

## WHO WE ARE & WHAT WE DO

NC State's Steps to Health program offers adult nutrition programs where limited-resource people live, learn, work, shop, and play. Public housing developments, congregate nutrition sites, food pantries, and county health departments automatically qualify for our programming. We offer comprehensive, informative nutrition education classes for adults. We also work with community partners to implement strategies that help transform community spaces into places where the healthy choice is the easy choice.

1,348

ADULTS ATTENDED NUTRITION CLASSES IN 2018

61%

OF ADULTS IMPROVED THEIR HEALTHY EATING BEHAVIORS

49%

OF ADULTS ARE MORE PHYSICALLY ACTIVE AFTER THE PROGRAM

**SUCCESS STORIES**

## HEALTHY CHOICES AT YOUR CONVENIENCE

A small chain of convenience stores in Randolph county worked with Steps to Health to secure funding for two coolers. These new coolers allowed the store to stock perishable food items such as squash, peaches, bananas, zucchini and ready-to-eat carrots low-fat yogurt, low-fat cheese. Steps to Health also provided attractive produce display baskets to better highlight fresh foods and encourage customers to purchase them. Customers have increased their purchases of fresh food, and the store owner now has a contract with a produce vendor to stock produce bi-weekly.

## FEEDBACK FROM NUTRITION EDUCATION CLASSES

"I'm now more active & I use more spices and less salt on my food."  
-Adult participant, Burke county

"I enjoyed this program because it has given me the ability to make better food choices."  
-Adult participant, Rutherford county