**Washington SNAP-Ed**

**FFY 2019 Region 2 Annual SNAPshot**

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 conducted 177 direct education programs, reaching 2,828 youth and 166 adults.

SNAP-Ed conducted 49 Policy, Systems and Environment (PSE) activities in 2019, with 23 launched in the past year, all reaching over 44,674 individuals.

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**Youth Education Outcomes**

In 2019, SNAP-Ed direct education programs taught 2,828 young people in 111 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

- **53%** Drank more water daily
- **61%** Washed their hands before eating more often
- **45%** Had less daily screen time
- **31%** Ate more whole grains daily

#### Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

- **65%** Knew their vegetables
- **74%** Knew their fruit
- **77%** Knew types of physical activity

#### 3rd through 8th Graders

Percentages of students who increased or maintained highest frequency

- **39%** Ate more vegetables
- **44%** Ate more fruit
- **57%** Did more physical activity

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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, 28% of middle schoolers drank fewer sugar-sweetened beverages every day, and 22% didn’t drink any SSBs

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

Second Harvest and WSU Tri-Cities are partnered in preventing campus hunger. When a student at WSU Tri-Cities discovered the Cougar Cupboard on campus, she was grateful for access to healthy food. “I felt a lot of relief that day,” [the student] recalls. “I’m thankful.” [This student] is among the 36 percent of college students nationally who face food insecurity.

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 participants who increased or maintained highest frequency

- **75%** Ate more vegetables
- **67%** Ate more fruit
- **66%** Used nutrition labels more often
- **78%** 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, 100% of participants were eating fruit once a day, and 100% were eating vegetables once a day.

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