

# Maryland SNAP-Ed: Producing Change in FY21

Maryland Supplemental Nutrition Assistance Program Education (SNAP-Ed) works to improve the health and well-being of Maryland residents. SNAP-Ed helps local families lead healthy lives through increased food access, improved nutrition quality, and physical activity. Through partnerships with state and community organizations across Maryland, SNAP-Ed provides comprehensive nutrition education programs, which consist of in-person education, social marketing programs, and policy, system, and environmental-level changes. SNAP-Ed programs introduce children and adults to healthy options and provide them with the skills and knowledge to make healthy choices.



## In FY21, SNAP-Ed worked with partnering sites to reach:

- 🍓 **13,951** youth and adults through in-person education
- 🍓 **172,485** participants through educational print or electronic materials

Due to the COVID-19 pandemic, SNAP-Ed developed new tools and resources for delivering education via remote delivery methods. As a result, SNAP-Ed reached:

- 🍏 **5,931** preschool-aged youth through the asynchronous delivery of educational materials
- 🍏 **44,130** people through weekly Facebook Live nutrition education events
- 🍏 **535,520** additional Marylanders through general county-wide efforts, including local television programming and social media posts

SNAP-Ed also works with partners across the state to foster changes in policies, organizational practices, and physical environments that support healthy choices and behaviors. Site-wide health promotion efforts create a recipe for success by improving Marylanders' access to nutritious foods and physical activity opportunities.

## In FY21:

- 🌐 SNAP-Ed educators trained **2,623** local partners to deliver SNAP-Ed programs and to encourage policies, practices, or environments that facilitate healthy eating and physical activity by participants.
- 🌐 **98%** of sites that work with SNAP-Ed have established health-promoting policies, practices, or environments.



In FY21, more than **3 out of 4** sites that work with SNAP-Ed created a new or improved policy, practice, or environmental effort aimed at supporting healthy choices and behaviors among local individuals and families.

In FY21, SNAP-Ed worked with **485** local partners to deliver nutrition education and promote sustained healthy changes throughout the state.



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# Youth Education Sites

SNAP-Ed partners with youth education sites, including schools, Head Start centers, afterschool programs, and Judy Centers, to change the environment where access to nutritious foods and physical activity is provided. Environmental changes include classroom tastings, cafeteria line and menu changes, physical activity integration, and farm-to-school promotion. At the same time, parents and students receive education on these concepts to support the effort of increased access and engagement. The comprehensive programming offered at youth education sites contributes to numerous positive individual behaviors, including consumption of healthy foods and beverages, use of food resource management strategies, and engagement in physical activity.

Youth who participate in SNAP-Ed try new foods:



**83%** of parents say their children are willing to try new healthy foods.

**93%** of youth report trying new foods.

After SNAP-Ed, parents use positive shopping strategies to buy healthy foods:

**9 out of 10** parents use a grocery list.

**9 out of 10** parents compare food prices.

**8 out of 10** parents read food labels.



SNAP-Ed interventions also impact the home environment by improving families' access to and engagement in shared healthy experiences.

After SNAP-Ed, families frequently cook together:



**84%** of youth say they help to cook at home.

**79%** of parents say their children help them to cook or prepare food.

After SNAP-Ed, families frequently engage in physical activity:



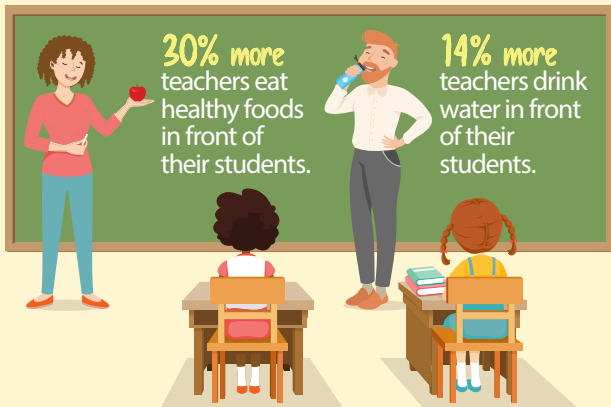
**89%** of youth report being physically active for at least 60 minutes per day.

**89%** of parents say they are physically active in front of their child.

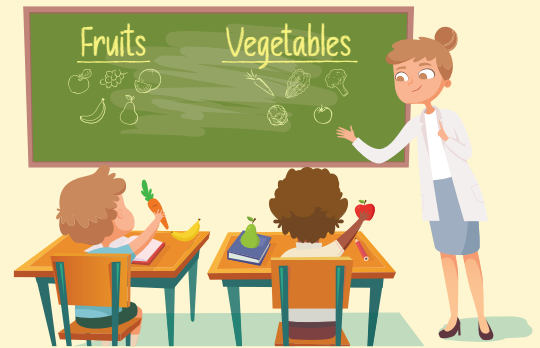
**84%** of youth report being physically active with their families.

Finally, SNAP-Ed programs work to change established behaviors and processes such that teachers, and the broader school community, increasingly integrate and prioritize the concepts of healthy eating and physical activity within classroom programming.

After SNAP-Ed, more teachers role model healthy behaviors:



After SNAP-Ed, **36% more** teachers regularly:



Talk with their students about the importance of healthy eating.

Encourage their students to eat healthy foods for meals or snacks.

After SNAP-Ed, more teachers regularly focus on physical activity in the classroom:

23% more

23% more teachers offer physical activity breaks.

34% more

34% more teachers use physical activity examples in lessons.

43% more

43% more teachers provide physical activity as a reward.

Youth education sites that partner with SNAP-Ed establish and maintain policies, practices, and environmental factors that support student and family engagement in health-promoting behaviors.

68%

of youth education sites use gardening activities to promote nutrition knowledge and healthy eating.

94%

of youth education sites ensure that students have free and frequent access to water throughout the day.

64%

of youth education sites have a written policy requiring that recess be offered to students.

91%

of youth education sites ensure that daily recess is offered to students, regardless of weather conditions.

# Food Access Sites

SNAP-Ed works to improve food access by connecting families to local farmers' markets and food pantries. Partnerships between SNAP-Ed and local food access sites focus on ensuring that healthy options are available and promoted to low-income shoppers or clients. SNAP-Ed then pairs nutrition education for participants that focuses on how to prepare foods at home in a way that their families will enjoy. Comprehensive educational programming at food access sites helps farmers' markets and food pantries make operational changes that support their shoppers or clients' healthy choices.

Farmers who partner with SNAP-Ed promote healthy choices among market shoppers:



**8 out of 10** farmers use signs next to each item with the price listed.



**8 out of 10** farmers price items based on unit rather than weight.



**50%** of farmers' markets that partner with SNAP-Ed increasingly used signs or posters to encourage the selection of healthy foods.



**74%** of food pantries that partner with SNAP-Ed regularly pair healthy recipes with the foods distributed to clients.



**50%** of food pantry managers who work with SNAP-Ed report that they actively solicit healthy food donations from donors.