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:

<table>
<thead>
<tr>
<th>49</th>
<th>110</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENVIRONMENTAL CHANGES</td>
<td>SYSTEM CHANGES</td>
<td>POLICY CHANGES</td>
<td>PROMOTION CHANGES</td>
</tr>
</tbody>
</table>

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

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

© Michigan Fitness Foundation 2019. Evaluation findings are from program year 2018.
This institution is an equal opportunity provider.