



Maryland SNAP-Ed:

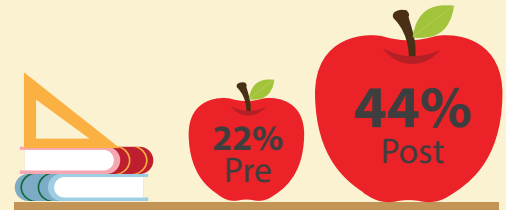
Producing Change through the **Healthy Tots, Healthy Families Initiative in FY18**

Maryland SNAP-Ed (FSNE) works with youth and families in Pre-K sites to encourage the development of healthy eating and physical activity habits. Within early education settings, FSNE has multiple opportunities to introduce new information and experiences related to healthy food and physical activity, to encourage teachers and parents to be healthy role models for young children, and to ensure that the environment of the Pre-K site supports healthy choices.

FSNE delivers a variety of multi-level interventions at early education settings, including:

- Nutrition education for youth, which features tastings and food preparation.
- Face-to-face education for parents/caregivers to encourage healthy role modeling, healthy food preparation, and positive feeding practices.
- On-site gardens and gardening for nutrition programs, which encourage locally-produced foods for tastings and meals.
- Training sessions for childcare providers/teachers to facilitate nutrition education and serve as healthy role models.
- *Text4HealthyTots*, a text-messaging program for parents, which features weekly texts with actionable information on nutrition and physical activity.
- Newsletters, calendars, and recipes distributed to parents and caregivers to reinforce nutrition concepts taught in the classroom.
- Social media, websites, and videos, which connect parents to lessons and educational activities occurring in the classroom.

After FSNE, more teachers choose fruits or vegetables for classroom tastings that complement foods served in the cafeteria.



Reach of **Healthy Tots, Healthy Families Programming:**

- **More than 9,100** preschool-aged youth were reached through face-to-face education.
- **5,361** tastings were provided to preschool-aged youth.
- **471** preschool teachers were trained to teach FSNE curricula, role model healthy behaviors, and improve the health of their classroom or school environment.
- **More than 10,300** families of preschool-aged youth received newsletters, calendars, flyers, and recipe cards throughout the school year.
- **550** parents of preschool-aged youth participated in FSNE's *Text4HealthyTots* program, and a total of **44,000** educational text messages were sent through this program.

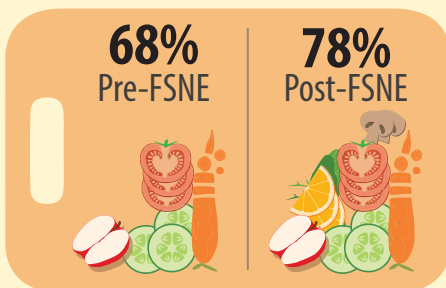
In FY18, FSNE worked with **140 early education settings.**

Outcomes of Healthy Tots, Healthy Families Programming*:

FSNE programming in early education settings is associated with improved health behaviors among youth and their parents. FSNE programming is also associated with changes in the Pre-K site environment that support healthy choices. After FSNE:

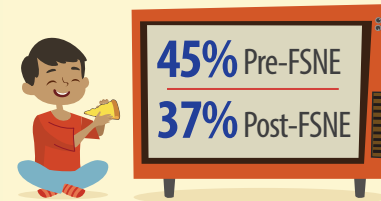
- **8% fewer** parents engage in the negative feeding practice of reminding their children to keep eating their food.
- **25% fewer** parents hand-feed their children to get them to eat.

Pre-K parents say that their kids are more likely to help cook or prepare food after FSNE programming.



- **67%** of teachers regularly eat healthy foods in front of their students, compared to 44% before.
- **92% more** teachers regularly choose fruits or vegetables for classroom tastings that complement the healthy foods being served to students on the food service menu.

Parents say their preschool-aged kids are less likely to watch TV while they are eating a meal.

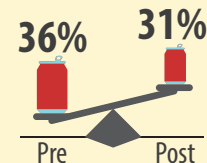
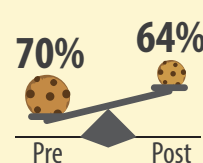


- **89%** of parents report that their children are willing to try new healthy foods, compared to 82% previously.
- **75%** of teachers offer opportunities to be physically active as rewards for students in their classroom, compared to 42% before.

Pre-K families make healthier snacking and beverage choices after FSNE programs.

Fewer parents buy chips, candy, and cookies regularly

Fewer kids drink soda or sugary drinks regularly



Healthy FSNE Early Education Settings:

97% of FSNE Pre-K sites have made site-wide changes that support healthy eating and physical activity among youth and their families.

6 %

of Pre-K sites do not allow food to be used as a reward for good behavior.

5 %

of Pre-K sites regulate the types of food that can be served during classroom celebrations.

65 %

of Pre-K sites do not allow staff to take away recess or physical activity as a form of punishment.

8 %

of Pre-K sites allot a specific amount of time for daily recess.

For more information on FSNE programs, contact 410-715-6903 or visit <http://extension.umd.edu/fsne>

*Data from teachers is aggregated across all FSNE youth initiatives and is not exclusive to the Healthy Tots, Healthy Families initiative.