

NORTH CAROLINA



SNAP-ED PROGRAM RESULTS 2023

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) is the nutrition education program of SNAP aimed at reducing hunger for families whose incomes are at or below 185% of the federal poverty level. 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 nine implementing agencies across North Carolina.

- 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
- University of North Carolina at Chapel Hill
- University of North Carolina at Greensboro



AFTER PARTICIPATING IN SNAP-ED PROGRAMS:



Adults and seniors ate more than one kind of fruit and vegetable each day



Adults and seniors increased cups of fruit & vegetables consumed



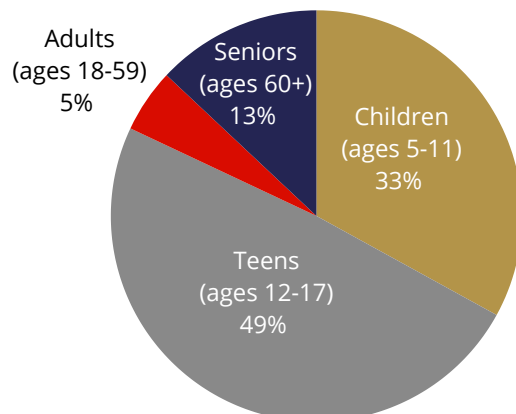
Children drank more water



Adults reduced the consumption of sugar-sweetened beverages

2,428 North Carolinians were surveyed in Direct Education programs in Federal Fiscal Year 2023.

DIRECT EDUCATION SURVEY RESPONDENTS, BY AGE GROUP:



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.

THERE WERE...



TOP CHANGES IMPLEMENTED:

POLICY



- Policy increasing healthy foods and beverages
- Policy for increasing or improving nutrition education or cooking activities

SYSTEMS



- Collection of excess healthy foods for distribution to clients, needy individuals, or charitable organization
- Opportunities for parents/students/community to access fruits and vegetables from the garden

ENVIRONMENTAL



- Initiation, improvement, expansion, reinvigoration, or maintenance of edible gardens
- Onsite garden produce for meals/snacks provided on-site



MULTI-COMPONENT PSE INTERVENTIONS:

Include either nutritional or physical activity support along with at least one of the following: education, marketing, community involvement and trainings. Multi-component interventions will enhance the impact and sustainability of the healthy changes into future years.

156 sites reported multi-component PSE intervention with a **NUTRITION** component

48 sites reported multi-component PSE intervention with a **PHYSICAL ACTIVITY** related component

