

NORTH CAROLINA



SNAP-ED PROGRAM RESULTS 2021

WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP) offers food assistance to millions of eligible (at or below 130% federal poverty level) individuals and families to reduce hunger and help put healthy food on the table.



WHAT IS SNAP-Ed?

SNAP-Ed is the nutrition education program of SNAP. SNAP-Ed equips eligible North Carolinians with knowledge and skills to make healthier choices.

To do this, the North Carolina Department of Health and Human Services, Division of Child and Family Well-Being partners with Alice Aycock Poe Center for Health Education, Down East Partnership for Children, Durham County Department of Health, East Carolina University, North Carolina Agricultural and Technical University, North Carolina State University, Second Harvest Food Bank, the University of North Carolina (UNC) at Chapel Hill, and UNC at Greensboro.

In FFY 2021, North Carolina SNAP-Ed measured indicators related to healthy eating.

2,378

North Carolinians were surveyed in direct education programs.

AFTER PARTICIPATING IN SNAP-ED PROGRAMS:



Participants of all ages ate more than one kind of fruit



Participants of all ages ate more than one kind of vegetable



Teens drank more water



Adults drank fewer sugar-sweetened beverages



Adults and seniors ate more cups of fruits and vegetables



Adults and seniors ate more cups of vegetables

POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES

Include changes to **formal, written policies, ways in which business is conducted, and environments** to increase healthy eating and physical activity where eligible North Carolinians eat, learn, live, play, shop, and work.



TOP CHANGES IMPLEMENTED:



POLICY

- Established or improved physical activity policy
- Established or improved food or nutrition policy



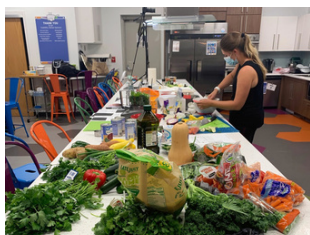
SYSTEMS

- Initiated a mechanism for distributing produce
- Expanded opportunities to work in the garden
- Initiated a mechanism for distributing materials for home gardening



ENVIRONMENTAL

- Edible gardens
- Used visuals to prompt healthy eating behavior choices close to the point of decision
- Use of the garden for nutrition education
- Increased opportunities for nutrition education



MULTI-COMPONENT PSE INTERVENTIONS

(i.e.: education, marketing, community involvement and trainings) enhance impact and sustainability of the healthy changes into future years.

80 sites reported nutrition-related multi-component PSE interventions.

16 sites reported physical activity-related multi-component PSE interventions.

