SNAP-ED WORKS FOR MONTANA
Montana State University Extension
Supplemental Nutrition Assistance Program - Education
2017

THE CHALLENGE

78% of Montana adults do not participate in enough physical activity to meet guidelines

74% of Montana adults eat less than 5 servings of fruit and vegetables each day

63% of Montana adults are overweight or obese

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 SNAP-ED SOLUTION

TEACH
low income youth and adults in the locations that they eat, live, learn, work, play, and shop.

COLLABORATE
with community and statewide partners to leverage resources and increase program reach to eligible audiences.

EMPOWER
organizations and individuals to create changes in policies, systems, and environments that make the healthy choice the easy choice for all Montanans.

THE RESULTS

Graduates from nutrition classes improved their healthy habits.

ADULTS

- 28% ate more fruit
- 26% ate more vegetables
- 38% were more physically active
- 51% improved food safety practices
- 78% improved food management practices

YOUTH

- 22% were more physically active
- 39% improved food safety practices
- 39% made healthier food choices
- 80%

Behavior change results based on 499 adult participants with 197 graduates, and 4,862 youth participants with 3,544 graduates.

"Four years ago, a young mother of twins who also cared for her nieces and nephews completed a series of SNAP-Ed nutrition classes on a reservation. Since taking the classes, she decided to go back to school for nutrition, and she is now a registered dietitian working as a Diabetes Counselor on that same reservation."

- Nutrition Educator
65 nutrition and physical activity improvements in SNAP-Ed counties or reservations
6 school lunchroom partnerships that support healthy food selections
2 school district wellness policies to enhance student health
5 food bank partnerships that increase capacity for healthy choices

In Lincoln County, SNAP-Ed taught youth while partnering with a local school to support healthy food selections in the lunchroom.

"After working on a Smarter Lunchroom project, we found that students were regularly choosing more white milk than chocolate milk; in fact, the white milk sales had doubled! Some of the students said that they were trying to drink less sugary drinks after discussing this in our weekly Youth Understanding MyPlate lessons."
-Nutrition Educator

In Silver Bow County SNAP-Ed taught youth and adults while partnering with a food bank.

"Through the assessment at the Butte Emergency Food Bank, we were able to assess and improve several areas of health and food safety. The score increased 12%. The Assessment also spurred unexpected changes within the Food Bank. As we drafted the new Nutritional Guidelines Policy, the Director decided it was time to organize and update the entire Policies and Procedures Manual."
-Nutrition Educator

In Big Horn County and on the Crow Reservation SNAP-Ed collaborated with partners to enhance a community garden and donate 50 pounds of fresh produce to the local food bank.

"A participant told me that by having a garden plot two years in a row to plant, she got a lot more exercise because she had to walk to the garden every day and tend to it. She was also able to get her son involved."
-Nutrition Educator

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 1-888-709-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran’s Preference Employer and Provider of Educational Outreach.

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