The Iowa Department of Public Health is home to the Iowa Nutrition Network. The Network uses SNAP-Ed funds to help SNAP-Ed eligible Iowans choose healthy foods and physically active lifestyles given their limited budgets.

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**Hunger**

- Nearly **20%** or 1 in 5 children in Iowa is food insecure.¹
- About **1 in 8** older Iowans age 60+ risks facing hunger each day.²

**Overweight/Obese**

- More than **1 in 3** Iowa 3rd grade students are overweight or obese.³
- **67%** of adult Iowans are overweight or obese.⁴

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**The Challenge**

<table>
<thead>
<tr>
<th>Poverty, Nutrition &amp; Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>45%</strong> of Iowans below poverty eat fruit less than daily compared to 38% at or above poverty.⁵</td>
</tr>
<tr>
<td><strong>32%</strong> of Iowans below poverty eat vegetables less than daily compared to 24% at or above poverty.⁵</td>
</tr>
<tr>
<td><strong>51%</strong> of Iowans below poverty did not meet aerobic or strength guidelines compared to 40% at or above poverty.⁵</td>
</tr>
</tbody>
</table>

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**Iowa Nutrition Network SNAP-Ed**

The Iowa Department of Public Health is home to the Iowa Nutrition Network. The Network uses SNAP-Ed funds to help SNAP-Ed eligible Iowans choose healthy foods and physically active lifestyles given their limited budgets.

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### Innovative Strategies:

- Partner with low-income schools to teach children to eat and grow fruits and vegetables.
- Link FoodCorps members and Local Food Coordinators to SNAP-Ed schools to expand Farm to School Programs.
- Use research-based marketing to broadly promote fruits, vegetables, dairy and physical activity.
- Arrange for take-home boxes of produce for seniors at Congregate Meal Programs.
- Help older adults maintain and increase physical strength and mobility.
- Show adults how to stretch their dollar with healthy foods.
- Work one-on-one with Hispanic grocers to promote fruit and vegetable sales.

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**SNAP**

- **60%** of Iowa SNAP participants are female.⁶
- **43%** of Iowa SNAP participants are under age 18.⁶
- **14%** of Iowa households receiving SNAP have at least one adult 60+ years.⁶

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**Key Partners**

Private and public partners are critical to our work, increasing impact and reach.

- Department of Human Services
- Local school districts
- County Extension offices
- Agricultural commodity groups
- Iowa Department of Education
- County public health agencies
- Iowa Department on Aging
- WIC
- FoodCorps Iowa
- Food banks
- Grocery stores
- Area Agencies on Aging

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**Did You Know?**

- The Iowa Department of Public Health and Iowa State University Extension and Outreach are the two SNAP-Ed Implementing Agencies in Iowa.
- Iowa Department of Public Health primarily serves youth and older adults.
- ISU Extension focuses on moms and other family caregivers.
The Results

Iowa Nutrition Network School Grant Program

A 2011-2012 USDA SNAP-Ed study (Wave II) showed an increase in the amount of daily fruits and vegetables consumed among Iowa children participating in Pick a better snackTM. 7.

“He loves it because he is a picky eater. (Now) the boy will eat any type of fruit and loves to incorporate different food into his diet.” - Iowa parent

References

1 www.feedingamerica.org, 2014.
2 Iowa Department on Aging, Hunger Profile: Older Iowans, 2014.
3 IDPH BMI Assessment Project, 2010.
4 BRFSS, 2013.
5 BRFSS, 2014.
6 BRFSS, 2013.
7 DHS 2015, 2016.
10 SNAP-Ed EARS reports.

FY2017 SNAP-Ed Funded Nutrition Education

Iowa Nutrition Network (INN) SNAP-Ed programs

Total Number of INN SNAP-Ed Participants

<table>
<thead>
<tr>
<th>Year</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>21,269</td>
</tr>
<tr>
<td>2014</td>
<td>22,949</td>
</tr>
<tr>
<td>2015</td>
<td>25,836</td>
</tr>
<tr>
<td>2016</td>
<td>27,366</td>
</tr>
</tbody>
</table>

A recent study showed that older adults participating in 4+ Fresh Conversation sessions ate more nutritious foods than those in the control group. 9

“They loved it. These people who only sat in their chairs were up - moving, dancing, and smiling.” - Fresh Conversations Facilitator

Fresh Conversations

A 2011-2012 USDA SNAP-Ed study (Wave II) showed an increase in the amount of daily fruits and vegetables consumed among Iowa children participating in Pick a better snackTM. 7.

“He loves it because he is a picky eater. (Now) the boy will eat any type of fruit and loves to incorporate different food into his diet.” - Iowa parent

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www.idph.iowa.gov/inn

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