

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:

24

ENVIRONMENTAL
CHANGES



94

SYSTEM
CHANGES



5

POLICY
CHANGES



15

PROMOTION
CHANGES



Promoting and supporting physical activity opportunities for **34,666** community members in **93** sites where they live, learn, play, and work.