

# PENNSYLVANIA NUTRITION EDUCATION TRACKS

## FY 2009 STAKEHOLDER REPORT

### EXECUTIVE SUMMARY

Nutrition education is a vital component of the Supplemental Nutrition Assistance Program (SNAP). In Pennsylvania (PA), nutrition education for SNAP recipients is administered by Pennsylvania Nutrition Education Tracks (TRACKS), through an agreement between The Pennsylvania State University College of Health and Human Development and Pennsylvania Department of Public Welfare, with funding from United States Department of Agriculture. Costs of providing nutrition education are shared between the federal government and agencies across the state that deliver nutrition education in their local areas.

In FY 2009 this partnership enabled provision of over 6.4 million nutrition education contacts to 216,123 participants in 36 counties at a federal cost of approximately \$2.35 per nutrition education contact.

#### FY 2009 PROGRAM INITIATIVES / GROWTH

- A defined statewide nutrition education initiative, consisting of four lessons focusing on vegetables, was implemented for 4<sup>th</sup> grade students.
- Preschool Track education contacts increased by 132% between FY 2008 and FY 2009 (from 54,561 to 126,630).
- New uCASH initiative enabled direct education programming to six senior centers in four unserved, rural PA counties.

#### FUNDING PRODUCED RESULTS

- TRACKS *4<sup>th</sup> Grade Vegetable Core* intervention resulted in significant improvement in students' attitude, self-efficacy, preference, and knowledge related to vegetables.
- After TRACKS education 96% of 1<sup>st</sup> and 2<sup>nd</sup> graders knew to wash hands before eating, as compared to only 61% who knew this prior to education.
- 74% of 5<sup>th</sup> and 6<sup>th</sup> graders knew Fight BAC! food safety rules after education, as compared to only 18% who knew this before education.
- Post/retrospective-pre survey results for adults indicate positive impact on behavioral intentions related to calcium intake, food safety, and food resource management.
- Client feedback responses from seniors indicate intention to increase fruit and vegetable intake and physical activity.