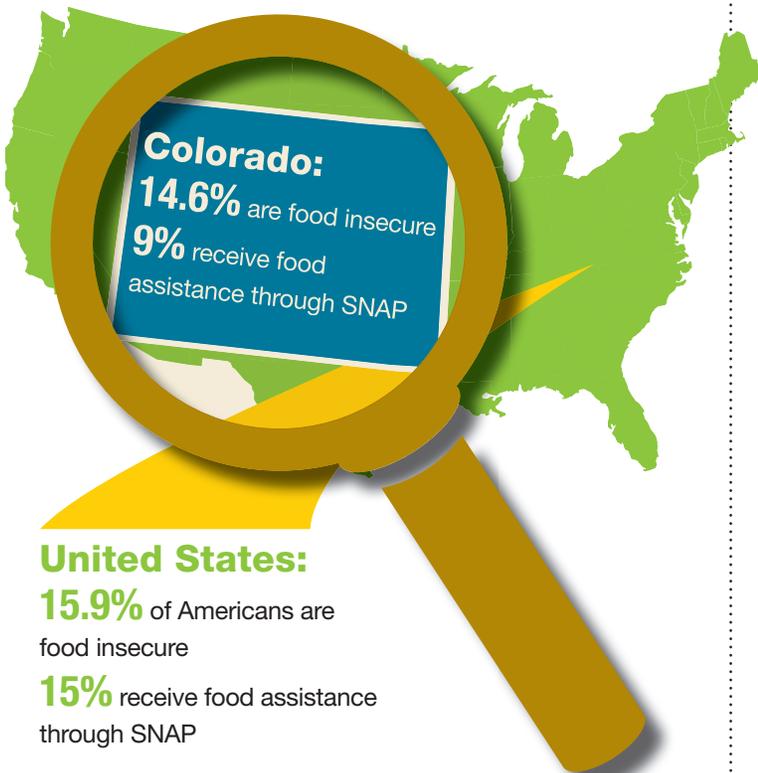
The Challenge for Colorado

More than two-thirds of American adults are either obese or overweight.¹ Although Colorado has the lowest adult obesity rate in the nation (21.3%)², it has the second fastest growing childhood obesity rate in the nation.³

Many Coloradans face poverty and hunger. In 2013, more than one in five Colorado households with children (22%) reported food hardship, facing financial challenges to put food on the table.⁵



Figure 1: Nearly 1 in 7 Coloradans struggle with hunger.¹



United States:

15.9% of Americans are food insecure

15% receive food assistance through SNAP

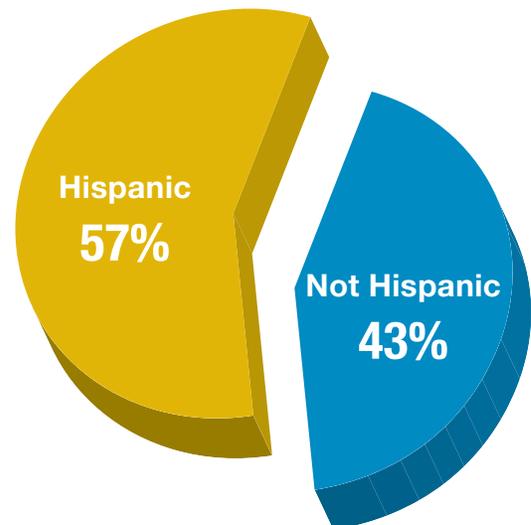
Figure 2: Percent of families with children that face hunger or food insecurity.⁵



What is Colorado State University Extension doing to help?

The CSU Extension Supplemental Nutrition Assistance Program-Education (SNAP-Ed) reaches out to Colorado's low-income residents by teaching a series of eight lessons that address how to make healthy food choices on a limited food budget, prepare healthy meals at home, increase physical activity, and stretch food dollars through meal planning and food safety. By completing classes and acquiring new skills, communities can experience savings on food assistance programs, lowered health care and public assistance costs, and a decrease in the burden on social healthcare resources like Medicare.

SNAP-ED ADULT PARTICIPANTS:





MEET AVIS

“I have kidney failure and I have to eat a certain way. Now, with the classes, I like to eat a lot of vegetables and I walk more. My grandchildren walk with me too and they are happy to help grandma lose weight.”

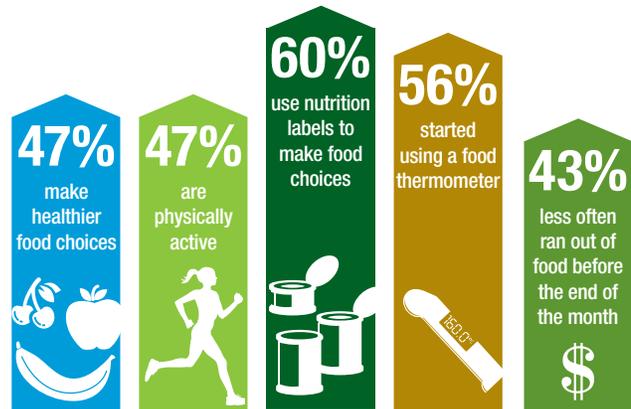


MEET AWA

“I am a three year cancer survivor. These classes help me save money at the store. I didn’t know much about ingredients and brands, but I became more aware of ingredients and I know it made quite a difference because I lost 20 pounds.”

FOLLOWING SNAP-ED CLASSES:

Following the lesson series, the majority of SNAP-Ed participants reported positive changes in behaviors related to healthy eating (90%), food shopping and budgeting (84%), food safety (64%), and physical activity (52%). These improved behaviors help families eat healthier and stretch their food dollars.



References

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- Feeding America. Retrieved November 19, 2104, from www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/?utm_source=internal&utm_medium=redirect&utm_campaign=mapthegap.

SNAP-Ed Promotes Farmers' Markets

In 2014, SNAP-Ed educators promoted local Farmers' Markets during *Lesson 3: Fruits & Veggies: Half Your Plate*, of the *Eating Smart • Being Active* curriculum. Surveys distributed to 316 participants after Lesson 8 of the series, indicated 40% of participants visited a farmers' market. Of the 40%:

- **13%** visited farmers' markets three or more times
- **70%** were likely to continue to go to farmers' markets
- **28%** used their EBT cards at farmers' markets
- **78%** were interested in using EBT cards at farmer's markets
- **60%** of those who had not visited a market, expressed interest in visiting one



- More than **80%** of respondents indicated their SNAP-Ed educator influenced them to visit a farmers' market.
- Survey respondents reported spending a minimum of **\$17** at farmers' markets.

CSU-Extension SNAP-Ed had a measurable impact on attendance and spending at Colorado farmers' markets.

SNAP-Ed Healthy Families Newsletter

In 2014, CSU Extension SNAP-Ed distributed 16,288 *Healthy Families* newsletters that reinforced educational messages from the *Eating Smart • Being Active* curriculum. Of the 215 survey respondents:

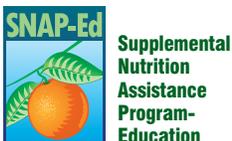
- **54%** made the recipe in the newsletter, while **42%** were planning to make the recipe.
- **66%** tried the physical activity and **29%** were planning to try the physical activity.
- **75%** of the Spanish speaking readers and **61%** of English speaking readers were likely to try the physical activity.

To access newsletters, go to:

www.ext.colostate.edu/snaped-efnep/snaped-nl.html



For more information about the program, please visit:
www.snaped.colostate.edu



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The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) is a nutrition education program funded through

USDA-Food and Nutrition Service. The goal of SNAP-Ed is to improve the likelihood that people eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans.

Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. Extension programs are available to all without discrimination. USDA is an equal opportunity provider and employer.