SNAP-ED WORKS
2017 University of Minnesota Extension SNAP-Ed Results

THE CHALLENGE

1 out of 4 children age 10-17 are overweight
2 out of 3 adults are overweight
1 out of 10 don’t have enough food
4 out of 5 are not getting enough exercise
$2.3 Billion estimated medical expenses due to obesity

WHO WE WORK WITH

Youth
- American Indian or Alaskan (non-Hispanic)
- Asian, Native Hawaiian (non-Hispanic)
- Black or African American (non-Hispanic)
- Hispanic
- Other/more than one race (non-Hispanic)
- White (non-Hispanic)

Teens
- American Indian or Alaskan (non-Hispanic)
- Asian, Native Hawaiian (non-Hispanic)
- Black or African American (non-Hispanic)
- Hispanic
- Other/more than one race (non-Hispanic)
- White (non-Hispanic)

Adults
- American Indian or Alaskan (non-Hispanic)
- Asian, Native Hawaiian (non-Hispanic)
- Black or African American (non-Hispanic)
- Hispanic
- Other/more than one race (non-Hispanic)
- White (non-Hispanic)

Elders
- American Indian or Alaskan (non-Hispanic)
- Asian, Native Hawaiian (non-Hispanic)
- Black or African American (non-Hispanic)
- Hispanic
- Other/more than one race (non-Hispanic)
- White (non-Hispanic)
THE SNAP-ED SOLUTION
In the classroom and the community

IMPROVES FOOD SKILLS
so SNAP families can try, purchase, grow and prepare affordable, tasty, healthy foods through workshops, classes, and school gardens

BUILDS LOCAL CAPACITY
for community organizations to support families in healthy eating and active living goals

STRENGTHENS LOCAL ECONOMIES
by teaching low-income participants how to shop for healthy foods at area stores and farmers markets

HELPS COMMUNITIES
create and sustain environments that support and promote healthy choices

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

MINNESOTA SNAP-ED RESULTS

13,720
Number of people who participated in SNAP-Ed classes

38%
Percentage of SNAP-Ed participants who reported eating more fruits and vegetables after completing a series of classes

957
Number of partnerships that extend the reach and impact of SNAP-Ed

119,438
Number of people SNAP-Ed reached through our programming in addition to our classes

SNAP-Ed Works
with low-income children and families that are eligible for SNAP

This institution is an equal opportunity provider and employer. This material is funded by USDA’s Supplemental Nutrition Assistance Program — SNAP — with funds received from and through the Minnesota Department of Human Services. © 2018 Regents of the University of Minnesota. All rights reserved.