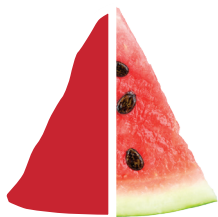


# 2016

## annual impact report

Throughout Indiana, the Purdue Extension Nutrition Education Program (NEP) works to improve the nutrition and health of audiences with limited resources. We focus on 5 areas: nutrition, food safety, food security, physical activity and food resource management.

### the challenges



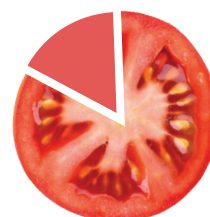
LESS THAN  
**1/2**  
of adults  
meet overall  
physical activity  
guidelines



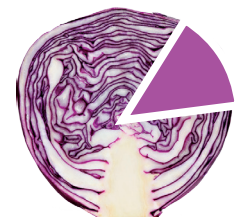
**one  
in ten**  
adults eat  
recommended  
amount of fruits  
and veggies



**2/3**  
of Indiana adults  
are overweight  
or obese



**one  
in six**  
Hoosiers  
face hunger or  
food insecurity



ON AVERAGE  
**14%**  
of Hoosiers  
have limited access  
to grocery stores

### the NEP solution

#### Nutrition Education

Provide direct nutrition education to youth and adults through schools and a variety of community groups. Lessons focus on how to plan nutritious meals, be active, handle food safely, spend food dollars wisely, and improve food purchasing and preparation skills.

### community wellness coordinators

- Collaborate with community partners on broader community change that involves policy, system and environmental initiatives.
- Involved in health coalitions, community gardens, school and workplace wellness, healthy corner stores, trails and parks, farmers markets, active living, food pantries and more.

## the results

### NUTRITION EDUCATION


 **202,126**  
total contacts

 **60,881**  
lessons delivered

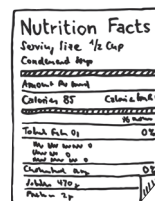


**59%**  
percentage of total direct contacts from youth 17 and younger

### ADULTS PARTICIPATING IN LESSONS REPORTED:

**55%**  
increase in vegetable consumption 

**99%**  
increase in meal planning 



**115%**  
increase in use of nutrition facts while shopping

### COMMUNITY WELLNESS COORDINATORS

 **300+**  
community partnerships & 160 initiatives

more than **400**  
community needs assessments completed 

**22**  
school-based initiatives 

**17** farmers market partnerships to increase # of vendors accepting SNAP  

**7** active living workshops strengthening built environment 

**9** food policy councils or health coalitions started 

## funding

The Nutrition Education Program is funded by two federal funding streams:

1. SNAP-Ed, Supplemental Nutrition Assistance Program – Education Division
2. EFNEP, Expanded Food and Nutrition Education Program

## target audiences

- SNAP recipients
- Individuals with limited resources
- Schools with 50% or more free and reduced lunch
- Communities with high poverty rates