

# Durham's Innovative Nutrition Education Program

# DINE IMPACT

The DINE program is funded by USDA's SNAP-Education Program and Durham County.

**What we do:** Registered Dietitians deliver nutrition education to youth and adults, and work alongside partners to increase awareness and access to healthy foods and places to be physically active.

2021 - 2022

dineforlife.org

## PSE 49

**Policy, Systems, and Environmental Changes in...**

- Childcare Centers
- Public Schools
- Farmers' Markets
- County Buildings
- Food Resources Map
- Food Pantries

PSE changes reached

**20,612**  
individuals

## DIRECT EDUCATION

**9,287** participants



**73%**  
increased  
knowledge of  
healthy food

**63%**  
made  
healthier food  
choices

**82%** of **DOUBLE BUCKS** customers surveyed reported they ate more **fruits and veggies** since using the program



## SOCIAL MARKETING

**"Say Yes to Water!"** campaign

Reached **20,293** individuals



# KEY FINDINGS

of the participants surveyed

## ADULTS

After single workshops in the community ....

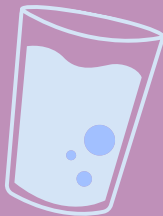
**93%** learned something new



**76%** planned to make a change based on knowledge gained

## SAY YES TO WATER

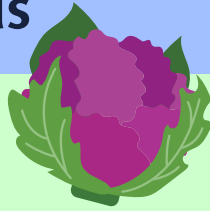
**19%** increased water consumption or planned to drink more water!



## SCHOOL-AGE CHILDREN

After DINE classes, caregivers of Elementary School students reported...

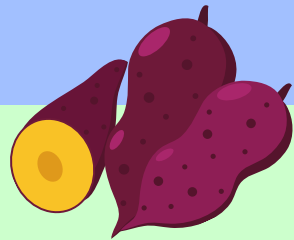
**81%** caregivers reported their students were more willing to eat healthier foods



**73%** caregivers reported their students were more interested in cooking

After DINE classes, Middle School students self-reported...

**46%** students showed overall positive nutrition changes



**74%** students increased knowledge of nutrition

*"She comes home excited to try new veggies and recipes!" - Caregiver comment*



Public Health



@DINE.nutrition  
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