



Program Impact Report



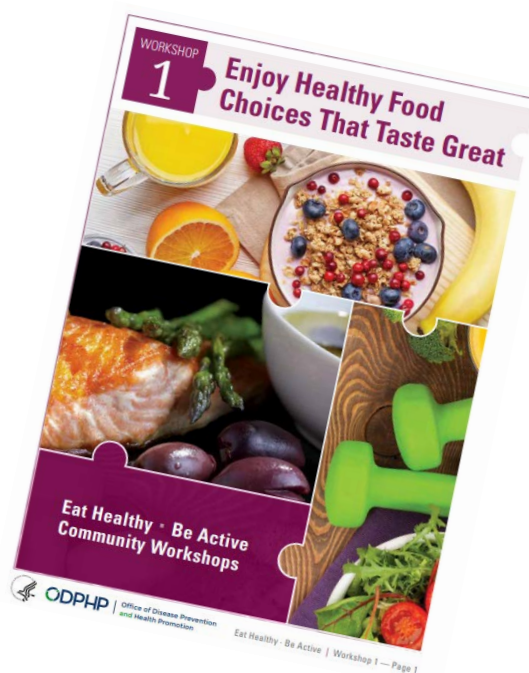
Michigan State University (MSU) Extension delivers affordable, relevant, evidence-based education to help adults, young people, and families in urban and rural communities be healthy. Programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies; and stretch their food dollars.

Below is a summary of Eat Healthy, Be Active programming in partnership with Mid-Michigan Medical Center and Mid-Michigan District Health Department.

Eat Healthy, Be Active

Eat Healthy, Be Active is a nutrition and physical activity program for adults. It promotes living healthy to reduce the risk of obesity and chronic disease. Participants learn the skills needed to make healthy eating and regular physical activity a part of their lifestyle.

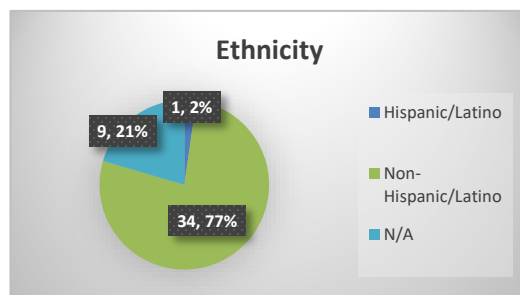
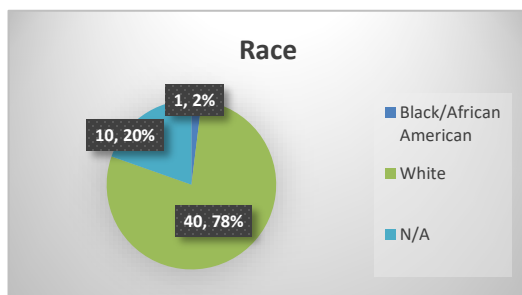
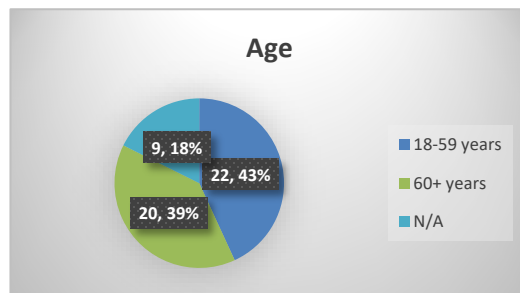
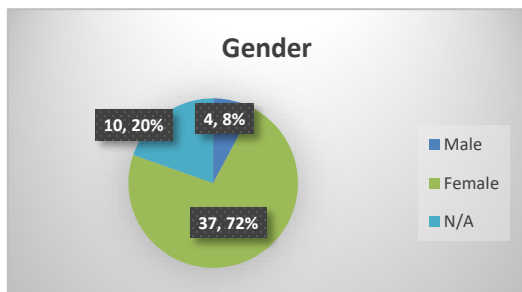
Each class is about one hour. There are six classes in the series. Participants receive stretch bands for physical activity and a certificate of completion



Program Impact

During the Summer of 2020, MSU-E staff programed to **51 adult participants** over **three classes**. Below is a summary of participant's improvement in dietary, physical activity, food safety, and food resource management related behaviors. Data shown represents participants that completed both a pre and a posttest survey.

Demographics



Food Resource Management

- 48% of participants **planned meals in advance** more often (20 of 42)
- 36% of participants **compare prices when shopping** more often (16 of 44)
- 36% of participants reported **using a grocery list** when shopping more often (16 of 44)



Food Safety Practices

- 31% were less likely to **thaw frozen meat at room temperature** (13 of 42)
- 30% of participants improved **hand washing** behaviors (13 of 43)
- 30% of participants use a meat thermometer when preparing foods more often (12 of 40)



Diet Quality

- 34% of participants reported an increase in **fruit** consumption (15 of 44)
- 43% of participants reported an increase in **vegetable** consumption (19 of 44)
- 20% of participants reduced their sugary beverage consumption (9 of 44)



Physical Activity

- 65% increased their participation in **moderate physical activity** (28 of 43)
- 53% of participants increased participation in **muscle-strengthening activities** (19 of 44)

