



Mississippi State University Extension

Helping Mississippians live happier, healthier lives!

2024 Supplemental Nutrition Assistance Program - Education (SNAP-Ed)

SUPPORTING MISSISSIPPI FAMILIES SINCE 1995

In a recent survey of SNAP-eligible Mississippians, **31%** reported their health as excellent or very good, while **28%** 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.

2024 AT A GLANCE

10,654 youth and adults taught through nutrition education courses
263 minutes of experiential learning on average

223 policy, systems, or environmental changes

27,000 youth and adults reached with changes

292 partner organizations engaged

8.4M impressions from digital media advertisements

183K views on *HappyHealthy* website

76.6M impressions on web advertisements

665K impressions on social media



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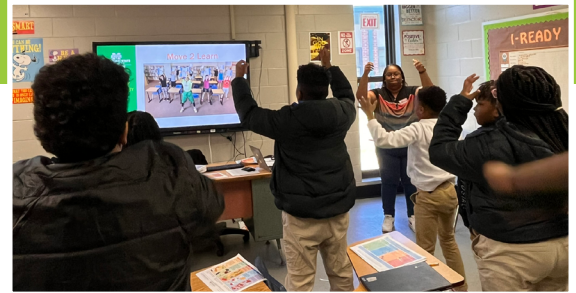


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YOUTH

- 35% increased vegetable intake.
- 39% increased fruit intake.
- 32% increased milk consumption.
- 43% increased days of physical activity.



ADULTS

- 84% increased healthy food preparations.
- 81% increased how often they eat fruit, vegetables, whole grains, or low-fat dairy.
- 66% increased key food skills and strategies for making healthy food choices.



POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE)

- 33 HappyHealthy Schools
- 213 HappyHealthy bulletin boards
- 17 School Health and Wellness Councils
- 14,628 School tastings
- 21 Gardens



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