

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 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.

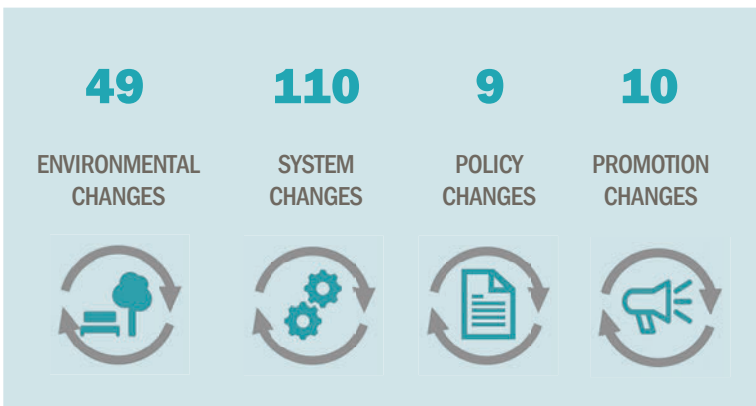
Combined, youth met physical activity guidelines on **720 more days**/week...



... 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.