



## Nutrition and Health

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# Delivering nutrition and health education and resources at the community level

The SNAP-Ed program provides research-based nutrition education to SNAP recipients and those who are eligible for benefits, helping individuals and families make more nutritious food choices, stretch their food dollars and lead healthier lifestyles. Land-grant universities play a key role by leveraging Extension professionals to deliver nutrition education and resources directly to a wide audience of communities. The program also supports community-level initiatives that focus on policy, systems and environmental changes to create healthier environments.

### Here are a few examples of that work:

- **Missouri** tailors SNAP-Ed programs to specific communities. In 2024, direct and indirect education reached over 1.6 million Missourians. In addition to individual improvements in amount of fruits and vegetables consumed, physical activity and meal and grocery shopping planning, SNAP-Ed programs led to the adoption of 152 policy, systems and environmental changes. These changes included the expansion and improvement of community gardens, adding produce to community meal/snack programs and incorporation of physical activity into the school day. *University of Missouri Extension*. See [full statement](#).
- In 2024, SNAP-Ed in **Michigan** fostered 724 policy, systems and environmental changes across 363 community sites, improving access to nutritious foods and promoting healthier behaviors. These changes reached over 72,000 adults and youths, significantly enhancing the impact of their nutrition and physical activity initiatives. *Michigan State University Extension; Smith Lever (3b&c)*. See [full statement](#).

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### landgrantimpacts.org

The National Land-grant Impacts Database (NIDB) documents the individual and collective impacts of the national Land-grant University System of joint research, education and Extension. Much of this work is supported by capacity and competitive funds through the USDA's National Institute of Food and Agriculture.

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- A SNAP-Ed team in **Connecticut** provided a digital diet and dental health program that helped young children improve diet quality to prevent cavities and increase brushing and flossing rates. Caregivers and community partners reported high program acceptability and positive feedback, highlighting the program's effectiveness and impact. *Connecticut Cooperative Extension System; USDA Capacity – Extension, Smith Lever (3b&c)*. See [full statement](#).
- **Mississippi** Extension SNAP-Ed is increasing fruit and vegetable consumption in youths. The surveys showed 35% increasing vegetable intake and 39% increasing fruit intake. In addition, 27% reported eating more types of vegetables and 29% reported eating more types of fruits post-program, with these changes extending to their families. *Mississippi State University Extension Service*. See [full statement](#).
- Kindergarten students in **Louisiana** are growing, tasting and learning how to prepare fruits and vegetables. Parents reported that their children shared healthy eating information at home, encouraged cooking together and were more open to trying new foods, with 72% of families eating more fruits and vegetables. *LSU AgCenter; Non-profit grants and contracts, State appropriations*. See [full statement](#).
- In 2024, 61,875 adults and youths who participated in SNAP-Ed in **Texas** increased their daily fruit and vegetable consumption by approximately 40%. Through policy, systems and environmental initiatives, 1,292 changes were adopted. *Texas A&M AgriLife Extension; USDA Capacity – Extension*. See [full statement](#).