

# NORTH CAROLINA



## SNAP-ED PROGRAM RESULTS 2022

### WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP) offers food assistance to millions of eligible (at or below 130% federal poverty level) individuals and families to reduce hunger and help put healthy food on the table.

### WHAT IS SNAP-Ed?

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) is the nutrition education program of SNAP. SNAP-Ed equips eligible North Carolinians with knowledge and skills to make healthier choices.

To do this, the North Carolina Department of Health and Human Services, Division of Child and Family Well-Being partners with Alice Aycock Poe Center for Health Education, Down East Partnership for Children, Durham County Department of Health, East Carolina University, North Carolina Agricultural and Technical University, North Carolina State University, Second Harvest Food Bank, the University of North Carolina at Chapel Hill and the University of North Carolina at Greensboro.

In the federal fiscal year 2022, North Carolina SNAP-Ed measured indicators related to healthy eating.



# 5,693

**North Carolinians were surveyed in direct education programs.**

### AFTER PARTICIPATING IN SNAP-ED PROGRAMS:



Children, teens, and adults ate more than one kind of fruit



Children, teens, and adults ate more than one kind of vegetable



Teens drank more water



Adults drank fewer sugar-sweetened beverages



Adults and seniors ate more cups of fruit



Adults and seniors ate more cups of vegetables

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

Include changes to **formal, written policies, ways in which business is conducted** and **environments** to increase healthy eating and physical activity where eligible North Carolinians eat, learn, live, play, shop, and work.



## TOP CHANGES IMPLEMENTED:



### POLICY

- Encouraged the establishment of new food distribution sites, food banks, food pantries, etc.
- Food/beverage or nutrition-related policy like childcare, school and workplace wellness



### SYSTEMS

- Initiated or expanded a mechanism for distributing produce to families or communities
- Initiated, improved, or expanded the use of standardized, healthy recipes



### ENVIRONMENTAL

- Initiated, improved, expanded, reinvigorated, or maintained edible gardens
- Used interactive education displays to prompt healthy eating behavior choices



## MULTI-COMPONENT PSE INTERVENTIONS:

Include either nutritional or physical activity support along with at least one of the following: education, marketing, community involvement and trainings. Multi-component interventions will enhance the impact and sustainability of the healthy changes into future years.

**68** sites reported multi-component PSE intervention with a **NUTRITION** component

**14** sites reported multi-component PSE intervention with a **PHYSICAL ACTIVITY** related component

