

EFNEP WORKS

Montana State University Extension
Expanded Food and Nutrition Education Program



THE CHALLENGE

77%

of Montana adults do not participate in enough physical activity to meet guidelines

63%

of Montana adults are overweight or obese

74%

of Montana adults eat less than 5 servings of vegetables & fruit each day

75%

of American Indian Montana adults are overweight or obese

29%

of Montana children ages 10-17 are overweight or obese



1 in 7 Montanans face hunger/food insecurity.

THE EFNEP SOLUTION

HELP

low-income families improve their well-being through a series of hands-on, interactive lessons to improve food and physical activity behaviors.

COLLABORATE

with community partners and stakeholders to support an improved food and physical environment for low-income populations.

CONTRIBUTE

to the reduction of health disparities associated with those who have limited financial resources.

THE RESULTS

Graduates from nutrition classes improved their healthy habits.

ADULTS



ate more vegetables



ate more fruit



were more physically active



improved food safety practices



improved food management practices

YOUTH



were more physically active



improved food safety practices



made healthier food choices

“After participating in the EFNEP youth series, one student shared that while grocery shopping with family members, he encourages his parents to look at the Nutrition Facts label to select the healthiest foods.”

-Nutrition Educator



EFNEP BY THE NUMBERS

www.buyeatlivebetter.org 11,192

 24,719  29,352

Number of web and social media views in 2016

11,406

Number of times youth were reached through nutrition classes

2,453

Number of times adults were reached through nutrition classes

466

 adults participated in the Eating Smart Being Active series

1,901

 youth participated in classroom based MyPlate lessons

PROGRAM IMPACTS

EFNEP **helps** parents of five learn to stretch their food dollars and limit sugar sweetened beverages.

A married couple attending the adult lessons faced many challenges including lack of employment, lack of knowledge about healthy eating, and difficulty feeding their family of 7.

Through participation in the lessons, the couple learned ways to stretch food dollars and cut down their monthly grocery bill by \$150. The husband

was also able to dramatically reduce his intake of sugar sweetened beverages. The wife reported that because of what they learned, they were now serving vegetables twice a day to their family.



EFNEP **contributes** to the statewide plan to end childhood hunger.

Montana State University (MSU) Extension's Nutrition Education Program is a program partner on the Montana Partnership to End Childhood Hunger coalition. The coalition is made up of a diverse group of representatives from the public and private sectors.

The group developed a 10-Step Plan with specific actions to work towards ending childhood hunger in the state through building awareness, maximizing resources, and supporting appropriate policies. Montana EFNEP has an active role in the plan, working to expand its reach by increasing the number of youth and adults receiving nutrition education in each community served.



EFNEP **collaborates** with a wellness committee to train teachers and provide nutrition and physical activity resources.

A local EFNEP supervisor is a member of the district wide school wellness committee.

In the past year, the committee focused on providing teacher training on classroom nutrition and wellness opportunities. The committee provided mini grants to paint MyPlate stencils on school playgrounds for youth to play on before and after school, and during recess. Training was provided to teachers on physical activities that could be done using the stenciled MyPlate patterns, so that nutrition and physical activity were both included in the children's use of the stenciled image. Teachers now use the MyPlate stencils to reinforce the messages from EFNEP youth classes, even after the class series is complete.

