



### COMMUNITY ASSETS AND SOCIAL CAPITAL

SNAP-Ed implementers worked with over 400 local partners across the state to reduce health inequities.



### COLLABORATIVE ACTION

SC SNAP-Ed collaborates with local partners in ways that support community members being able to make healthy choices that fit their lives. With this goal in mind, SC SNAP-Ed provides:

- 1 evidence-based nutrition and physical activity focused education classes.
- 2 policy, systems, and environmental supports that align with the goals and interests of local partners and community members.
- 3 collaborations with local, regional, and state coalitions that work across multiple sectors to address systemic issues and inequities.
- 4 social marketing campaigns that provide healthy eating and active living messages and information.

### SOCIAL AND COMMUNITY CONTEXT

People's decisions and actions about how to live a healthy lifestyle are heavily influenced by their environments and situations.

**10%** of South Carolinians do not live close to a grocery store



**115,000** households across the state have no vehicle

### BUILDING ON STRENGTHS

SC SNAP-Ed met South Carolinians where they live, learn, play, shop, eat and work.

**8,670** adults & **15,664** youth reached by evidence-based education

**2,135** total classes in **43** counties



*"[I] became more aware of healthy ingredients to include in meal preparation given the health issues I have."*

- Adult Cooking Matters participant



### DIRECT EDUCATION

Evidence-based education works! After participating, more people on average:



chose low-fat milk.



chose low-sodium options.



used nutrition fact labels to inform their selection of foods.



engaged in moderate sport or recreational activity.

### COALITIONS

Partnering with SNAP-Ed, 62 local, regional, and statewide multi-sector coalitions worked to increase healthy eating and active living opportunities.

Coalition members represented many sectors, including:

- residents and community members.
- non-profits.
- education.
- healthcare.
- public health.
- agriculture.
- food assistance.
- local and state government.
- planning.
- faith-based.
- transportation.



Over 20 edible gardens were planted or maintained at schools, libraries, healthcare sites, and community organizations and included options for parents and community members to work in the gardens and access produce.



7 sites, including libraries and community organizations, set up programs to improve community access to free exercise or recreation equipment.



4 sites, including libraries and a temporary housing facility, adopted policies to establish food distribution to the community and their clients.

### NEW POLICY, SYSTEMS, AND ENVIRONMENTAL CHANGES

82 local organizations and coalitions worked with SNAP-Ed to identify and implement 212 nutrition or physical activity focused strategies that supported over 42,627 individuals in their pursuit of healthy lifestyles.

### SOCIAL MARKETING

Healthy eating and active living messages were broadcast across South Carolina via billboards, digital ads on social media, and television.



Campaigns reached more than **816,500** people living with a low income