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 FFY18, SNAP-Ed’s Region 2 conducted 114 direct education programs, reaching 1,834 youth and 1,936 adults.

Region 2 conducted 73 Policy, Systems and Environment (PSE) activities in FFY18, with 42 launched in the past year, all reaching over 23,724 individuals.

Youth Education Outcomes

In 2018, SNAP-Ed direct education programs taught 5,793 young people in 47 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

- 40% Had more positive attitudes towards vegetables
- 26% Reported less daily screen time
- 50% Viewed low-sugar beverages more positively

Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

- 73% Knew their vegetables
- 72% Knew their fruit
- 79% Knew types of physical activity

3rd through 8th Graders

Percentages of students who increased or maintained highest frequency

- 32% Ate more vegetables
- 39% Ate more fruit
- 46% Did more physical activity

The Challenge

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

The SNAP-Ed Success

After finishing SNAP-Ed nutrition classes, 16% of students drank fewer or didn’t drink any sugar sweetened beverages.

1. 2016 Healthy Youth Survey, Accessed October 30, 2018
“Two months after the outdoor growing season was over, the first harvest of the ... indoor season was added to the lunchtime salad bar. The distance from “farm” to kitchen – a few feet. The time to transport and prepare – a few minutes. Produce doesn’t get much fresher.”

“Over 300 pounds have been harvested so far from these apple bins, which fills us with satisfaction and also provides a challenge to make the garden even more productive for next year, reaching more patients and continuing to engage champions and community members.”

---

**Key Behavior Changes**

Percentages of participants who increased or maintained highest frequency

- **33%** Ate more vegetables
- **37%** Ate more fruit
- **47%** Used nutrition labels more often
- **26%** 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. Low-income housing
3. Congregate meal sites
4. SNAP offices
5. Public housing

**Top PSE Activity Sites**

1. Food banks and pantries
2. Low-income housing
3. Food pantries

---

**The Challenge**

In Washington State, only **12.6%** of adults are eating their recommended daily amount of fruit, and **10.9%** meet the recommendation for vegetables.

**The SNAP-Ed Success**

After finishing nutrition classes, **31.7%** of adult graduates in Region 2 reported eating their daily recommended amount of fruit, and **10.5%** their daily amount of vegetables.

---