

The Impact of SNAP-Ed on Health, Community and Economy

Investing in Missouri's Health and Future

The **Supplemental Nutrition Assistance Program-Education (SNAP-Ed)**, the Nutrition Education and Obesity Prevention Grant Program, empowers low-income Missourians to make healthier food and lifestyle choices to prevent diet-related chronic disease.

Delivered through University of Missouri Extension, SNAP-Ed serves all **114 counties and the City of St. Louis**—reaching every corner of the state. Nutrition specialists and educators connect university research with practical, community-based programs that empower individuals and families to improve their quality of life.

Through hands-on education and partnerships, SNAP-Ed helps participants develop the skills to stretch their food dollars, reduce reliance on emergency food systems and build long-term food security. These efforts also help prevent and reduce rates of overweight, obesity and other nutrition-related chronic diseases across Missouri.

Every \$1 invested in SNAP-Ed returns at least \$5.36 in economic benefits from health care savings, educational outcomes and lifetime earnings. That's a **\$61.2 million economic impact** – growing new opportunities for Missourians.

Over 1 million Missourians benefit from SNAP-Ed every year.

Emerging Issues:

- Food Insecurity in Missouri: 1 in 9 Missourians experience food insecurity, including 1 in 7 children.
- Chronic Disease Burden: Nearly 1 in 3 Missourians are obese, a key risk factor for chronic diseases such as diabetes and heart disease.
- Nutrition and Health Disparities: 10.8% of Missouri adults meet the daily fruit intake recommendation; 7.7% meet the daily vegetable intake recommendation.

SNAP-Ed Impacts in Missouri

- 341 policy, systems and environmental (PSE) initiatives tackling food insecurity were undertaken by communities in collaboration with SNAP-Ed.
- 80% of youth and 76% of adults ate fruits or vegetables every day
- 66% of adults used the Nutrition Facts label to make healthy food choices
- 78% of youth were physically active most days
- 57% of adults reported at least 30 minutes of exercise a day

Total Funding to Missouri

- Over \$11.4 million in funding comes to Missouri every year

Economic and Workforce Impact:

- SNAP-Ed supports 250 MU Extension employees in Missouri

Statewide reach

- 1.2 million+ Missourians reached through direct and indirect educational activities
- SNAP-Ed serves all 114 counties and the City of St. Louis
- Nearly 75,000 Missourians participated in SNAP-Ed sessions in FY 24
- Over 20,000 direct educational sessions were taught last year

Without SNAP-Ed...

- More than 1 million Missourians would miss out on vital health education.
- Students and their families wouldn't gain the skills to choose healthier meals and snacks.
- Missourians wouldn't learn how to shop for healthier or locally grown foods at grocery stores and farmers markets.
- SNAP recipients wouldn't get the tools to eat better, be more active and stretch their food dollars—skills that last long after their SNAP benefits end.

How does SNAP-Ed make sure it isn't duplicating other programs?

SNAP-Ed in Missouri partners with nearly 1,000 schools and community organizations to provide both direct and indirect nutrition education. We work closely with these partners to make sure our programs support—rather than duplicate—the services they already offer.



Investing in Missouri's Health

1.2 million +

MISSOURIANS
REACHED

114

COUNTIES
SERVED

75,000

MISSOURIANS
PARTICIPATED

20,000+

EDUCATIONAL
SESSIONS

\$11.4 million

TOTAL FUNDING

\$61.2 million

ECONOMIC IMPACT

SNAP-Ed is funded by the
USDA Supplemental Nutrition Assistance Program (SNAP)