



# Eat Smart Idaho

UNIVERSITY OF IDAHO EXTENSION

# 2020 Annual Impacts



10.8% FOOD INSECURE

**1 in 8** CHILDREN

are food insecure.



**37%**

of adults consume fruit LESS than one time per day.



**17%**

of adults consume vegetables LESS than one time per day.



**22%**

of adults meet physical activity guidelines.



64% of adults are overweight or obese.



29% of youth are overweight or obese.

## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-Ed)

**345** community partners

**1448** classes delivered

**761** adult participants

**2748** youth participants

**84%** improved dietary behaviors or knowledge

### CHANGE

Policy, systems, & environmental changes (PSE) work to make the healthy choice the easy choice.

**35,717** reached by healthy social marketing messages

**42** Smarter Lunchrooms  
Movement Schools

**60** Healthy Pantries/  
Healthy Food Drives

### ENGAGE

Engage community partners in projects and activities to support healthy diet, physical activity, food safety, and food security.

**52%** improved physical activity practices

**57%** improved food safety practices

### EDUCATE

Promote behavior change by educating adult and youth participants about dietary food quality, food safety, food security, and physical activity.

**52%** improved food resource management practices

**28%** improved food security

### STRENGTHEN

Strengthen individuals, families, and communities through peer delivered nutrition and physical activity education.

**153,530** indirect education contacts    **1530** followers on social media

## EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

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