

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 programs 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 and eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles.

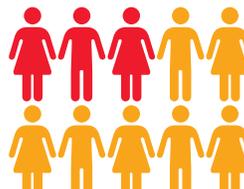


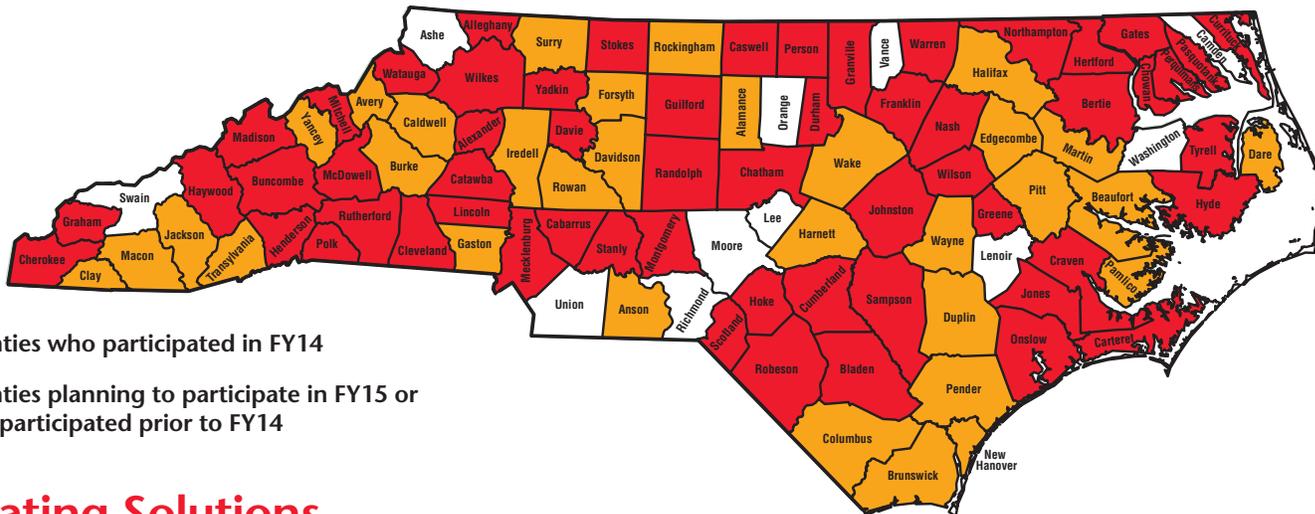
Defining the Problem

Obesity and related chronic diseases are prevalent among North Carolinians. With **2/3** of adults overweight or obese, 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.

The prevalence of food insecurity in North Carolina is higher than the national average.

1/4 
 children in NC live in households that lack access to adequate food.

3/10 
 kids in NC rely on SNAP to meet their nutritional needs.



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 made **257,279** educational contacts, reaching **32,734** participants within **82** of North Carolina's 100 counties. Seven new counties plan to participate in FY15.

New in FY14, Steps to Health enhanced direct education by providing support for environmental and policy

change at all participating Head Start centers, schools, and congregate nutrition sites. All sectors of society, including individuals and families, educators and health professionals, communities, organizations, businesses, and policymakers, contribute to the food and physical activity environments in which people live, learn, work, and play. Direct education combined with environmental and policy changes are more effective than either strategy alone for preventing overweight and obesity.

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 FY14 IMPACTS

- **94% of preschool children** are more willing to try fruits and vegetables.
- **76% of students** are more physically active.
- **50% of adults and older adults** are eating more vegetables.
- **100% of Head Start centers** made a change in their environment and/or policies.

"This program had a positive impact on my students, on my own food choices, and on my own children."

2nd Grade teacher, Buncombe County

"My child has been more aware of what he is eating, more interested in eating fruits and vegetables, and has been reading labels."

Parent of 3rd grader, Craven County

"I learned how to buy and prepare better meals with less salt, sugar, and fat."

Adult participant, Randolph County

