



Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Policy, System and Environmental (PSE) Impact

- 187 community sites reached
- 23,500 youth and adults reached in those sites

Over the past year, I worked with the local Salvation Army to help them improve their worksite wellness. They chose to focus on stress reduction through nutrition and physical activity. They started to incorporate more physical activity into their day with the use of buddy systems to encourage walking on breaks, posters around the office, walking devotional time, and exercise videos. "I have witnessed less stress in the office, better employee relations and the staff are making healthier lunch choices."



Michigan State University (MSU) Extension Action

MSU Extension partners with Michigan Department of Health and Human Services (MDHHS) to provide Supplemental Nutrition Assistance Program Education (SNAP-Ed), a free nutrition education program to reduce hunger and food insecurity and promote healthy eating habits. The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food and lifestyle choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines.

THE IMPACT

October 1, 2017 – September 30, 2018



Coaching Process



Child Care Settings

Child care providers (n=38) reported the following significant increased odds of achieving the best practices after the PSE intervention and controlling for the baseline score:

- 3.84** times more likely to offer fruit not juice to children
- 2.10** times more likely to make water visible and accessible outside
- 3.78** times more likely to use a 1, 2, or 3-week cycle menu
- 2.95** times more likely to use a weekly menu that includes a combination of new and familiar foods
- 2.20** times more likely to use a weekly menu that includes food from a variety of cultures
- 1.95** times more likely for caregivers to help determine if children are still hungry for serving additional food when children request seconds
- 5.07** times more likely for caregivers to join children at the table for meals

Child care providers are:

8.50

times less likely to use food to encourage positive behavior

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Child Care providers are:

6.48

times more likely to serve meals family style

Child Care Providers Reported Significant Increased Odds of Physical Activity Best Practices

