

Georgia's HealthMPowers *SNAP-Ed Report*



[2017 - 2018]

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What Is SNAP-Ed?

The Supplemental Nutrition Assistance Program (SNAP) is the nation's most important anti-hunger program, reaching 42 million in 2017 alone.¹ SNAP kept 8.4 million people out of poverty in 2014, improving their immediate health and wellbeing, and resulting in better life outcomes and future self-sufficiency.

SNAP-Education (SNAP-Ed) is the nutrition education component of SNAP. Through evidence-based, collaborative approaches, SNAP-Ed programs improve the likelihood that low-income families and youth will make healthy food choices and choose physically active lifestyles. Last year, Georgia SNAP-Ed implementing agencies reached 151,958 participants in 135 counties.²

HealthMPowers' SNAP-Ed Reach 2017-18

103 Early Care Centers

119 Elementary Schools

50 Secondary Schools

24 Out-of-School Sites

36 Food Outlets

143,382 Participants

In Georgia³



1 in 3 children are overweight or obese

1 in 4 children experience food insecurity



3 of 4 children do not meet daily physical activity recommendations

HealthMPowers SNAP-Ed Overview

Empowering Healthy Choices in Schools, Homes and Communities

HealthMPowers' SNAP-Ed initiative *Empowering Healthy Choices in Schools, Homes and Communities* works where SNAP-Ed populations learn, live, work, play and shop. By integrating nutrition education and physical activity into the settings where children spend their time, HealthMPowers creates a culture that supports lifelong healthy lifestyle choices for children, families and communities.

¹CBPP analysis of data from USDA Food and Nutrition Service, FY 2017

²State Fiscal Year 2018 DFCS Descriptive Data Report

³Centers for Disease Control and Prevention. Nutrition, Physical Activity and Obesity Data, Trends and Maps website. https://nccd.cdc.gov/NPAO_DTM/.

SNAP Works

In Georgia, nearly half of all SNAP recipients are children.⁴ SNAP benefits reduce food insecurity among high-risk children by 20% and reduce poor health by 35%.⁵



687,770 of the 1,499,768 SNAP recipients in Georgia are children.⁴

SNAP-Ed Makes a Difference

Investments in our children's future today will result in lower healthcare costs and greater security for the state's fiscal future. Find out more about HealthMPowers at healthmpowers.org, and learn about SNAP-Ed's efforts in other states at snap.nal.usda.gov/.

2018 Outcomes

Early Care and Education Children:

- 70%** drank more water
- 1,674** tried new fruits and vegetables through taste tests
- 1,710** children helped create edible gardens

Elementary School Students:

- 72%** improved at least one physical activity behavior
- 14,275** had greater access to drinking water during the school day
- 8,961** had more recess time

Secondary School Students:

- 55%** maintained or improved daily classroom physical activity
- 10,112** had more physical activity during the school day
- 10,055** saw improved displays of healthy foods in the cafeteria

Out-of-School Time:

- 24** sites provided regular physical activity for all students at their site
- 5,972** students had healthier beverage options
- 5,561** students helped establish and maintain food gardens

Community:

- 93%** of taste-testers planned to purchase sampled fruit/vegetable
- 27** food outlets improved their healthy food displays
- 6** sites partnered with farmers for fresh fruits and vegetables

⁴Based on 2018 Education and Administrative Reporting System (EARS) from all Georgia Implementing Agencies

⁵Brent Kreider et al., "Identifying the Effects of SNAP (Food Stamps) on Child Health Outcomes When Participation Is Endogenous and Misreported," Journal of the American Statistical Association, 107(499), 2012: 958-975, [http://batten.virginia.edu/sites/default/files/research/attachments/JASA_KPGJ_online\(1\).pdf](http://batten.virginia.edu/sites/default/files/research/attachments/JASA_KPGJ_online(1).pdf).

Wellness Policies in Early Childhood Education Centers: Growing Fit

Because healthy habits must begin early in life, the Georgia Department of Public Health, the Department of Early Care and Learning (DECAL) and HealthMPowers created Growing Fit, a training curriculum and toolkit. This toolkit helps early care education programs (ECEs) create, implement and improve their wellness policies and practices, particularly around physical activity and nutrition. All SNAP-Ed early care centers use the Growing Fit toolkit as a part of their program.

In the five years since the inception of Growing Fit, 302 early childhood environments in the state have adopted the toolkit and over 1,270 staff have been trained by HealthMPowers. This means over 39,318 children are benefiting from policies that give them more physical activity and healthier food during the day. Dr. Sharona Fountain, Director of the Learning Station, a SNAP-Ed Center in Ellenwood, Georgia says, "Without this program we wouldn't have the knowledge to improve nutritional habits and physical activity for our children. We've been fortunate to receive additional funding for training as well."

Using the toolkit to transform their wellness practices, children now drink water instead of



juice and Fridays are New Taste Days when they can sample spinach dip, taste different varieties of apples or try kiwi for the first time. The children are also influencing their families' nutrition by asking for fruits and vegetables at the grocery store.

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