Situation:
Wyoming had 36,226 Supplemental Nutrition Assistance Program Education (SNAP) recipients in 15,086 households in April 2010. These numbers have climbed more than 30 percent from April 2009. Food security is a challenge for those with limited resources and makes nutrition education, including food resource management, very important.

Low-income populations in the United States report high rates of diet-related health problems and often lack sufficient personal, social, and community resources for healthy food choices. Community nutrition education programs increase capacities for healthful food choices with the long-term objective of reducing diet-related diseases to improve health – a goal of the University of Wyoming Cooperative Extension Service Cent$ible Nutrition Program (CNP).

CNP is available in 22 counties including the Wind River Indian Reservation. Through educational efforts the past year:
1,133 adults graduated from the program (8.5 average lessons) and 84 (4.1 average lessons) terminated. Total teaching contacts for graduating and terminating were 9,974.

4,634 adults and 4,735 youth participated in one-time educational lessons with 83.6 percent of adults reporting intent to change behavior.

2,574 youth participated in a series of five lessons in school classrooms, afterschool programs, and camps.

Ten issues of Cent$ible Nutrition News were distributed. For each issue, approximately 34,500 are printed in English and 1,900 in Spanish.

Up to 58,200 (some duplicate) potential indirect contacts with eligible participants through 155 events including health fairs, educational events, newspaper, and radio.

The CNP website provides information for potential clients and collaborators. There are on average 5,072 visitors and 24,999 hits per month.

Impacts:

Adults who enroll in a series of lessons complete a pre- and post-survey that includes a standard set of 18 behavior questions, a 24-hour food-recall, and demographic data. The following are significant impacts reported by adult and youth participants.

ADULTS – Adult participants reported the following.

- Families reported saving an average of $53.82 per month.
- 82 percent showed improvement in one or more food resource management practices.
- 52 percent reported planning meals ahead of time more often.
- 42 percent reported comparing prices before purchasing food more often.
- 37 percent reported running out of food before the end of the month less often.
- 46 percent reported thinking about healthy food choices more often when deciding what to feed their families.
- 37 percent reported they or their children eat something in the morning within 2 hours of waking more often.
- 48 percent reported serving more than one kind of fruit to their families each day more often.
- 47 percent reported serving more than one kind of vegetable to their families each day more often.
- 54 percent showed improvement in one or more food safety practices.

YOUTH – 2,574 youth participating in Grazing with Marty Moose, Munching Through Wyoming History, Passports to Food Adventures, and WIN Kids curricula reported the following.

- 30 percent now eat a variety of foods.
- 36 percent increased knowledge of the essentials of nutrition.
- 18 percent increased their ability to select low-cost, nutritious foods.
- 21 percent improved practices in food preparation and safety.
- About 50 percent improved their knowledge of MyPyramid food groups.
- 37 percent more could correctly identify the physical activity recommendation for children.
- 28.5 percent increased their knowledge of body size diversity.

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