

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 HEALTHY EATING: REACHING MICHIGAN RESIDENTS IN NEED



Over 511k Michigan residents participated in healthy eating programs.

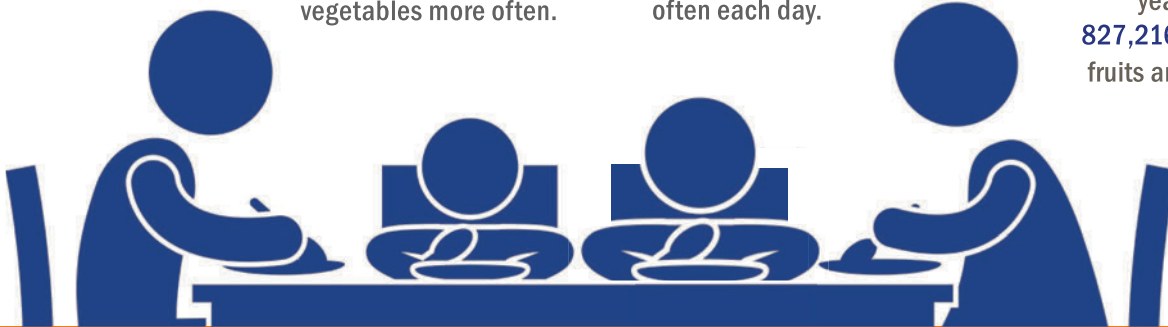
INCREASING FRUIT AND VEGETABLE CONSUMPTION

70% of parents say their kids are eating more fruit and 55% say their kids are eating more vegetables.

37% of youth ate fruit more often and 26% ate vegetables more often.

Adolescents ate vegetables 9% more often each day.

If adults maintain their new healthy eating behaviors over the next year, they will eat 827,216 more cups of fruits and vegetables.



SUPPORTING COMMUNITIES TO IMPROVE ACCESS TO HEALTHY FOODS

242 sites working towards sustainable food changes:

289

ENVIRONMENTAL
CHANGES



107

SYSTEM
CHANGES



102

POLICY
CHANGES



47

PROMOTION
CHANGES



Promoting and supporting healthy eating opportunities for **227,567** community members in 242 sites where they live, learn, shop, play, and work.

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PROMOTING ACTIVE LIFESTYLES: REACHING MICHIGAN RESIDENTS IN NEED



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

INCREASING PHYSICAL ACTIVITY

Adults each increased their weekly physical activity by nearly **2 hours** a week!

74% of parents say their kids are doing more physical activity.

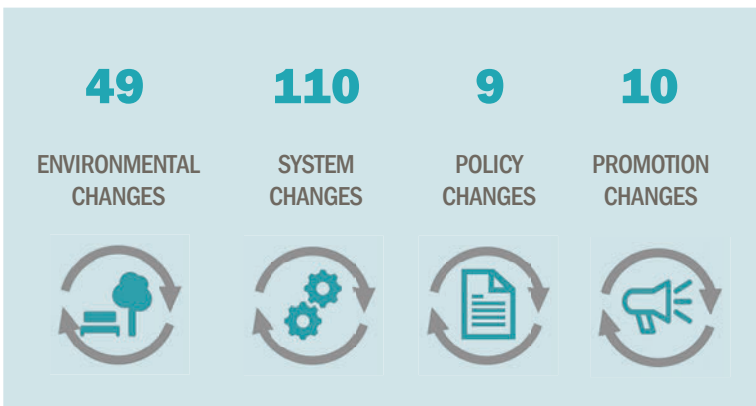
Combined, youth met physical activity guidelines on **720 more days**/week...



... and spent **400 hours less** watching TV and playing video games each school day.

SUPPORTING COMMUNITIES TO IMPROVE ACCESS TO PHYSICAL ACTIVITY

113 sites working towards sustainable PA changes:



Promoting and supporting physical activity opportunities for **23,440** community members in 113 sites where they live, learn, play, and work.