

Improved health outcomes and costs

- [Significantly reducing health care costs](#) of SNAP participants, particularly for conditions such as [high blood pressure, diabetes and heart disease](#)
- Increasing nutritional well-being by [substantially improving the overall quality](#) of the diets of participants
- Reducing [low-birth weight](#) rates
- Decreasing [depression in mothers](#)
- [Lessening the risk of poor physical and mental health](#) in mothers and children
- Lessening the risk of [delayed development](#) in children
- [Decreasing sick days and doctor visits](#) for participants who work or attend school-- while [increasing routine check ups](#)
- [Decreasing obesity, high blood pressure, heart disease, and diabetes later in life for unborn children](#) whose mothers participate in SNAP
- Reducing [hospitalizations](#) and nursing home [admissions](#)

Improved educational outcomes

- Increasing the likelihood that children [complete high school](#).
- Contributing to [increased educational attainment, earnings, and income](#) for women participating in the program
- Students with [good nutrition](#) are ready to learn, have fewer absences, and are less disruptive than students who do not

Increased economic benefits

- SNAP expenditures accounted for almost [\\$9 billion](#) of Florida food purchases or 7% of total food purchases in 2021
- Households who participate in SNAP spend their assistance on food, [freeing up household](#) budgets for other necessities such as diapers and medications
- SNAP purchases benefit retailers, especially small business owners who make up [80 percent](#) of retailers who accept SNAP

