Youth Empowered Success

Youth are highly motivated by their peers. Investing in young people increases their knowledge and practical skills, and strengthens social-emotional health. HealthMPowers Student Health Advocates lead the charge, hosting events, directing social messaging and challenging their peers to lead healthier lifestyles.

These are just a few examples of the impact Student Health Advocates are having in their schools and communities:

- **Student Health Advocates at Coretta Scott King Women's Leadership Academy (Atlanta) used their schoollogan, “Better products bring better choices to create better habits.”** To introduce a weekly smoothie day for their fellow students, every Friday, they made healthy fruit and vegetable smoothies to share with their peers during lunch.

- **When the Hartwell Elementary School (Hartwell) Student Health Advocates learned that many Hartwell students were not eating three vegetables every day, they quickly implemented a vegetable-based lunch initiative for students.** The initiative allowed the introduction of foods that many students had not tried before and were a way to introduce students to the health benefits of eating vegetables.

- **Diamond Lakes Elementary (Chattanooga) Student Health Advocates created a “Drink More Water” initiative to encourage students and faculty to stay hydrated throughout the day.** Tactics included installing water refilling stations and holding water drinking competitions between students and staff.

- **Amid the challenges due to the pandemic, Carrolton Jr. high School (Carrolton) Student Health Advocates took matters into their own hands to help their fellow students by creating the “Pass It on Pantry.”** Students can grab nutritious items from the pantry, free of charge, to enjoy during lunch.

---

We are incredibly proud of the work completed by Student Health Advocates. Health should never be a barrier to a child realizing their full potential and living out their dreams. Empowering youth to take control of their health is critical to sustainable change.

HealthMPowers Empowering Healthy Homes, Schools and Communities program is funded by:

This institution is an equal opportunity provider. This material was funded by USDA’s SNAP and other HealthMPowers partners. Learn more at HealthMPowers.org

5. United States Department of Agriculture, School Breakfast Program (https://www.fns.usda.gov/school-breakfast-program)
At HealthM Powers, we work every day to reduce the barriers to good health that children and families face. Working alongside educators, community change agents and youth leaders, we provide nutrition and physical activity resources, programming and trainings that work to level the playing field for children and families in every community.

Our SNAP-Ed program, Empowering Healthy Choices in Schools, Homes and Communities, touches every environment that a child lives, learns and plays—early care and education sites, K-12 schools, afterschool programs and even retail outlets and food pantries across the state. This partnership offers hands-on nutrition education through taste testing, cooking classes, grocery store tours, gardening and more. In addition, the program has a complementary focus on physical activity and water consumption. Food access support, family engagement, standards-based lessons and resources for schools, children and families are all hallmarks of this multi-year, successful initiative.

**HealthM Powers’ SNAP-Ed REACH**

- **Early Care and Education**
- **Elementary Schools**
- **Secondary Schools**
- **Out of School Time**
- **Community**

- **255 Sites**
- **94,907 Youth**
- **10,452 Adults**

**What is SNAP-Ed?**

SNAP-Ed, the education component of the Supplemental Nutrition Assistance Program (SNAP), is an evidence-based program proven to help people maximize SNAP benefits and lead healthier lives. SNAP-Ed educates SNAP-eligible families about good nutrition, being physically active, and how to shop for and cook nutritious meals while staying within their grocery budget.

**The Importance of SNAP-Ed**

SNAP-Ed supports making nutrition and physical activity lifestyle changes to reduce the occurrence of obesity and chronic disease. Recent studies show that SNAP-Ed is highly effective at improving food security and dietary outcomes among SNAP-eligible families.

- In Georgia, nearly 73% of SNAP participants are families with children.
- 10% of Georgia households are food insecure or struggle financially to access and afford nutrient dense foods.
- SNAP benefits kept 4.9 million children out of poverty and lifted 2.1 million children out of deep poverty, more than any other government assistance program.

**In Georgia**

- 1 in 6 children are overweight or obese.
- 1 in 6 children experience food insecurity.
- 3 in 4 children do not meet daily physical activity recommendations.

**2020 - 2021 IMPACT**

**Early Care and Education Sites**

- **Empowering Children’s Healthy Habits**
  - 91% of children met national recommendations for physical activity
  - 95% of children met national recommendations for fruit consumption
  - 90% of children met national recommendations for water consumption

**Transforming Environments**

- Early care and education sites implemented 153 new policies, systems and environmental changes and processes to improve nutrition and physical activity.

**K-12 Schools**

- **Empowering Children’s Healthy Habits**
  - 61% of elementary students consumed 2+ fruits per day, compared with 40% of students nationally
  - 27% of elementary students met vegetable consumption recommendations of 3+ per day, compared with 7% nationally
  - 66% of secondary students participated in classroom physical activity at least five days a week

- **Transforming Environments**
  - Elementary and Secondary school health teams implemented a total of 212 new policies, systems, and environmental changes and processes to improve nutrition and physical activity.
  - 51 schools created a Student Health Advocate team to implement a plan for improving healthy eating, or physical activity supports
  - 1,119 Student Health Advocates were trained to promote improvements in healthy eating and physical activity in their schools.

**Out of School Time Sites**

- **Empowering Healthy Habits**
  - 63% of youth consumed 2+ fruits per day
  - 24% of youth met vegetable consumption recommendations of 3+ per day
  - 32% of youth participated in moderate to vigorous physical activity at least five days per week

- **Transforming Environments**
  - Out of school time sites implemented a total of 67 new policies, systems, and environmental changes and processes to improve nutrition and physical activity.

**Community Sites**

- **Empowering Healthy Habits in Communities**
  - 73% of Cooking Matters participants ate more than one type of fruit per day
  - 82% of Cooking Matters participants ate more than one type of vegetable per day
  - 91% of Cooking Matters participants consumed water at least once during the day

- **Transforming Environments**
  - Community sites implemented a total of 23 new policies, systems, and environmental changes and processes to improve nutrition.
HealthMPowers WHO WE ARE

At HealthMPowers, we work every day to reduce the barriers to good health that children and families face. Working alongside educators, community change agents and youth leaders, we provide nutrition and physical activity resources, programming and trainings that work to level the playing field for children and families in every community.

Our SNAP-Ed program, Empowering Healthy Choices in Schools, Homes and Communities, touches every environment that a child lives, learns and plays—early care and education sites, K-12 schools, afterschool programs and even retail outlets and food pantries across the state. This partnership offers hands-on nutrition education through taste testing, cooking classes, grocery store tours, gardening and more. In addition, the program has a complementary focus on physical activity and water consumption. Food access support, family engagement, standards-based lessons and resources for schools, children and families are all hallmarks of this multi-year, successful initiative.

What is SNAP-Ed?
SNAP-Ed, the education component of the Supplemental Nutrition Assistance Program (SNAP), is an evidence-based program proven to help people maximize SNAP benefits and lead healthier lives. SNAP-Ed educates SNAP-eligible families about good nutrition, being physically active, and how to shop for and cook nutritious meals while staying within their grocery budget.

The Importance of SNAP-Ed
SNAP-Ed supports making nutrition and physical activity lifestyle changes to reduce the occurrence of obesity and chronic disease. Recent studies show that SNAP-Ed is highly effective at improving food security and dietary outcomes among SNAP-eligible families.

- In Georgia, nearly 73% of SNAP participants are families with children
- 10% of Georgia households are food insecure or struggle financially to access and afford nutrient dense foods
- SNAP benefits kept 4.9 million children out of poverty and lifted 21 million children out of deep poverty, more than any other government assistance program

Out of School Time Sites
Empowering Healthy Habits
- 63% of youth consumed 2+ fruits per day
- 24% of youth met vegetable consumption recommendations of 3+ per day

Transforming Environments
- Out of school time sites implemented a total of 67 new policies, systems, and environmental changes and processes to improve nutrition and physical activity

Community Sites
Empowering Healthy Habits in Communities
- 73% of Cooking Matters participants ate more than one type of fruit per day
- 82% of Cooking Matters participants ate more than one type of vegetable per day
- 91% of Cooking Matters participants consumed water at least once during the day

Transforming Environments
- Community sites implemented a total of 23 new policies, systems, and environmental changes and processes to improve nutrition and physical activity

K-12 Schools
Empowering Children’s Healthy Habits
- 61% of elementary students consumed 2+ fruits per day, compared with 40% of students nationally
- 27% of elementary students met vegetable consumption recommendations of 3+ per day, compared with 7% nationally
- 66% of secondary students participated in classroom physical activity at least five days a week

Transforming Environments
- Elementary and Secondary school health teams implemented a total of 212 new policies, systems, and environmental changes and processes to improve nutrition and physical activity

Out of School Time Sites
Empowering Healthy Habits
- 63% of youth consumed 2+ fruits per day
- 24% of youth met vegetable consumption recommendations of 3+ per day

Transforming Environments
- Out of school time sites implemented a total of 67 new policies, systems, and environmental changes and processes to improve nutrition and physical activity

Community Sites
Empowering Healthy Habits in Communities
- 73% of Cooking Matters participants ate more than one type of fruit per day
- 82% of Cooking Matters participants ate more than one type of vegetable per day
- 91% of Cooking Matters participants consumed water at least once during the day

Transforming Environments
- Community sites implemented a total of 23 new policies, systems, and environmental changes and processes to improve nutrition

HealthMPowers.org
Youth Empowered Success
Youth are highly motivated by their peers. Investing in young people increases their knowledge and practical skills, and strengthens social-emotional health. HealthMPowers Student Health Advocates lead the charge, hosting events, directing social messaging and challenging their peers to lead healthier lifestyles.

These are just a few examples of the impact Student Health Advocates are having in their schools and communities:

Student Health Advocates at Coretta Scott King Women’s Leadership Academy (Atlanta) used their googlenet: “Better products bring better choices to create better habits.” To introduce a weekly smoothie day for their fellow students, every Friday, they made healthy fruit and vegetable smoothies to share with their peers during lunch.

When the Hartwell Elementary School (Hartwell) Student Health Advocates learned that many Hartwell students were not eating three vegetables every day, they quickly implemented a vegetable box free initiative for students. The box кредовал the introduction of foods that many students had not tried before and were a way to introduce students to the health benefits of eating vegetables.

Diamond Lakes Elementary (Healthbath) Student Health Advocates created a “Drink More Water” initiative to encourage students and faculty to stay hydrated throughout the day. Tactics included installing water refilling stations and holding water drinking competitions between students and staff.

Amid the challenges due to the pandemic, Carrollton Jr. High School (Carrollton) Student Health Advocates took matters into their own hands to help fellow students by creating the “Pass It On Pantry.” Students can grab nutritious items from the pantry, free of charge, to enjoy during lunch.

We are incredibly proud of the work completed by Student Health Advocates. Health should never be a barrier to a child realizing their full potential and living out their dreams. Empowering youth to take control of their health is critical to sustainable change.

HealthMPowers Empowering Healthy Homes, Schools and Communities program is funded by:

This institution is an equal opportunity provider. This material was funded by USDA’s SNAP and other HealthMPowers partners. Learn more at HealthMPowers.org


HealthMPowers.org