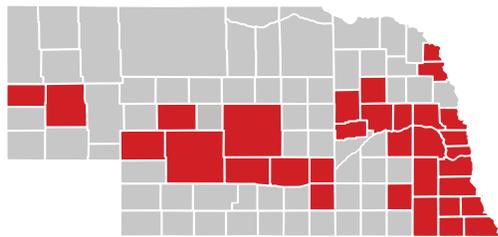


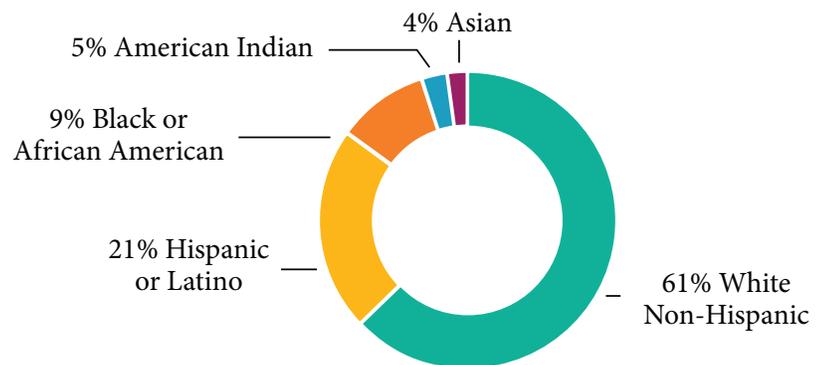
### SNAP-Ed Impact Report

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

SNAP-Ed impacted 150,325 Nebraskans through community-based interventions and reached 22,347 participants through SNAP-Ed educational programs.



Reached individuals and communities in 32 Nebraska counties



#### Reaching Individuals

Adults: 4,985

Youth: 17,362



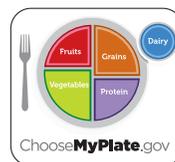
##### Adults Eat Healthier

32% increased fruit intake, 40% increased vegetable intake, and 37% increased dairy intake



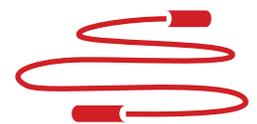
##### Adults Move More

33% increased physical activity



##### Youth Learn Nutrition

82% gained knowledge and skills about making healthy food choices



##### Youth Are More Active

66% of teachers noticed increased physical activity in students

#### Reaching Communities



50 child care facilities impacting over 2,100 children, improved their nutrition and physical activity practices



12 teens partnered with SNAP-Ed to teach youth about healthy meals and snacks



Grew and donated over 31,000 pounds of produce



7 retail stores in 5 communities increased healthy retail options



## Youth Data

Before NEP, 49% of students reported they pay attention to how many sugary drinks they drink each day. After NEP, that number increased to 66% of students.

***“Since I have stopped drinking pop, I do not really like the taste anymore. I would rather drink water. It is my favorite drink now.” -6th grade student***

Do you know how to follow a recipe to make something to eat? 72% of youth reported yes/sort of at pre and 86% at post.

***“Guess what?! My Mom and I made the Mango Tango Salsa recipe together and we added some chicken to it and had it with our supper. It was so fun to cook with my mom!” -4th grade summer school participant***



## Adult Data

Adult NEP participants plan their meals and shop with a grocery list significantly more often after NEP than before NEP.

***“I hear your voice throughout the grocery store” -Women’s shelter participant***

***“Changes I’m planning on making with the information that I received in this class are: Healthy choices, shop by unit price, portion sizes. I know what to eat. Foods I thought I wouldn’t like or never tried, this class has really helped.” -Male shelter participant***

***“I went home and planned my meals last week. I didn’t know it could be so easy!” -Adult female participant***



## Child Care Provider Data

Child care centers and homes achieved a 30% increase in best practices in nutrition, physical activity and breastfeeding after engaging with NEP.

***“When I asked the director what she thought of the whole NAP SACC process, she said, ‘I love it!’, Those goals were all things I wanted to eventually do, and this helped me to finally get them done.” -Hall county Extension Assistant***



## Teen Ambassador Data

Extension professionals mentored teen ambassador volunteers. Fifty-four teens, including 12 teens that assisted with SNAP-Ed programs, spend more than 800 hours helping plan, prepare and deliver programs to youth in their communities. Teen ambassador survey respondents (n=48), reported giving their family healthy meal or snack ideas (60%) and learning about healthy food choices (91%).

***“I am super happy to have had this opportunity and to spend some of my summer helping working with the kids.” -Elijah Nacke, Dodge County 4-H Healthy Habits Teen Ambassador***

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Donnia Behrends, MS, RD, HECO 114, UNL, Lincoln, NE 68583 [dbehrends2@unl.edu](mailto:dbehrends2@unl.edu) 402-472-6528

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