

SNAP-Ed Works

IN COLORADO

THE CHALLENGE

Despite the national reputation as being one of the healthiest states in the nation, poor health and hunger remain a hardship many Coloradans face.

IN COLORADO



- Nearly 6 in 10 adults are overweight or obese.
- More than 1 in 4 children are overweight or obese.
- 86% of people in those groups are not eating the recommended number of fruits and vegetables
- 17.7 % of adults report not participating in any physical activity in the past month.
- 25.1% of youth watched television 3 or more hours per day on an average school day.

We also know that 1 in 10 Coloradans struggle with not always having enough money to buy food, and 1 in 6 Colorado kids may not always know when they will get their next meal. How does SNAP-Ed help?

THE SOLUTION



Have reliable **access** to healthy foods



Learn about good nutrition and how to make your food dollar's stretch further



Make Colorado **the** healthiest state

THE STRATEGIES

Colorado is finding strategies to maximize SNAP enrollment so we can become a leading state for enrollment in these health and nutrition benefits.

COLORADO SNAP-Ed has been...



Teaching families eligible for SNAP how to buy and prepare healthy foods.



Helping low-income families stretch tight budgets and buy healthy options.



Introducing kids to fruits and vegetables through nutrition classes, school gardens and healthier lunchrooms.



Making positive and healthy changes to the policies, systems and environments where our families live.



COLORADO
Office of Economic Security
Division of Food & Energy Assistance

THE RESULTS

Nutrition Education

In 2017 Colorado provided nutrition education to

6,332 Adults and 19,502 Youth



Because of SNAP-Ed, families are...



- Eating More Fruits and Vegetables
- Adjusting Meals to Make Them Healthier
- Increasing Physical Activity
- Comparing Food Prices
- Using Nutrition Facts on Food Labels
- Drinking Less Sugar-Sweetened Beverages
- Eating More Family Meals Together

Policy, Systems, and Environmental (PSE) Approaches:

An estimated 417,608 participants were reached through PSEs at Community Sites, Schools, and Early Childhood Centers.

Top PSE Approaches



1. Incorporating **physical activity** into the school day or into classroom based instruction.

2. Establishing or **improving standards for healthier eating** across the organization.

3. Creating or maintaining school or **child care wellness policies**.

4. Prioritizing **farm-to-table activities** or increasing fresh or local produce.

AND

50 School and Community Gardens were created or maintained!

Our Colorado SNAP-Ed Programs include:

