SNAP-ED WORKS IN MICHIGAN
Supplemental Nutrition Assistance Program Education (SNAP-Ed) provides nutrition education and physical activity promotion to qualifying participants to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles.

PROMOTING ACTIVE LIFESTYLES: REACHING MICHIGAN RESIDENTS IN NEED

Over 77,000 Michigan residents benefited from physical activity (PA) programs.

INCREASING PHYSICAL ACTIVITY

 Adults each increased their weekly physical activity by 2.6 hours a week!

 69% of parents say their kids are doing more physical activity.

 40% of youth increased the # days per week they were active for at least 60 minutes...

 ... and 39% spent less time watching TV each school day.

SUPPORTING COMMUNITIES TO IMPROVE ACCESS TO PHYSICAL ACTIVITY

93 sites working toward sustainable PA changes:

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<th>24</th>
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<td>ENVIRONMENTAL CHANGES</td>
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<td>POLICY CHANGES</td>
<td>PROMOTION CHANGES</td>
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Promoting and supporting physical activity opportunities for 34,666 community members in 93 sites where they live, learn, play, and work.

Learn more! Find out how SNAP-Ed is working in your community: michiganfitness.org


This institution is an equal opportunity provider.