The mission of the California Supplemental Nutrition Assistance Program Education (SNAP-Ed) is to inspire and empower underserved Californians by promoting awareness, education and community change through diverse partnerships to result in healthy eating and active living.

**The Need**

Including lost productivity, overweight and obesity in California costs families, employers, the health care industry, and the government more than $21 billion each year.\(^1\)

12.6 Million people eligible for SNAP-Ed, about 34% of California’s population

67% low-income adults overweight or obese\(^2\)

42% of low-income Californians were unable to afford enough food in 2015\(^3\)

**The Work**

SNAP-Ed implementers have reached 541,645 school-aged children through education in over 3000 public schools statewide.

Many local implementers reported work in stores that changed the retail environment, including adding healthy checkout and healthy eating materials.

519,019 Estimated people reached through SNAP-Ed work in small and large food stores in 2016\(^4\)

Many of the nutritious food products so valued and needed for a healthy diet are produced in the Golden State. California’s leading crops are fruits, nuts and vegetables. Over a third of the country’s vegetables and two-thirds of the country’s fruits and nuts are produced in California. SNAP-Ed connects local producers to the local population based on locally driven priorities.
1: In the Northern Sacramento Valley, an online mapping tool was established to increase access to nutrition and health resources.

2: Refresh San Joaquin is a county-wide program to improve the health of residents by increasing the availability of healthy beverages and healthy fresh foods. For example, Refresh San Joaquin connects small-scale retailers with locally grown, fresh produce delivery to assure customers receive the freshest produce.

3: Plumas County utilizes garden education to increase familiarity with and consumption of local fresh fruits and vegetables by area youth.

4: The Resident Leadership Academy was implemented by the County of San Diego as a way to engage and build the capacity of low-income residents to serve as community leaders and drive locally-determined priorities.

Leveraging Other Funds

The Yolo Bonus Bucks program for fruits and vegetables supplements SNAP benefits and SNAP-Ed programming for participants.

Looking Ahead

If adult Body Mass Index were reduced by as little as 5%, California could potentially save $81.7 billion in obesity-related health care costs by 2030.5

References

3 Ibid
5 Nutrition Education and Obesity Prevention Branch, California Department of Public Health in collaboration with Nutrition Policy Institute, University of California Agriculture and Natural Resources (2016). Obesity in California: The Weight of the State, 2000-2014.