Washington SNAP-Ed
FFY 2018 Region 4 SNAPshot

The SNAP-Ed Difference

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

In FFY 2018, SNAP-Ed’s Region 4 conducted 346 direct education programs, reaching 5,757 youth and 6,355 adults.

Region 4 conducted 62 Policy, Systems and Environment (PSE) activities in 2018, with 14 launched in the past year, all reaching over 21,000 individuals.

Youth Education Outcomes

In 2018, SNAP-Ed direct education programs taught 4,884 young people in 140 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

- **74%** Washed their hands more often
- **54%** Chose healthy snacks more often
- **49%** Drank more water
- **38%** Reported less daily screen time

Kindergarten through 2nd Graders
Percentages of students with perfect scores on surveys after nutrition education

- **74%** Knew their vegetables
- **75%** Knew their fruit
- **75%** Knew types of physical activity

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

- **32%** Ate more vegetables
- **42%** Ate more fruit
- **55%** Did more physical activity

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

The SNAP Success
After finishing SNAP-Ed nutrition classes, 29% of students drank fewer or didn’t drink any sugar sweetened beverages.

1. 2016 Healthy Youth Survey, Accessed October 30, 2018
Adult Education Outcomes

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

- **57%** Ate more **vegetables**
- **51%** Ate more **fruit**
- **54%** Used **nutrition labels** more often
- **19%** Decreased regular **soda intake**

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. Food banks and pantries
2. Public housing
3. Other places people go to “learn”
4. Youth organizations
5. Low-income health clinics

Top PSE Activity Sites

1. K – 12 schools
2. Food banks and pantries
3. Small food stores with < 3 registers

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, **33.9%** of adults reported eating their daily recommended amount of fruit and **17.3%** ate their daily amount of vegetables.

From Our Educators
“A post-partum mother of two young children, came to class with her husband for support. She was very eager to learn and asked many nutrition questions throughout the session. Her husband also actively participated in every class activity such as guessing how much sugar was in certain cereals.

After she learned about how to read the nutrition label, she went to the store and looked for products with the new nutrition label on it and checked for sugar content.”