



SNAP-ED WORKS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

THE OHIO SNAP-ED

REACH



OHIO SNAP-ED

OHIO SNAP-ED HAS BEEN...

TEACHING families eligible for SNAP how to buy and prepare healthy foods

THE CHALLENGE



18 percent of Ohio's **CHILDREN** live in poverty



13 percent of **RESIDENTS** and **17 percent** of **CHILDREN** in Ohio are food-insecure



26 percent of **ADULTS** and **27 percent** of **TEENS** meet recommended physical activity guidelines

INTRODUCING children to new fruits and vegetables through PSE interventions and school gardens



HELPING low-income families stretch tight budgets and buy healthy options

IN FFY 2021, OHIO SNAP-ED REACHED...

902,221

adults, teens and youth with direct programs and social marketing (Celebrate Your Plate)

OHIO SNAP-ED PARTICIPANTS ARE...

THE RESULTS



DRINKING WATER

81% of adults, **83%** of teens and **89%** of youth choose water over soda



PREPARING MEALS AT HOME

79% of adults and **69%** of teens prepare meals at home



EATING VEGGIES

88% of adults, **86%** of teens and **71%** of youth are eating vegetables daily



COOKING ON A BUDGET

87% of adults are confident they can cook healthy meals on a budget



EATING FRUIT

87% of adults, **86%** of teens and **83%** of youth eat fruit every day



BEING ACTIVE

81% of adults, **86%** of teens and **92%** of youth are regularly active

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

STATE HIGHLIGHTS

SUMMARY



THE OHIO SNAP-ED IMPACT

As a result of SNAP-Ed programming in our state, participants are:

- ✓ Using MyPlate to make healthy food choices
54% of adults and/or teens
82% of youth participants
- ✓ Drinking water instead of sugar-sweetened drinks
82% of adults and/or teens
82% of youth participants
- ✓ Being physically active at least 30 minutes most days of the week
84% of adults and/or teens
90% of youth participants
- ✓ Using Nutrition Facts labels to guide food choices
59% of adults and/or teens
75% of Cooking Matters participants
- ✓ Planning meals ahead of time
63% of adults and/or teens
83% of Cooking Matters participants

HERE'S WHAT PARTICIPANTS ARE SAYING ABOUT SNAP-ED



SNAP-ED OUTREACH IN FY2021

- 🌿 **51,195** participants were reached through direct nutrition education programs
 - **29%** Adult participants
 - **7%** Teen participants
 - **63%** Youth participants
 - **1%** Cooking Matters participants

- 🌿 **8,791** direct nutrition education programs were delivered, **95%** as program series

- 🌿 **611,582** additional participants were reached through indirect programs such as community events, newsletters and health fairs

HEALTHIER LIVES THROUGH NUTRITION EDUCATION

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