77% of Montana adults do not participate in enough physical activity to meet guidelines
75% of Montana adults eat less than 5 servings of fruits and vegetables each day
61% of Montana adults are overweight or obese
74% of American Indian Montana adults are overweight or obese
29% of Montana children ages 10-17 are overweight or obese

THE CHALLENGE

77% of Montana adults do not participate in enough physical activity to meet guidelines
61% of Montana adults are overweight or obese
29% of Montana children ages 10-17 are overweight or obese

THE SOLUTION: SNAP-ED

The focus of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles. Montana SNAP-Ed introduces school kids to healthy eating and active lifestyles through a series of classes and teaches SNAP-eligible families how to buy and prepare healthy foods, be more physically active, and stretch their food dollars.

THE RESULTS

Adult participants improved.....

PHYSICAL ACTIVITY
64% were physically active most of the time by the end of the program

DIET QUALITY
84% improved in one or more nutrition practices taught in class

FOOD SAFETY
54% improved in one or more food safety practices taught in class

FOOD SECURITY
79% improved in at least one of these practices: planning meals, comparing prices at the store, using a grocery list, or having enough food at the end of the month

Youth participants improved.....

PHYSICAL ACTIVITY
27% improved in their knowledge of or practice of physical activity

DIET QUALITY
78% improved their ability to choose foods according to MyPlate

FOOD SAFETY
54% improved in one or more food safety practices taught in class

FOOD SECURITY
79% improved in at least one of these practices: planning meals, comparing prices at the store, using a grocery list, or having enough food at the end of the month

SNAP-ED WORKS FOR MONTANA

1 in 9 Montanans face hunger/food insecurity.

www.buyeatlivebetter.org

Montana State University Extension

www.buyeatlivebetter.org
In an adult Eating Smart Being Active class over the summer, the participants were very eager to learn new information. One woman was so excited about the fruit and vegetable class and the information provided about using SNAP benefits at the farmer’s market that she bought a variety of veggies and prepared them in ways we talked about in class. She was so excited to learn new ways to use fruits and vegetables!

- SNAP-Ed Nutrition Educator

A 5th grade student in a nutrition education class said she had always skipped breakfast, but after our grain lesson and breakfast discussion, she has started eating breakfast. Three other students then raised their hands to say they’ve also started eating breakfast regularly.

- SNAP-Ed Nutrition Educator

Race/ethnicity of SNAP-Ed adult and youth participants

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>52%</td>
</tr>
<tr>
<td>American Indian or Alaskan Native</td>
<td>38%</td>
</tr>
<tr>
<td>Other</td>
<td>10%</td>
</tr>
</tbody>
</table>

REFERENCES

CDC. BRFSS Prevalence & Trends Data
www.cdc.gov/brfss/brfssprevalence.


KCMU analysis of CDC’s BRFSS 2013 Survey Results.
USDA, NIFA WebNEERS. 2015.

This material was funded by USDA’s Supplemental Nutrition Assistance Program — SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran’s Preference Employer and Provider of Educational Outreach.

USDA is an equal opportunity provider and employer.