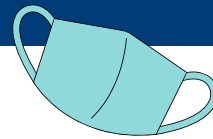


# Physical Activity and Healthy Eating Survey Results

Revealing Barriers, Priorities, and Opportunities: Winter 20/21



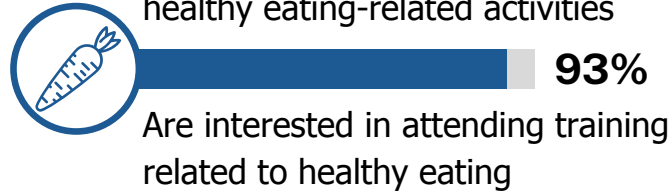
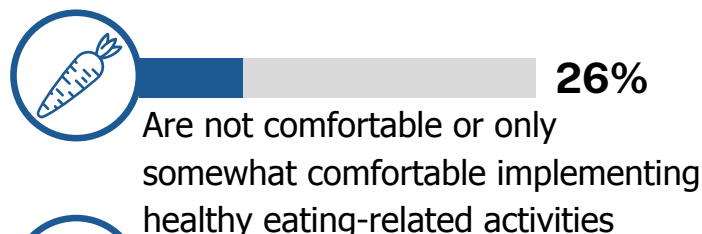
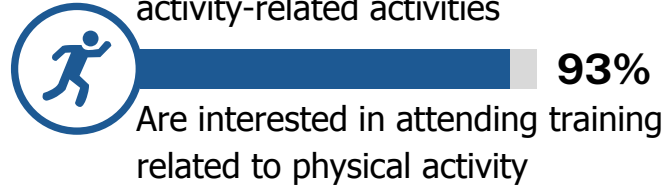
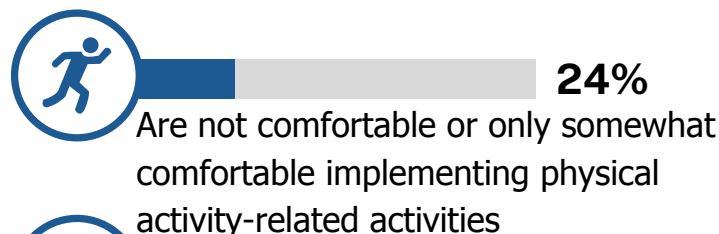
Thank you to the over 300 respondents from more than 60 organizations!

Responses guide future maternal and child health grant activities to improve physical activity and healthy eating in Wisconsin.

## ADAPTING to COVID-19

- Food programs through schools
- Socially-distanced learning
- Virtual fitness
- Virtual healthy eating education

## TRAINING AND PROJECT INTEREST



### Projects with the most interest

- Innovative ideas for year-round outdoor activities
- Social and emotional education including techniques like mindfulness, meditation, or deep breathing
- Youth gardening
- Healthy eating education for parents during COVID-19

Over 100 respondents report an interest in serving on the steering team.

**"Food and physical activity are medicine.**  
Teaching kids how to create healthy habits at a young age will help them create optimal health for a lifetime."

## NEXT STEPS

These survey results will shape Title V funded activities offered to local organizations working on physical activity and healthy eating for children around Wisconsin.

