THE CHALLENGE:

64% of Rhode Island ADULTS overweight or obese

1 in 5 CHILDREN live in households below the poverty level

36% of Rhode Island CHILDREN aged 10-17 years old are overweight or obese

36% of Rhode Island ADOLESCENTS consume vegetables less than one time per day

160% YOUTH are consuming 160% of the recommended amount of added sugar

38% of Rhode Island ADOLESCENTS & 35% of ADULTS consume fruit less than one time per day

93% of YOUTH consume more sodium than the recommended limit

7 Hours of average screen time per day for CHILDREN

THE SOLUTION:

EXPOSE
Children to new fruits and vegetables through nutrition classes and healthy lunchrooms.

TEACH
Parents and adults how to plan, buy, and prepare healthy meals.

HELP
Low-income Rhode Islanders learn how to stretch their food budget and buy healthy foods.

EMPOWER
Community partners and individuals to create changes in policies, systems, and environments.

References:
2017 SNAP-Ed RESULTS:

79% of adult participants showed improvement in one or more healthy eating habits.

53% of adult participants showed improvement in one or more food resource management behaviors.

67% of youth participants improved their fruit or vegetable intake.

“I used it [the snack container] to make the trail mix recipe at my house.” - Youth participant

57% of youth participants decreased their consumption of energy-dense snacks (sweet & salty) and sugar-sweetened beverages.

69% of parent or caregiver participants showed improvement in two or more child feeding practices.

“We have been more mindful of getting in all food groups.” - Parent participant

40% of parent or caregiver participants increased how often their children play actively for 60 minutes/day.

“I used it [the snack container] to make the trail mix recipe at my house.” - Youth participant

“Thank you URI SNAP-Ed for teaching me ways to eat better and to spend less.” - Adult participant

POLICY, SYSTEM, & ENVIRONMENTAL (PSE) APPROACHES in 2017:

1. Supporting the creation & implementation of policies related to nutrition and physical activity
2. Train-the-trainer nutrition workshops
3. Nudge SNAP-eligibles toward healthier food choices

2017: BY THE NUMBERS

<table>
<thead>
<tr>
<th>Web.uri.edu/snaped</th>
<th>8,937 views</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facebook views</td>
<td>10,987</td>
</tr>
<tr>
<td>Twitter impressions</td>
<td>7,600</td>
</tr>
<tr>
<td>Partnerships</td>
<td>84</td>
</tr>
<tr>
<td>Rhode Islanders</td>
<td>997</td>
</tr>
<tr>
<td>Healthy eating</td>
<td>5,755</td>
</tr>
<tr>
<td>Fruit &amp; Vegetable</td>
<td>952</td>
</tr>
<tr>
<td>SNAP-eligible</td>
<td>1,326</td>
</tr>
<tr>
<td>Healthy eating</td>
<td>7,600</td>
</tr>
<tr>
<td>Fruit &amp; Vegetable</td>
<td>1,326</td>
</tr>
</tbody>
</table>

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.