

# Maryland SNAP-Ed:

## Producing Healthy Changes within Local Communities

FY2019

### The Challenge:

Maryland is ranked as the 12th healthiest state, but:

- More than **1** in **4** adults are obese.
- Almost **1** in **6** children aged 10-17 are obese.
- More than **2** out of **5** adolescents eat fruits and vegetables less than once per day.



### The Solution:

Maryland SNAP-Ed (FSNE) works to improve the health and wellbeing of local families. Healthy eating and physical activity are promoted through comprehensive programs that:

- Introduce children and adults to healthy options.
- Provide children and adults with the skills and knowledge to make healthy choices.
- Help local partners make changes within their environments that support healthy choices and behaviors.



### What FSNE offers:

- In-person lessons with children, adults, and families
- Educational resources
- Education at farmers' markets, food banks, and grocery stores
- Text messaging and other social media efforts
- Cafeteria interventions
- Gardening programs
- Teacher- and staff-driven wellness policy changes

### The Results:

- 36,872** children and adults were reached through in-person education in FY19.
- 507** community partners worked with FSNE to promote healthy choices.
- 99%** of sites that work with FSNE have established policies, practices, or environments that facilitate healthy choices by participants.



## FSNE programming is associated with positive changes in individual and environmental health-promoting factors, including:

### Improved health behaviors among youth and their parents:

**25** more

children eat at least three servings of fruit per day.

**9** more

parents say that their preschool-aged children eat more than one type of vegetable.

**45** more

parents say that their school-aged children are physically active for at least one hour daily.

### Changes in policies, practices and environments that support healthy choices:

**27** more

teachers provide additional fruit or vegetable tasting opportunities for their students.

**4** more

teachers say that parents provide healthy foods for classroom parties or celebrations.

**20** more

teachers regularly reward students with physical activity opportunities.

For more information on FSNE programs, contact 410-715-6903 or visit <http://extension.umd.edu/fsne>



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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression.