

WA State SNAP-Ed FFY 2018 Annual 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, Washington State SNAP-Ed conducted **1,678** direct education programs, reaching **29,852** youth and **16,738** adults.

SNAP-Ed conducted **384** Policy, Systems and Environment (PSE) activities in 2018, with **112** launched in the past year, all reaching over **52,000** individuals.

Youth Education Outcomes

In 2018, SNAP-Ed direct education programs taught **24,791** young people in **838** schools, after school programs and youth organizations across Washington State

K – 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

62% Knew their **vegetables**



67% Knew their **fruit**



68% Knew types of **physical activity**



3rd – 8th Graders

Percentages of students who increased or maintained highest frequency

37% Ate more **vegetables**



47% Ate more **fruit**



58% Did more **physical activity**



The Challenge

In 2016, **77%** of middle schoolers were drinking 1 or more sugar sweetened beverages every day¹

The SNAP Success

After finishing SNAP-Ed nutrition classes, **27%** of students drank fewer or didn't drink any sugar sweetened beverages

Attitude and Behavior Changes

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

61% Felt more confident in asking for fruits and vegetables in reach for snacking

41% Had more positive attitudes about eating whole grain foods



67% Washed their hands more often before meals

33% Reported less daily screen time



Adult Education Outcomes

Key Behavior Changes

Percentages of students who increased or maintained highest frequency

49% Ate more **vegetables**



46% Ate more **fruit**



57% Did more **physical activity**



21% Decreased their regular **soda** intake



The Challenge

In Washington State, only **12.6%** are eating their recommended daily amount of fruit, and only **10.9%** meet the recommendations for vegetables²

The SNAP Success

After finishing SNAP-Ed nutrition classes, **29%** of adult graduates reported eating their daily recommended amount of fruit, and **14%** reported eating their daily amount of vegetables

2. Lee-Kwan, Seung Hee. "Disparities in State-Specific Adult Fruit and Vegetable Consumption – United States, 2015". *Morbidity and Mortality Weekly Report* 66 (2017).

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

1. Food Banks and Pantries
2. Other Places People Go to "Learn"
3. Public Housing
4. Low-income Health Clinics
5. Community Centers



From Our Educators

"The...field trip to the WSU Extension and Viva Farms was a huge success this year. We were able to expose the kids to real world farming practices, taste fresh produce right out off the farm fields, explain farming practices and discuss where and how food in their community is grown and pass along food access information to their families. This is a fantastic opportunity for the school and provides an unique experience for the students and families."

From Our Local Agencies

"One of the largest unanticipated benefits that has come from the garden...is the sense of community and well-being it has given the residents. We host a weekly Garden Club but the residents can often be found hanging out at the garden with each other and their children. The garden has become a central meeting and gathering place."

Top PSE Activity Sites

1. K-12 Schools
2. Food Banks and Pantries
3. Farmers' Markets
4. Public Housing
5. Family Resource Centers

