

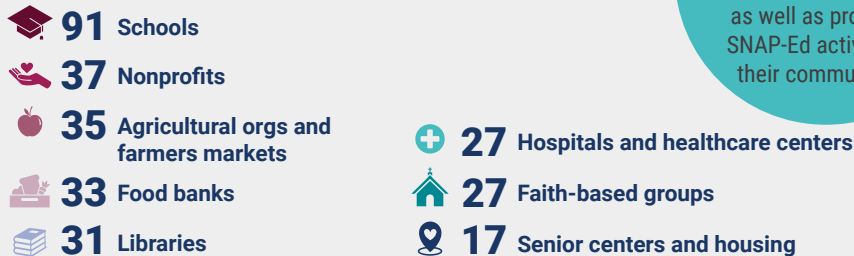
SOUTH CAROLINA SNAP-Ed



Supplemental Nutrition Assistance Program Education

COMMUNITY ASSETS AND SOCIAL CAPITAL

SNAP-Ed implementers worked with over 400 partners across the state to encourage South Carolinians to eat healthy foods and be physically active. Some of these included:



Partners contributed space, staff time, and funding, as well as promoted SNAP-Ed activities in their communities.

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 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.
- 4 Social marketing campaigns that provide healthy eating and active living messages and information.

SOCIAL AND COMMUNITY CONTEXT

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

10%

of South Carolinians have limited access to healthy foods, such as not living close to a grocery store.

13%

experience food insecurity.

31%

do not live close to a park or recreational facility.

BUILDING ON STRENGTHS

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

13,541

people reached through nutrition and/or physical activity education.

2,096
classes taught in
40 counties



This class reinforced the need to read nutrition labels. The information was very useful, practical and applicable."

- Cooking Matters at the Store participant

NEW POLICY, SYSTEMS, AND ENVIRONMENTAL CHANGES

136 organizations and coalitions worked with SNAP-Ed to start or maintain **415 nutrition and/or physical activity** focused strategies that supported over **60,000 people** living with low income in their pursuit of healthy lifestyles.



35 edible gardens were planted, expanded, or maintained at partner schools, libraries, housing facilities, health clinics and community organizations and included options for parents and community members to work in the gardens and access produce.



25 food pantries expanded options for clients to choose their own healthy foods.



37 partners, including libraries, schools, food pantries, and others, used signage, demonstrations, or displays to encourage healthy eating behavior and/or physical activity choices.

COALITIONS

Partnering with SNAP-Ed, 47 local, regional, and statewide multi-sector coalitions worked to increase access to food, healthcare, education, healthy eating and active living opportunities.

Coalition members represented many sectors, including:

- Community Members
- Non-Profits
- Education
- Libraries
- Indian Tribal Organizations
- Healthcare
- Public Health
- Agriculture
- Food Assistance
- Food Stores
- Government
- Planning
- Faith-Based
- Senior and Recreational Centers
- Media
- Transportation

DIRECT EDUCATION

After completing a series of classes with a nutrition or health educator, people had increased:



Confidence in buying and cooking healthy foods for their family on a budget.



Using a grocery list and nutrition fact labels when grocery shopping.



Eating more than one kind of vegetable each day and eating fruits more often.



Exercising to increase muscle strength.

SOCIAL MARKETING

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

Campaigns reached almost

680,000

people living with a low income.

