



Assessment of SNAP-Ed Indicators in Pell-Grant Recipients

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INTRODUCTION

The **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** is the largest community nutrition program in the United States, but **previously restricted from college students**¹.

The **Expanded Access to SNAP Act of 2021** extends SNAP and SNAP-Ed eligibility to college campuses, specifically to **Pell Grant recipients**². Federal Pell Grants are awarded to undergraduate students based on financial need².

Assessments of Pell Grant recipient health behaviors are needed to develop SNAP-Ed programming for the Pell Grant student population.

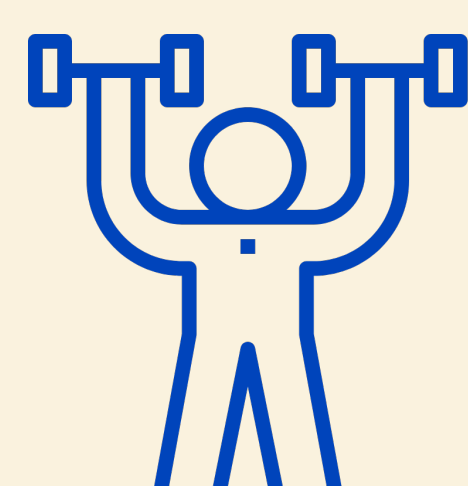
STUDY OBJECTIVE

This study assesses the opportunity for intervention among Pell Grant recipients in SNAP-Ed's three priority indicators¹:

Healthy Eating



Physical Activity



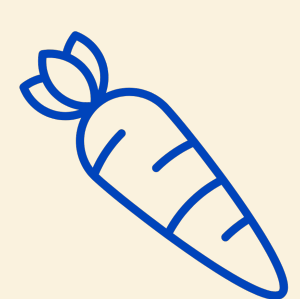
Food Resource Management



METHODS

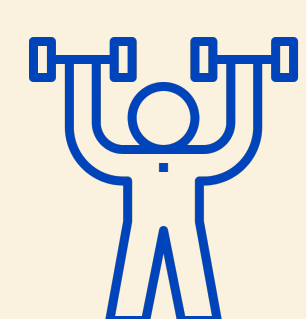
Data collected from 2015-2021 as part an ongoing, cross-sectional study at a UNH (IRB #5524)

Healthy Eating Index (HEI)



- ✓ Participants completed a three-day nutrient analysis.
- ✓ A modified **Healthy Eating Index (HEI)** was calculated and compared to the DGA recommended score (>80)³

Equivalent Minutes of Physical Activity (emPA)



- ✓ Participants completed questions related to physical activity as part of the online College Wellness Survey.
- ✓ **Equivalent minutes of moderate and vigorous physical activity (emPA)** were calculated and compared to the PAGA recommended score (>150)⁴

Eating Competence (ecSI)



- ✓ Participants completed the Eating Competence Satter Inventory (ecSI 2.0™) as part of the online survey.
- ✓ **Eating Competence (ecSI)** was scored and compared to the eating competent threshold (>32)⁵
- ✓ The ecSI subscales Eating Attitude (0-15), Food Regulation (0-9), Contextual Skills (0-15), and Food Acceptance (0-9) were proportioned to the total score (48) and compared.

*Participants with missing data were excluded from analysis.

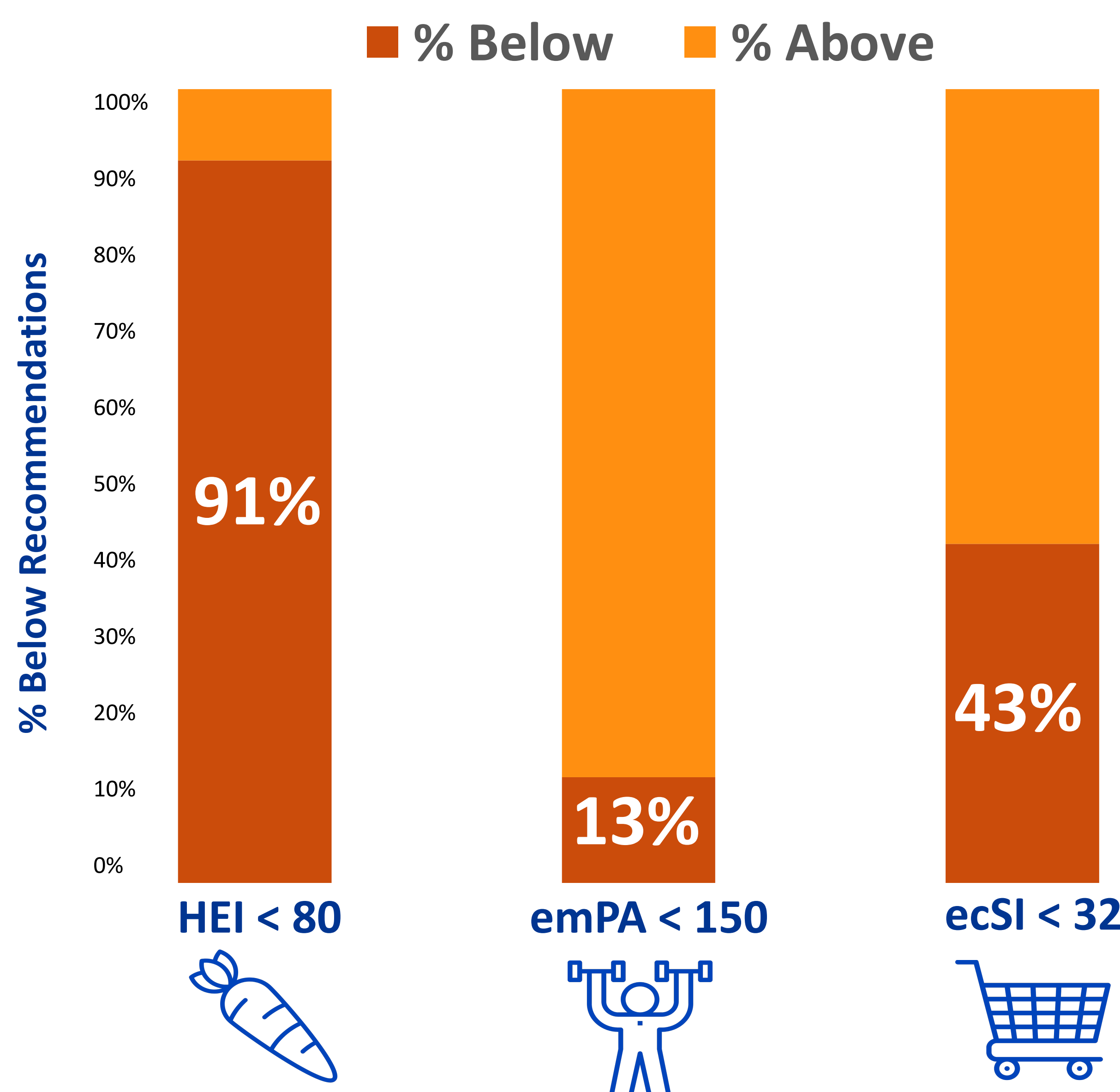
Indicator Scores

	Recommended Score	Mean ± SD	Reaching Score (n[%])	Below Score (n[%])
Healthy Eating Index	≥ 80	63.03 ± 12.69	54 (9)	548 (91)
Equivalent Minutes of Physical Activity	≥ 150	846.42 ± 819.50	559 (86.7)	86 (13.3)
Eating Competence	≥ 32	33.10 ± 8.63	359 (57.3)	268 (42.7)

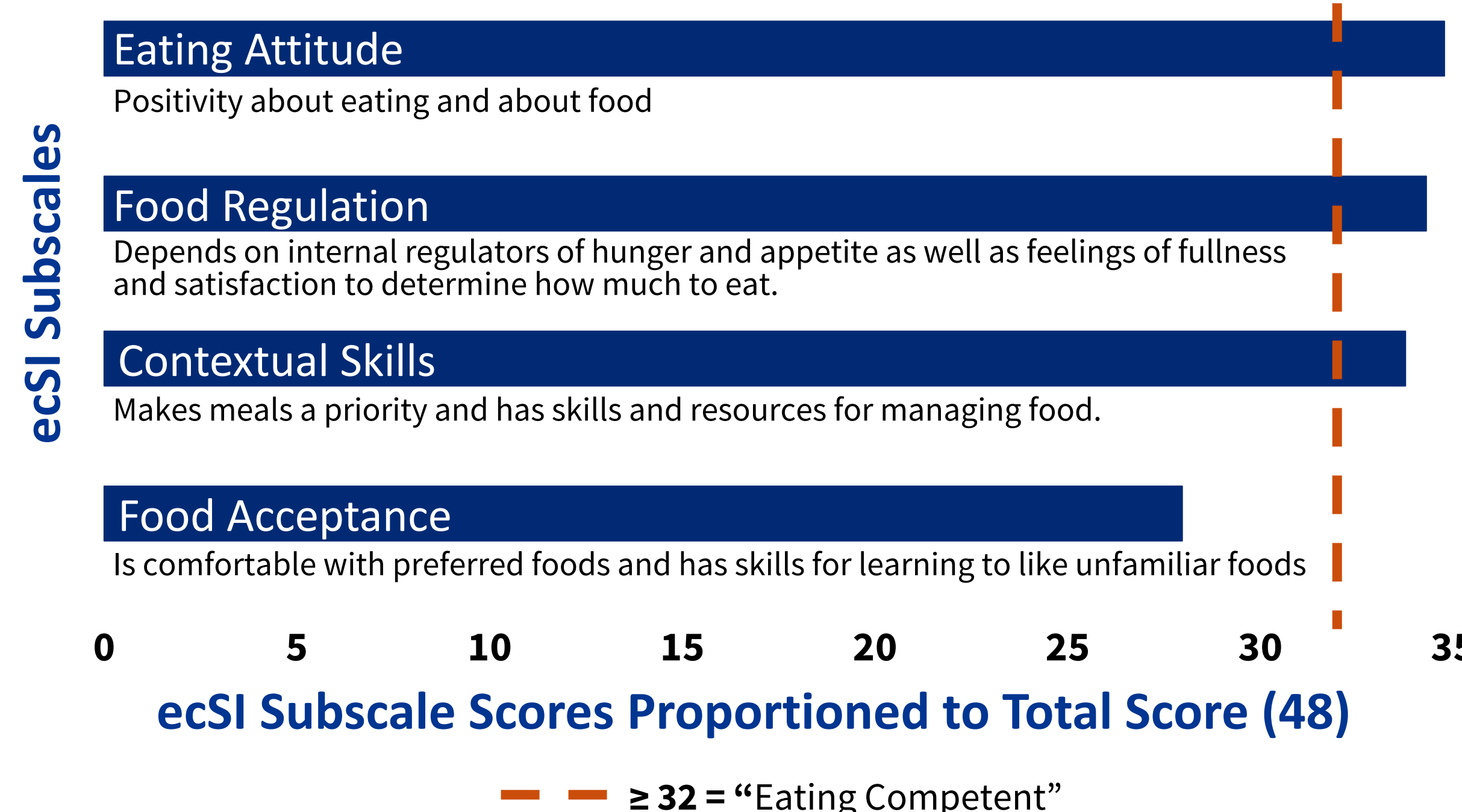
Participant Characteristics (n=645)

		Number	Frequency (%)
Gender	Female	448	69.5
	Male	197	30.5
Age	18	274	42.5
	19	218	33.8
	20	83	12.9
	21	38	5.9
	22+	32	5

Pell Grant Students Below Indicator Recommendations



Eating Competence Subscales



FINDINGS

Students varied in reaching recommendations of SNAP-Ed's three priority areas, with

Healthy Eating offering the greatest

opportunity for intervention. Our findings

may help agencies develop and adapt SNAP-Ed curriculum for Pell Grant-eligible college students and tailor materials according to the greatest areas of need.



ACKNOWLEDGEMENTS

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1. Puma et al. The SNAP-Ed Evaluation Framework: Nationwide Uptake and Implications for Nutrition Education Practice, Policy, and Research. *Journal of Nutrition Education and Behavior*. 2021
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