

Washington SNAP-Ed FFY 2019 Region 1 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 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



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, **29%** of middle schoolers drank fewer sugar-sweetened beverages every day, and **23%** 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

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



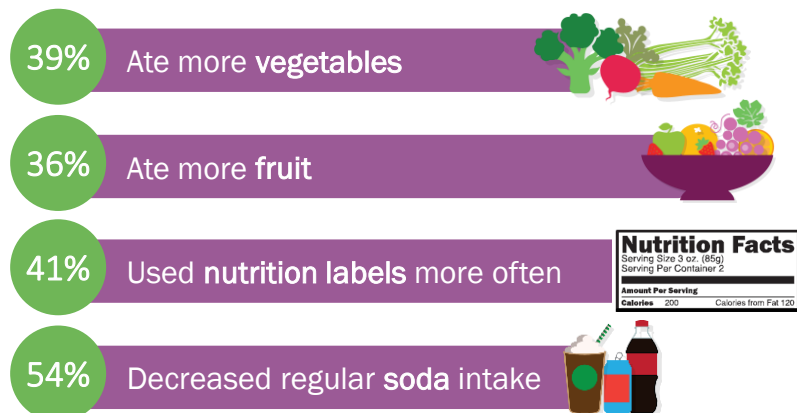
62% Did more physical activity



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, **94%** of participants were eating fruit once a day, and **96%** 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 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



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



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