

Cent\$ible Nutrition Program



Supplemental Nutrition Assistance Program Education

SNAP-Ed Impacts 2017

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

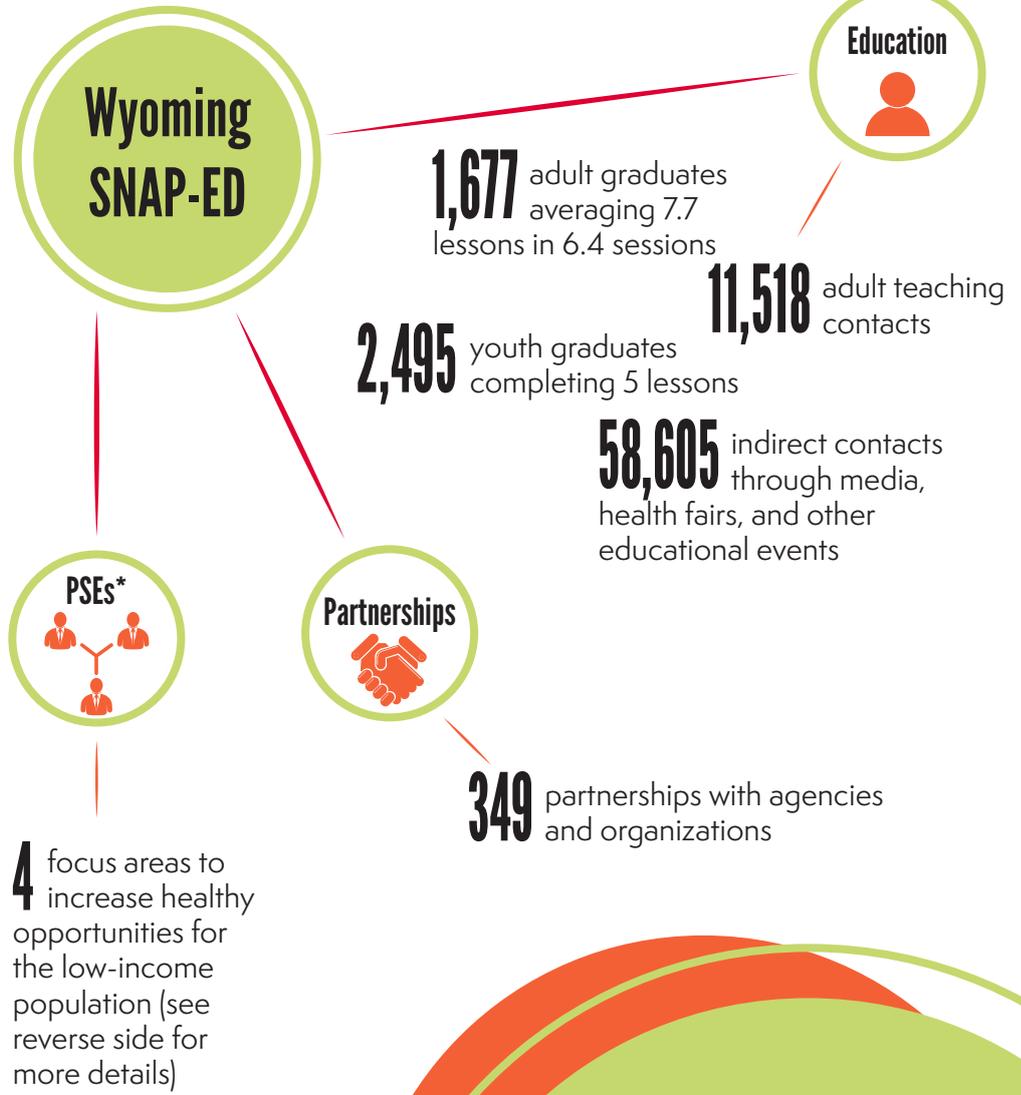


26% of Wyoming adults do not participate in any physical activity¹



27% of Wyoming youth ages 10-17 are overweight or obese²

The Solution



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

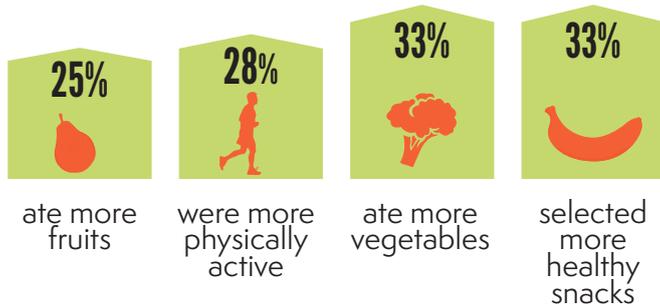
“The produce that is being donated is absolutely incredible. Our clients love that they are able to take fresh things, like zucchini and squash and green beans, and things that have come out of the gardens grown here.”

-Natrona County Salvation Army Social Services Director

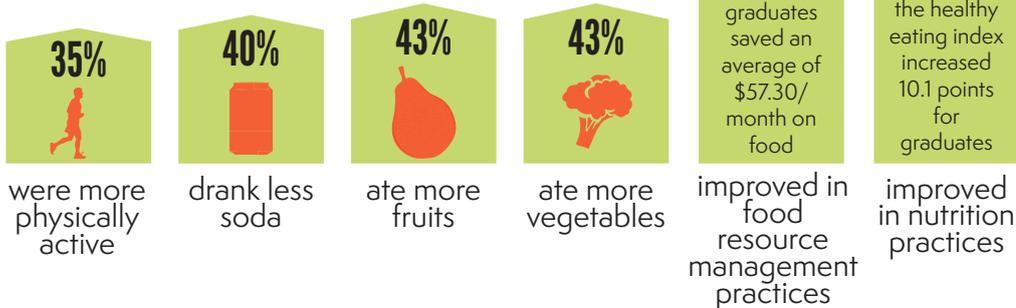
*Policy, System, & Environmental Changes-Community level interventions that help make the healthy choice the easy choice for everyone

The Results: Direct Education

Youth



Adults



"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

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.

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

Making the healthy choice the easy choice

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.

¹ <https://health.wyo.gov/publichealth/chronic-disease-and-maternal-child-health-epidemiology-unit/wyoming-behavior-risk-factor-surveillance-system-2/brfss-data-2/2016-data/> •

² <https://stateofobesity.org/states/wy/> • Statistics rounded for clarity. • Images from Vecteezy