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METHODS

In March 2015, the Centers for Disease Control and Prevention (CDC) funded the Public Health Institute Center for Wellness and Nutrition (PHI CWN) to facilitate a learning community to support and expand the Supplemental Nutrition Assistance Program Education (SNAP-Ed) public health and innovative strategies as funding increased across the region. The Food and Nutrition Service (FNS) Southeast Region includes eight states: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.

The aims of this study were to use evaluation data collected during the federal fiscal year (FFY) 2017 to:

1) compare the percentage of participants meeting recommendations for healthy eating and food resource management behaviors at each implementing agency (IA) before and after a SNAP-Ed evidence-based program has been implemented.

2) measure the policy, systems, and environmental changes (PSE) that are adopted by the IAs.

RESULTS

Results from pre- and post-tests show that participants in SNAP-Ed programs in the Southeast Region are statistically significantly more likely to meet the recommendations from the Dietary Guidelines for Americans for healthy eating behaviors and have positive food resource management behaviors after participating in the program, compared to before.

To complement direct education, a total of 701 PSE changes reached 830,049 people in the Southeast Region. The highest number of PSE changes were environmental changes (n=357), followed by systems changes (n=245), and policy changes (n=99).

CONCLUSION

SNAP-Ed direct education in the Southeast Region is associated with significant improvements in self-reported healthy eating and food resource management behaviors among adult, teen, and child participants. Furthermore, the improvements in individual behaviors are complemented by PSE changes throughout the region that reach up to more than three-quarters of a million individuals.
INTRODUCTION

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) delivers a combination of evidence-based nutrition education and policy, systems and environmental change supports (PSEs) designed to promote healthy eating and active living in low income communities.

SNAP-Ed is administered by the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS). The FNS Southeast Region includes eight states: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee. This region has some of the lowest rates of fruit and vegetable consumption and physical activity among adults and teens, and the highest obesity rates for adults, teens, and children in the nation. At the same time, the region has high rates of poverty, with rates ranging between 15% and 21% of the total population. The Southeast also has 9,498,576 SNAP participants (as of June 2017), the largest share of SNAP participants of all the FNS regions. Therefore, the Southeast holds potential as a region where SNAP-Ed programming can impact a large number of residents to improve their health behaviors.

Since March 2015, the Public Health Institute Center for Wellness and Nutrition (PHI CWN) has facilitated a learning community to support and expand SNAP-Ed public health and innovative strategies. The Southeast Learning Community was a partnership between PHI CWN, USDA Southeast Regional Office (SERO), CDC, state SNAP-Ed agencies, and 25 implementing agencies (IAs) and their partners. The IAs deliver SNAP-Ed throughout the SERO region and include universities, non-profit organizations, and faith-based organizations.

In Federal Fiscal Year 2018, SERO and PHI CWN conducted a comprehensive, regional study to measure the outcomes of SNAP-Ed. The foundation of the study’s methodology was the USDA FNS SNAP-Ed Evaluation Framework which outlines indicators for SNAP-Ed evaluations. The SNAP-Ed Evaluation Framework Interpretive Guide was released by FNS in 2016 and provides a standardized method to report outcome evaluation findings from its programs across the country. The study’s aims were to:

1) examine the percentage of participants meeting recommendations for healthy eating and food resource management behaviors before and after participating in SNAP-Ed programs.

2) measure the PSE changes that were adopted by the IAs. SNAP-Ed requires states and IAs to use practice-based or evidence-based interventions in their programming. Our study contributes evidence related to the impact these interventions may have across an FNS region.
METHODS

Using a facilitated process involving decision makers from across the SERO region, three common indicators were selected as the focus of the current study. All SERO IAs were required to submit data collected during FFY 2017. All states except Mississippi submitted data on all three indicators. Within each of the three indicators, specific measures were also selected, which constitute the metrics of this study. IAs submitted their data for MT1, MT2, and MT5 using a standardized Excel template.

Table 1. Indicators and definitions

<table>
<thead>
<tr>
<th>Indicator Metric*</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Healthy Eating Behaviors (MT1)</strong></td>
<td></td>
</tr>
<tr>
<td>MT1c</td>
<td>Ate more than one kind of fruit throughout the day or week</td>
</tr>
<tr>
<td>MT1d</td>
<td>Ate more than one kind of vegetable throughout the day or week</td>
</tr>
<tr>
<td>MT1g</td>
<td>Drinking water more frequently</td>
</tr>
<tr>
<td>MT1h</td>
<td>Drinking fewer sugar-sweetened beverages</td>
</tr>
<tr>
<td>MT1i</td>
<td>Consuming low-fat or fat-free milk (including with cereal), milk products (e.g. yogurt or cheese), or fortified soy beverages</td>
</tr>
<tr>
<td>MT1l</td>
<td>Cups of fruit consumed per day</td>
</tr>
<tr>
<td>MT1m</td>
<td>Cups of vegetables consumed per day</td>
</tr>
<tr>
<td><strong>Food Resource Management (MT2)</strong></td>
<td></td>
</tr>
<tr>
<td>MT2a</td>
<td>Choose healthy foods for my family on a budget</td>
</tr>
<tr>
<td>MT2b</td>
<td>Read nutrition facts labels or nutrition ingredients lists</td>
</tr>
<tr>
<td>MT2g</td>
<td>Not run out of food before month’s end</td>
</tr>
<tr>
<td>MT2h</td>
<td>Compare prices before buying foods</td>
</tr>
<tr>
<td>MT2i</td>
<td>Identify foods on sale or use coupons to save money</td>
</tr>
<tr>
<td>MT2j</td>
<td>Shop with a list</td>
</tr>
<tr>
<td><strong>Policy, Systems, and Environmental Changes/Nutrition Supports (MT5)</strong></td>
<td></td>
</tr>
<tr>
<td>MT5b</td>
<td>Total number of policy changes</td>
</tr>
<tr>
<td>MT5c</td>
<td>Total number of systems changes</td>
</tr>
<tr>
<td>MT5d</td>
<td>Total number of environmental changes</td>
</tr>
<tr>
<td>MT5f</td>
<td>Reach—Total potential number of persons who encounter the improved environment or are affected by the policy change on a regular basis and are assumed to be influenced by it</td>
</tr>
</tbody>
</table>

* As defined in the SNAP-Ed Evaluation Framework

Data were collected using pre- and post-test for healthy eating (MT1) and food resource management (MT2) behavior indicators (n=43,303 pre-test, n=43,256 post-test). For each SNAP-Ed program, data were collected on the first day of the intervention (pre-test) and the last day of the intervention (post-test). Data on healthy eating and food resource management were collected using validated survey questions completed by participants. Because the survey questions used to collect data from each IA varied, each survey question used was evaluated by PHI evaluation team staff to determine whether it met the criteria in the SNAP-Ed Interpretive Guide. If it met the criteria, the responses were recoded by the IAs so that they could be standardized across sites using guidelines developed by PHI. Standard meta-analysis was used to conduct statistical tests of the differences between pre- and post-tests.

Data for PSE changes were collected using direct observation, interviews with key informants, repeated assessments or surveys, and photographic evidence, as recommended by the SNAP-Ed Evaluation Framework. IAs submitted their data using a standardized Microsoft Excel template which was provided with drop-down menus for PSE changes and promotion categories.
FINDINGS

Results from pre- and post-tests show that participants in SERO SNAP-Ed programs were statistically significantly more likely to meet the recommendations from the Dietary Guidelines for Americans 2015-2020 for healthy eating behaviors and have positive food resource management behaviors after participating in the program, compared to before.

MT1: HEALTHY EATING BEHAVIORS

SNAP-Ed in the Southeast Region was associated with significant improvements in both of the primary outcomes of this study: eating more than one kind of fruit (MT1c) and more than one kind of vegetable (MT1d), throughout the day or week. When combined, data from all eight states indicated that participants in SERO’s SNAP-Ed programs were more likely to consume more than one kind of fruit and more than one kind of vegetable after the SNAP-Ed interventions than before. Overall, participants were about 10% more likely to report eating more than one kind of fruit and 14% more likely to report eating more than one kind of vegetable after the intervention.

Findings were significant and positive for the following secondary outcomes for healthy eating behaviors: drinking water frequently, drinking fewer sugar-sweetened beverages, consuming low-fat and fat-free milk, increasing mean cups of fruit per day, and increasing mean cups of vegetables per day. Participants were about 4% more likely to report drinking water frequently and 10% more likely to report drinking sugar-sweetened beverages less frequently after the intervention. Participants were also about 9% more likely to report consuming low-fat or fat-free milk and milk products after the interventions, compared to before. Overall, reported fruit consumption increased by about 0.34 cups and vegetable consumption increased by about 0.22 cups after the interventions.

Subsequent analyses revealed that results for each of the specific metrics for MT1 differed by state (Table 2). Results of analyses were significant and positive for at least two of the seven specific metrics for all states. Results of the analyses for Kentucky revealed significant results for all specific metrics.

Table 2. States in the Southeast region that had statistically significant positive results in healthy eating behaviors after SNAP-Ed programs were implemented in FFY 2017

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Description</th>
<th>Southeast Region</th>
<th>AL</th>
<th>FL</th>
<th>GA</th>
<th>KY</th>
<th>MS</th>
<th>NC</th>
<th>TN</th>
<th>SC</th>
</tr>
</thead>
<tbody>
<tr>
<td>MT1c</td>
<td>Ate more than one kind of fruit throughout the day or week</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>MT1d</td>
<td>Ate more than one kind of vegetable throughout the day or week</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>MT1g</td>
<td>Drinking water frequency</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>MT1h</td>
<td>Drinking sugar-sweetened beverages less frequently</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>MT1i</td>
<td>Consuming low-fat or fat-free milk</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
</tr>
<tr>
<td>MT1l</td>
<td>Cups of fruit consumed per day</td>
<td>✔️</td>
<td>No data</td>
<td>✔️</td>
<td>No data</td>
<td>✔️</td>
<td>No data</td>
<td>✔️</td>
<td>No data</td>
<td>✔️</td>
</tr>
<tr>
<td>MT1m</td>
<td>Cups of vegetables consumed per day</td>
<td>✔️</td>
<td>✔️</td>
<td>No data</td>
<td>✔️</td>
<td>No data</td>
<td>✔️</td>
<td>No data</td>
<td>✔️</td>
<td>✔️</td>
</tr>
</tbody>
</table>
When healthy eating behaviors were examined by age group, children, teens, adults and seniors all reported significant and positive improvements in four or more specific metrics (Table 3). Notably among adults and seniors, all seven-metrics improved after participation in SNAP-Ed interventions.

Table 3. States in the Southeast region that had statistically significant positive results in healthy eating behaviors after SNAP-Ed programs were implemented in FFY 2017

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Description</th>
<th>Children</th>
<th>Teens</th>
<th>Adults</th>
<th>Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>MT1c</td>
<td>Ate more than one kind of fruit throughout the day or week</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>MT1d</td>
<td>Ate more than one kind of vegetable throughout the day or week</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>MT1g</td>
<td>Drinking water frequency</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>MT1h</td>
<td>Drinking sugar-sweetened beverages less frequently</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>MT1i</td>
<td>Consuming low-fat or fat-free milk</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>MT1l</td>
<td>Cups of fruit consumed per day</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>MT1m</td>
<td>Cups of vegetables consumed per day</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

MT2: FOOD RESOURCE MANAGEMENT BEHAVIORS

Findings were significant and positive for the food resource management behavior secondary outcomes. Specifically, participants in SERO’s SNAP-Ed programs were more likely after participating in SNAP-Ed interventions to choose healthy foods for their families on a budget, read nutrition facts labels, have increased food security (as defined by not running out of food before month’s end), compare prices before buying foods, identify foods on sale, and shop with a list, compared to before.

Overall, participants were 40% more likely to report choosing healthy foods for their families on a budget after the interventions. Participants were also 66% more likely to report reading nutrition facts labels or ingredient lists, 25% more likely to report not running out of food before month’s end, and 26% more likely to report comparing prices before buying foods, after the interventions, compared to before. Participants were 11% more likely to report identifying foods on sale or using coupons to save money. Finally, participants were also 44% more likely to report shopping with a list after the interventions.

Follow-up analyses revealed that all states that provided data on food resource management showed significant pre-post improvements on three or more behaviors (Table 4). Results for Georgia indicated that participants reported improvements in all six food resource management behaviors after participating in SNAP-Ed programming, compared to before.
Table 4. States in the Southeast Region that had statistically significant positive results in food resource management after implementing SNAP-Ed programs, FFY 2017

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Description</th>
<th>Southeast Region</th>
<th>AL</th>
<th>FL</th>
<th>GA</th>
<th>KY</th>
<th>MS</th>
<th>NC</th>
<th>TN</th>
<th>SC</th>
</tr>
</thead>
<tbody>
<tr>
<td>MT2a</td>
<td>Choose healthy foods for my family on a budget</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2b</td>
<td>Read nutrition facts labels or nutrition ingredients lists</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2g</td>
<td>Not run out of food before month’s end</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2h</td>
<td>Compare prices before buying foods</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2i</td>
<td>Identify foods on sale or use coupons to save money</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>No data</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2j</td>
<td>Shop with a list</td>
<td></td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

Analyses by age group (Table 5) revealed that for each of the three age groups for which food resource management is addressed in SNAP-Ed programming, one or more behaviors improved at post-test, compared to pre-test.

Table 5. Age-categories that had statistically significant positive results in food resource management after implementing SNAP-Ed programs in the Southeast Region, FFY 2017

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Description</th>
<th>Teens</th>
<th>Adults</th>
<th>Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td>MT2a</td>
<td>Choose healthy foods for my family on a budget</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2b</td>
<td>Read nutrition facts labels or nutrition ingredients lists</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2g</td>
<td>Not run out of food before month’s end</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2h</td>
<td>Compare prices before buying foods</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2i</td>
<td>Identify foods on sale or use coupons to save money</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>MT2j</td>
<td>Shop with a list</td>
<td>No data</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
PSE changes were documented using direct observation, interviews with key informants, repeated assessments or surveys, and photographic evidence.

A total of 701 PSE changes reached an estimated 830,049 people. The highest number of PSE changes was among environmental changes (n=357), followed by systems changes (n=245), and policy changes (n=99). These PSE changes were supported by 471 promotional changes.

SNAP-Ed PSEs take place in six different domains: places where people eat, learn, live, play, shop, and work. The highest number of PSE changes was reported in the learn domain (n=396), and the lowest number of PSE changes was reported in the work domain (n=4).

The most common environmental changes reported were edible gardens (n=242) and improvements in layout or display of food, such as Smarter Lunchrooms (n=33). The most common systems changes reported were prioritizing farm-to-table and fresh or local produce (n=61) and improved child feeding practices (n=28). The most common policy changes reported were implementing standards for healthier food policies (n=32) or school wellness or child care wellness policies (n=17).

PSE changes were reported in every SERO state. Florida reported the highest number of PSE changes (n=199), and Kentucky reported the lowest number of PSE changes (n=4). Within each state, Florida (n=161), Georgia (n=115), Kentucky (n=4), and North Carolina (n=62) implemented the highest number of PSE changes in the learn domain. Notably, Kentucky’s only PSE changes were made in the learn domain. Mississippi implemented the highest number of PSE changes in the eat domain (n=21). South Carolina implemented the highest number of PSE changes in the live domain (n=12). Alabama and Georgia were the only states that implemented PSE changes in the work domain (n=2 per state).
After participating in SNAP-Ed programs, participants reported statistically significant improvements in:

- Eating more than one kind of fruit throughout the day or week.
- Eating more than one kind of vegetable throughout the day or week.
- Drinking water more frequently.
- Drinking sugar-sweetened beverages less frequently.
- Drinking low-fat or fat-free milk.
- Choosing healthy foods for their families on a budget.
- Reading nutrition labels.
- Comparing prices before buying.
- Identifying foods on sale or using coupons.
- Shopping with a list.
- Consuming more fruits per day.
After participating in SNAP-Ed programs, participants reported statistically significant improvements in:

- Eating more than one kind of fruit throughout the day or week.
- Eating more than one kind of vegetable throughout the day or week.
- Drinking water more frequently.
- Drinking sugar-sweetened beverages less frequently.
- Drinking low-fat or fat-free milk.
- Choosing healthy foods for their families on a budget.
- Reading nutrition labels.
- Comparing prices before buying.
- Identifying foods on sale or using coupons.
- Shopping with a list.

U.S. Census Bureau Demographic Table (C17002)

The State of Obesity: Better policies for a healthier America (stateofobesity.org)

*does not include individuals who =185% FPL

Southeast Regional SNAP-Ed Outcome Evaluation, FFY 17
GEORGIA 2017 Impacts

SNAP-Ed Eligible Demographics

<table>
<thead>
<tr>
<th>Ages (&lt;185% FPL)</th>
<th>Total: 5,217,721 (32%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children &lt;6 years old</td>
<td>348,509 (45%)</td>
</tr>
<tr>
<td>Children 6-17 years old</td>
<td>688,183 (40%)</td>
</tr>
<tr>
<td>Adults 18-65 years old</td>
<td>1,794,462 (28%)</td>
</tr>
<tr>
<td>Adults 65 years and older</td>
<td>386,567 (28%)</td>
</tr>
</tbody>
</table>

U.S. Census Bureau Demographic Table (C17002)

GEORGIA'S OBESITY RATES

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>OBESITY RATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Young Children 2-4 years old</td>
<td>13.0%</td>
</tr>
<tr>
<td>Children and Teenagers 10-17 years old</td>
<td>18.6%</td>
</tr>
<tr>
<td>Adults 18-65 years old</td>
<td>31.6%</td>
</tr>
</tbody>
</table>

The State of Obesity: Better policies for a healthier America (stateofobesity.org)

RACE/ETHNICITY (<185% FPL)

- Hispanic/Latino: 14%
- White: 45%
- African-American: 38%
- Other: 3%

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

TOP POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES:

1. Improvement in hours of operation/time allotted for meals or food services
2. Improvements in free water access, taste, quality, smell or temperature
3. School wellness or child care wellness policy implemented
4. Improved child feeding practices (e.g. served family style, adults role model healthy behaviors, etc.)

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

- Eating more than one kind of fruit throughout the day or week.
- Consuming more vegetables per day.
- Drinking low-fat or fat-free milk.
- Drinking water more frequently.
- Not running out of food before the month’s end.
- Choosing healthy foods for their families on a budget.
- Reading nutrition labels.
- Comparing prices before buying.
- Identifying foods on sale or using coupons.
- Shopping with a list.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.
**KENTUCKY 2017 Impacts**

**SNAP-Ed Eligible Demographics**

<table>
<thead>
<tr>
<th>Ages (&lt;185% FPL)</th>
<th>Total</th>
<th>1,453,036 (34%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children &lt;6 years old</td>
<td>143,916 (45%)</td>
<td></td>
</tr>
<tr>
<td>Children 6-17 years old</td>
<td>266,232 (40%)</td>
<td></td>
</tr>
<tr>
<td>Adults 18-65 years old</td>
<td>837,666 (32%)</td>
<td></td>
</tr>
<tr>
<td>Adults 65 years and older</td>
<td>205,222 (30%)</td>
<td></td>
</tr>
</tbody>
</table>

U.S. Census Bureau Demographic Table (C17002)

**KENTUCKY’S OBESITY RATES**

- Young children 2-4 years old: 13.3%
- Children and teenagers 10-17 years old: 19.6%
- Adults: 34.3%

The State of Obesity: Better policies for a healthier America [stateofobesity.org]

**RACE/ETHNICITY (<185% FPL)**

- Hispanic/Latino: 5%
- African-American: 11%
- Other: 1%
- White: 83%

U.S. Census Bureau Demographic Table B07024

*does not include individuals who =185% FPL

**TOP POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES:**

1. Established or improved a nutrition policy
2. Edible gardens (establish, reinvigorated or maintain food gardens)
3. School wellness or child care wellness policy implemented
4. Change in/improved menus (variety, quality, offering lighter fares)

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

- Eating more than one kind of fruit throughout the day or week.
- Eating more than one kind of vegetable throughout the day or week.
- Consuming more fruits per day.
- Consuming more vegetables per day.
- Drinking water more frequently.
- Drinking sugar-sweetened beverages less frequently.
- Choosing healthy foods for their families on a budget.
- Comparing prices before buying.
- Identifying foods on sale or using coupons.
- Shopping with a list.
- Not running out of food before the month's end.

Southeast Regional SNAP-Ed Outcome Evaluation, FFY 17

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.
MISSISSIPPI 2017 Impacts

SNAP-Ed Eligible Demographics

<table>
<thead>
<tr>
<th>Ages (&lt;185% FPL)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1,124,714 (39%)</td>
</tr>
<tr>
<td>Children &lt;6 years old</td>
<td>106,706 (50%)</td>
</tr>
<tr>
<td>Children 6-17 years old</td>
<td>239,187 (49%)</td>
</tr>
<tr>
<td>Adults 18-65 years old</td>
<td>622,996 (36%)</td>
</tr>
<tr>
<td>Adults 65 years and older</td>
<td>155,825 (35%)</td>
</tr>
</tbody>
</table>

U.S. Census Bureau Demographic Table (C17002)

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

- Drinking water more frequently.
- Drinking sugar-sweetened beverages less frequently.

Southeast Regional SNAP-Ed Outcome Evaluation, FFY 17

MISSISSIPPI OBESITY RATES

- Young Children 2-4 years old: 14.5%
- Children and Teenagers 10-17 years old: 26.2%
- Adults: 37.3%

The State of Obesity: Better policies for a healthier America (stateofobesity.org)

RACE/ETHNICITY (<185% FPL)

- African-American: 52%
- White: 43%
- Hispanic/Latino: 4%
- Other: 1%

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

TOP POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES:

1. Focused on environmental changes
2. Edible gardens (establish, reinvigorated or maintain food gardens)
3. Improvements in layout or display of food (Smarter Lunchrooms, work-site cafeterias)

Southeast Regional SNAP-Ed Outcome Evaluation, FFY 17

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.
TOP POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES:

1. Focused on policy, system and environmental changes
2. Edible gardens (establish, reinvigorated or maintain food gardens)
3. Established or improved nutrition policy
4. Offered on-site enrollment in federal food programs

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

- Eating more than one kind of fruit throughout the day or week.
- Eating more than one kind of vegetable throughout the day or week.
- Consuming more fruits per day.
- Consuming more vegetables per day.
- Drinking water more frequently.
- Drinking sugar-sweetened beverages less frequently.
- Drinking low-fat or fat-free milk.
- Shopping with a list.
- Choosing healthy foods for their families on a budget.
- Reading nutrition labels.
- Identifying foods on sale or using coupons.

NORTH CAROLINA’s OBESITY RATES

SNAP-Ed Eligible Demographics

<table>
<thead>
<tr>
<th>Ages (&lt;185% FPL)</th>
<th>Total</th>
<th>Ages (&lt;185% FPL)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3,110,556</td>
<td>Ages (&lt;185% FPL)</td>
<td>31%</td>
</tr>
<tr>
<td>Children &lt;6 years old</td>
<td>313,048</td>
<td>Children 6-17 years old</td>
<td>611,091</td>
</tr>
<tr>
<td>Adults 18-65 years old</td>
<td>1,749,241</td>
<td>Adults 65 years and older</td>
<td>437,156</td>
</tr>
</tbody>
</table>

U.S. Census Bureau Demographic Table (C17002)

RACE/ETHNICITY (<185% FPL)

- HISPANIC/LATINO: 15%
- AFRICAN-AMERICAN: 28%
- OTHER: 4%
- WHITE: 53%

U.S. Census Bureau Demographic Table 2010-24
*does not include individuals who =185% FPL

NORTH CAROLINA’s OBESITY RATES

The State of Obesity: Better policies for a healthier America (stateofobesity.org)

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.
**TOP POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES:**

1. Focused on policy, system and environmental changes
2. Standards for healthier food policy
3. Improved layout, or display of foods to encourage healthy selections
4. Established a food bank or pantry distribution site

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

- Consuming more fruits per day.
- Consuming more vegetables per day.
- Drinking low-fat or fat-free milk.
- Choosing healthy foods for their families on a budget.
- Reading nutrition labels.
- Not running out of food before the month’s end.

**SNAP-Ed Eligible Demographics**

<table>
<thead>
<tr>
<th>Ages (&lt;185% FPL)</th>
<th>Total</th>
<th>1,604,838 (33%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children &lt;6 years old</td>
<td>161,697 (48%)</td>
<td></td>
</tr>
<tr>
<td>Children 6-17 years old</td>
<td>317,488 (43%)</td>
<td></td>
</tr>
<tr>
<td>Adults 18-64 years old</td>
<td>901,190 (31%)</td>
<td></td>
</tr>
<tr>
<td>Adults 65 years and older</td>
<td>224,463 (26%)</td>
<td></td>
</tr>
</tbody>
</table>

U.S. Census Bureau Demographic Table (C17002)

**SOUTH CAROLINA’S OBESITY RATES**

- **YOUNG CHILDREN (2-4 years old):** 12.0%
- **CHILDREN AND TEENAGERS (6-17 years old):** 18.2%
- **ADULTS (18-65 years old):** 34.1%

The State of Obesity: Better policies for a healthier America (stateofobesity.org)

**RACE/ETHNICITY (<185% FPL)**

- **WHITE:** 51%
- **AFRICAN-AMERICAN:** 39%
- **HISPANIC/LATINO:** 8%
- **OTHER:** 2%

U.S. Census Bureau Demographic Table (B97024)

*does not include individuals who ≥185% FPL

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This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.
After participating in SNAP-Ed programs, participants reported statistically significant improvements in:

- Eating more than one kind of fruit throughout the day or week.
- Eating more than one kind of vegetable throughout the day or week.
- Drinking water more frequently.
- Drinking sugar-sweetened beverages less frequently.
- Drinking low-fat or fat-free milk.
- Choosing healthy foods for their families on a budget.
- Reading nutrition labels.
- Comparing prices before buying.
- Not running put of food before the month’s end.
- Shopping with a list.

U.S. Census Bureau Demographic Table (C17002)

**RACE/ETHNICITY (<185% FPL)**

- WHITE 67%
- AFRICAN-AMERICAN 23%
- HISPANIC/LATINO 8%
- OTHER 2%

Southeast Regional SNAP-Ed Outcome Evaluation, FFY 17

**TOP POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES:**

1. Standards for healthier food policy
2. Edible gardens (establish, reinvigorated or maintain food gardens)
3. Implemented guidelines for healthier snack options
4. Prioritized farm-to-table/increase in fresh or local produce

Southeast Regional SNAP-Ed Outcome Evaluation, FFY 17

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This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.
DISCUSSION

This study’s results show that SNAP-Ed programs in the USDA’s Southeast region are associated with significant improvements in self-reported healthy eating behaviors and food resource management behaviors. These improvements are complemented by PSE changes throughout the region.

Residents of the Southeast experience some of the highest rates of obesity and unhealthy dietary behaviors in the nation. Our findings suggest that SNAP-Ed programs are one way to promote better health for Southeasterners by educating residents about healthy eating and food resource management.

Our analyses detected a more comprehensive impact of SNAP-Ed programs in some states, compared to others, as evidenced by more pre-post improvements. The pattern of results provides an opportunity for FNS to leverage states’ expertise to provide targeted technical assistance to those states and IAs whose efforts can be strengthened.

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REFERENCES


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Alabama Department of Human Resources
Alabama Agricultural and Mechanical (A&M) University
Alabama Department of Public Health
Auburn University

FLORIDA
Florida Department of Children and Families
University of Florida Extension Family Nutrition Program

GEORGIA
Georgia Department of Human Services, Division of Family and Children Services
HealthMPowers
Open Hand Atlanta
The University of Georgia College of Family and Consumer Sciences

KENTUCKY
Kentucky Cabinet for Health and Family Services
Kentucky State University
University of Kentucky Nutrition Education Program

MISSISSIPPI
Mississippi Department of Human Services
Mississippi State University

NORTH CAROLINA
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Alice Aycock Poe Center for Health Education
Down East Partnership for Children
Durham County Health Department
East Carolina University
North Carolina Agricultural and Technical (A&T) University
North Carolina State University
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North Carolina Cooperative Extension- Surry Center (NCCE-Surry)
University of North Carolina at Chapel Hill
University of North Carolina at Greensboro
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SOUTH CAROLINA
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Clemson University, Youth Learning Institute
Lowcountry Food Bank
South Carolina Department of Health and Environmental Control
University of South Carolina School of Public Health

TENNESSEE
Tennessee Department of Human Services
Tennessee State University Cooperative Extension
University of Tennessee Agricultural Extension Service

United States Department of Agriculture Food and Nutrition Service
Southeast Regional Office
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(1) mail: U.S. Department of Agriculture
    Office of the Assistant Secretary for Civil Rights
    1400 Independence Avenue, SW
    Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov

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