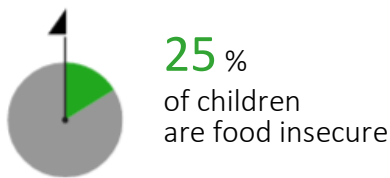


SNAP-ED

Works for Oregon

\$1 in nutrition education saves as much as \$10 in long-term health care costs

The Challenge



*Aerobic & muscle strengthening

THE SNAP-Ed solution

EVIDENCE-BASED

strategies promote healthy eating and active living

TARGETED

programs engage adults, youth, & families at high risk

COLLABORATIVE

assessment and planning lead to collective impact

SNAP-Ed in Oregon – 2016 Highlights

Direct education reach



45,000 individuals
[**300,000** contacts]

Visits to Foodhero.org



1 million
(↑36%)

2,000+ volunteers & partners



trained to
extend reach



28 site or community-
based assessments of
needs & gaps conducted

110 organizational &
multi-sector partnerships



200+ policy, systems, or
environmental changes

ADULT BEHAVIORS*

↑ **31%** vigorous physical activity

↑ **29%** vegetable consumption

↑ **23%** fruit consumption

YOUTH BEHAVIORS*

↑ **25%** vigorous physical activity

↑ **10%** variety of fruits + vegetables

↓ **10%** consumption of sugar
sweetened beverages

*Behavior change data based on direct education pre/post surveys

Success Stories

Food Hero Healthy Celebrations Toolkit

- Traditional sugary classroom celebration treats replaced with smoothie parties and non-food reinforcements for **2000+ students**



Improvements in Menus

- Head Start and WIC staff and cooks trained to prepare Food Hero recipes for the cycle menus and distribute Food Hero resources to **2000+ families**



Balanced Energy Physical Activity Toolkit

- Teacher trainings resulting in amplification of SNAP-Ed reach through daily 'brain breaks' for **7000+ youth**

Balanced Energy Physical Activity Toolkit



Healthier Pantries

- Assessments resulted in distribution of Food Hero recipe kits and food resource management skill-building workshops for **8000+ families**

