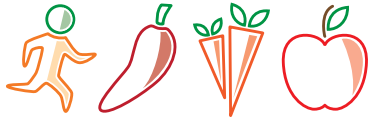


SNAP-Ed

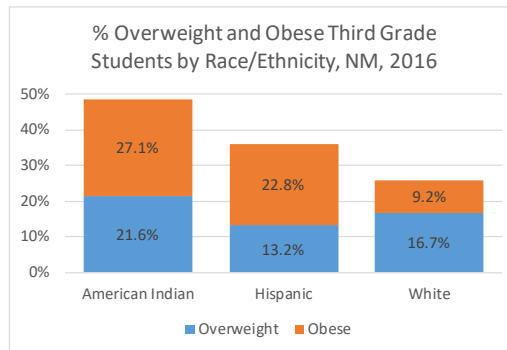
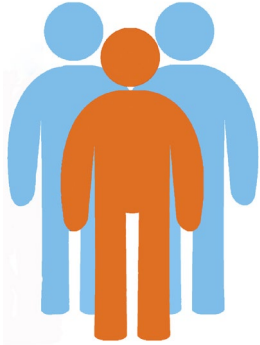


New Mexico



In New Mexico...

Nearly **2 out of 3** adults are **overweight or obese**.¹



Almost **1 in 2** American Indian third-graders, **1 in 3** Hispanic third-graders and **1 in 4** White third-graders are **overweight or obese**.²

1 in 4 children have **limited or uncertain** access to nutritionally adequate food.³



The SNAP-Ed Solution - The Supplemental Nutrition Assistance Program Education (SNAP-Ed) provides funding to promote better nutrition, teaches SNAP families how to buy and prepare healthy food on a budget, and works to prevent obesity where people with limited income live, learn, eat, shop, work, and play.

Support

Wellness policies and practices were improved in schools and early childhood education programs across the state.³

Teach

Trained SNAP-Ed educators taught adults, children and families how to cook healthy meals at home.³

Promote

1,653 students and their families participated in the Eat Smart to Play Hard social marketing campaign.³

Partner

6 implementing agencies worked with their community partners to deliver SNAP-Ed programming throughout New Mexico.

Impact of SNAP-Ed in New Mexico

SNAP-Ed programs in NM served **35,309** adults and **117,574** children in FFY17.⁴



Elementary school students who participated in a SNAP-Ed program reported eating **more fruits and vegetables** daily.⁵

More than half of SNAP-Ed families reported buying **more fruits and vegetables** than they had during the previous year.⁵

What SNAP-Ed Families are saying:

"We've been trying new vegetables now and having more fruits available for snacking."

"We drink a lot of water now."

"We set screen-time limits for the whole family now, not just for the kids."

"We got bikes for every family member and try biking together at least 4 times a week."

Who delivers SNAP-Ed in New Mexico?

SNAP-Ed is delivered by six Implementing Agencies.

Statewide:

- **New Mexico State University Cooperative Extension Service**
 - Ideas for Cooking and Nutrition (ICAN)
Contact: Donna Sauter at sauter@nmsu.edu
- **New Mexico Department of Health**
 - Healthy Kids Healthy Communities
Contact: Rita Condon at Rita.Condon@state.nm.us
- **University of New Mexico Prevention Research Center**
 - Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus
Contact: Patty Keane at PKeane@salud.unm.edu
 - Eat Smart to Play Hard Social Marketing Program
Contact: Glenda Canaca at GLCanaca@salud.unm.edu
 - NM SNAP-Ed Statewide Evaluation
Contact: Theresa Cruz at thacruz@salud.unm.edu

Regional:

- **Cooking with Kids** – serves Santa Fe Public Schools and area counties
Contact: Anna Farrier at afarrier@cookingwithkids.org
- **Kids Cook!** – serves Albuquerque Public Schools
Contact: Mary Meyer at mary.meyer@kidscook.us
- **Las Cruces Public Schools** – serves Las Cruces Public Schools
Contact: Barbara Berger at bberger@lcps.net

New Mexico SNAP-Ed Contact Information

Yvonne Howard, SNAP-Ed Coordinator
Food and Nutrition Services Bureau/Income Support Division
Phone: (505) 841-2652
Fax: (505) 841-2691
Email: YvonneR.Howard@state.nm.us

Find out more about SNAP-Ed here:

National: <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-education-snap-ed>
SNAP-Ed NM: <http://www.snapednm.org/>

Citations

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2. *The Weight of Our Children: New Mexico Childhood Obesity 2016 Update*. Santa Fe, NM. New Mexico Department of Health. March 2017.
3. *New Mexico SNAP-Ed Annual Report*. Santa Fe, NM. New Mexico Human Services Department. January 2017.
4. Marisa Stevenson and Yvonne Howard, email communications, 7/17/17 and 7/18/17, summarizing data from the Education and Administrative Reporting System (EARS).
5. Cruz T, Lilo E, Solomon C, Cuddy R. *2015 New Mexico SNAP-Ed Evaluation Report*. Albuquerque, NM. University of New Mexico Prevention Research Center. October 2015.

