2020 IMPACT REPORT

GOAL
To improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the USDA food guidance.

MISSION
Steps to Health is NC State University’s SNAP-Ed program. We collaborate with youth, adults, and communities to help make the healthy choice the easy choice. We partner with organizations to expand and build healthy food and physical activity access in communities.

5,453 YOUTH AND ADULTS IN 51 NC COUNTIES

PARTICIPATED IN NUTRITION EDUCATION CLASSES

123,529 PEOPLE WITH IMPROVED POLICIES, SYSTEMS OR ENVIRONMENTS IN COMMUNITY SITES & SCHOOLS

MAKING THE HEALTHY CHOICE, THE EASY CHOICE.

IMPACTS

CONTROLLING YOUR SODIUM INTAKE
Steph & Ned teach in video shorts

Food resource and recipe decks for 102,000 households.

Take Control for virtual delivery

Seedling packets for children

This institution is an equal opportunity provider.
**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.

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**NUTRITION EDUCATION**

10,629 people attended nutrition classes in 61 NC counties & 53% now make healthier food choices.

**HEALTHY ENVIRONMENT**

56,424 people with improved policies, systems or environments in 156 community sites & schools.

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**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

"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

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

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

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**7,392** people attended nutrition classes in **59** NC counties & **45%** now make healthier food choices.

**145,087** people with improved policies, systems or environments in **121** community sites & schools.

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**IN THEIR OWN WORDS**

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  - Teacher, Greene County

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

We educate and inspire limited resource North Carolinians to eat smart and move more through nutrition and food resource management education programs targeting youth and adults. Our goal is to help participants make healthy choices within a limited budget and choose physically active lifestyles.

7,392 people attended nutrition classes
45% improved healthy eating habits
25% increased physical activity
43% improved shopping habits

GOING BEYOND NUTRITION

Steps to Health is leading the pack when it comes to developing tools that build healthy food and physical activity environments. In 2019, Steps to Health released three setting-based toolkits to improve policies, systems, and environments: The Nuts and Bolts of a Healthy Food Pantry, The ABCs of a Healthy School Environment, and The Building Blocks for a Healthy Community Site. Our educators use these toolkits to share evidence-based strategies with our partners, making sure that the healthy choice becomes the easy choice.

145,087 people were reached through Steps to Health food and physical activity environment initiatives

LET'S TALK ABOUT IT!

"The students were willing to try more food options in the cafeteria! They also began reading the labels on their milk cartons and snacks they brought in"
-Teacher, Lincoln county

"My daughter is more knowledgeable about healthy choices and talks about wanting to be healthy and eat more vegetables and fruits."
-Parent, Davidson county

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WHAT WE DO

We educate and inspire limited resource North Carolinians to eat smart and move more through nutrition and food resource management education programs that target youth and adults. Our goal is to help participants make healthy choices within a limited budget and choose physically active lifestyles.

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LET'S TALK ABOUT IT!

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