



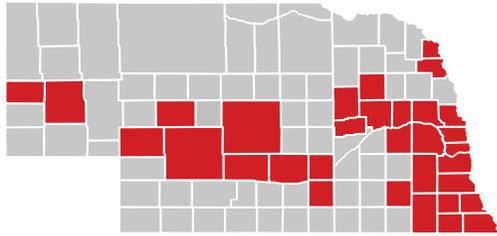
NEBRASKA EXTENSION

IMPACT 2017

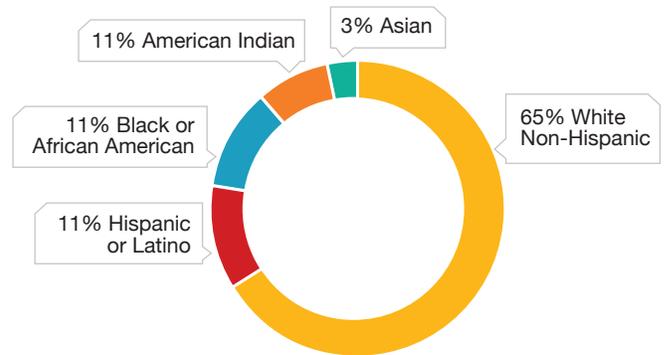
SNAP-Ed Impact Report

Nebraska Supplemental Nutrition Assistance Program - Education (SNAP-Ed) Reach

SNAP-Ed reached **31,272 participants** and the community-based interventions impacted **1,626,653 Nebraskans**



Reached individuals and communities in **32 Nebraska counties**



Reaching Individuals

Adults

SNAP-Ed in Nebraska reached **12,156 adults**



Adults Eat Healthier

32% increased their fruit intake, 30% increased their vegetable intake, and 31% increased their dairy intake

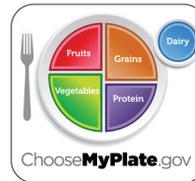


Physical Activity

29% increased their physical activity and 22% decreased their sedentary behavior

Youth

SNAP-Ed in Nebraska reached **19,116 youth**



Nutrition

98% of youth increased knowledge of MyPlate recommendations



Physical Activity

57% of youth are physically active on a regular basis

Reaching Communities



44 child care facilities and over **3,247 children** improved their nutrition and physical activity



5 SNAP-Ed eligible schools received **Smarter Lunchrooms grants** to make their school healthier.



Raised and donated over **18,000 pounds** of produce



Collaborated with **10 retail stores** in 6 communities

Eating Less is More:

Background:

Eating Less is More is a weekly SNAP-Ed class at the Nebraska Urban Indian Health Coalition (NUIHC). The adults attending are currently in a drug and alcohol rehabilitation program. The primary adult curriculum used is the Eating Smart Moving More curriculum. Class participants are enrolled in the SNAP - Ed program and receive a certificate upon finishing their 7th session.



The class participants received a lesson on portion control. We discussed how portions have gotten larger over the years and tips on how to cut back on them. Participants learned to pay attention to when they feel satisfied instead of eating until they are feeling completely full. They also learned if they are still hungry to take 2nd helpings on foods high in nutrients and low in calories. When I returned the following week, I received exciting news. Two participants in class (one male and one female) had decided to practice portion control together. They had been eating smaller portions since my lesson on portion control. That day they said they had grilled cheese sandwiches and tomato soup for lunch. The male participant told me that normally he would eat 4 grilled cheese sandwiches and 3 bowls of soup, and he only ate 1 grilled cheese sandwich and 1 bowl of soup! He also followed it with a serving of fruit!

The female participant also had only 1 sandwich and 1 bowl of soup. She admitted to having a small brownie also, but we talked about moderation and that it was okay to have them once in a while. I let them know how happy and proud I was that they were practicing portion control. These two participants have also been taking part in regularly attending the YMCA a couple of times a week with their group. By watching their portions along with increasing their physical activity, they are on their way to achieving a healthy weight and maintaining it!

Lisa Larkin, SNAP-Ed Assistant in Douglas/Sarpy Counties

Visit nep.unl.edu for more information.

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