

SNAP-ED WORKS

Montana State University Extension
Supplemental Nutrition Assistance Program - Education



2017

THE CHALLENGE

78%

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

74%

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

63%

of Montana adults are overweight or obese

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 SNAP-ED SOLUTION

TEACH

low income youth and adults in the locations that they eat, live, learn, work, play, and shop.

COLLABORATE

with community and statewide partners to leverage resources and increase program reach to eligible audiences.

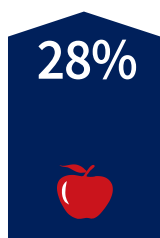
EMPOWER

organizations and individuals to create changes in policies, systems, and environments that make the healthy choice the easy choice for all Montanans.

THE RESULTS

Graduates from nutrition classes improved their healthy habits.

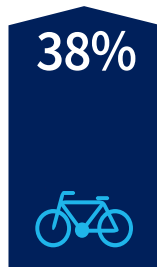
ADULTS



ate more fruit



ate more vegetables



were more physically active

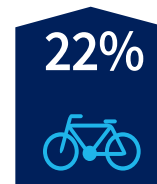


improved food safety practices



improved food management practices

YOUTH



were more physically active



improved food safety practices



made healthier food choices

Behavior change results based on 499 adult participants with 197 graduates, and 4,862 youth participants with 3,544 graduates.

"Four years ago, a young mother of twins who also cared for her nieces and nephews completed a series of SNAP-Ed nutrition classes on a reservation. Since taking the classes, she decided to go back to school for nutrition, and she is now a registered dietitian working as a Diabetes Counselor on that same reservation."

- Nutrition Educator



www.buyeatlivebetter.org

SNAP-ED BY THE NUMBERS

10,433 visits to buyeatlivebetter.org in 2017

social media views



20,705



29,494

23,930

Montanans reached with education and/or environmental changes that assist in making the healthy choice the easy choice

169

partnerships with organizations where Montanans eat, live, learn, work, play, and shop

10

site-based needs assessments conducted

1,942

nutrition and physical activity classes held for adults and youth

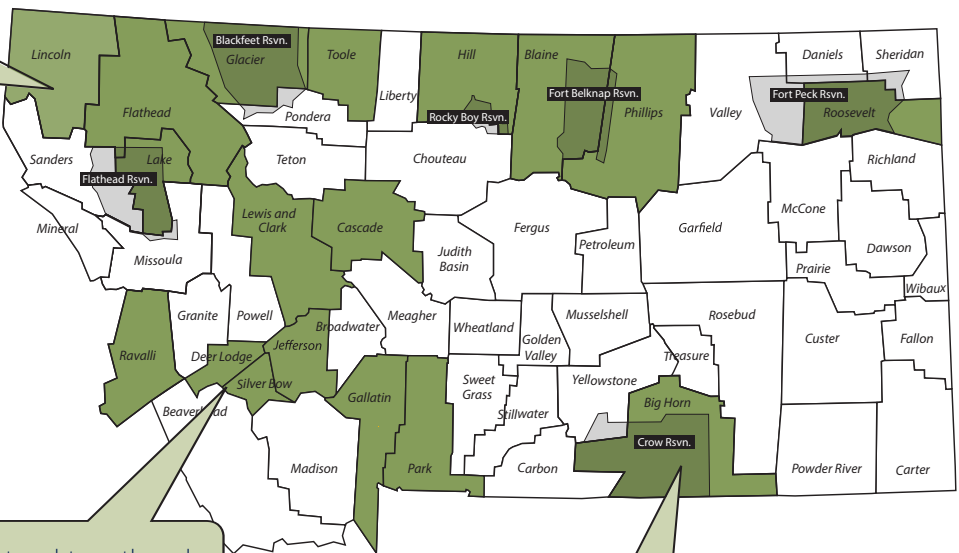
PROGRAM IMPACTS

- 65 nutrition and physical activity improvements in SNAP-Ed counties or reservations
- 6 school lunchroom partnerships that support healthy food selections
- 2 school district wellness policies to enhance student health
- 5 food bank partnerships that increase capacity for healthy choices

In Lincoln County, SNAP-Ed taught youth while partnering with a local school to support healthy food selections in the lunchroom.

"After working on a Smarter Lunchroom project, we found that students were regularly choosing more white milk than chocolate milk; in fact, the white milk sales had doubled! Some of the students said that they were trying to drink less sugary drinks after discussing this in our weekly Youth Understanding MyPlate lessons."

-Nutrition Educator



In Silver Bow County SNAP-Ed taught youth and adults while partnering with a food bank.

"Through the assessment at the Butte Emergency Food Bank, we were able to assess and improve several areas of health and food safety. The score increased 12%. The Assessment also spurred unexpected changes within the Food Bank. As we drafted the new Nutritional Guidelines Policy, the Director decided it was time to organize and update the entire Policies and Procedures Manual."

-Nutrition Educator

Counties served by SNAP-Ed

Counties indirectly served by SNAP-Ed

In Big Horn County and on the Crow Reservation SNAP-Ed collaborated with partners to enhance a community garden and donate 50 pounds of fresh produce to the local food bank.

"A participant told me that by having a garden plot two years in a row to plant, she got a lot more exercise because she had to walk to the garden every day and tend to it. She was also able to get her son involved."

-Nutrition Educator



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.