Montana State University Extension
Expanded Food and Nutrition Education Program

THE CHALLENGE

78% 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
61% of American Indian Montana adults are overweight or obese
23% of Montana children ages 10-17 are overweight or obese

1 in 8 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

40% ate more vegetables
38% ate more fruit
44% were more physically active
57% improved food safety practices
77% improved food management practices

YOUTH (3rd-5th grade)

45% improved food safety practices
45% improved food management practices
26% were more physically active

81% made healthier food choices

"A student participating in the youth series excitedly reported that he had told his mom what he learned about whole grains in class and shared the take-home parent newsletter with her. At the grocery store that week, they read labels on the bread options together. Based on what they had learned from the class and the newsletter, they chose to buy the 100% whole grain bread!"

-Nutrition Educator
**EFNEP BY THE NUMBERS**

- 10,433 visits to buyeatlivebetter.org in 2017
- 20,705 social media views
- 29,494 Facebook views
- 435 adults participated in an Eating Smart Being Active series
- 2,241 youth participated in a Youth Understanding MyPlate series
- 2,191 adult and youth graduates from nutrition & physical activity series
- 1,087 nutrition & physical activity classes held for adults and youth

**PROGRAM IMPACTS**

**EFNEP helps** a grandmother become physically active and prepare healthy meals for her granddaughter.

During an adult class, a grandmother raising her granddaughter shared that although she was confident cooking, she had health issues that required her to consider changes to her diet to ensure she was healthy enough to care for her grandchild. She was interested in learning to prepare healthy recipes, but wasn’t comfortable being active during the lessons. The educator helped her by leading the class in simple exercises and modifying the movements as necessary. Every week, the grandmother tried more physical activities and began using the healthy recipes from class at home with her granddaughter. Not only did this participant meet her goal of cooking healthier meals for her and her granddaughter, but she also gained confidence in being active!

**EFNEP contributes** to a statewide project to increase healthy options at local food banks.

Montana State University Extension’s Nutrition Education Program is a program partner on the Montana Food Security Council. The council is made up of a diverse group of representatives who is working to improve the availability and selection of healthy food at food banks across the state. Montana EFNEP has an active role in the project, with state level staff serving on the planning committee leading statewide efforts, a local supervisor working alongside her food bank to create healthy changes, and with educators working to increase the number of adults receiving nutrition education classes in food bank settings.

**EFNEP collaborates** with a local school to increase children’s consumption of and access to local fruits and vegetables.

A local supervisor assisted with bringing the Montana Harvest of the Month program to a school where EFNEP educators were teaching nutrition lessons. Through participation in the program, the school began serving local fruits and vegetables, displayed promotional materials encouraging consumption of healthy foods, and hosted tastings in addition to those already being offered by EFNEP educators. Children in the school were able to receive consistent messaging through nutrition education, multiple taste exposures to healthy foods, and repetition in healthy food messaging throughout their school day.

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