



Cent\$ible Nutrition

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:

Program makes a difference in Wyoming lives

- 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.

Mary Kay Wardlaw
 Director, Cent\$ible Nutrition
 Program
 Department of Family and Consumer
 Sciences
 (307) 766-5181
wardlaw@uwyo.edu

