



SNAP-ED WORKS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

Every \$1 spent on nutrition education saves as much as \$10 in long-term health care costs

THE CHALLENGE



31%

of OHIO CHILDREN ages 10-17, are overweight or obese



65%

of OHIO ADULTS are overweight or obese



75%

of adults & youth in Ohio do not eat FRUITS AND VEGETABLES at least one time daily



1 in 6

adolescents of Ohio FAMILIES WITH CHILDREN face hunger/food insecurity

THE SNAP-ED SOLUTION

INTRODUCE school kids to new fruits and vegetables through workshops, classes, and school gardens



TEACH SNAP families how to buy and prepare healthy foods

HELP low-income families stretch tight budgets and buy healthy options

THE RESULTS



INCREASED USE OF MYPLATE

61% of SNAP-Ed participants reported using MyPlate to make food choices for a healthier life style



REACHING SNAP PARTICIPANTS

57% of Ohio SNAP-Ed adult participants reported using SNAP



FAMILIES WITH CHILDREN LEARN FROM SNAP-ED

59% of SNAP-Ed participants are adults ages 18-59, many with children in the household



INCREASED FOOD SECURITY

More than 1/3 of SNAP-Ed participants say they were less food insecure after completing an Ohio SNAP-Ed program



INCREASED CONSUMPTION OF HEALTHIER FOODS

Nearly half of SNAP-Ed participants regularly consume a variety of fruits & vegetables



IMPACT ON YOUTH

SNAP-Ed youth participants reported eating more foods from MyPlate food groups; choosing healthy snacks more often; eating breakfast more often and being more physically active.

FY14 SNAP-ED reached 44,322 adult and 74,324 youth participants