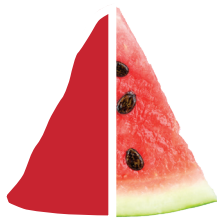


2017

annual impact report

Throughout Indiana, the Purdue Extension Nutrition Education Program (NEP) works to make the healthy choice the easy choice where limited resource families live, eat, work, play and shop. We focus on 5 areas: nutrition, food safety, food security, physical activity and food resource management.

the challenges



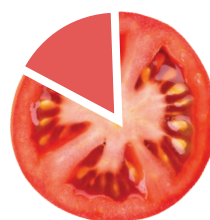
LESS THAN
1/2
of adults
meet overall
physical activity
guidelines



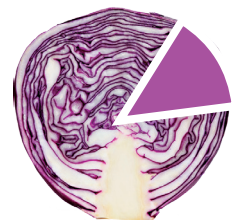
**one
in ten**
adults eat
recommended
amount of fruits
and veggies



32.5%
of Indiana adults
are overweight
or obese



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



33%
of Hoosiers cite
limited access to
grocery stores as
the reason for
food insecurity



our solution

- Provide direct nutrition education to youth and adults through schools and a variety of community groups.
- Collaborate with community partners on broader community change that involves policy, system and environmental initiatives.
- Get involved with health coalitions, community gardens, school and workplace wellness, healthy corner store initiatives, trails and parks, farmers markets, active living initiatives, food pantries and more.

The Nutrition Education Program is funded by two federal funding streams: SNAP-Ed, Supplemental Nutrition Assistance Program – Education Division and EFNEP, Expanded Food and Nutrition Education Program

the results

NUTRITION EDUCATION



1,946,200
adults & youth reached

17,514



educational programs offered



29,856

youth program participation

ADULTS PARTICIPATING IN LESSONS REPORTED:

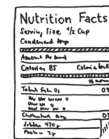
55%

increase
in vegetable consumption



99%

increase
in meal planning



115%

increase
in use of nutrition facts
while shopping

COMMUNITY WELLNESS COORDINATORS



500+
Community
partnerships

11 grants for a total of
\$50,000 received



300 schools
across the state are being
offered CATCH (Coordinated
Approach to Child Health)



EatGatherGo.org
launched, nearly
60,000
unique visitors!



367

community initiatives
that are influencing policies,
systems and environments.



one story of success



While working in the community, Community Wellness Coordinator Casey Williams noticed two things that shouldn't exist side-by-side. There were a lot of people growing food with the intention of donating that food and at the same time a lot of people experiencing high food insecurity or a lack of access to fresh produce. To address this problem, a partnership was developed between the University of Southern Indiana's Health Clinic, Purdue Extension Master Gardeners and Patchwork Central. The Health Clinic issues "prescriptions" to those patients who they feel are in need or would benefit from fresh produce. The Gardeners deliver their produce to Patchwork Central who "fills" the prescription for patients. Learn more about this great program and view other videos at eatgathergo.org.

PURDUE
EXTENSION

NUTRITION EDUCATION
PROGRAM

Find more great tips, recipes and videos at eatgathergo.org

Ask about
free lessons!



Purdue University is an EOE/AA employer. All individuals, including minorities, women, individuals with disabilities and veterans, are encouraged to apply. This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county Extension office.