



# Washington SNAP-Ed FFY 2019 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 **874** direct education programs, reaching **16,136** youth and **1,437** adults.

SNAP-Ed conducted **419** Policy, Systems and Environment (PSE) activities in 2019, with **109** launched in the past year, all reaching over **526,650** individuals.



## Youth Education Outcomes

In 2019, SNAP-Ed direct education programs taught **16,136** young people in **651** 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

**66%** Washed their hands before eating more often

**44%** Had less daily screen time

**28%** 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, **28%** 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](http://www.askhys.net), accessed December 17, 2019

## Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

**69%** Knew their vegetables



**71%** Knew their fruit



**77%** Knew types of physical activity



## 3rd through 8th Graders

Percentages of students who increased or maintained highest frequency

**37%** Ate more vegetables



**44%** Ate more fruit



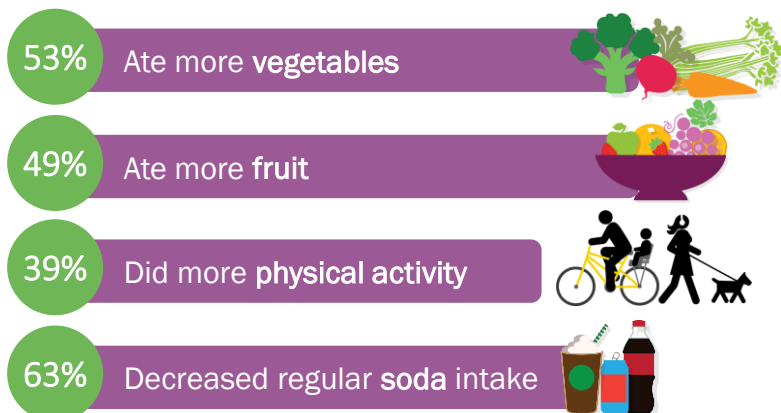
**58%** Did more physical activity



# 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, **92%** of participants were eating fruit once a day, and **97%** 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
- 3 Public housing sites or individual homes
- 4 Before and after-school programs
- 5 Health care clinics and hospitals

#### Top PSE Activity Sites

- 1 K-12 schools
- 2 Food banks/pantries and other assistance sites
- 3 Mobile vending/food trucks
- 4 Public housing sites or individual homes
- 5 Farmers markets



### From Our Communities

"Every time we do something for a road it needs to have a solution that provides pedestrian and bicycle pathways," – Local Councilmember

### From Our Partners

"Our families... have a difficult time having enough food to pack lunches for their kids and can't be burdened with another monthly bill from school lunch charges. They especially like receiving a loaf of bread and other items in the weekend backpacks from which they can make student lunches." – Assistant Principal



DOH 940-032 December 2019

This institution is an equal opportunity provider and does not discriminate. For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD / TTY 711).