The Challenge
Wyoming SNAP-Ed is implemented through the Cent$ible Nutrition Program. The mission of the program is to provide opportunities for positive change in nutrition and physical activity for the limited resource audience through education, multi-level interventions, and community engagement with the goal of decreasing chronic disease and obesity in Wyoming.

64% of Wyoming adults are overweight or obese¹
84% of Wyoming adults do not consume adequate amounts of fruits or vegetables¹
26% of Wyoming adults do not participate in any physical activity¹
27% of Wyoming youth ages 10-17 are overweight or obese²

The Solution

Wyoming SNAP-ED

1,677 adult graduates averaging 7.7 lessons in 6.4 sessions
11,518 adult teaching contacts
2,495 youth graduates completing 5 lessons
58,605 indirect contacts through media, health fairs, and other educational events
349 partnerships with agencies and organizations

4 focus areas to increase healthy opportunities for the low-income population (see reverse side for more details)

PSEs*

Partnerships

Education

In summer 2017, Natrona County SNAP-Ed collaborated with community gardeners to donate over 200 pounds of produce to local food pantries.

“The produce that is being donated is absolutely incredible. Our clients love that they are able to take fresh things, like zucchini and squash and green beans, and things that have come out of the gardens grown here.”

-Natrona County Salvation Army Social Services Director

*Policy, System, & Environmental Changes-Community level interventions that help make the healthy choice the easy choice for everyone
The Results: Direct Education

Youth

- 25% ate more fruits
- 28% were more physically active
- 33% ate more vegetables
- 33% selected more healthy snacks

- 83% graduates saved an average of $57.30/month on food
- 91% the healthy eating index increased 10.1 points for graduates

Adults

- 35% were more physically active
- 40% drank less soda
- 43% ate more fruits
- 43% ate more vegetables

- 43% improved in food resource management practices
- 83% improved in nutrition practices

Youth behavior change results based on 1,907 3rd-5th grade participants completing both the entry and exit assessment tool. Adult behavior change results based on 1,634 participants completing both the entry and exit surveys. Data collected October 1, 2016 - September 30, 2017.

“I learned how to eat healthier and am now making better food choices. We are not eating out as often and I have lost 10 pounds and am more active. My son is also thinning out as well. It is so much easier than I thought to cook from scratch.”
- Laramie County Participant

The Results: PSEs & Partnerships

1,631 referrals received from the Department of Family Services
121 referrals enrolled in SNAP-Ed classes
32 partnerships with community gardens, local food producers, and farmers’ markets
574+ pounds of food grown and donated to food pantries, partner agencies serving the low-income audience, and families with limited resources

42 schools and sites participated in the Grazing with Marty Moose curriculum resulting in 781 nutrition and physical activity supports adopted and 8,608 students reached through school PSEs

20 new written agreements established to enhance Wyoming SNAP-Ed program services for the low-income population

* Grazing with Marty Moose is a youth curriculum that incorporates PSEs with direct education in the elementary school setting.

2 https://stateofobesity.org/states/wy/

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