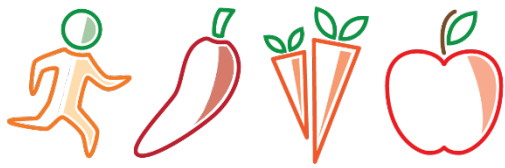


# SNAP-Ed



## New Mexico



### Supplemental Nutrition Assistance Program Education (SNAP-Ed) provides funding to:

- **Teach** SNAP families how to buy and prepare healthy food on a budget
- **Create** public spaces where the healthy choice is the easy choice
- **Promote** better nutrition and healthier lifestyles through social marketing
- **Partner** with community agencies to help New Mexicans find healthy food resources locally

**SNAP-Ed works to prevent obesity in places where New Mexicans with limited incomes live, learn, eat, shop, work, and play.**

### Teach

Trained SNAP-Ed educators taught families how to cook healthy meals at home.<sup>1</sup>

### Create

SNAP-Ed improved wellness policies in schools and early childhood education programs across the state.<sup>1</sup>

### Promote

The *Eat Smart to Play Hard* campaign reached over 7,000 students and their families.<sup>1</sup>

### Partner

6 SNAP-Ed agencies worked together with community partners across NM to deliver programming.

## A Critical Need...

In New Mexico, **1 in 4 children** have *limited* or *uncertain* access to nutritionally adequate food.<sup>1</sup>



In New Mexico, nearly **2 out of 3 adults** are **overweight or obese**.<sup>2</sup> Additionally, **1 in 2** American Indian third-graders, **1 in 3** Hispanic third-graders, and almost **1 in 4** White third-graders are overweight or obese.<sup>3</sup>

## The SNAP-Ed Solution Works in New Mexico!

SNAP-Ed New Mexico programming had **955,110** exposures in FFY2019.<sup>4</sup> That includes **99,927** attended classes full of healthy cooking ideas!

Elementary school students who participate in SNAP-Ed programs report eating **more fruits and vegetables** daily.<sup>5</sup>

More than half of **SNAP-Ed families** reported buying more fruits and vegetables than they had the year before.<sup>5</sup>



### 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](mailto:sauter@nmsu.edu)
- **New Mexico Department of Health**
  - Healthy Kids Healthy Communities  
Contact: Rita Condon at [Rita.Condon@state.nm.us](mailto:Rita.Condon@state.nm.us)
- **University of New Mexico Prevention Research Center**
  - Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus  
Contact: [CHILEplus@salud.unm.edu](mailto:CHILEplus@salud.unm.edu)
  - Eat Smart to Play Hard Social Marketing Program  
Contact: Glenda Canaca at [GLCanaca@salud.unm.edu](mailto:GLCanaca@salud.unm.edu)
  - NM SNAP-Ed Statewide Evaluation  
Contact: Theresa Cruz at [thcruz@salud.unm.edu](mailto:thcruz@salud.unm.edu)



### Regional:

- **Cooking with Kids** – serves Santa Fe Public Schools and area counties  
Contact: Anna Farrier at [afarrier@cookingwithkids.org](mailto:afarrier@cookingwithkids.org)
- **Kids Cook!** – serves Albuquerque Public Schools  
Contact: Sara Robbins at [sara.robbins@kidscook.us](mailto:sara.robbins@kidscook.us)
- **Las Cruces Public Schools** – serves Las Cruces Public Schools  
Contact: Leonor Lara at [llara@lcps.net](mailto:llara@lcps.net)

### **SNAP-Ed New Mexico 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](mailto:YvonneR.Howard@state.nm.us)

### **Find out more about SNAP-Ed here:**

National: [fns.usda.gov/snap/SNAP-Ed](https://fns.usda.gov/snap/SNAP-Ed)  
New Mexico: [snapednm.org](http://snapednm.org)

### Citations

1. *SNAP-Ed New Mexico Annual Report*. Santa Fe, NM. New Mexico Human Services Department. January 2020.
2. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2018. [accessed Jan. 31, 2020]. URL: [cdc.gov/brfss/brfssprevalence](https://cdc.gov/brfss/brfssprevalence).
3. *The Weight of Our Children: New Mexico Childhood Obesity 2017 Update*. Santa Fe, NM. New Mexico Department of Health. March 2018.
4. Marisa Stevenson and Yvonne Howard, email communications, 1/15/20, summarizing data from the Education and Administrative Reporting System (EARS).
5. Cruz T, Lilo E, Cuddy R. *2015 New Mexico SNAP-Ed Evaluation Report*. Albuquerque, NM. University of New Mexico Prevention Research Center. October 2015.