

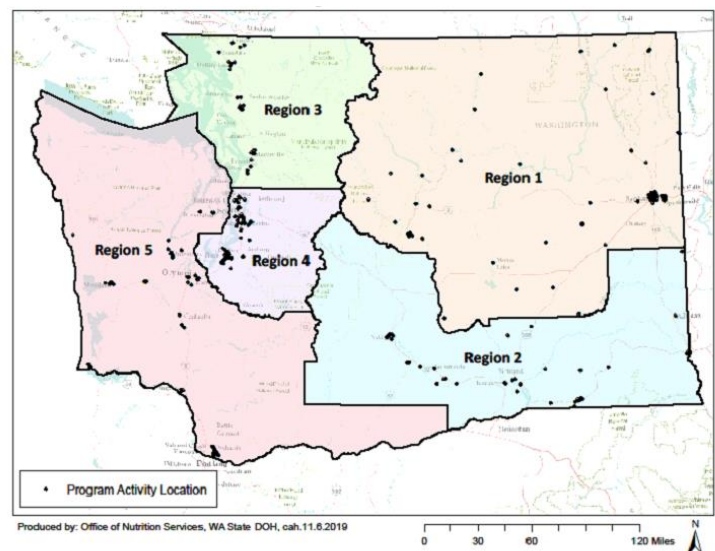
SNAP-Ed provides nutrition and physical activity education and support for people who are eligible to receive Supplemental Nutrition Assistance Program benefits, or SNAP. The United States Department of Agriculture's Food and Nutrition Service funds the Department of Social and Health Services annually, awarding \$9.7 million to Washington state in Federal Fiscal Year 2019.

The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP make healthy food choices within a limited budget and choose physically active lifestyles consistent with the *Dietary Guidelines for Americans* and federal food guidance. Specifically, SNAP-Ed helps people follow a healthier eating pattern—including fruits, vegetables, whole grains, fat-free or low-fat dairy, a variety of protein foods and healthy oils—to achieve and maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic disease. SNAP-Ed programming also aims to limit consumption of added sugars, sodium and saturated and trans fats.

In FFY 2019, SNAP-Ed in Washington state reached 17,573 individuals through direct education and between 526,650–1,426,650 individuals through policy, systems or environmental changes. Additional successes in Washington state's FFY2019 SNAP-Ed programming include:

- **Youth Behavior Changes**
 - 58% did more physical activity
 - 44% had less daily screen time
 - 53% drank more water in a day
- **Adult Behavior Changes**
 - 53% ate more vegetables
 - 49% ate more fruit
 - 39% did more physical activity
 - 33% decreased regular soda intake
- **Top Programming Sites**
 - Schools
 - Food assistance sites, food banks and food pantries
 - Individual homes or public housing sites
 - Mobile vending sites, food trucks
 - SNAP Community Services Offices (CSOs)
 - Before- and after-school programs

Program Activity Locations



To accomplish these goals, DSHS partners with three implementing agencies—Washington State University, Washington Department of Health and Spokane Regional Health District—that support five regions across the state. Implementing agencies subcontract with local providers to deliver evidence-based interventions, including direct education and policy, systems and environmental change.

For more information, please see www.wasnap-ed.org. This institution is an equal opportunity provider.