

NORTH CAROLINA



SNAP-Ed Program Results 2018

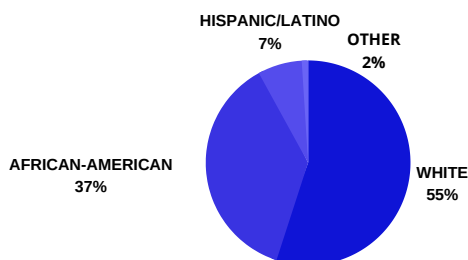
WHAT IS SNAP-Ed

The United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program - Education (SNAP-Ed) aims to increase the likelihood that low-income Americans will eat healthy diets consistent with the recommendations in the Dietary Guidelines for Americans and have physically active lifestyles. SNAP-Ed programs are implemented across North Carolina through the Department of Health and Human Services to address nutrition, food security, and physical activity for SNAP recipients and other low-income families (i.e., those with incomes at or below 185% the Federal Poverty Level).

SNAP-Ed Eligible Demographics Less than 185% Federal Poverty Level* (FPL)	
Total	1,636,636 (34%)
Ages (<185% FPL)	
Children <6 years old	168,984 (50%)
Children 6-17 years old	315,875 (43%)
Adults 18-65 years old	923,204 (32%)
Adults 65 years and older	228,573 (29%)

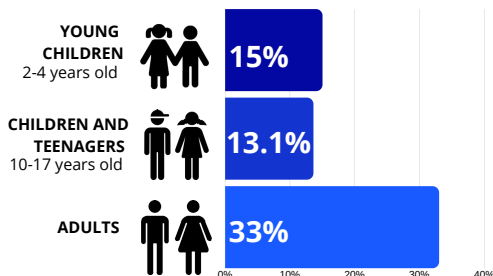
U.S. Census Bureau Demographic Table (C17002)

RACE/ETHNICITY (<185% FPL)



U.S. Census Bureau Demographic Table B17024
*does not include individuals who =185% FPL

NORTH CAROLINA'S OBESITY RATES



The State of Obesity: Better policies for a healthier America (stateofobesity.org)

AFTER PARTICIPATING IN SNAP-ED PROGRAMS, PARTICIPANTS REPORTED STATISTICALLY SIGNIFICANT IMPROVEMENTS IN:



Eating more than one kind of fruit throughout the day or week



Drinking low-fat or fat-free milk



Eating more than one kind of vegetable throughout the day or week



Reading nutrition facts labels or nutrition ingredients lists



Eating more fruit per day



Choosing healthy foods for a family on a budget



Eating more vegetables per day



Drinking more water

HEALTHY COMMUNITY CHANGES:

Community settings where changes occurred: USDA summer meal sites, early care and education sites, schools, gardens, food banks, and pantries

TOTAL REACH WAS 116,100

TOTAL POLICY CHANGES

50

TOTAL SYSTEMS CHANGES

179

TOTAL ENVIRONMENTAL CHANGES

74



NORTH CAROLINA STATE NUTRITION ACTION COUNCIL (SNAC)

State Nutrition Action Councils (SNAC) were established by the USDA Food and Nutrition Service (FNS) regions to improve coordination and cooperation among state agencies, FNS nutrition assistance programs, public health agencies, and EFNEP. In FFY 2018, the North Carolina SNAC (NCSNAC) was reestablished and focused on gathering key program personnel together to learn from each other, network, and brainstorm opportunities for a joint project. The group also conducted the Wilder Assessment in the fall of 2018 to measure the value of the SNAC partnership at baseline and inform the SNAC coordinator on areas to improve over time.



TOP CHANGES IMPLEMENTED:

POLICY

- Established or improved a nutrition policy
- Implemented school wellness or child care wellness policies



SYSTEMS

- Began offering USDA summer meals
- Improved hours of operation for summer meals
- Enhanced training on menu design and healthy cooking techniques
- Healthy menu changes



ENVIRONMENT

- Edible gardens
- Healthy cafeteria layouts at schools and work-sites
- Prominent displays of healthy foods



SUMMER MEALS PROGRAM:

The UNC Center for Health Promotion and Disease Prevention SNAP-Ed Child Nutrition Project, in partnership with No Kid Hungry NC, works to increase access to healthy meals served and reduce food insecurity through the federal summer meals nutrition program for children across the state. The project team partners with numerous state and local organizations including the NC Department of Public Instruction to promote the summer meals program to eligible families. A variety of strategies are offered including trainings operating a successful meal program, technical assistance, and communications campaigns to identify and support potential new sponsors and sites. To complement this policy, system, and environmental change work, No Kid Hungry NC also offers enrichment activities and nutrition education at meal sites. These efforts have resulted in increased meals served!

THE STATE OF NORTH CAROLINA PARTNERS WITH 11 AGENCIES TO TEACH NUTRITION EDUCATION AND CREATE HEALTHIER ENVIRONMENTS IN LOW-INCOME COMMUNITIES WHERE FAMILIES LIVE, WORK, LEARN, SHOP, AND PLAY.

- Alice Aycock Poe Center for Health Education
- Down East Partnership for Children
- Durham County Health Department - Durham Innovative Nutrition Education (DINE)
- East Carolina University - Motivating Adolescents with Technology to Choose Health (MATCH)
- North Carolina Agricultural and Technical State University - Try Healthy
- North Carolina Cooperative Extension, Surry Center
- North Carolina State University, Steps to Health
- Second Harvest Food Bank of Northwest NC
- University of North Carolina at Greensboro, Recipe for Success
- University of North Carolina, Chapel Hill - Center for Health Promotion Disease and Prevention (HPDP)
- YMCA of Asheville

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NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Social Services