



Eat Smart Idaho 2017 *annual impacts*

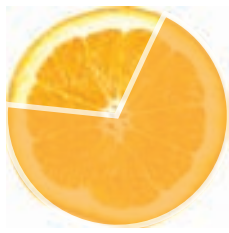
UNIVERSITY OF IDAHO EXTENSION

THE CHALLENGE



ONE IN FIVE

Children in Idaho face hunger or food insecurity



2/3

Idaho adults are overweight or obese



THREE IN SIXTEEN

Idaho adults get little to no physical activity



5/6

Idaho adults eat less than the recommended amount of fruits and veggies

THE SOLUTION

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-ED)

Engage community partners in projects and activities to support healthy diet, physical activity, food safety and food security.

ENGAGE

CHANGE

Policy, systems, & environmental changes (PSE) work to make the healthy choice the easy choice.

Strengthen individuals, families, and communities through peer delivered nutrition and physical activity education.

STRENGTHEN

EDUCATE

Promote behavior change by educating adult and youth participants about dietary food quality, food safety, food security, & physical activity.

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

2017 RESULTS

200+ COMMUNITY PARTNERS

PROGRAMING IN **37** IDAHO COUNTIES

LESSONS DELIVERED TO
1,192 ADULTS AND **3,946** YOUTH

ENVIRONMENTAL CHANGES MADE
IN **29** SCHOOLS AND
41 FOOD PANTRIES/FOOD DRIVES

HEALTHY SOCIAL MARKETING
MESSAGES REACHED AN ESTIMATED
215,717 SNAP PARTICIPANTS

75%

Improved overall diet,
nutritional practices,
or knowledge

66%

Improved
knowledge or use
of food resource
management
practices

57%

Increased intake
of fruits, vegetables, or
low-fat dairy and/or whole
grains and/or decreased
intake of sugar sweetened
beverages

43%

Improved use
of food safety
practices or
knowledge

50%

Improved
daily physical
activity

BEHAVIOR CHANGE

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