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

**The SNAP-Ed Difference**

In FFY 2019, Washington State SNAP-Ed in Region 1 conducted 259 direct education programs, reaching 5,085 youth and 523 adults.

Region 1 conducted 107 Policy, Systems and Environment (PSE) activities in 2019, with 39 launched in the past year, all reaching over 38,000 individuals.

**Youth Education Outcomes**

In 2019, SNAP-Ed direct education programs taught 1,529 young people in 58 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

- 55% Drank more water daily
- 67% Washed their hands before eating more often
- 45% Had less daily screen time
- 26% Ate more whole grains daily

**Kindergarten through 2nd Graders**

Percentages of students with perfect scores on surveys after nutrition education

- 67% Knew their vegetables
- 67% Knew their fruit
- 59% Knew types of physical activity

**3rd through 8th Graders**

Percentages of students who increased or maintained highest frequency

- 35% Ate more vegetables
- 43% Ate more fruit
- 62% Did more physical activity

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1. 2018 Healthy Youth Survey, [www.askhys.net](http://www.askhys.net), accessed December 17, 2019

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**The Challenge**

In 2018, 75% of Washington State 8th-graders drank sugar-sweetened beverages (SSBs) in the last week, while 17% bought SSBs at their school.

**The SNAP-Ed Success**

After completing SNAP-Ed, 29% of middle schoolers drank fewer sugar-sweetened beverages every day, and 23% didn’t drink any SSBs.
From Our Partners

“Since I have been working at the [Boys and Girls] Club, I feel that the "Fit for Bloomsday" activity has been the most impactful program that I have been a part of. It is exciting to see so many of the club kids excited about running and walking! We had an average of 30 kids participate every session, and finishing by taking 7 of the kids in grades 3-7 to Junior Bloomsday was a highlight! We couldn’t have done this program without the partnership of [SNAP-Ed] and all your work.”  – a Boys and Girls Club Assistant Director

Adult Education Outcomes

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

- 39% Ate more vegetables
- 36% Ate more fruit
- 41% Used nutrition labels more often
- 54% Decreased regular soda intake

The Challenge
In 2017, only 68% of adults in Washington ate fruit at least once a day, and only 83% ate vegetables at least once a day.

The SNAP-Ed Success
After SNAP-Ed classes, 94% of participants were eating fruit once a day, and 96% were eating vegetables once a day.

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. K-12 schools
2. Adult education and job training sites
3. Public housing or individual homes
4. Other places people go to learn
5. Health care clinics and hospitals

Top PSE Activity Sites
1. Mobile vending/food trucks
2. Public housing sites or individual homes
3. K-12 schools
4. Food banks/pantries or other assistance sites
5. Early care and education facilities