



Washington SNAP-Ed FFY 2019 Region 4 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 **165** direct education programs, reaching **2,727** youth and **481** adults.

SNAP-Ed conducted **54** Policy, Systems and Environment (PSE) activities in 2019, with **7** launched in the past year, all reaching over **129,000** individuals.

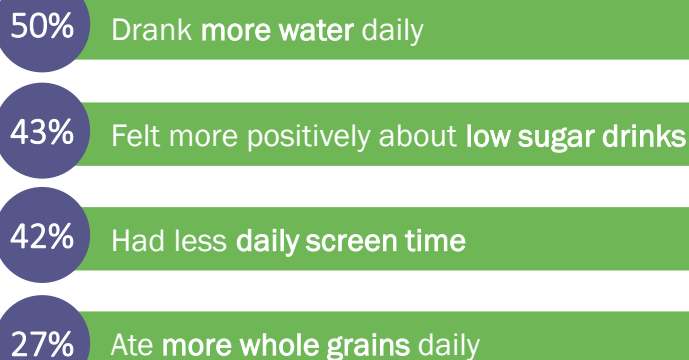


Youth Education Outcomes

In 2019, SNAP-Ed direct education programs taught **2,727** young people in 108 schools, after school programs and youth organizations across Washington State.

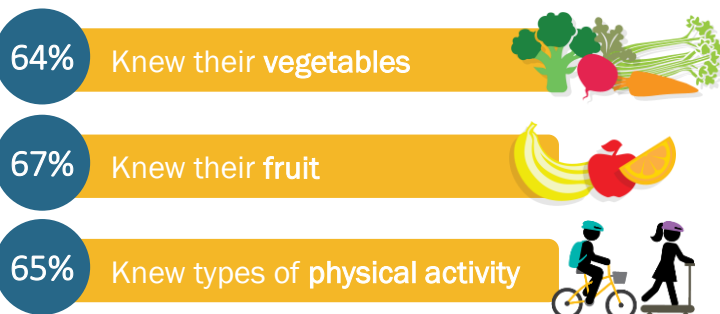
Attitude and Behavior Changes

Percentages of students who reported an increase in behavior or more positive attitudes, or maintained highest frequency



Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education



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

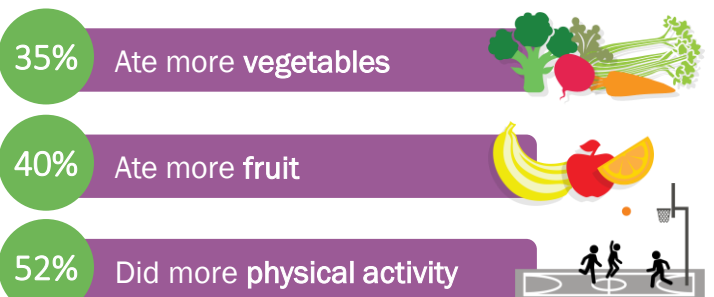
The SNAP-Ed Success

After completing SNAP-Ed, **26%** of middle schoolers drank fewer sugar-sweetened beverages every day, and **21%** didn't drink any SSBs

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

3rd through 8th Graders

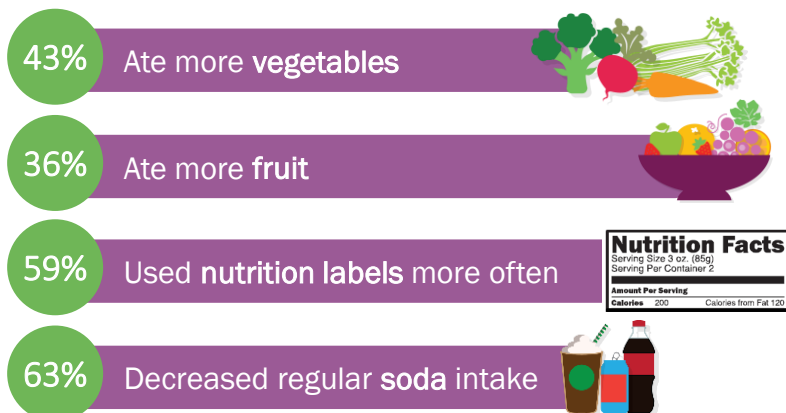
Percentages of students who increased or maintained highest frequency



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, **95%** of participants were eating fruit once a day, and **99%** 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 Public housing and individual homes
- 3 Health care clinics and hospitals
- 4 Food banks/pantries and assistance sites
- 5 Youth organizations

Top PSE Activity Sites

- 1 Food banks/pantries and assistance sites
- 2 Small food stores with 3 or less registers
- 3 K-12 schools
- 4 Farmers markets
- 5 Community organizations



From Our Local Agencies

The healthy options shelves at [a local corner store] have been... updated several times in an attempt to discover what resonates most with customers looking for a healthier option.

As I was leaving the store after restocking the Healthier Options area, a customer approached me and asked, "is that your work?" I said yes. He went on to tell me that he and his wife were trying to live a healthier lifestyle and moving towards a plant-based vegetarian diet. He motioned towards the Healthier Options area and told me that he could see the health on the shelves and he really appreciated how it was set up.



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