



# Washington SNAP-Ed FFY 2019 Region 3 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 **85** direct education programs, reaching **1,529** youth and **162** adults.

SNAP-Ed conducted **107** Policy, Systems and Environment (PSE) activities in 2019, with **18** 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 69 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

**70%** Washed their hands before eating more often

**43%** Had less daily screen time

**33%** Ate more whole grains daily



### The Challenge

In 2018, 75% of Washington State 8<sup>th</sup>-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, **27%** of middle schoolers drank fewer sugar-sweetened beverages every day, and **29%** didn't drink any SSBs

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

## Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

**71%** 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

**40%** Ate more vegetables



**48%** Ate more fruit



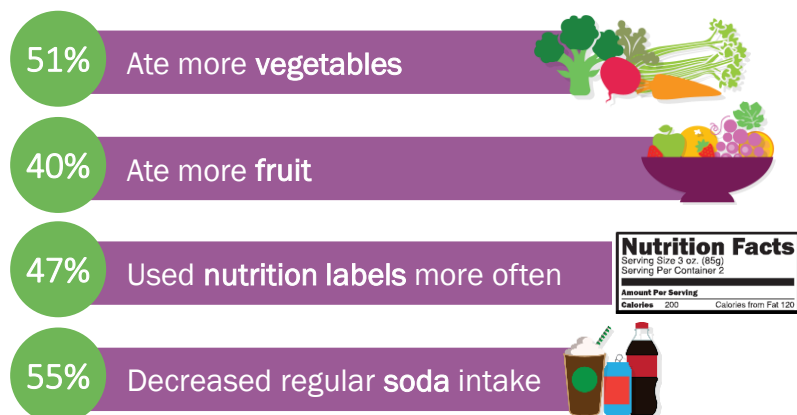
**57%** Did more physical activity



# 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 **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 Before and after-school programs
- 3 Public housing sites and individual homes
- 4 Adult education and job training
- 5 Emergency shelters and temporary housing

#### Top PSE Activity Sites

- 1 K-12 schools
- 2 Food banks/pantries and assistance sites
- 3 Adult education and job training
- 4 Community organizations
- 5 Early care and education facilities



### From Our Local Agencies

San Juan County Health and Community Services and... partners...have been working together to promote bike and pedestrian safety initiatives. ...We have held...bike events and promotions to capture community sentiment in favor of safety shoulders and areas where children and families can safely ride bikes or walk on roadways. In addition, we've done walkability/ bikeability audits on all three islands... and presented...to the Board of Health and County Council. On November 27th, [2018,] San Juan County Council passed a Complete Streets Ordinance. "Every time we do something for a road it needs to have a solution that provides pedestrian and bicycle pathways," [said a local] Councilmember



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