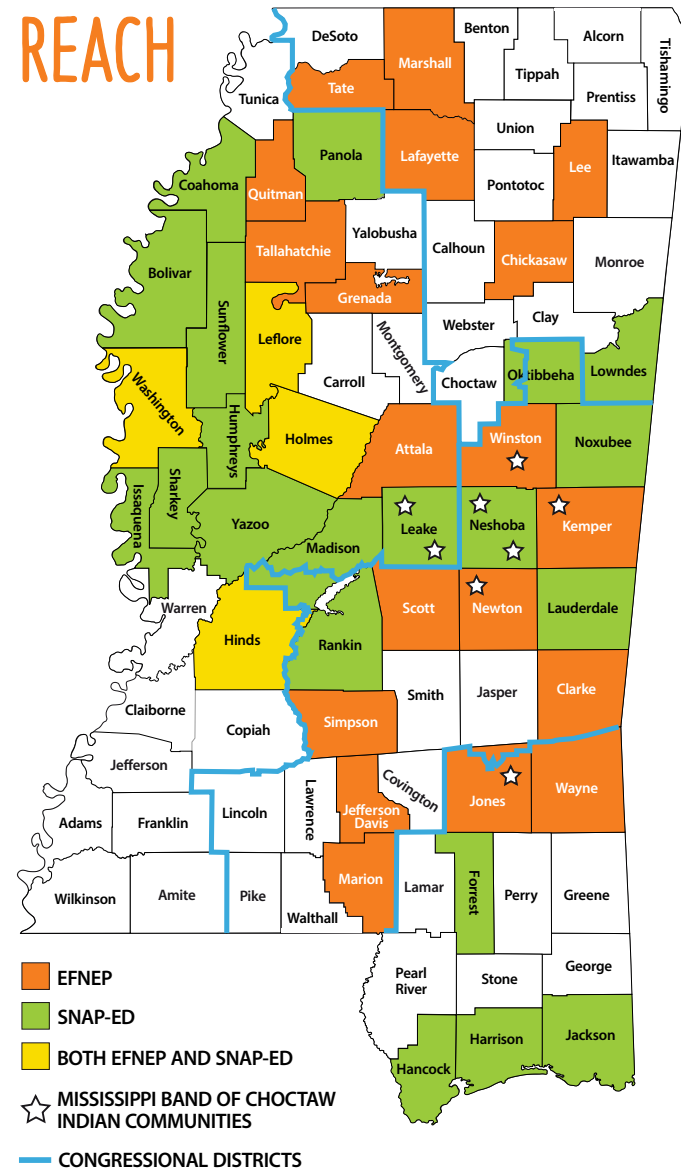


REACH



MISSISSIPPI BAND OF CHOCTAW INDIANS

811 youth and adults taught
302 sessions for a total of **206** hours of instruction
2,926 individuals reached with food demonstrations



HAPPYHEALTHY SOCIAL MARKETING

- supports the purchase of seasonal, local fruits and vegetables
- provides affordable, healthy, practical, and delicious recipes
- builds meal-planning and culinary skills
- encourages Mississippians to be active



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Mississippi State University Extension
Helping Mississippians live happier, healthier lives!

2023 EFNEP and SNAP-Ed IMPACTS

LANDSCAPE

31% reported their health is excellent or very good.
24% reported their food didn't last before they could get more.

SOLUTIONS

Introduce

youth to fruits and vegetables.

Teach

adults to plan, purchase, and prepare healthier meals.

Engage

families to select healthier foods and be active.

Support

communities to make the healthy choice the easy choice.

2023 AT A GLANCE

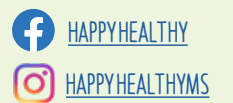
412 partner organizations engaged | **46.8 M** impressions from digital media advertisement

12,907 youth and adults taught through nutrition education courses, with an average length of course **305 minutes**

138 policy, systems, or environmental changes reached **30,000** youth and adults

42K views on *HappyHealthy* website

317K impressions on social media



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EXPANDED FOOD NUTRITION EDUCATION PROGRAM (EFNEP)

EFNEP YOUTH:

- 83% improved their abilities to choose foods according to Dietary Recommendations
- 59% used safe food handling practices more often
- 48% improved their physical activity practices
- 61% improved their ability to prepare simple, nutritious, affordable food



EFNEP ADULTS:

- 96% improved in diet quality indicators
- 92% improved in food resource management practices
- 74% improved their physical activity practices
- 34% improved in food security indicators



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-Ed)

SNAP-Ed YOUTH:

- 35% increased vegetable intake
- 39% increased fruit intake
- 48% increased milk consumption
- 61% increased days of physical activity



SNAP-Ed ADULTS:

- 88% reported an increase in healthy food preparation behaviors
- 81% reported an increase in how often they eat fruit, vegetables, whole grains, or low-fat dairy
- 71% reported increased key food skills and strategies for making healthy food behaviors
- 66% reported an increase in how often they eat fruit or vegetables



POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE)



- 197 HappyHealthy Schools reached over 25,000
- 197 HappyHealthy bulletin boards
- 77 fruit or vegetable tastings reached 19,000



SCHOOL AND COMMUNITY GARDENS

197 edible gardens reached 2,500

