

## **Nutrition & Physical Activity State Plan**

### **Montana State University (MSU) Extension Nutrition Education BUY\*EAT\*LIVE BETTER PROGRAM**

The overall goal of the MSU Extension BUY EAT LIVE BETTER Program, led by Coleen Kaiser, is to improve the likelihood that low-income persons in Montana will choose healthy foods and active lifestyles consistent with the current Dietary Guidelines for Americans and MyPyramid.

Activities Relevant to State Plan to Prevent Obesity: The MSU Extension BUY LIVE EAT BETTER Program reaches adults and children directly or indirectly with the message of good nutrition and how to make healthy lifestyle choices even on a budget. Overall program goals are to teach food budgeting techniques, food preparation skills, and provide quality nutrition education. Educational programming is founded on sound research-based nutrition and health information geared for individuals and families and delivered through fun, interactive lessons with hands-on approaches. All the while it is emphasized in practical terms that eating nutritious foods and being active are essential elements in a healthy lifestyles and achievable.

Services/Recipients: MSU Extension through the BUY.EAT.LIVE BETTER Program currently provides nutrition education to low-income Montanans in 22 counties and seven reservations. Educational programming is made possible through MSU Extension in partnership with the Montana Department of Public Health and Human Services (MT DPHHS) and the Extension Expanded Food & Nutrition Education Program (EFNEP).

#### State Plan Settings:

Food Access and School Aged Youth

#### CDC Behaviors:

As stated above, to meet the BUY EAT LIVE BETTER goals, participants are given the opportunity to develop skills and knowledge about nutritious foods, thrifty food shopping, and healthy food preparation techniques. Throughout the nutrition education efforts three main behavioral objectives are sought to be achieved: 1) adults and youth will increase the consumption of fruits and vegetables and whole grains; 2) adults will practice food resource management by adopting thrifty purchasing habits that stretch food dollars and encourage nutritious meal preparation; and 3) participants will increase their daily physical activity.

#### Gaps and Concerns:

Address how to eat more fresh foods with consideration of time and resource constraints. Provide practical measures to increase daily physical activity for all Montanans.