



# Illinois Nutrition Education Programs (SNAP-Ed)



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Education Programs



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*University of Illinois Extension is the flagship outreach effort of the University of Illinois, offering educational programs to residents of the 102 Illinois counties — and far beyond.*

# THE CHALLENGE



Children in the U.S. are overweight or obese



Adults in the U.S. are overweight or obese



Families with children in the U.S. face hunger/food insecurity



Adults in the U.S. eat the recommended daily amount of both fruits and vegetables

SNAP-Ed Works Public Health Institute

	Adult Obesity Rate	Number of Individuals in Poverty	Average Monthly SNAP Household Participation
Illinois	27%	1,841,996	1,021,150
DuPage, Kane & Kendall Counties	27.3%	127,919	69,926

Sources: countyhealthrankings.org 2015, U.S Census Bureau 2013, DHS SNAP Data 2014

# THE SNAP-Ed SOLUTION

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



**SNAP-Ed WORKS IN ALL 50 STATES**  
With low-income families and children that receive SNAP (food stamps)



Teaches SNAP families how to buy and prepare healthy foods



Helps low-income families stretch tight budgets and buy healthy options



Introduces school kids to new fruits and vegetables through workshops, classes, and school gardens

*SNAP-Ed Works Public Health Institute*

## Goal

To improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with current recommendations (2010 DGAs, MyPlate)

## Focus

Health promotion

Primary prevention of disease



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A closer look

# WHAT ARE WE DOING



## 78 Program Sites

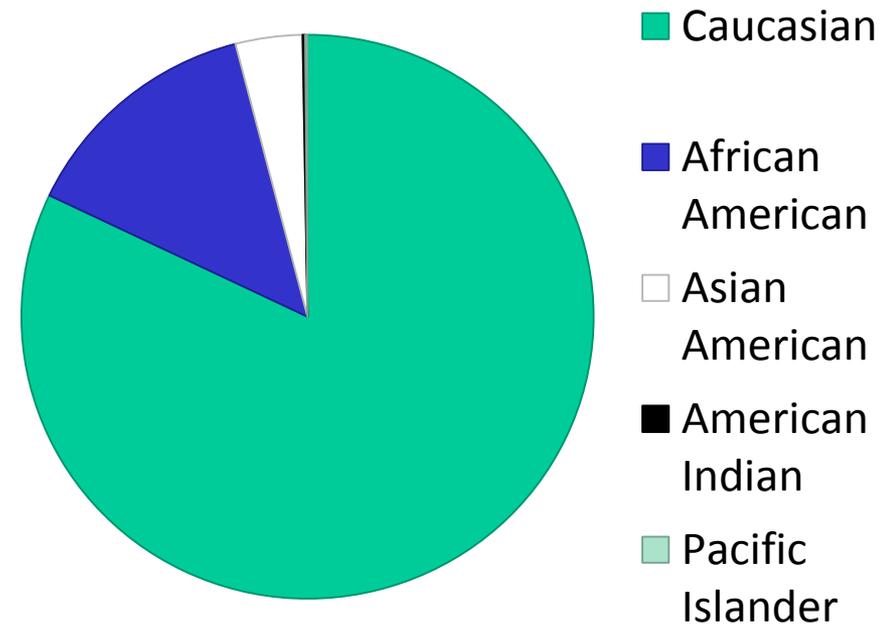
### Total Reach: 62,798 Contacts

- 39,114 Direct Contacts
- 23,684 Indirect Contacts

### Where We Are:

Schools & Pre-Schools, Churches, Community Centers, Food Pantries, Shelters, Public Housing, Senior Centers, Adult Education, Adult Rehab & Farmers Markets

## Participant Demographics



Hispanic: 26,539

Non-Hispanic: 12,575

- Classroom Programming
- Parent Nutrition Education
- NAP SACC assessment
- Provider Training/  
Professional Development
- Technical Assistance
- Coalition Participation



# The School Environment

- Youth programming
  - In classroom K-2<sup>nd</sup> grade, afterschool & summer
- School Wellness Policies
  - School & lunchroom assessments
- Participation at school events:
  - Health Fairs & family nights
- Staff Train the Trainer & Professional Development
- Adult programming
- School Gardens
- Technical Assistance



- Adult and Youth Programming
- EBT at Farmers Markets
- Community Gardens
- Healthy Vending
- Coalition Participation
- Technical Assistance



# THE RESULTS

## SNAP-Ed WORKS FOR KIDS

**3/4** 

*of SNAP-Ed participants are children*



**73% OF STUDENTS MET THE NATIONAL RECOMMENDATION FOR FRUIT CONSUMPTION** among Georgia SNAP-Ed program participants



**50% DECREASE OF OVERWEIGHT** in elementary school students in a Pennsylvania SNAP-Ed program



**100% INCREASE OF FRUIT AND VEGETABLE CONSUMPTION** in elementary school students in SNAP-Ed's Harvest of the Month program in Chico, CA

## SNAP-Ed WORKS FOR ADULTS & FAMILIES



### **INCREASE IN HEALTHIER FOODS**

92% increase in the number of participating low-income California adults eating 5 + servings of fruits and vegetables daily



### **INCREASE IN PHYSICAL ACTIVITY**

Up to 62% of SNAP-Ed participants were more physically active



### **DECREASE IN HUNGER**

40% of SNAP-Ed participants say the program helped them reduce the number of days their families faced food insecurity during the month

*SNAP-Ed Works Public Health Institute*

## Illinois

Outreach provided to 92 Illinois Counties

1,587 agency partners

736,819 direct participant contacts



86% of teachers surveyed statewide noted students are more aware of the importance of a healthful diet.



Students improved in identifying: calcium-rich foods, healthy snacks & fruits & vegetables.



82% of adults showed improvements in: planning meals, making healthy food choices, preparing food without adding salt, reading nutrition labels & having kids eat breakfast.



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# Interested in Connecting with the Illinois Nutrition Education Programs?



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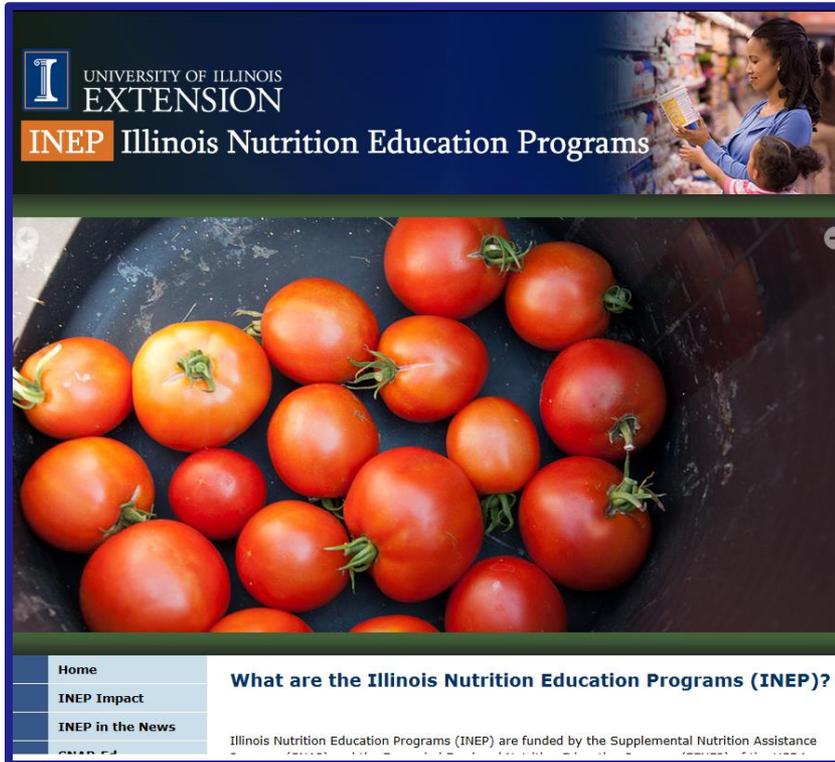
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