

BUY EAT LIVE HEALTHY

Overweight and obesity are serious health problems in Iowa.

Obesity is linked to risk factors for heart disease, cancer and stroke, which are the three leading causes of death in Iowa. On average, Iowans eat too few healthy foods like fruits, vegetables and whole grains. Often, Iowans with lower income eat fewer of these healthy foods than those with higher income.

Buy. Eat. Live Healthy. is working to change this trend by helping Iowa families build knowledge and skills to make healthy choices despite tight food budgets.

SNAP-ED SUMMARY

Number served: 548 / Number graduated: 346

43%

of all participants are minorities



65%

reported income at or below 100% of federal poverty level



Dionne is a young, single mother of an infant boy. When I met her she was struggling with keeping herself well-nourished while breastfeeding her baby. She grew up not learning many cooking skills and felt she didn't know what to do in the kitchen. She depended on her boyfriend to cook for them, but many times he was not there and she turned to processed, prepared foods that she could get at the convenience store close by.

By the time she finished the Buy. Eat. Live Healthy program, she felt more confident in the kitchen. She had learned to prepare recipes on her own and she knew how to use the healthy foods she received as a WIC participant. She is now more committed to eating well both for herself and her baby and she has the skills to make it happen.

Contact Us

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BEHAVIOR CHANGE

Buy. Eat. Live Healthy. program graduates made significant changes to improve their health.

