

# GEORGIA SNAP-Ed WORKS

RESULTS FROM THE 2017  
PROGRAM EVALUATION

SNAP-Ed activities are associated with significant improvements in Healthy Eating Behaviors and Food Resource Management.

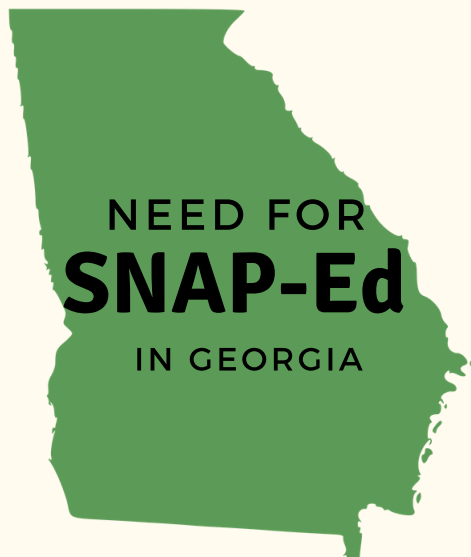
In 2017, the three SNAP-Ed agencies in Georgia measured common evaluation indicators to report program results. Low-income Georgians participating in SNAP-Ed report making healthier choices and access to healthier options is improving in communities across the state.

## What is SNAP-Ed?

Georgia's SNAP-Ed program improves the health of low-income Georgians by providing nutrition education, social marketing campaigns, and improving access to healthy foods. SNAP-Ed empowers low-income families with the skills they need to make healthy food choices and be physically active.

## How does SNAP-Ed work?

The state of Georgia partners with **HealthMPowers**, **Open Hand Atlanta**, and the **University of Georgia** to teach nutrition education and create healthier environments in low-income communities where families live, work, learn, shop, and play.



65.7%

adults are obese or  
overweight

43.2%

adults consumed fruits  
< 1 time per day

23.7%

adults consumed  
vegetables < 1 time per day

## IMPACT OF SNAP-Ed



**77** COUNTIES SERVED

**8,567**

NUTRITION  
EDUCATION CLASSES  
CONDUCTED

**137,336**

PARTICIPANTS  
REACHED

**164**

HEALTHY COMMUNITY CHANGES  
MADE IMPACTING

**595,691**

GEORGIANS

After participating in SNAP-ED programs, participants were **significantly more likely to report:**



Eating more than one type of fruit or vegetable



Drinking water more frequently



Drinking fewer sugar-sweetened beverages



Choosing healthy foods for their family on a budget



Not running out of food before month's end



Identifying foods on, sale or using coupons to save money



Comparing prices before buying foods

## PSE CHANGES

**Policy, Systems, and Environmental (PSE) Changes** include changes to the physical environment that may alter the way business is done to make the healthy choice the easy choice. Written rules, regulations, and procedures are known as policies and support healthy behavior at the organizational or local level.

80

SYSTEMS CHANGES

50

ENVIRONMENTAL CHANGES

34

POLICY CHANGES

### COMMUNITY SETTINGS WHERE PSE CHANGES OCCURRED:



Schools



Early Care



Grocery Stores



Farmers' Market

### TOP CHANGES IMPLEMENTED:

- Improved appeal, layout or display of foods
- Edible gardens
- School wellness or child care center policies
- Improved hours of food operations and convenience
- Improved feeding practices for young children
- Access to free water
- Breastfeeding supports
- Healthier Menus



*"This is a great program that will help people make healthier food selections for themselves and family. The food menu and demonstration shows how preparing meals doesn't have to be stressful time." -GA SNAP-Ed Participant*



FOR MORE INFORMATION, CONTACT:  
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