

**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



1 in 9 Montanans face hunger/food insecurity.

# 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

**MONTANA STATE UNIVERSITY**  
EXTENSION

**BUY Eat Live BETTER**

[www.buyeatlivebetter.org](http://www.buyeatlivebetter.org)

# SNAP-ED WORKS FOR MONTANA

# 5370 youth & adults participated in SNAP-ED nutrition education programs



45% of adult participants said they had shopped at a farmers' market as a result of participating in class



*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!*

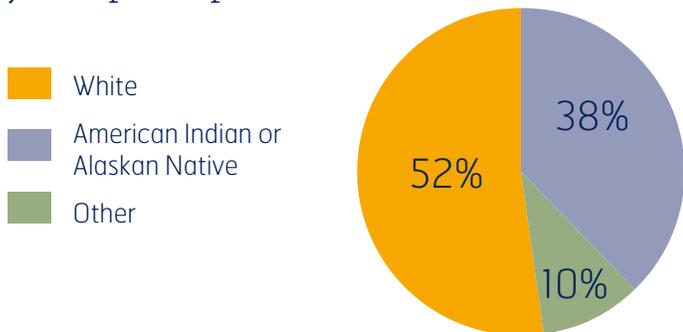
- SNAP-Ed Nutrition Educator



*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



## REFERENCES

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Coleman-Jensen A, et al., Household Food Security in the United States in 2014, ERR-194, USDA, ERS, September 2015.

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## BUY EAT LIVE BETTER *online*



53 Pinterest followers and 666 average monthly views\*



200 Facebook likes with average post reach of 49 people\*

\*launched March 2015

[www.buyeatlivebetter.org](http://www.buyeatlivebetter.org)

12,110 web sessions with 36,496 page views



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