

# NORTH CAROLINA



## SNAP-Ed PROGRAM RESULTS 2024

The **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** is the nutrition education program of SNAP aimed at reducing hunger for families whose incomes are at or below 185% of the federal poverty level. The purpose of SNAP-Ed is to help individuals make healthy food choices and choose physically active lifestyles based on the Dietary Guidelines for Americans and the implementation of public health approaches.

To do this, the North Carolina Department of Health and Human Services, Division of Child and Family Well-Being partners with nine implementing agencies across North Carolina.

- 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
- University of North Carolina at Chapel Hill
- University of North Carolina at Greensboro

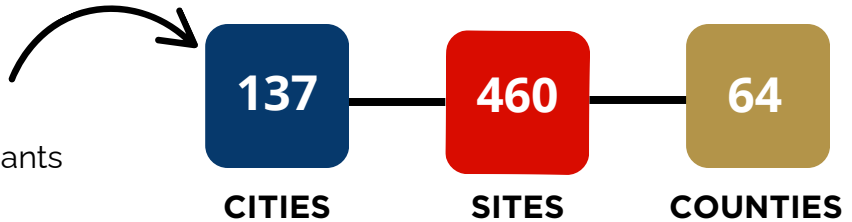


## DIRECT EDUCATION

Direct education interventions aim to improve the health of North Carolinians eligible for SNAP by equipping them with the skills to make healthier choices.

**In FFY 2024, North Carolina SNAP-Ed implemented...**

**1,407** direct education interventions  
reaching **54,965** participants



### AFTER PARTICIPATING IN SNAP-ED PROGRAMS:



Healthy eating behaviors among youth remained consistent with almost half eating more than one kind of fruit or vegetable each day



Adults and seniors showed significant improvements in variety and frequency of fruit and vegetable consumption



Adults showed significant improvements in healthy beverage consumption by drinking more water and fewer sugar-sweetened beverages

### SUCCESS STORY

Second Harvest Food Bank of NWNC partnered with Crossnore Communities for Children in Forsyth County to create a mini farmers market, reaching 36 children across five cottages, along with group home staff. The kids had the opportunity to shop for a variety of fresh fruits and vegetables, while also learning basic budgeting and money management skills in a fun, hands-on way, fostering a positive and empowering connection to healthy food choices while introducing valuable life skills.



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

PSE interventions aim to create 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.

**IN FFY 2024, THERE WERE 659 PSE CHANGES IN NORTH CAROLINA.**



### TOP CHANGES IMPLEMENTED:

#### Policy

- Food safety policy
- Policy related to edible gardens

#### Systems

- Professional development opportunities on nutrition and physical activity
- Integrating culturally relevant, healthy, traditional foods at food service or distribution sites

#### Environmental

- Initiation, improvement, expansion, reinvigoration, or maintenance of edible gardens
- Use of the garden for nutrition education

## SUCCESS STORY

The Farm to Fridge program was launched to bridge the gap between local farmers and underserved communities, ensuring nutritious food reaches families in need and transforming how food insecurity is addressed in Granville County. Food is delivered to three local libraries, creating a safe and welcoming space where families can access fresh foods. Over **5,000** pounds of produce have been distributed, benefiting more than **300** people and helping them stretch their food dollars.





## MULTI-COMPONENT PSE INTERVENTIONS:

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.

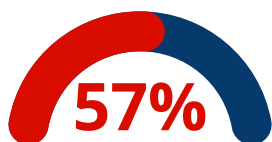
**227** sites reported multi-component PSE intervention with a **NUTRITION** related component

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

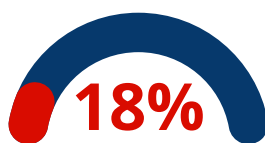
“ *By engaging in physical activities collectively, supporting each other, we believe that we are building a sense of community, and making fitness a fun and inclusive experience for all to help foster a healthier, more active lifestyle for everyone involved.* ”  
-DEPC Faithful Families facilitator

## SUSTAINABILITY OF PSE CHANGES

To ensure sustainable PSE changes, organizations institute site-level sustainability plans and mechanisms. **Of the 275 PSE interventions with documented PSE changes:**



Had a sustainability plan fully in place



Were in the process of having a sustainability plan in place



Had no sustainability plan in place

### Sustainability Mechanisms

