

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: EFNEP

The focus of the Expanded Food and Nutrition Education Program (EFNEP) is to educate low-income families with young children in Montana through a series of classes. Individuals and families who participate in the program improve their knowledge and behaviors in four core areas: diet quality and physical activity, food resource management, food safety, and food security. Montana EFNEP also introduces school children to healthy eating and active lifestyles through a series of classes integrated into the school day.

THE RESULTS

Adult participants improved.....

PHYSICAL ACTIVITY
78% were physically active most of the time by the end of the program



DIET QUALITY
94% improved in one or more nutrition practices taught in class



FOOD SAFETY
65% improved in one or more food safety practices taught in class



FOOD SECURITY
89% 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
84% improved their ability to choose foods according to MyPlate

MONTANA STATE UNIVERSITY
EXTENSION

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EFNEP WORKS FOR MONTANA

2898 youth & adults participated in EFNEP nutrition education programs

Here's what some EFNEP nutrition educators have to say:



By the end of the Eating Smart Being Active series, a participant reported that she had lost 4 pounds since starting the classes. She had quit drinking pop and now drinks mostly water and smoothies. She reported that when she takes her kids to the park, she brings healthy snacks instead of pop and chips. She also started walking to pick up the kids from the bus stop. She shared that when people ask her if she is on a diet, she tells them that she has decided to make healthier lifestyle choices for her and her kids.

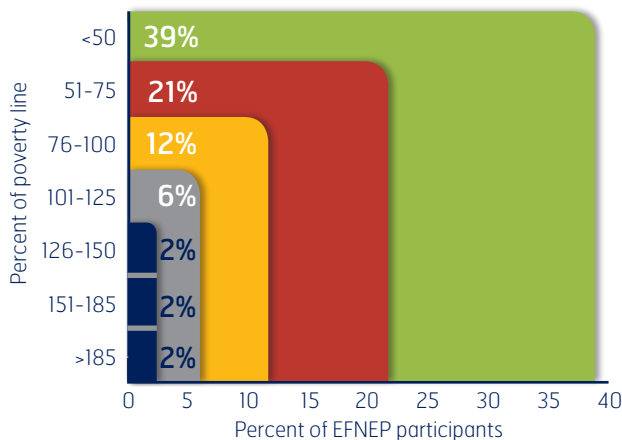


The afterschool program at a local school wanted children to cook with the vegetables grown in the school garden. Through the EFNEP nutrition education series, children were able to cook foods made with zucchini, beets, and pumpkin grown in the school garden. In addition to cooking, the students liked the physical activities they participated in, and their parents reported making the recipes children brought home at a later date.



A teen mother graduating from the Eating Smart Being Active series will be moving into her own apartment with her new child in the next month. Through the EFNEP classes, she said she has become more aware of the price of food and how to shop. After learning how to read labels, she reported she feels more confident in making healthier food choices for herself and her child.

Adult EFNEP participants reporting income level



REFERENCES

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*launched March 2015

www.buyeatlivebetter.org

12,110 web sessions with 36,496 page views



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