

SNAP-Ed Works for Iowa

The Challenge



1 in 5 children in Iowa is food insecure.¹



More than 1 in 3 Iowa 3rd grade students are overweight or obese.⁶



About 1 in 8 older Iowans age 60+ risks facing hunger each day.⁴



Iowa has one of the highest rates of obesity among seniors. 30% of adults (137,000 adults) age 65+ are obese.³

67% of adult Iowans are overweight or obese.⁶ In 2013, Iowa was ranked 41st in overweight and obesity rates for adults.²

Nearly 4 out of 10 (39.3%) adult Iowans consume fruit less than 1 time per day.²

More than 1 out of 4 (26.8%) adult Iowans consume vegetables less than 1 time per day.²

Iowa SNAP-Ed Solution

The Iowa Nutrition Network uses SNAP-Ed funds to improve the likelihood that SNAP-eligible children and older adults will choose healthy foods and physically active lifestyles given their limited budgets.

Iowa Nutrition Network School Grant Program

Pick a **better snack**™



Engage children in elementary schools with fruit and vegetable nutrition lessons, gardening activities, and physical activity breaks.



Extend in-school nutrition education to parents and caretakers with take-home materials, food resources, and social marketing activities.



Promote Farm to School Programs and effective school wellness committees and policies.



"He loves it because he is a picky eater. The boy will eat any type of fruit and loves to incorporate different food into his diet."

- Iowa parent

Fresh Conversations



Connect older adults with their peers through monthly discussions focused on nutrition and healthy living.



Promote local and national food programs to reduce hunger and food insecurity.



Help older adults maintain and increase physical strength and mobility.



"They loved it. These people who only sat in their chairs were up

- moving, dancing, and smiling."

- Fresh Conversations Facilitator

2015 Iowa SNAP-Ed by the numbers

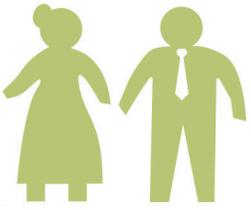
93 Number of participating elementary schools in the Iowa Nutrition Network School Grant Program (INNSGP) 

57 Number of congregate meal sites that offered Fresh Conversations in the first year (2015) 

 **40%** The percent of INNSGP schools with gardens

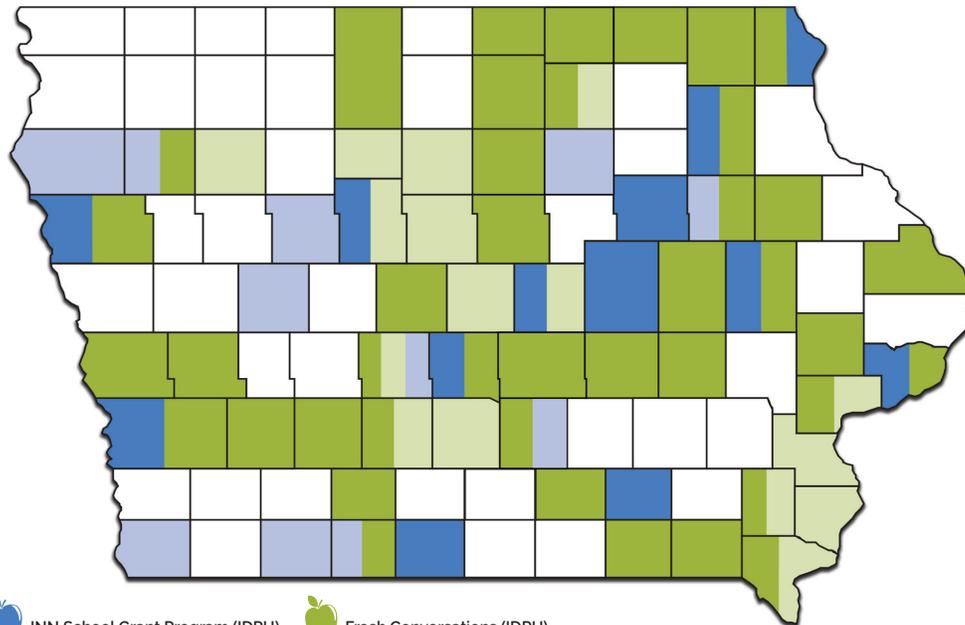
  **350**
Potential number of congregate meal sites that could offer Fresh Conversations

967 Total number of classrooms (K-3) reached with monthly nutrition education 

1,353 Number of older adult participants in Fresh Conversations 

 **22,000**
Approximate number of K-3 grade students engaged in nutrition education

2016 SNAP-Ed Funded Nutrition Education



 INNSGP (IDPH)  Fresh Conversations (IDPH)
 FNP (ISU Extension & Outreach)  Loving Your Family (ISU Extension & Outreach)

This map highlights both INN and ISU Extension and Outreach SNAP-Ed programs.



A 2011-2012 USDA SNAP-Ed study (Wave II) showed an increase in the amount of daily fruits and vegetables consumed among Iowa children participating in Pick a better snack™.5



References

- ¹ www.feedingamerica.org, 2014.
- ² BRFSS, 2013.
- ³ www.americashealthrankings.org/reports/senior, 2014.
- ⁴ Iowa Department on Aging. Hunger Profile: Older Iowans, 2014.
- ⁵ Supplemental Nutrition Assistance Program Education and Evaluation Study (Wave II). Iowa Nutrition Network's BASICS for Nutrition and Physical Activity Program. Summary Volume I Report and Volume II Appendices. USDA, Food and Nutrition Service, Office of Policy Support. Nutrition Assistance Program Report. December 2013. www.fns.usda.gov/research-and-analysis, 2014.
- ⁶ IDPH BMI Assessment Project, 2010.

