SNAP-ED WORKS
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

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

SNAP-ED WORKS FOR OHIOANS

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

FAMILIES WITH CHILDREN LEARN FROM SNAP-ED
59% of SNAP-Ed participants are adults ages 18-59, many with children in the household

INCREASED CONSUMPTION OF HEALTHIER FOODS
Nearly half of SNAP-Ed participants regularly consume a variety of fruits & vegetables

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

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

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.

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

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

The Ohio State University

COLLEGE OF EDUCATION AND HUMAN ECOCLOGY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES