**Steps to Health**
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

**2019 BY THE NUMBERS**

**IMPACT REPORT**

---

**OUR GOAL**
Based at NC State, we educate and inspire limited-resource North Carolinians to eat smart and move more.

**OUR EDUCATORS**
Live in the counties where they work and are committed to delivering evidence-based programming to their communities.

**OUR IMPACT**
Building healthier communities by increasing knowledge & shaping the environments where limited-resource people live, learn, work, shop, and play.

---

**7,392 PEOPLE ATTENDED NUTRITION CLASSES IN 59 NC COUNTIES & 45% NOW MAKE HEALTHIER FOOD CHOICES**

---

**HEALTHY ENVIRONMENT**

**145,087 PEOPLE WITH IMPROVED POLICIES, SYSTEMS OR ENVIRONMENTS IN 121 COMMUNITY SITES & SCHOOLS**

---

**IN THEIR OWN WORDS**

- "My favorite part is how open my child is to trying new foods, and choosing healthy alternatives to sweets."
  - Parent, Davidson County

- "The students started to have their own conversations throughout the day about healthy eating habits."
  - Teacher, Greene County

- "Students asked me to bring the foods they tried for snack time, like snap peas. Students that bring lunch from home started bringing foods they had tried in the taste tests."
  - Teacher, Davie County

- "I began eating healthier while attending Take Control classes, and I lost six pounds before the program ended!"
  - Adult participant, Northampton County

---

**NC STATE EXTENSION**

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