



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

# SNAP-ED WORKS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

OHIO SNAP-ED HAS BEEN...

THE OHIO SNAP •

ED REACH

# 67

percent of Ohio ADULTS are overweight or obese

# 75

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

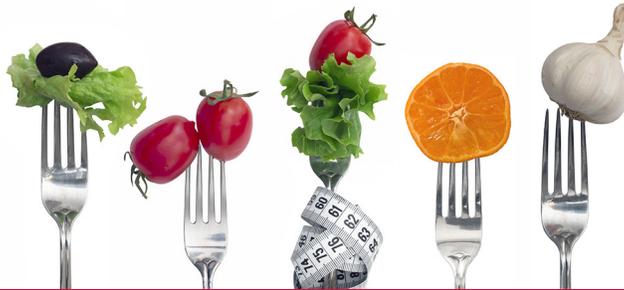
# 31

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

THE CHALLENGE

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

**TEACHING** families eligible for SNAP how to buy and prepare healthy foods



**HELPING** low-income families stretch tight budgets and buy healthy options

IN FFY 2017, OHIO SNAP-ED DIRECTLY REACHED...

# 381,463

adults, teens and youth with our nutrition and program assistant programs.

THE RESULTS

OHIO SNAP-ED PARTICIPANTS ARE...



### BEING ACTIVE

87% of adults, 86% of teens and 92% of youth are regularly active



### EATING FRUIT

89% of adults, 87% of teens and 86% of youth eat fruit every day



### PREPARING MEALS AT HOME

95% of adults are confident they can use basic cooking skills



### EATING VEGGIES

91% of adults, 84% of teens and 75% of youth are eating vegetables daily



### COOKING MEALS ON A BUDGET

92% of adults are confident they can prepare healthy meals on a budget

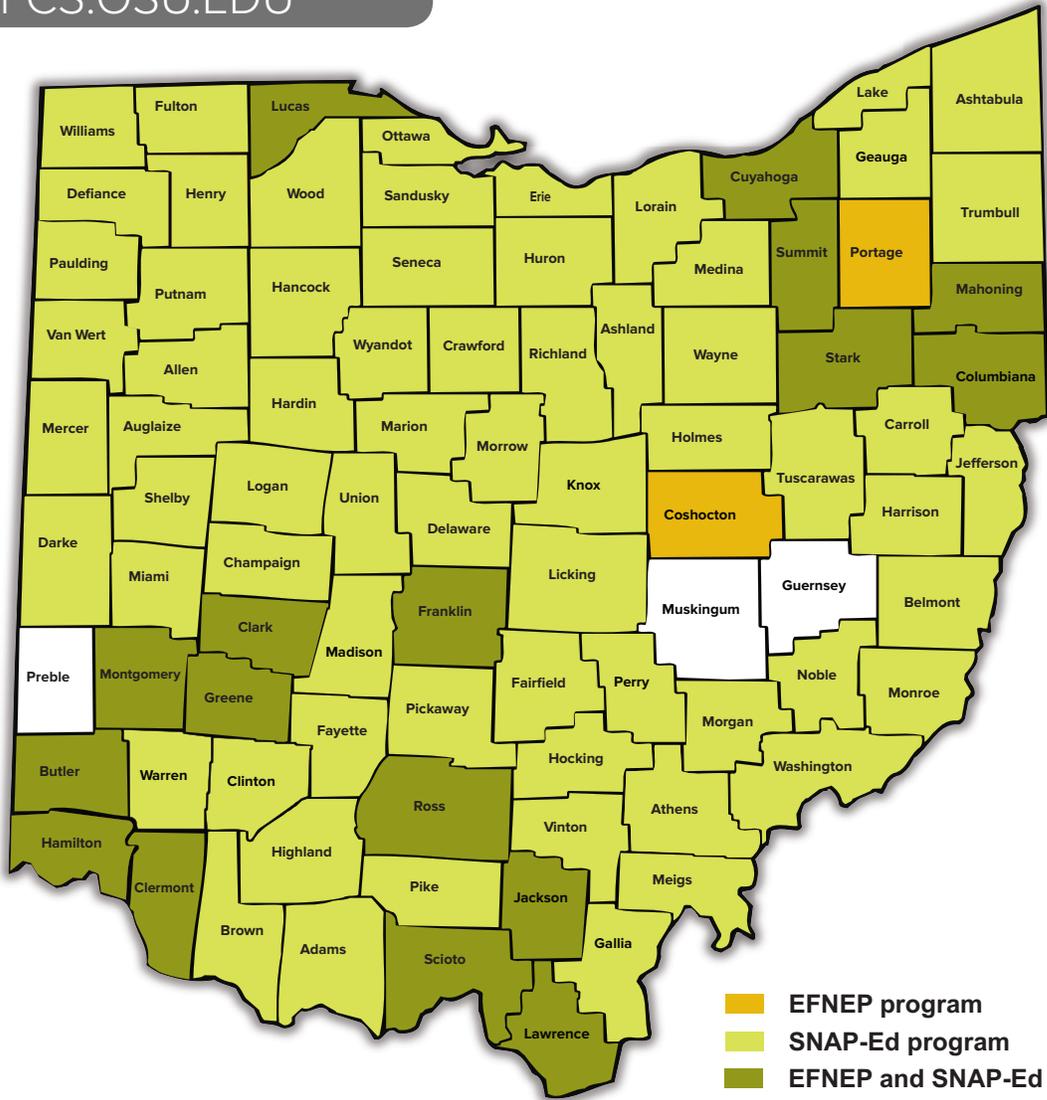


### DRINKING WATER

84% of adults, 78% of teens and 88% of youth choose water over soda



[celebrateyourplate.org](http://celebrateyourplate.org)



### STATEWIDE PROJECTS THROUGH 2018

#### Social Marketing Campaign [celebrateyourplate.org](http://celebrateyourplate.org)

- Goal: *increase statewide consumption of fruits and vegetables among SNAP participants*
- Partners: *ODJFS, ODE, ODH, ODA*

#### Building Capacity for Obesity Prevention

- Goal: *Develop a tool to determine the PSE intervention a community is ready to support and therefore succeed*
- Partners: *ODH, Creating Healthy Communities and CWRU*

## HEALTHIER LIVES THROUGH NUTRITION EDUCATION

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