Georgia’s HealthMPowers

SNAP-Ed Report

2018 - 2019
In 2018, an estimated 1 in 9 Americans were food insecure, equating to over 37 million Americans, including more than 11 million children. Food insecurity is a lack of consistent access to enough food for an active, healthy life. It has been associated with low food expenditure, low fruit and vegetable consumption, and a less-healthy diet. Overconsumption of low-cost, energy-dense foods may result in a greater energy intake and lead to obesity.\(^1\)

The national prevalence of child and adolescent obesity is 18.5% and affects about 13.7 million children and adolescents.\(^2\)

Nearly 1 in 5 adolescents aged 12 to 18 years, and 1 in 4 young adults aged 19 to 34 years are living with prediabetes.\(^3\)

What is SNAP-Ed?

The Supplemental Nutrition Assistance Program (SNAP) is the nation’s most important anti-hunger program, reaching more than 34 million in 2019 alone.\(^4\)

SNAP lifted 3.2 million people out of poverty in 2018,\(^5\) 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.

In Georgia\(^6\)

1 in 3 children are overweight or obese
1 in 4 children experience food insecurity
3 of 4 children don’t get enough physical activity

Transforming Environments: 2019 Program Outcomes

5,071 Secondary Students
Saw improved cafeteria displays of healthy food

25,180 Youth
Had more physical activity time and opportunities

69% of Out of School Time Youth
Drank water 4+ times per day

77% of Early Care Children
Increased the number of fruits eaten daily or met national recommendations

93% Community Adults
Planned to purchase taste testing fruit/vegetable

13,298 Elementary Students
Had greater access to drinking water at school

HealthMPowers’ SNAP-Ed
Reach 2018-19

87 Early Care Centers
107 Elementary Schools
49 Secondary Schools
22 Out of School Sites
39 Food Outlets
7,776 Staff

120,475 children

HealthMPowers Overview

HealthMPowers’ SNAP-Ed initiative “Empowering Healthy Choices in Schools, Homes and Communities” works where SNAP-Ed populations learn, live, 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.

SNAP-Ed Makes a Difference

In Georgia, approximately 45% of all SNAP recipients are children.7 SNAP benefits reduce food insecurity among high-risk children by 20% and reduce poor health by 35%.8 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/.

7. Georgia Division of Family & Children Services State Fiscal Year 2018 Descriptive Data by County, pg. 36.
Featured Partnership: Boys and Girls Clubs of Metro Atlanta

Student Health Advocates
Shine at Michael A. Grant
Boys and Girls Club

As part of the club-wide "No Soda Ever" policy implemented throughout the school year and over the summer, Youth Health Advocates were responsible for setting up the HealthMPowers-provided dispensers full of infused waters for club members and parents to enjoy daily. Youth Health Advocates also took the lead during the Cooking Matters class demonstrations, where youth enjoyed teaching their peers how dishes are made and educating them on what makes them healthy. Club favorites include Okonomiyaki Japanese Pancakes and The Works Vegetable Pizza.

HealthMPowers Received the 2019 Community Partner of the Year Award from the Boys and Girls Clubs of Metro Atlanta

“Our relationship with HealthMPowers is the model for effective, mutually beneficial partnerships. They’ve provided hands-on support to each of our clubs, growing our capacity to deliver high-quality cooking and gardening programs. And we’ve seen real results in how our kids make healthy food choices, and their interest in physical activity. HealthMPowers has created opportunities for our kids to think critically about healthy decisions, obstacles to these decisions and the importance of investing in their bodies in ways that promote health.”

- Adrianne Penner, Senior Director, Boys & Girls Clubs of Metro Atlanta

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