



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) initiative seeks to improve the likelihood that persons eligible for SNAP will make healthy food choices and choose a physically active lifestyle. Currently, services are targeted in counties with high-obesity and low food security within Georgia. Through strategic partnerships, the program provides direct nutrition education to SNAP-eligible individuals to encourage the consumption of fruits/vegetables to achieve a healthy body weight and support in the development of community gardens in areas with a large SNAP-eligible population. There were 26 new partnerships in FY 2023.

The Landscape:

In FY 2023, Georgia ranked 21st out of 50 states in the United States for adult obesity, with a rate of 32.5%, compared to the national rate of 30%. Specifically, 33.9% of adults in Georgia are affected by obesity, and low-income families are disproportionately impacted by this issue and its associated health consequences. Additionally, hunger remains a significant concern in Georgia, where 1 in 9 people face hunger, and 10.7% of individuals experience food insecurity.

Community Gardens:

In FY 2023, 4 local health districts implemented community garden interventions at public housing sites, eligible schools, and qualifying community sites such as churches and parks where at least 50% of the population are considered "SNAP-eligible." Over 9,291 pounds of produce were harvested and distributed, and 1,401 individuals received free produce.

Direct Nutrition Education:

In FY 2023, there were 11 participating counties that reached almost 200 participants. Over 152 hours of nutrition education were conducted. DPH implements education classes in collaboration with SNAP-Ed community gardens where more than 50% of employees are considered "SNAP-eligible." Local health districts identify qualified sites and deliver monthly direct nutrition education sessions in a group setting. The health districts also engage community coalitions in policy, systems and environmental (PSE) changes to create more supportive nutrition environments and reduce chronic diseases.

Social Marketing:

In FY 2023, SNAP-Ed social marketing campaigns were implemented across 27 counties. These efforts generated an impressive 16,273,112 media impressions, effectively spreading the message of healthy living and nutrition. As a result, 169,656 individuals were directly reached and engaged through these campaigns, promoting healthier food choices and active lifestyles among SNAP-eligible populations.

Direct Quote from Nutrition Education Participant:

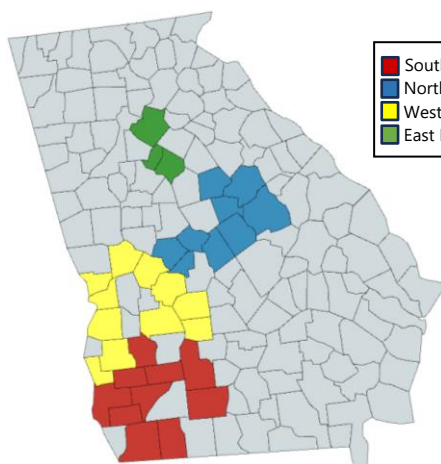
"The classes were great! I learned so much information about protein, grains, fruits and vegetables, and much more! My family and I are so grateful to have been invited to participate. We are much healthier and more physically active because of these classes."

– Participant from Rockdale County

Outcomes:

In FY 2023, after participating in the SNAP-Ed program, participants reported a 19.5% increase in fruit consumption, 4.9% increase in vegetable consumption, and 61% of participants read nutrition labels compared to 36.6% before nutrition education. Participants also reported increased engagement in physical activity three days a week on average after completing nutrition education.

Health Districts and Counties Served by SNAP-Ed:



Southwest Health District
North Central Health District
West Central Health District
East Metro Health District

Southwest Health District

Baker	Calhoun
Colquitt	Decatur
Dougherty	Early
Grady	Miller
Mitchell	Terrell
Worth	Seminole

West Central Health District

Chattahoochee	Clay
Crisp	Dooly
Macon	Muscogee
Randolph	Stewart
Sumter	Talbot
Taylor	

North Central Health District

Baldwin	Bibb
Crawford	Twiggs
Washington	Wilkinson
Peach	Putnam
Hancock	

East Metro Health District

Rockdale	Newton
Gwinnett	