



Supporting a Healthy Ohio

Ohio State University Extension SNAP-Ed aims to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles. Ohio SNAP-Ed uses a multi-level approach to reduce obesity and chronic diseases among SNAP-eligible populations across all 88 counties in Ohio.

Direct Education

Participants receiving nutrition education.



29,728
Adults

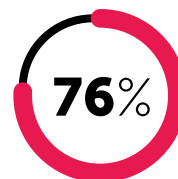


236,223
Youth

"After the final SNAP-Ed lesson, a participant tearfully shared that he had a new hope that he could take care of himself by eating healthy. The classes provided a supportive community for him, and he was very grateful. He was planning to use the food from the commodity food box he had just received to make the CYP Supreme Veggie Grilled Cheese. He was surprised to see vegetables integrated into several recipes used during the programs and shared that this has inspired him to try to do the same."

— Ohio SNAP-Ed Program Assistant

After participating in a SNAP-Ed series, adults reported doing the following most days or every day:



Drank tap water, bottled water or sparkling water



Ate vegetables



Are not skipping meals due to not having enough money for food



Ate fruit



Are physically active for at least 30 minutes

After participating in a SNAP-Ed series, teens reported doing the following most days or every day:



Drank tap water, bottled water, or sparkling water



Are physically active for at least 30 minutes

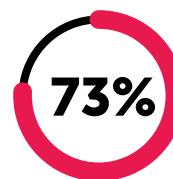
After participating in a SNAP-Ed series, youth reported doing the following most days or every day:



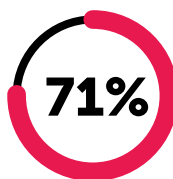
Drank tap water, bottled water, or sparkling water



Are not skipping meals due to not having enough money for food



Are physically active for at least 30 minutes



Ate fruit

Direct Education Program participants by Race/Ethnicity

| | |
|--------------|-------------------------------------|
| 67.4% | White |
| 17.2% | Black or African American |
| 11.9% | Multiracial |
| 1.6% | Asian |
| 1% | Native Hawaiian or Pacific Islander |
| 0.9% | American Indian or Alaskan Native |
| <hr/> | |
| 90.4% | Non-Hispanic/Non-Latino |
| 9.6% | Hispanic/Latino |



"A participant at a SNAP-Ed series said she needed to eat healthier but wasn't sure what to make and she lacked confidence in making food. She had attended 2 classes, and I gave her a MyPlate poster and all the CYP recipes I had used and demonstrated. This included the Turkey Cranberry Wraps, Roasted Veggies, and Mini Pizzas. At the 4th class, she excitedly told me that she had made the recipes at home, they were easy to make, and that she and the rest of her family liked them."

— Ohio SNAP-Ed Program Assistant



Social Marketing

1,127,416 people reached
by social marketing
campaign materials

Partnerships

930 different
organizations partnered
with Ohio SNAP-Ed

Policy, Systems, and Environment



36 policy
changes
adopted



164 systems
changes
adopted



180
environmental
changes adopted