



Community Nutrition Education Program State Report

2023 Impacts

Arizona's Health & Economic Challenges



1 out of 9, or 751,690 Arizonans, are food insecure. County rates of food insecurity vary from just under 1 out of 10 residents in Greenlee County to 1 out of 5 residents in Apache County.¹



1 out of 7 of Arizona's children are food insecure.² 1 out of 4 children in Apache County are food insecure.³



1 out of 13, or 952,268 Arizonans receive Supplemental Nutrition Assistance Program (SNAP) benefits.⁴

The University of Arizona's Cooperative Extension works to address these challenges through two federally-funded nutrition programs:

- **The Supplemental Nutrition Assistance Program-Education (SNAP-Ed):** SNAP-Ed was established in 1992 as the educational outreach component of SNAP, the nation's food purchasing assistance program, funded through the United States Department of Agriculture's Food and Nutrition Service (USDA FNS). The University of Arizona Cooperative Extension's SNAP-Ed program is branded within the state as the AZ Health Zone in partnership with the Arizona Department of Health Services. SNAP-Ed works in communities to impact policy, systems, and environmental change to increase underserved communities' and families' access to healthy foods, reduce chronic disease, and improve opportunities for physical activity.
- **The Expanded Food and Nutrition Education Program (EFNEP):** Established in 1969, EFNEP is the nation's oldest community nutrition education program. EFNEP is provided through the nation's land-grant universities and funded by the United States Department of Agriculture's National Institute of Food and Agriculture (USDA NIFA). EFNEP works primarily by providing multi-series nutrition education classes to families with children in low-resourced communities through a peer educator model.

1. *Feeding America, Map the Meal Gap, Arizona (2021)*

2. *Feeding America, Map the Meal Gap, Arizona Child Food Insecurity (2021)*

3. *Feeding America, Map the Meal Gap, Apache County Child Food Insecurity (2021)*

4. *Department of Economic Services, Statistical Bulletin (March 2024)*



SNAP-Ed & EFNEP Reach in Arizona



EFNEP **700** Adults and **696** Youths completed a multi-series class with pre and post-surveys.

SNAP-Ed served **2,179** Youth in direct education classes.



40 community-led coalitions served on by SNAP-Ed.



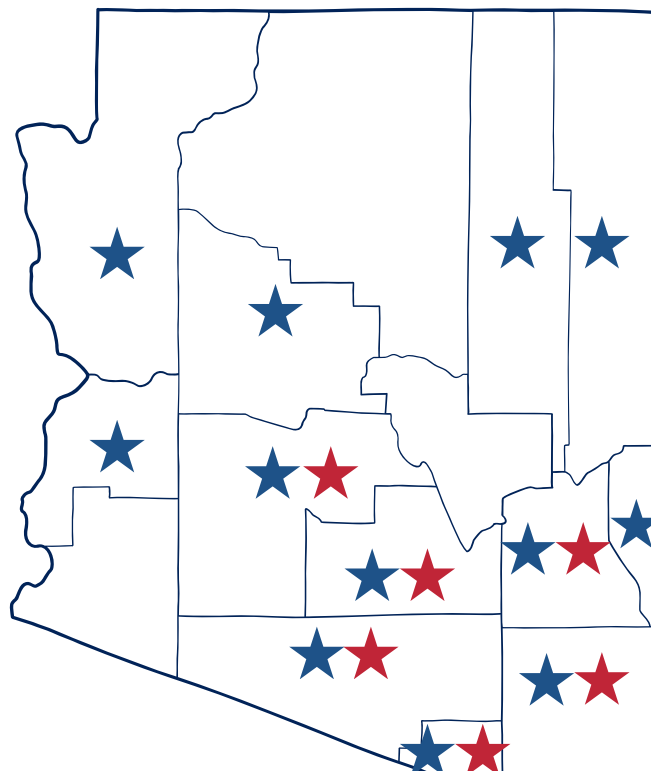
337 physical activity events provided across the state by SNAP-Ed.



8,011 nutrition education classes in both EFNEP and SNAP-Ed.

Locations of UA EFNEP and UA SNAP-Ed programs in Arizona: Click [here](https://bit.ly/snapedmaps) for an interactive map of programming Sites, partners, and needs assessment for each county or copy and paste this link: <https://bit.ly/snapedmaps>

- ★ UA EFNEP
- ★ UA SNAP-Ed





SNAP-Ed Community Interventions

SNAP-Ed implements Policy, Systems, and Environmental change approaches to address socio-economic factors and make healthy choices more accessible.

School Gardens

34 school gardens were started and maintained



Parks & Trails

34 parks and trails were enhanced

School Wellness Policies

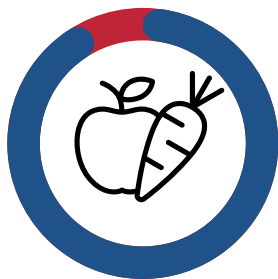
35 school policies were enhanced and supported



Food Access

22 food pantries were supported and enhanced

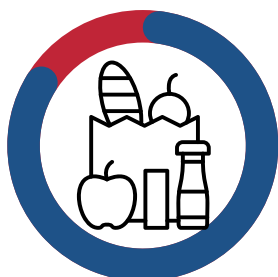
EFNEP Impacts



93% of participants demonstrated improvement in one or more diet quality indicators.



69% of participants showed improvement in one or more physical activity behaviors.



86% of participants demonstrated improvement in one or more food resource management practices.

Diet Quality Indicators

Eating fruits, vegetables,; red and orange or dark green vegetables; drinking less regular soda; fruit punch/drinks, sweet tea, sports drinks; cooking dinner at home.

Physical Activity Behaviors

Exercising at least 30 minutes; doing workouts to build and strengthen muscles; making small changes to be more active.

Food Resource Management Practices

Cook dinner at home; compare food prices; plan meals; check inventory and/or make a list before shopping.



SNAP-Ed & EFNEP Success Stories

Pinal Healthy & Active

Pinal County-SNAP-Ed

Pinal County SNAP-Ed, in collaboration with the Pinal County Public Services, created a free health and wellness app. The app features local recreational opportunities and park information, 200 nutritious recipes, free and low-cost events, farmers market locations, and more!



Glendale Main Library

Maricopa County-EFNEP - participant feedback

"I'm so grateful that this program was offered to me for free. I learned so much from your classes and realized how uneducated I was when it came to nutrition. If it wasn't for this class, I would've continued eating a whole bunch of sugar and salt every day, which would have most likely led to a variety of health problems. I've taped up the pamphlets that you gave me in my kitchen and I've started to implement all that you taught me. Thank you for being an amazing educator and thank you for the amazing meaningful work that you do!"

PLAZA Mobile Market

Pima County-SNAP-Ed

The Garden Kitchen launched the PLAZA Mobile Market in Fiscal Year 2023. PLAZA stands for "Promoting Local AZ Agriculture" and is a weekly farmers market at the Valencia Library every Wednesday from 10 a.m. - 12 p.m., and is timed between library-based family activities in a low food access area. Produce is bought at cost from the International Rescue Committee New Roots Program, Iskashitaa Refugee Network, and Tucson Village Farm and is 50% off for all customers to increase food security. The produce sells out consistently and has been welcomed by the community.



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