



## WHAT IS SNAP-ED?

**Supplemental Nutrition Assistance Program Education (SNAP-Ed)** is the nutrition education arm of SNAP. Funded through the US Department of Agriculture and delivered nation-wide, it brings together federal, state, and local resources to improve the likelihood that families enrolled in and eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles.



## WHAT IS STEPS TO HEALTH?

**Steps to Health** is NC State University's SNAP-Ed program. Steps to Health educates and inspires limited-resource North Carolinians to eat smart and move more through nutrition and food resource management education programs and interventions to create healthy food environments. Steps to Health is delivered by county-based educators across North Carolina.



## WHY STEPS TO HEALTH?

Obesity and related chronic diseases are prevalent among North Carolinians. With two-thirds of adults overweight or obese, North Carolina struggles to address high rates of adult diabetes and hypertension as well. Poor eating practices and a lack of physical activity are not limited to adults. Unfortunately children are following closely in their footsteps, with only 25% of children in the state consuming the recommended amounts of fruits and vegetables per day. Almost half of North Carolina children spend more than two hours per day watching television, and childhood obesity rates are rising.

Steps to Health aims to address these grave and urgent issues with evidence-based, effective nutrition education and programming. Since 2007, Steps to Health has improved diets, nutrition-related behaviors, and physical activity levels of thousands of North Carolinians.

**10,629**  
PEOPLE ATTENDED NUTRITION CLASSES



**61**  
N.C. COUNTIES



**53%**  
NOW MAKE HEALTHIER FOOD CHOICES

**56,424**  
PEOPLE WITH IMPROVED FOOD POLICY OR ENVIRONMENT



**156**  
COMMUNITY SITES & SCHOOLS





## OUR PROCESS

Steps to Health aims to improve health outcomes in two ways. The first way is through education. We teach adults and children across 65 counties about nutrition, resource management, and physical activity.

### TEACH

Our educators live in the communities where they work, and they share complex nutrition and health knowledge in a way that everyone can understand and apply in their own lives.

### SHARE

Tailored for limited-resource audiences, our curricula include taste tests, engaging activities, and recipes and materials that participants can bring home with them.

### ENGAGE

The second way Steps to Health improves health outcomes is through shaping the environments where people live, learn, work, shop, and play. We improve policies, systems, and environments so that the healthy choice becomes the easy choice.

### SHAPE

We meet people where they are, in community spaces, faith sites, farmers markets, food pantries, food retail stores, schools, and workplaces. We offer ways to make each of those places a place where healthy behaviors thrive.

### BUILD

By combining education with environmental interventions, we contribute to transformative, lasting health outcomes for limited-resource people across North Carolina.

### SUSTAIN

## STAY IN TOUCH



[www.ncstepstohealth.org](http://www.ncstepstohealth.org)



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Want more information about Steps to Health?  
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