Washington SNAP-Ed
FFY 2019 Mid-Year 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 the first two quarters of FFY 2019, Washington State SNAP-Ed has conducted 638 direct education programs, reaching 12,168 youth and 853 adults.

SNAP-Ed has conducted 292 Policy, Systems and Environment (PSE) activities in 2019, with 114 launched in the past year, all reaching over 100,000 individuals.

Youth Education Outcomes

In the first two quarters of FFY 2019, SNAP-Ed direct education programs taught 11,268 young people in 493 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 of self-reported behaviors

- 66% Washed their hands more often
- 37% Drank fewer sugar-sweetened beverages
- 39% Watched fewer hours of TV
- 53% Drank more water in a day

Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

- 66% Knew their vegetables
- 69% Knew their fruit
- 70% Knew types of physical activity

3rd through 8th Graders

Percentages of students who increased or maintained highest frequency of self-reported behaviors

- 36% Ate more vegetables
- 42% Ate more fruit
- 57% Did more physical activity

The Challenge

In a 2018 statewide survey, 46% of Washington 6th-graders reported drinking one or more sugar-sweetened beverage every day.

The SNAP Success

After finishing SNAP-Ed nutrition classes, 37% of 6th and 7th graders were drinking fewer or didn’t drink any sugar-sweetened beverages

1. 2018 Healthy Youth Survey, Accessed June 20, 2019
From Our Educators

During the first class, I noticed two participants really struggling to get through the cardio pyramid, they both stopped numerous times... We then talked about starting small, a few minutes etc. The next week when we met, one of them told the class she decided to join the Y and went three times that week. The other walked to class that night, it took her almost one hour.

By the end of our series, one participant was going to the Y daily and the other participant was walking daily and on that particular day it only took her 30 minutes to walk to class.

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.

Key Behavior Changes

Percentages of students who increased or maintained highest frequency of self-reported health behaviors

- 51% Ate more vegetables
- 49% Ate more fruit
- 53% Did more physical activity
- 33% Decreased regular soda intake

The Challenge

In Washington State, only 12.6% of adults eat their recommended daily amount of fruit, and only 10.9% meet the recommendations for vegetables.

The SNAP Success

After finishing nutrition classes, 36.8% of adults reported eating their daily recommended amount of fruit and 13.7% at their daily amount of vegetables.


Adult Education Outcomes

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. SNAP Offices
2. Individual homes or public housing sites
3. Health care clinics and hospitals
4. Before and after school programs
5. Other places people go to “learn”

Top PSE Activity Sites

1. Elementary, middle and high schools
2. Food assistance sites, food banks and pantries
3. Individual homes or public housing sites
4. Family resource centers
5. Farmers markets

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