

DC SNAP-Ed

Supplemental Nutrition Assistance Program - Education

Every \$1 invested in nutrition generates as much as \$138 in better health and increased productivity

The Challenges

31.6% of DC children ages 10 to 17 are **overweight or obese**



1 in 4 children in DC face **hunger and food insecurity**

High racial disparities in DC obesity rates:
11.2% of White & 37.0% of Black residents are **obese**



7 in 10 DC adults in Wards 5, 7 and 8 are **overweight or obese**

The SNAP-Ed Solution

SNAP-Ed promotes healthier lives where low-income people live, learn, eat, shop, work, and play.



Create

A culture of health to prevent nutrition-related chronic disease and support self-sufficiency



Teach

Low-income families how to buy and prepare healthy foods on a budget



Build

School gardens in low-income schools to teach children and families to eat and grow fruits and vegetables



Collaborate

With local organizations and state agencies to collectively impact the food environment

The Results



More than **5,458 children** and their **families** learned about eating and growing fruits and vegetables at **school gardens**



In 2019, DC SNAP-Ed provided **39,479 low-income DC residents** with evidence-based **nutrition education**



91.5% of Pre-K thru Kindergarten teachers participating in SNAP-Ed classes encouraged families to **bring healthy snacks** for school parties



In 2019, **3,116 DC residents** were taught skills to prepare fruits and vegetables at **25 farmers' markets**



In 2019, **5,385 seniors** received evidenced based nutrition education at **Commodity Supplemental Food Program** distribution sites and other senior centers

DC **snapEd** DC | **HEALTH**  GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

This institution is an equal opportunity provider.

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