2019 AT A GLANCE

<table>
<thead>
<tr>
<th>People Reached</th>
<th>Impressions on Social Media</th>
<th>Views on Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>5,241 through nutrition education classes</td>
<td>1,033 community-based presentations &amp; PSE technical assistance encounters, including 21% in Spanish or bilingual</td>
<td>65.1K</td>
</tr>
<tr>
<td>985 participants trained at professional development presentations, including teachers, childcare providers, WIC nutritionists, community health workers, home visitors, school food service, summer meals program professionals, and food pantry volunteers</td>
<td>91 partner organizations</td>
<td>14.0K</td>
</tr>
</tbody>
</table>
The Landscape

**65%**
Of Rhode Island adults are overweight or obese¹

**1 in 8**
Rhode Island adults face food insecurity²

**14% & 10%**
Of Rhode Island adults consumed the recommended amount of fruits & vegetables, respectively³

**35%**
Of Rhode Island youth ages 2 to 17 are overweight or obese⁴

**1 in 6**
Rhode Island children struggle with hunger⁵

**38%**
Of youth's daily diet consists of sweet snacks, salty snacks and sugar-sweetened beverages⁶

The Rhode Island Solution

**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 through introducing new fruits and vegetables and raising awareness of energy-dense snacks and sugar-sweetened beverages.

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

Our Partnerships

- K-12 Schools
- Early Care & Education
- Job Training Sites
- Public housing
- Congregate Meal/Senior Sites
- Community Centers
- Food Pantries & Emergency Meal Sites
- Faith-Based Centers
- Libraries
- Farmers' Markets
- Health Care Clinics
- Food Stores
- Afterschool Programs
- SNAP Offices
- Summer Meal Sites
- Tribal Organizations

![Map of Rhode Island with program distribution](image)

4. Childhood Overweight and Obesity: New Data for Rhode Island. Rhode Island KIDS COUNT. March 2019
6. NHANES 2007-2010 data (Bleich 2015)
### Our Impacts*

<table>
<thead>
<tr>
<th>ADULTS</th>
<th>PARENTS/CAREGIVERS</th>
<th>YOUTH</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
<td><img src="image3.png" alt="Image" /></td>
</tr>
<tr>
<td>Improved how many vegetables they eat</td>
<td>Increased how often they plan their dinner meals for the week</td>
<td>Ate more fruit</td>
</tr>
<tr>
<td>41%</td>
<td>42%</td>
<td>32%</td>
</tr>
<tr>
<td><img src="image4.png" alt="Image" /></td>
<td><img src="image5.png" alt="Image" /></td>
<td>Ate more vegetables</td>
</tr>
<tr>
<td>Increased how often they plan their dinner meals for the week</td>
<td>Decreased high-fat or high-sugar snacks available at home for their child to eat</td>
<td>Ate a greater variety of vegetables</td>
</tr>
<tr>
<td><img src="image6.png" alt="Image" /></td>
<td>38%</td>
<td>26%</td>
</tr>
<tr>
<td>Decreased how often their child eats take out, delivery, or fast food</td>
<td>Ate less salty foods as snacks</td>
<td>Ate less sugar-sweetened beverages</td>
</tr>
<tr>
<td>17%</td>
<td>31%</td>
<td>38%</td>
</tr>
</tbody>
</table>

*Based on participants who completed both pre and post surveys.*

"I tried making a list before I went shopping. I actually had money left over!"

"I changed the way to make my child eat, letting him choose between healthy options and not choosing for him. It works!"

"Now my mom puts fruits and veggies where I can reach them because I asked her. She is also starting to buy more fruits and veggies."
Policy, System, and Environmental (PSE) Impacts

PSE impacts refer to changes that help make the healthy choice, the easier choice in a target setting. PSE strategies are focused in settings where people live, work, learn, eat, and play.

Establishment of Yearly Training:
570 physical education/health educators, school food service staff, and summer meals front line staff exposed

Implementation of URI SNAP-Ed Fresh Fruit and Vegetable Curriculum:
36,265 elementary students exposed

Environmental Placement of Materials:
10 community partners serving SNAP-Ed eligible youth, adults and seniors received grab-and-go materials for their patrons to encourage healthy habits.

Environmental Nudges:
31 nudges including acrylic displays with handouts, recipes, and contact postcards, bulletin board kits for waiting areas, tear-off recipes to place near key produce, and pantry shelf signs

13 community partners

Technical Assistance & Training:
7 childcare centers created or strengthened their wellness policies

Featured PSE Approach: Student’s Take Charge! Program

URI's Student's Take Charge! (STC) is an elementary school-based PSE program focusing on empowering students to make fruit- and vegetable-based changes at school and at home.

Policy: Influencing Change
STC students attend a wellness committee meeting to share what they learned, outcomes of recipe tasting day, and their future hopes to help influence policy change in their district.

System: Changing Menu Options
STC students submit fruit- and vegetable-based recipes. The top recipe is tasted school-wide and students vote on whether to add it to the school lunch menu.

Environmental: Persuading Peers
Posters with persuasive fruit, vegetable, and other healthy messages are created by STC students and displayed throughout the school to encourage everyone to eat healthy.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.