SNAP-Ed programs teach people how to choose healthy food for themselves and their families while stretching their food dollars.

The SNAP-Ed Difference

In FFY 2018, SNAP-Ed’s Region 3 conducted 218 direct education programs, reaching 2,196 youth and 1,384 adults.

Region 3 conducted 88 Policy, Systems and Environment (PSE) activities in 2018, with 41 launched in the past year, all reaching over 38,000 individuals.

Youth Education Outcomes

In 2018, SNAP-Ed direct education programs taught 1,968 young people in 104 schools, after school programs and youth organizations across Washington State.

Attitude and Behavior Changes
Percentages of students who reported an increase in behavior or more positive attitudes, or maintained highest frequency

- 72% Washed their hands before eating meals
- 64% Drank more water
- 37% Chose healthy snacks more often
- 36% Reported less daily screen time

The Challenge
In 2016, 77% of middle schoolers were drinking 1 or more sugar sweetened beverages every day\(^1\)

The SNAP Success
After finishing SNAP-Ed nutrition classes, 28% of students drank fewer or didn’t drink any sugar sweetened beverages

3rd through 8th Graders
Percentages of students who increased or maintained highest frequency

- 39% Ate more vegetables
- 45% Ate more fruit
- 56% Did more physical activity

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\(^1\) 2016 Healthy Youth Survey, Accessed October 30, 2018
Adult Education Outcomes

Key Behavior Changes
Percentages of participants who increased or maintained highest frequency

- 52% Ate more vegetables
- 55% Ate more fruit
- 46% Used nutrition labels more often
- 18% Decreased regular soda intake

The Challenge
In Washington State, only 12.6% of adults are eating their recommended daily amount of fruit, and only 10.9% meet the recommendations for vegetables

The SNAP Success
After finishing nutrition classes, 28.9% of adults reported eating their daily recommended amount of fruit and 12.2% ate their daily amount of vegetables

Program and PSE Activities

SNAP-Ed Works Everywhere in the Community
SNAP-Ed nutritional programs and PSE activities take place in a wide variety of locations throughout Washington State. Providing opportunities for education and PSE changes in diverse locations increases access for the people who most need it.

Top Community Education Sites
Excluding K-12 schools

1. Low-income health clinics
2. Shelters
3. SNAP offices
4. Food banks and pantries
5. Group living arrangements

Top PSE Activity Sites

1. K – 12 schools
2. Food banks and pantries
3. Public housing

From Our Local Agencies
“The school has a new principal this year and [they] agreed to switch the lunch and recess. The students seem to be eager to eat more of their lunch and the principal and lunch staff have noticed improved behaviors in the cafeteria.”

From Our Educators
“We began our series with 3 participants yet ended the series with 14. Word of mouth was a great asset for our program as the participants gave great testimonials to other clients and we were able to maintain a high retention throughout the 4 weeks.”