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

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**

www.buycatlivebetter.org

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

![Income Level Chart]

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
12,110 web sessions with 36,496 page views

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.

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.

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.

**REFERENCES**

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


KCMU analysis of CDC’s BRFSS 2013 Survey Results.

USDA. NIFA WebNEERS. 2015.