

WA State SNAP-Ed FFY 2018 Q1 & Q2 Snapshot

The SNAP-Ed Difference

5,220 participants in **15** counties and **242** direct education programs

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

SNAP-Ed works in the communities where people live, learn, work, shop and play.

Youth Outcomes

K - 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education*

-  Knew their vegetables **66%**
-  Knew their fruits **69%**
-  Knew types of physical activity **71%**

3rd - 6th Graders

Percentages of students who reported increased healthy behaviors on surveys after nutrition education*

- 36%** Ate more vegetables 
- 41%** Ate more fruits 
- 35%** Did more physical activity 

Other reported outcomes included

3rd & 4th graders

- 46%** Were more comfortable asking for healthy snacks
- 56%** Improved their food safety knowledge
- 62%** Ate vegetables most or every day
- 84%** Washed their hands most or every time before eating

4th - 6th graders

- 28%** Ate more whole grains every day
- 43%** Had less daily screen time
- 46%** Drank fewer sugar-sweetened beverages every day
- 48%** Increased their daily water consumption

Adult Outcomes

Adults 18+

Percentages of class participants who reported increased healthy behaviors on surveys after nutrition education*

- 48%** Ate more vegetables 
- 44%** Ate more fruits 
- 54%** Did more physical activity 
- 42%** Were less likely to run out of food 

More SNAP-Ed successes

For all of Washington State, only **10.9%** of adults ate their daily recommended vegetables, and only **12.6%** ate their daily recommended fruit. (1)

Among SNAP-Ed graduates, **20.1%** met their daily vegetable recommendations, and **25.0%** met their daily fruit recommendations, far exceeding the state average!

1. Lee-Kwan S.H., Moore L.V., Blanck H.M., Harris D.M., & Galuska D.. (2017). Disparities in State-Specific Adult Fruit and Vegetable Consumption - United States 2015. Morbidity and Mortality Weekly Report, 66 (45), 1241-1247.



*Participants who already had top survey responses on pre-test were excluded from percent change calculations

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