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 1 conducted 431 direct education programs, reaching 6,671 youth and 2,525 adults. Region 1 conducted 59 Policy, Systems and Environment (PSE) activities in FFY18, with 19 launched in the past year, all reaching over 4,000 individuals.

Youth Education Outcomes

In 2018, SNAP-Ed direct education programs taught 5,310 young people in 232 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

- **33%** Reported less daily screen time
- **55%** Drank more water
- **57%** Felt more confident asking for vegetables

Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

- **56%** Knew their vegetables
- **62%** Knew their fruit
- **60%** Knew types of physical activity

3rd through 8th Graders

Percentages of students who increased or maintained highest frequency

- **28%** Ate more vegetables
- **44%** Ate more fruit
- **58%** Did more physical activity

The Challenge

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

The SNAP-Ed Success

After finishing SNAP-Ed nutrition classes, 27% 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

- **50%** Ate more **vegetables**
- **41%** Ate more **fruit**
- **60%** Used **nutrition labels** more often
- **25%** 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.2

The SNAP-Ed Success

After finishing nutrition classes, **24.8%** of adult graduates in Region 1 reported eating their daily recommended amount of fruit, and **14.7%** the recommended 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. **Other places people go to “learn”**
2. **Community centers**
3. **Cooperative extension sites**
4. **Public housing**
5. **Food banks and pantries**

Top PSE Activity Sites

1. **K-12 schools**
2. **Low-income housing**
3. **Food pantries**


From Our Educators

“The first day of class, there was a student that informed me she has not ever cooked anything before. Each week she participated in the cooking activity and started to become more comfortable, on the last day of class she informed me that she made dinner for her siblings the previous week and everything she made was from scratch.”

From Our Participants

“It was amazing that when I quit giving my kids a lot of sugar at breakfast, they didn’t get in as much trouble at school.”

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