



SNAP-Ed Works



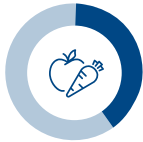
Evidence shows positive impact of SNAP-Ed

The U.S. Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program Education (SNAP-Ed) plays a critical role in helping people eligible for SNAP lead healthier lives on a limited budget. SNAP-Ed teaches people how to make their SNAP dollars stretch, shop for and cook healthy meals, and stay physically active. Initiatives include direct nutrition education in

communities across the country and social marketing campaigns. Since the passage of the Healthy Hunger-Free Kids Act of 2010, the program also supports policy, systems, and environmental change strategies that promote healthy eating to advance food and nutrition security, reduce diet-related chronic disease, and promote equity.

SNAP-Ed Is Evidenced-Based

According to the [Fiscal Year 2019 Impacts Survey](#), 56 land-grant universities across the country implement SNAP-Ed. Results show that:



40%

of participants ate more fruits and vegetables and drank fewer sugar-sweetened beverages



35%

of participants moved more and sat less

Research Shows:



SNAP-Ed efforts in schools are associated with greater cardiovascular fitness.



Adults participating in SNAP-Ed ate more fruits and vegetables and engaged in more vigorous physical activity.



SNAP-Ed policy, systems, and environmental strategies resulted in caregivers of children in SNAP-eligible households decreasing their intake of sugar-sweetened beverages and added sugars and increasing their [Healthy Eating Index-2015](#) scores.

“

“The nutrition classes have been an eye opener for me. They encourage me to eat better.”

HealthMPowers Nutrition Class Participant

Empowering Healthy Choices

SNAP-Ed partner HealthMPowers implements evidenced-based programs for assessing and expanding health and wellness. Its campaign, “Be a Health Hero: EAT, DRINK, MOVE,” encourages community members to eat more fruits and vegetables, drink more water, and be more physically active. Through social marketing strategies, it uses billboards, posters, banners, shopping tote bags, and store signage to spread healthy messages throughout low-income counties in Georgia.

Retailers reported that healthy promotional signs in their stores increased fresh produce purchases. In addition, stores offered monthly taste tests designed to encourage customers to choose healthier foods for their families.

Read the full story [here](#).