TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM

UT Extension contracts with the Tennessee Department of Human Services (TDHS) to provide a statewide SNAP nutrition education program — Tennessee Nutrition and Consumer Education Program (UT SNAP-Ed: TNCEP). The goal of this coalition driven program is to help low-income individuals and families reduce health risks associated with poor nutrition by gaining knowledge and skills needed to effectively use SNAP benefits and related resources.

OUR REACH

28,001 through direct education

143,088 through community interventions

132,668 through social marketing

OUR PARTNERS

1,085 community partners were actively involved in 85 TNCEP coalitions across the state

“I exercise at the senior center ... about 5 hours per week. I had thought I would cut back on that, but since this class I realized how very important that exercise is and will continue.”

- Participant in Hawkins County
30% of participants increased fruit and vegetable consumption

26% of participants increased physical activity

41% of participants improved food resource management behaviors

393 sites implemented policy, systems and environmental changes promoting health

$38+ Million reduced long-term health care costs

For every $1 spent in nutrition education, there is a potential long-term health care cost reduction of $10.64.¹

“The recipes I’ve learned are a major blessing for me. I can help my family eat healthier and the information books are great. Thank you so much for everything this class has taught me.”

- Participant from Warren County
IN ADDITION TO WORKING IN ALL 95 COUNTIES WITH DIRECT EDUCATION, UT SNAP-ED: TNCEP IS EMPOWERING COMMUNITIES TO SUPPORT HEALTHY CHOICES

EASY CHOICES
Through a collection of ready-made resources, Easy Choices helps SNAP-Ed partners make the healthy choice the easy choice. Changes in policies, systems, and environments (PSEs) at sites frequented by low-income individuals increase healthy behaviors. Extension agents facilitate the change process while site partners implement and sustain the changes.

FARMERS’ MARKET FRESH
Farmers’ Market Fresh promotes farmers’ markets as a source of fresh fruits and vegetables. In 2017, this interactive social marketing campaign was implemented at 40 farmers’ markets. 48,224 direct contacts were made through 221 food demonstrations. The campaign increased participants’ purchasing and consumption of locally grown fruits and vegetables through farmers’ markets.

TASTY DAYS
Through fruit and vegetable tastings, marketing materials, and school engagement, this multi-level intervention involves posters, newsletters, and in-class activities help students learn fun and interesting facts about fruits and vegetables.
Quick Wins promotes health messages through a multi-phase marketing program. In 2017, marketing messages and educational materials were displayed at 60+ sites serving low-income families. From senior centers to schools and faith communities, the messages offered through Quick Wins are visible across Tennessee.

In addition to working in all 95 counties with direct education, UT SNAP-ED: TNCEP is empowering communities to support healthy choices.

LEARN, GROW, EAT & GO!
Through this 10-week curriculum, students learn more about gardening, healthy eating, and physical activity. This interdisciplinary program combines academic achievement, gardening, food experiences, physical activity, and school and family engagement to promote healthy eating and active living.

TASTY DAYS
Through fruit and vegetable tastings, marketing materials, and school engagement, this multi-level intervention involves the entire school community, promoting the importance and tastiness of fruits and vegetables. Morning announcements, posters, newsletters, and in-class activities help students learn fun and interesting facts about fruits and vegetables.

Legend:
- EASY CHOICES
- QUICK WINS
- FARMERS’ MARKET FRESH
- TASTY DAYS
- LEARN, GROW, EAT & GO!
The University of Tennessee Extension Expanded Food and Nutrition Education Program (UT EFNEP) is a peer-to-peer direct education program that reaches adults who are caregivers of young children and school-age youth at risk for food insecurity. Adults participate in a series of lessons and are awarded completion certificates when they attend a minimum number of classes. Paraprofessionals from the community are the primary educators of EFNEP participants. Community partners and volunteers assist with participant recruitment and direct education delivery. UT EFNEP is funded by the US Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA).

14,886 total
9,402 through indirect education
5,484 through direct education

“I read the nutrient facts on the labels of everything now. When I’m grocery shopping I compare prices to the ingredients and how much of the product I’m actually getting for my money.”

- Participant from Hamilton County
86% of participants improved healthy food choices

36% of participants increased fruit consumption

41% of participants increased vegetable consumption

86% of participants improved physical activity

81% of participants improved food resource management skills

$21+ Million reduced long-term health care costs¹

$72,768 savings reported by EFNEP participants

Graduates of adult education classes report they are saving money on food budgets as a result of skills gained.

“This class is very beneficial because it’s taught me how to plan meals on a budget and how to incorporate a variety of fruit and vegetables for my kids.”

-Participant from Shelby County
WHY NUTRITION EDUCATION?

17% families are affected by poverty
33.8% adults are obese
45.2% adults eat less than 1 serving per day of fruit
22.6% adults eat less than 1 serving per day of vegetables

WHY UT EXTENSION?

Deep Tennessee roots combined with strong community connections make UT Extension the ideal organization for delivering SNAP-Ed and EFNEP programming.

Drive down any road in Tennessee and you will see people impacted by the work of UT Extension. With a presence in all 95 counties, UT Extension is a vital part of Tennessee helping people across the state improve their quality of life. Extension agents and paraprofessionals are actively engaged in the communities they serve, leading local nutrition and health coalitions, organizing grassroots efforts to promote healthy communities, and facilitating long-term behavior and environmental changes promoting health.

From partnerships with local community leaders to long-standing relationships with government, education, and social-service professionals, UT Extension stands ready and able to help Tennessee achieve the goals of Healthy Families and Healthy Communities.

REFERENCES


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