



Washington SNAP-Ed FFY 2019 Region 5 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 2019, Washington State SNAP-Ed conducted **188** direct education programs, reaching **3,967** youth and **155** adults.

SNAP-Ed conducted **107** Policy, Systems and Environment (PSE) activities in 2019, with **22** launched in the past year, all reaching over **159,000** individuals.



Youth Education Outcomes

In 2019, SNAP-Ed direct education programs taught **3,967** young people in 152 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

54% Drank more water daily

66% Washed their hands before eating more often

45% Had less daily screen time

28% Ate more whole grains daily



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 school¹

The SNAP-Ed Success

After completing SNAP-Ed, **28%** of middle schoolers drank fewer sugar-sweetened beverages every day, and **26%** didn't drink any SSBs

1. 2018 Healthy Youth Survey, www.askhys.net, accessed December 17, 2019

Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

73% Knew their vegetables



78% Knew their fruit



74% Knew types of physical activity



3rd through 8th Graders

Percentages of students who increased or maintained highest frequency

41% Ate more vegetables



49% Ate more fruit



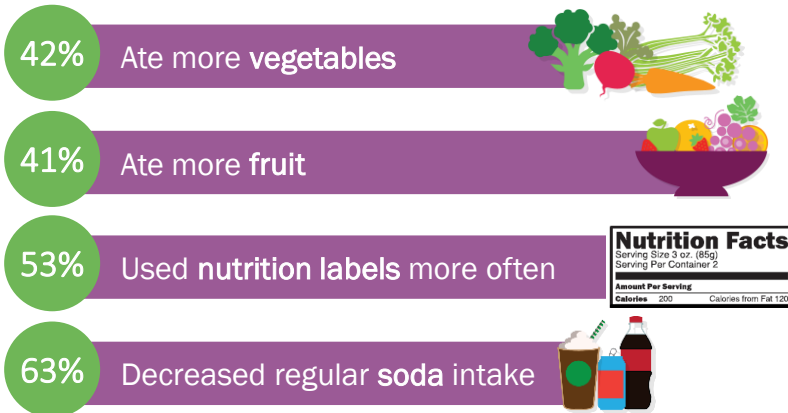
58% Did more physical activity



Adult Education Outcomes

Key Behavior Changes

Percentages of participants who increased or maintained highest frequency



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, **98%** of participants were eating fruit once a day, and **100%** were eating vegetables once a day

2. CDC Nutrition, Physical Activity, and Obesity: Data, Trends and Maps. Accessed 11/26/2019

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 Community and recreation centers
- 3 Adult education and job training sites
- 4 Food banks/pantries and assistance sites
- 5 Mobile education sites

Top PSE Activity Sites

- 1 K-12 schools
- 2 Food banks/pantries and assistance sites
- 3 Family resource centers
- 4 Farmers markets
- 5 Community organizations



From Our Local Agencies

Kids getting to explore their natural surroundings in the garden can lead to great discoveries. Timmy and Carder (7 years old) say that they like to come to the garden during recess because they “can find amazing creatures!” ... Kids will often carry around potato bugs that they find, naming them and caring for them during recess. They always return them to the beds when recess is over, saying that the bugs will like it more in the garden than the classroom.

From Our Partners

“Things are going better than expected! We have received a lot of comments on how clean and spacious our lobby is looking.” - Food Bank Staff



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