

Steps to Health

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

MAKING THE HEALTHY CHOICE THE EASY CHOICE



In schools, reaching 1,031 children



At community and faith sites reaching 242 adults



Through 27 partnerships that made built environment changes



On social media with 4,511,420 impressions

PROGRAM PARTICIPANTS MAKE HEALTHY CHOICES



- 25% of elementary school students ate more vegetables
- 27% of elementary children increased fruit intake
- 55% of adults increased their consumption of fruits
- 42% of adults increased vegetable intake.

PROGRAM PARTICIPANTS ARE MORE ACTIVE

47% of children



50% of adults

10,720 participants

Impacted by changes made to systems and the food environment in food pantries, community gardens, and other food sources

4,683 residents

Impacted by positive changes in housing communities, community centers, and faith settings

Visit our website:

<https://ncstepstohealth.org/>



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NC STATE

EXTENSION