

GEORGIA SNAP-Ed

2019 IMPACT REPORT

WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP), also known as Food Stamps, is the largest federal food safety net program that offers nutrition assistance to millions of eligible, low-income individuals and families to reduce hunger and help put healthy food on the table.

WHAT IS SNAP-Ed?

SNAP-Ed is the nutrition education program of SNAP, which empowers low-income communities with the knowledge and skills they need to make healthy food choices and be physically active. The state of Georgia partners with **HealthMPowers**, **Open Hand Atlanta**, **Georgia Department of Public Health**, and the **University of Georgia** to provide nutrition education and create healthier environments where Georgians live, work, learn, shop, and play.

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

In 2019, Georgia SNAP-Ed measured common evaluation indicators to report comprehensive program results.

IMPACT OF SNAP-Ed:

MT1 & MT2 stats – At post survey the following percent met established guidelines

ADULTS



- **36%** report eating more than one kind of fruit
- **52%** report eating more than one kind of vegetable
- **75%** report drinking water more frequently
- **53%** report drinking fewer sugar-sweetened beverages
- **62%** report choosing healthy foods for their family on a budget
- **12%** report consuming low-fat or fat-free milk products
- **60%** report choosing healthy foods on a budget
- **35%** report reading the nutrition fact label or nutrition ingredients list
- **69%** report comparing prices before buying foods
- **53%** report shopping with a list

TEENS & SCHOOL-AGE CHILDREN



- **37%** report eating more than one kind of vegetable (teens)
- **41%** report drinking more water (school-age children)

PRESCHOOL-AGE CHILDREN



- **78%** report eating more than one kind of fruit
- **59%** report eating more than one kind of vegetable
- **86%** report drinking water more frequently

FISCAL YEAR: 19

Numbers surveyed by direct nutrition education:

171,721

Total number of direct nutrition education classes:

9,738

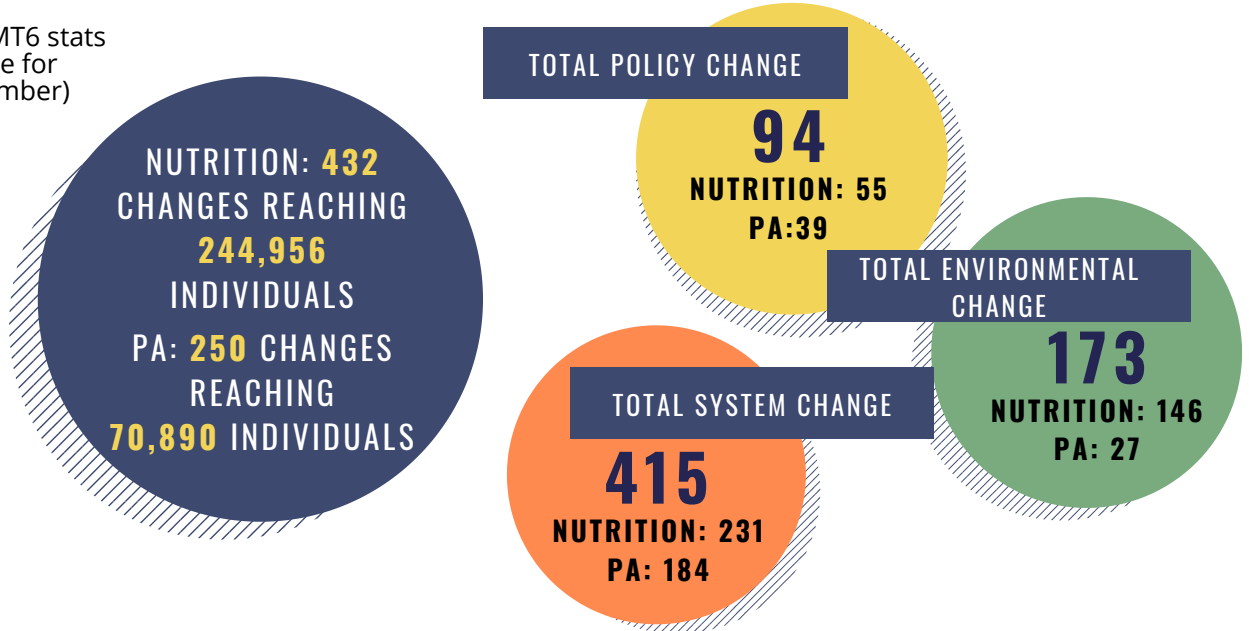
Number of counties served by direct nutrition education:

135

TOTAL PSE:682

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 and local level.

MT5 & MT6 stats
(combine for
total number)

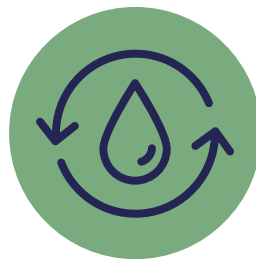


TOP CHANGES IMPLEMENTED:



POLICY

- **Nutrition:** improved hours of operation to improve access/convenience (n=33)
- **PA:** improvements in time spent in daily recess (n=23)



SYSTEMS

- **Nutrition:** Improvements in free water access, taste, quality, smell, or temperature (n=46)
- **PA:** New or improved access to structured PA programs (n=44) followed by increased or improved opportunities for unstructured physical activity time/free play (n=43)



ENVIRONMENT

- **Nutrition:** Edible gardens (establish, reinvigorate, or maintain food gardens) (n=79)
- **PA:** Improvements in access to exercise or recreation facilities (n=15)

FOR MORE INFORMATION, CONTACT:

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