

# 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-Fd 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.



# **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

Drank more water daily

61% Washed their hands before eating more often

Had less daily screen time

Ate more whole grains daily

# Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

Knew their vegetables



Knew their fruit



Knew types of physical activity





# 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<sup>1</sup>

#### 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

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

## 3rd through 8th Graders

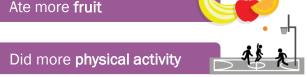
Percentages of students who increased or maintained highest frequency

39% Ate more vegetables



44% Ate more fruit

57%



# **Adult Education Outcomes**

#### **Key Behavior Changes**

Percentages of participants who increased or maintained highest frequency

75% Ate more vegetables



Ate more fruit

66% Used **nutrition labels** more often

Nutrition Facts
Serving Stze 3 oz. (85g)
Serving Per Container 2

Amount Per Serving
Calories 200 Calories from Fat 120

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

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 SNAP offices
- Before and after-school programs
- 4 Health care clinics and hospitals
- 5 Food banks/pantries and assistance sites

# **Top PSE Activity Sites**

- 1 Mobile vending/food trucks
- 2 Food banks/pantries and assistance sites
- 3 K-12 schools
- 4 Farmers markets
- 5 Health care clinics and hospitals



## 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.



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