



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

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

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

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

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42K **views** on *HappyHealthy* website | 317K **impressions** on social media

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HAPPY HEALTHY  
 HAPPY HEALTHYMS



# EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

## EFNEP YOUTH:

- 83% improved their ability 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



# 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



# POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE)



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



## 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



## SNAP-ED ADULTS:

- 88% reported an increase in healthy food preparation behaviors
- 81% reported an increase in how often they eat fruits, 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 fruits or vegetables

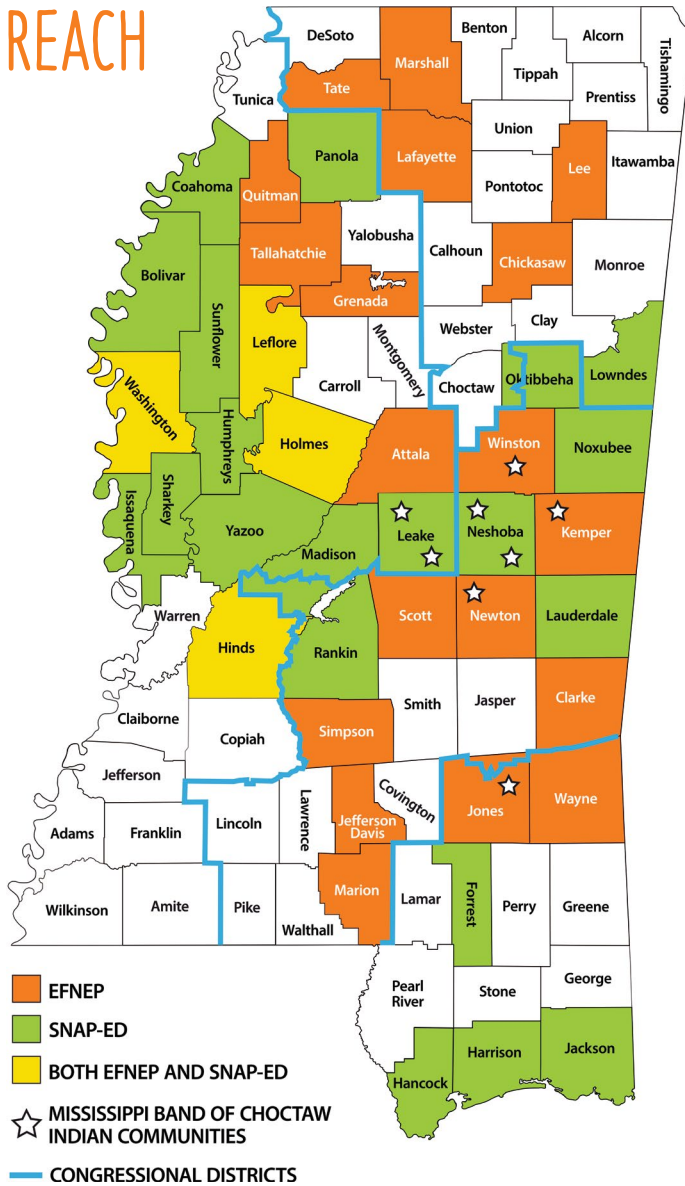


## SCHOOL AND COMMUNITY GARDENS

197 edible gardens reached 2,500



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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