

The University of Rhode Island

SNAP-Ed WORKS

Supplemental Nutrition Assistance Program - Education

THE CHALLENGE:



64% of Rhode Island ADULTS overweight or obese¹



1 in 5 CHILDREN live in households below the poverty level²



36% of Rhode Island CHILDREN aged 10-17 years old are overweight or obese¹



36% of Rhode Island ADOLESCENTS consume vegetables less than one time per day³



160% YOUTH are consuming 160% of the recommended amount of added sugar.⁴



38% of Rhode Island ADOLESCENTS & **35%** of ADULTS consume fruit less than one time per day³



93% of YOUTH consume more sodium than the recommended limit⁵



7 Hours of average screen time per day for CHILDREN⁶

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:

1. <https://stateofobesity.org/files/stateofobesity2017.pdf> [accessed March 9, 2018]; 2. <http://map.feedingamerica.org/county/2015/child/rhode-island> [accessed March 9, 2018]; 3. Center for Disease Control. Rhode Island State Nutrition, Physical Activity and Obesity Profile. National Center for Chronic Disease Prevention and Health Promotion. 2016.; 4. Ervin RB KB, Carroll MD, Ogden CL. Consumption of added sugar among U.S. children and adolescents, 2005-2008. NCHS Data Brief 2012;87.; 5. Jackson SL, King SM, Zhao L, Cogswell ME. Prevalence of Excess Sodium Intake in the United States - NHANES, 2009-2012. MMWR. Morbidity and mortality weekly report. 2016;64:1393-1397; 6. Media and Children Communication Toolkit. American Academy of Pediatrics. 2017. <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx>;

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.

"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

Web.uri.edu/snaped **8,937** views



10,987 views



7,600 impressions

84

Partnerships with organizations where Rhode Islanders eat, play, live, learn, work, and shop

952

Community-based nutrition education presentations

5,755

SNAP-eligible participants reached through direct nutrition education

997

Professional development participants trained (teachers, childcare providers, food service professionals, and food pantry volunteers)

1,326 Classrooms received monthly USDA Fresh Fruit & Vegetable Program Fun Facts