SNAP-Ed Impact Report

Nebraska Supplemental Nutrition Assistance Program - Education (SNAP-Ed) Reach

SNAP-Ed reached 31,272 participants and the community-based interventions impacted 1,626,653 Nebraskans.

Reaching Individuals

<table>
<thead>
<tr>
<th>Adults</th>
<th>Youth</th>
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<tr>
<td>SNAP-Ed in Nebraska reached 12,156 adults</td>
<td>SNAP-Ed in Nebraska reached 19,116 youth</td>
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- **Adults Eat Healthier**
  - 32% increased their fruit intake, 30% increased their vegetable intake, and 31% increased their dairy intake.

- **Physical Activity**
  - 29% increased their physical activity and 22% decreased their sedentary behavior.

- **Nutrition**
  - 98% of youth increased knowledge of MyPlate recommendations.

- **Physical Activity**
  - 57% of youth are physically active on a regular basis.

Reaching Communities

- 44 child care facilities and over 3,247 children improved their nutrition and physical activity.
- 5 SNAP-Ed eligible schools received Smarter Lunchrooms grants to make their school healthier.
- Raised and donated over 18,000 pounds of produce.
- Collaborated with 10 retail stores in 6 communities.

11% American Indian
3% Asian
11% Black or African American
65% White Non-Hispanic
11% Hispanic or Latino

Reached individuals and communities in 32 Nebraska counties.

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Success Stories

Eating Less is More:

**Background:**
Eating Less is More is a weekly SNAP-Ed class at the Nebraska Urban Indian Health Coalition (NUIHC). The adults attending are currently in a drug and alcohol rehabilitation program. The primary adult curriculum used is the Eating Smart Moving More curriculum. Class participants are enrolled in the SNAP - Ed program and receive a certificate upon finishing their 7th session.

The class participants received a lesson on portion control. We discussed how portions have gotten larger over the years and tips on how to cut back on them. Participants learned to pay attention to when they feel satisfied instead of eating until they are feeling completely full. They also learned if they are still hungry to take 2nd helpings on foods high in nutrients and low in calories. When I returned the following week, I received exciting news. Two participants in class (one male and one female) had decided to practice portion control together. They had been eating smaller portions since my lesson on portion control. That day they said they had grilled cheese sandwiches and tomato soup for lunch. The male participant told me that normally he would eat 4 grilled cheese sandwiches and 3 bowls of soup, and he only ate 1 grilled cheese sandwich and 1 bowl of soup! He also followed it with a serving of fruit!

The female participant also had only 1 sandwich and 1 bowl of soup. She admitted to having a small brownie also, but we talked about moderation and that it was okay to have them once in a while. I let them know how happy and proud I was that they were practicing portion control. These two participants have also been taking part in regularly attending the YMCA a couple of times a week with their group. By watching their portions along with increasing their physical activity, they are on their way to achieving a healthy weight and maintaining it!

Lisa Larkin, SNAP-Ed Assistant in Douglas/Sarpy Counties

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