

# Arkansas

## EXTENSION SNAP-ED

In FY23, the University of Arkansas System Division of Agriculture Cooperative Extension Service's Supplemental Nutrition Assistance Program-Education (UADA SNAP-Ed) Program partnered with agencies and organizations at 555 locations throughout Arkansas, where Arkansans live, learn, play, shop, and work, to meet people where they are to support a common goal of healthy active living.

### PROGRAM REACH:

**279,187**  
Total Educational  
Contacts

**39,867**  
Total  
Individuals

**3,739**  
Total Number  
of Lessons

**18,577**  
Total Known  
Reach of PSE  
Activities



Working with community partners toward common goals and meeting Arkansans where they are creates opportunities to

### BUILD HEALTH TOGETHER

Survey results showed the following improvements:

**79%**  
Eating  
more fruit

**66%**  
Eating more  
vegetables

**60%**  
Improved food  
preparation  
skills

**59%**  
Increased  
physical  
activity

**50%**  
Adopted one or  
more food resource  
management  
practices

What Adult UADA SNAP-Ed Participants are saying about their accomplishments:

*“ I didn't eat a lot of vegetables before, but I am now, especially broccoli. ”*

**Adult Participant, Union County**

**U of A** **DIVISION OF AGRICULTURE**  
RESEARCH & EXTENSION  
University of Arkansas System

**Arkansas**  
**SNAP** **Ed**

# UADA SNAP-ED

partnered with schools to teach 32,080 youth nutrition education. Youth reported improvements in dietary and physical activity habits:

<b>88%</b> Improved food preparation skills	<b>35%</b> Eating more fruit	<b>33%</b> Eating more vegetables	<b>27%</b> Increased knowledge about Arkansas foods	<b>21%</b> Increased physical activity
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Youth indicated an “I can” attitude regarding their abilities to engage in their own healthy habits:

*“It is amazing honestly learning to eat healthy and it is fun learning how I can improve the health of my body.”*

**Youth Participant, Crawford County**

## PARENTS

of school-based participants returned surveys with the following results:

<b>78%</b> Child talked about healthy foods	<b>72%</b> Child more willing to try new foods	<b>71%</b> Child talked about physical activity	<b>61%</b> Family increased physical activity	<b>56%</b> Family made positive dietary changes
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UADA SNAP-Ed youth experiences in the classroom were extended to the home, as this parent commented:

*“This has helped my picky eater try new things without saying no all the time.”*

**Parent, Boone County**

## TEACHERS

were surveyed in order to measure the effectiveness of the UADA SNAP-Ed program in their schools. Survey results showed:

<b>97%</b> Found the program valuable	<b>72%</b> Were eating healthier and/or more active themselves	<b>67%</b> Observed students' willingness to try different foods	<b>46%</b> Observed students eating more fruits and vegetables	<b>34%</b> Students/parents reported eating healthier at home
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Teachers expressed how their students are taking ownership of their UADA SNAP-Ed experiences:

*“Every day when we go to breakfast and lunch now, my students are busy identifying which food group each item on their tray belongs to.”*

**Teacher, Marion County**

