The United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program - Education (SNAP-Ed) aims to increase the likelihood that low-income Americans will eat healthy diets consistent with the recommendations in the Dietary Guidelines for Americans and have physically active lifestyles. SNAP-Ed programs are implemented across North Carolina through the Department of Health and Human Services to address nutrition, food security, and physical activity for SNAP recipients and other low-income families (i.e., those with incomes at or below 185% the Federal Poverty Level).

SNAP-Ed Eligible Demographics

<table>
<thead>
<tr>
<th>Ages (&lt;185% FPL)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children &lt;6 years old</td>
<td>168,984 (50%)</td>
</tr>
<tr>
<td>Children 6-17 years old</td>
<td>315,875 (43%)</td>
</tr>
<tr>
<td>Adults 18-65 years old</td>
<td>923,204 (32%)</td>
</tr>
<tr>
<td>Adults 65 years and older</td>
<td>228,573 (29%)</td>
</tr>
</tbody>
</table>

U.S. Census Bureau Demographic Table (C17002)

RACE/ETHNICITY (<185% FPL)

- WHITE: 55%
- AFRICAN-AMERICAN: 37%
- HISPANIC/LATINO: 7%
- OTHER: 2%

U.S. Census Bureau Demographic Table B17024
*does not include individuals who =185% FPL

After participating in SNAP-Ed programs, participants reported statistically significant improvements in:

- Eating more than one kind of fruit throughout the day or week
- Drinking low-fat or fat-free milk
- Eating more than one kind of vegetable throughout the day or week
- Reading nutrition facts labels or nutrition ingredients lists
- Eating more fruit per day
- Choosing healthy foods for a family on a budget
- Eating more vegetables per day
- Drinking more water

Healthy Community Changes:
Community settings where changes occurred: USDA summer meal sites, early care and education sites, schools, gardens, food banks, and pantries

Total reach was 116,100

<table>
<thead>
<tr>
<th>TOTAL POLICY CHANGES</th>
<th>TOTAL SYSTEMS CHANGES</th>
<th>TOTAL ENVIRONMENTAL CHANGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>179</td>
<td>74</td>
</tr>
</tbody>
</table>

North Carolina’s Obesity Rates

- Young Children 2-4 years old: 15%
- Children and Teenagers 10-17 years old: 13.1%
- Adults: 33%

The State of Obesity: Better policies for a healthier America (stateofobesity.org)
State Nutrition Action Councils (SNAC) were established by the USDA Food and Nutrition Service (FNS) regions to improve coordination and cooperation among state agencies, FNS nutrition assistance programs, public health agencies, and EFNEP. In FFY 2018, the North Carolina SNAC (NCSNAC) was reestablished and focused on gathering key program personnel together to learn from each other, network, and brainstorm opportunities for a joint project. The group also conducted the Wilder Assessment in the fall of 2018 to measure the value of the SNAC partnership at baseline and inform the SNAC coordinator on areas to improve over time.

SUMMER MEALS PROGRAM:
The UNC Center for Health Promotion and Disease Prevention SNAP-Ed Child Nutrition Project, in partnership with No Kid Hungry NC, works to increase access to healthy meals served and reduce food insecurity through the federal summer meals nutrition program for children across the state. The project team partners with numerous state and local organizations including the NC Department of Public Instruction to promote the summer meals program to eligible families. A variety of strategies are offered including trainings operating a successful meal program, technical assistance, and communications campaigns to identify and support potential new sponsors and sites. To complement this policy, system, and environmental change work, No Kid Hungry NC also offers enrichment activities and nutrition education at meal sites. These efforts have resulted in increased meals served!