

# 2015 Annual Impact Report

The Purdue Extension Nutrition Education Program (NEP) works to improve the nutrition and health of audiences with limited resources in communities statewide.

## THE CHALLENGES



Less than

**1/2**

of adults meet  
physical activity  
requirements



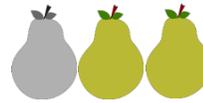
**3 out of 4**

adults do not eat  
the recommended  
amount of fruits &  
vegetables



**2/3**

of adults are  
overweight or  
obese



**1/3**

of youth are  
overweight or  
obese



**1 in 6**

Hoosiers face  
hunger or food  
insecurity

## THE NEP SOLUTION

### Nutrition Education/SNAP-Ed

NEP Assistants provide nutrition education to both youth and adults through schools and a variety of community groups. Lessons focus on how to plan nutritious meals, be active, handle food safely, spend food dollars wisely, and improve food purchasing and preparation skills.

### Community Wellness Coordinators

Community Wellness Coordinators (CWC) help to make the healthy choice the easy choice. They collaborate with community partners on broader community change that involves policy, systems and environmental (PSE) changes.

#### CWCs are involved in:

- Health Coalitions • Community Gardens •
- School & Workplace Wellness • Healthy Corner
- Stores • Trails & Parks • Farm to School •
- Farmers Markets • Active Living • Food Access
- Food Pantries

## THE RESULTS

### Impact on Adults and Families

**64%** improved in meal planning

**54%** increased vegetable consumption

**88%** use the nutrition facts label to choose foods when shopping

**49%** increased physical activity levels

### Impact on Youth

**86%** improved in diet quality

**54%** improved in physical activity

**48%** improved in food safety

### Community Wellness Coordinators

**31** CWCs hired in 2015

**69** Counties where CWCs work



- SNAP recipients
- Individuals with limited resources
- Schools with 50% or more free/reduced lunch
- Communities with high poverty rates

**5**

### Focus Areas

- Nutrition
- Physical activity
- Food safety
- Food security (hunger)
- Food resource management (stretching food dollars)

## GET CONNECTED



Purdue Extension Nutrition Education Program



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<http://bit.ly/PurdueNEP>

Purdue University is an EOE/AA employer. All individuals, including minorities, women, individuals with disabilities, and veterans are encouraged to apply. This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county Extension office.