Maryland SNAP-Ed:
Producing Healthy Changes within Local Communities

FY2019

The Challenge:
Maryland is ranked as the 12th healthiest state, but:
- More than 1 in 4 adults are obese.
- Almost 1 in 6 children aged 10-17 are obese.
- More than 2 out of 5 adolescents eat fruits and vegetables less than once per day.

The Solution:
Maryland SNAP-Ed (FSNE) works to improve the health and wellbeing of local families. Healthy eating and physical activity are promoted through comprehensive programs that:
- Introduce children and adults to healthy options.
- Provide children and adults with the skills and knowledge to make healthy choices.
- Help local partners make changes within their environments that support healthy choices and behaviors.

The Results:
- 36,872 children and adults were reached through in-person education in FY19.
- 507 community partners worked with FSNE to promote healthy choices.
- 99% of sites that work with FSNE have established policies, practices, or environments that facilitate healthy choices by participants.

What FSNE offers:
- In-person lessons with children, adults, and families
- Educational resources
- Education at farmers’ markets, food banks, and grocery stores
- Text messaging and other social media efforts
- Cafeteria interventions
- Gardening programs
- Teacher- and staff-driven wellness policy changes

FSNE programming is associated with positive changes in individual and environmental health-promoting factors, including:

**Improved health behaviors among youth and their parents:**
- 25% more children eat at least three servings of fruit per day.
- 19% more parents say that their preschool-aged children eat more than one type of vegetable.
- 45% more parents say that their school-aged children are physically active for at least one hour daily.

**Changes in policies, practices and environments that support healthy choices:**
- 27% more teachers provide additional fruit or vegetable tasting opportunities for their students.
- 4% more teachers say that parents provide healthy foods for classroom parties or celebrations.
- 20% more teachers regularly reward students with physical activity opportunities.

For more information on FSNE programs, contact 410-715-6903 or visit http://extension.umd.edu/fsne