

EFNEP WORKS

Montana State University Extension
Expanded Food and Nutrition Education Program



THE CHALLENGE

78%

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

63%

of Montana adults are overweight or obese

74%

of Montana adults eat less than 5 servings of vegetables & fruit each day

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 EFNEP SOLUTION

HELP

low-income families improve their well-being through a series of hands-on, interactive lessons to improve food and physical activity behaviors.

COLLABORATE

with community partners and stakeholders to support an improved food and physical environment for low-income populations.

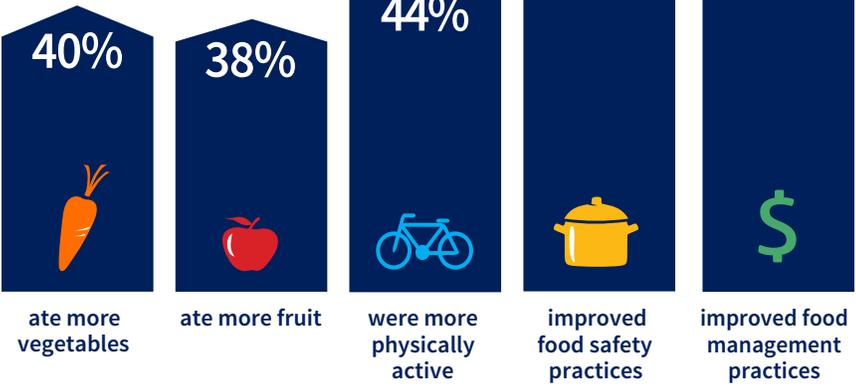
CONTRIBUTE

to the reduction of health disparities associated with those who have limited financial resources.

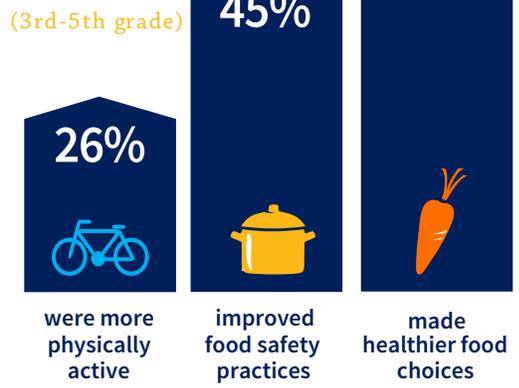
THE RESULTS

Graduates from nutrition classes improved their healthy habits.

ADULTS



YOUTH (3rd-5th grade)



"A student participating in the youth series excitedly reported that he had told his mom what he learned about whole grains in class and shared the take-home parent newsletter with her. At the grocery store that week, they read labels on the bread options together. Based on what they had learned from the class and the newsletter, they chose to buy the 100% whole grain bread!"

-Nutrition Educator



EFNEP BY THE NUMBERS

10,433 visits to buyeatlivebetter.org in 2017

social media views



20,705



29,494

435

adults participated in an Eating Smart Being Active series

2,241

youth participated in a Youth Understanding MyPlate series

2,191

adult and youth graduates from nutrition & physical activity series

1,087

nutrition & physical activity classes held for adults and youth

PROGRAM IMPACTS

EFNEP helps a grandmother become physically active and prepare healthy meals for her granddaughter.

During an adult class, a grandmother raising her granddaughter shared that although she was confident cooking, she had health issues that required her to consider changes to her diet to ensure she was healthy enough to care for her grandchild. She was interested in learning to prepare healthy recipes, but wasn't comfortable being active during the lessons. The educator helped her by leading the class in simple exercises and modifying the movements as necessary. Every week, the grandmother tried more physical activities and began using the healthy recipes from class at home with her granddaughter. Not only did this participant meet her goal of cooking healthier meals for her and her granddaughter, but she also gained confidence in being active!

EFNEP contributes to a statewide project to increase healthy options at local food banks.

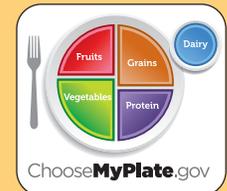
Montana State University Extension's Nutrition Education Program is a program partner on the Montana Food Security Council.

The council is made up of a diverse group of representatives who is working to improve the availability and selection of healthy food at food banks across the state. Montana EFNEP has an active role in the project, with state level staff serving on the planning committee leading statewide efforts, a local supervisor working alongside her food bank to create healthy changes, and with educators working to increase the number of adults receiving nutrition education classes in food bank settings.



EFNEP collaborates with a local school to increase children's consumption of and access to local fruits and vegetables.

A local supervisor assisted with bringing the Montana Harvest of the Month program to a school where EFNEP educators were teaching nutrition lessons. Through participation in the program, the school began serving local fruits and vegetables, displayed promotional materials encouraging consumption of healthy foods, and hosted tastings in addition to those already being offered by EFNEP educators. Children in the school were able to receive consistent messaging through nutrition education, multiple taste exposures to healthy foods, and repetition in healthy food messaging throughout their school day.



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