

Maine SNAP-Ed Works! 2018



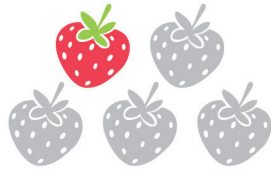
Every **\$1** spent on nutrition education saves as much as **\$10** in long-term health care costs.

Supplemental Nutrition Assistance Program—Education SNAP-Ed helps ensure that the investment in SNAP pays off.

THE CHALLENGE



2 out of 3 adults and 1 out of 3 youth in Maine are overweight or obese



Only 1 in 5 Maine middle school students eat enough fruits and vegetables



8 in 10 adults do not meet physical activity guidelines



14% of Maine households are food insecure

THE SNAP-Ed SOLUTION

35 Nutrition Educators working at all community levels to help Mainers shop, cook, and eat healthy foods in environments designed to make the healthy choice the easy choice.

Delivering **evidence-based** curricula



INDIVIDUAL

Increasing access to **healthy environments**



ENVIRONMENTAL

Increasing community capacity to **address hunger and prevent obesity**



SECTORS OF INFLUENCE

THE RESULTS

INDIVIDUAL

In 2018, **8,956 SNAP-Ed classes** reached **39,697 youth and adult participants**.

After participating in **10 Tips for Teens**, there were statistically significant increases in student consumption of **fruit, non-fried vegetables, low-fat dairy products, and whole grains**.

10 Tips for Adults reached **1,348 Mainers**.

Class participants reported significant behavior changes:



- **Increased** consumption of fruits and vegetables
- **Reduced** consumption of sugar-sweetened beverages
- **Increased** daily physical activity

ENVIRONMENTAL

Nutrition Educators continued to work on impactful policy, systems, and environmental changes. For example:

- 26 worked to **increase access to produce from local farms**.
- 12 promoted or established **home or community gardens**.
- 10 supported implementation of **school wellness policies**.

SECTORS OF INFLUENCE

Working with partners, **postcards were distributed to 20,533 SNAP recipients** to collectively promote participation in the Maine Harvest Bucks and Farm Fresh Rewards programs in priority **farmers' markets and food co-ops**.