

The University of Rhode Island

SNAP-Ed 2018 Impacts

Supplemental Nutrition Assistance Program-Education



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The Challenge

Adults

65%

of Rhode Island adults are overweight or obese.¹

1 in 8

Rhode Island adults face food insecurity.²

34% & 18%

of Rhode Island adults consume vegetables and fruits less than one time per day, respectively.¹

Youth

17%

of Rhode Island children ages 10 to 17 are obese.¹

1 in 6

Rhode Island children struggle with hunger.³

42% & 42%

of Rhode Island adolescents consume vegetables and fruit less than one time per day, respectively.¹

What We Do

Help low-income Rhode Islanders learn how to plan, buy, and prepare healthy meals on a budget.

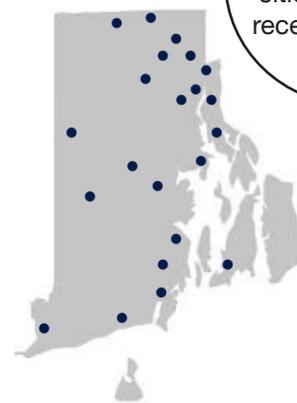
Teach Rhode Island parents positive feeding and physical activity practices to improve the whole family's health and well-being.

Engage Rhode Island youth in activities that encourage healthy eating habits (introducing new fruits and vegetables and raising awareness of sugar-sweetened beverages and energy-dense snacks).

Empower community partners and stakeholders to create changes in policies, systems, and environments (PSE) to make the healthy choice the easier choice.

Where Are We

- K-12 Schools
- Early Care & Education
- Job Training Sites
- Public Housing
- Congregate Meal/Senior Sites
- Community/Rec Centers
- Food Pantries
- Libraries
- Farmers' Markets
- Health Care Clinics
- Food Stores
- Afterschool Programs
- SNAP Offices
- Summer Meal Sites
- Indian Reservation
- Faith-Based Center



100%

of SNAP-eligible cities and towns receive SNAP-Ed programs

2018: At A Glance

97

partner organizations

721

professional development participants trained (teachers, childcare providers, WIC nutritionists, food service professionals, and food pantry volunteers)

4,810

unique SNAP-eligible participants reached through direct nutrition education

1,580

classrooms received monthly USDA Fresh Fruit & Vegetable Program Fun Facts

11,264

SNAP-eligible participants reached indirectly

904

community-based presentations & PSE technical assistance encounters



38,199

impressions on social media



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12,357 views

Direct Nutrition Education

Adult Series

512 total participants reached (239 pre and post surveys collected)



88% of adult participants showed improvement in one or more healthy eating habits.



60% of adult participants showed improvement in one or more food resource management behaviors.



I spend a lot of time at the grocery store now. I always read the ingredients list and compare prices.

~ Adult participant



Parent/Caregiver Series

150 total participants reached (46 pre and post surveys collected)



70% of parent or caregiver participants showed improvement in one or more child feeding practices.



41% of parent or caregiver participants increased how often their children play actively for 60 minutes/day.



I feel like I was having a bad experience with my daughter. This class helped me learn to deal with her and be more patient with her at meal times.

~ Parent participant



Youth Series

364 total participants reached (242 pre and post surveys collected)



72% of youth participants improved their fruit or vegetable intake.



72% of youth participants decreased their consumption of energy-dense snacks (sweet & salty) or sugar-sweetened beverages.



Because of the lesson on reading the label and sugars in drinks last week, I look at the label before I pick my drink. I drink unsweetened iced tea now instead of sweetened!

~ Youth participant



PSE Activities

URI SNAP-Ed empowers community partners and stakeholders to help support healthy eating patterns in multiple settings, including where people live, learn, work, shop, and play.

PSE refers to Policy, System, and Environmental changes that help make the healthy choice the easier choice within a target setting.

Settings of PSE Activities



PSE Spotlight: East Bay Food Pantry

Policy

East Bay Food Pantry's (EBFP) *Access Nutrition Initiative* provides guiding principles for food programs, nutrition education, and purchasing. These guidelines were last updated in October 2010. URI SNAP-Ed partnered with EBFP to provide assistance in updating the guidelines.



Systems

EBFP finds that incorporating strategies to nudge patrons towards choosing healthier food items such as brown rice, whole wheat pasta, and oatmeal has a positive impact on patron food choices. SNAP-Ed created monthly tip cards in English and Portuguese to encourage and give patrons the confidence to choose these foods. The tip cards include food preparation methods, tips on how to use the food items, and recipes.

Environmental

In addition to their food pantry, EBFP holds Fresh Food Fridays where patrons can receive fresh fruits and vegetables, but many patrons are unsure how to prepare certain produce items. SNAP-Ed provides a recipe demonstration and resource table monthly, and EBFP also includes SNAP-Ed recipes on the produce crates. The combination of approaches creates an environment where the healthy choice becomes the easier choice.



Sources:
 1. Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps [online]. [accessed Mar 29, 2019]. URL: <https://www.cdc.gov/nccdp/dnpao/data-trends-maps/index.html>.
 2. Coleman-Jensen, A., Rabbitt, M., Gregory, C. and Singh, A, Household Food Security in the United States in 2017, Economic Research Service, 2018.
 3. <https://www.feedingamerica.org/hunger-in-america/rhode-island>