



# Washington SNAP-Ed FFY 2018 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 2018, Washington State SNAP-Ed conducted **1,768** direct education programs, reaching **29,852** youth and **16,738** adults.

SNAP-Ed conducted **384** Policy, Systems and Environment (PSE) activities in 2018, with **112** launched in the past year, all reaching over **52,000** individuals.



## Youth Education Outcomes

In 2018, SNAP-Ed direct education programs taught **24,791** young people in **838** 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

**69%** Washed their hands before eating meals

**53%** Drank more water

**48%** Felt more positively about low-sugar drinks

**33%** Reported less daily screen time



### The Challenge

In 2016, **77%** of middle schoolers were drinking 1 or more sugar sweetened beverages every day<sup>1</sup>

### The SNAP Success

After finishing SNAP-Ed nutrition classes, **27%** of students drank fewer or didn't drink any sugar sweetened beverages

1. 2016 Healthy Youth Survey, Accessed October 30, 2018

### Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

**62%** Knew their vegetables



**67%** Knew their fruit



**68%** Knew types of physical activity



### 3rd through 8th Graders

Percentages of students who increased or maintained highest frequency

**37%** Ate more vegetables



**47%** Ate more fruit



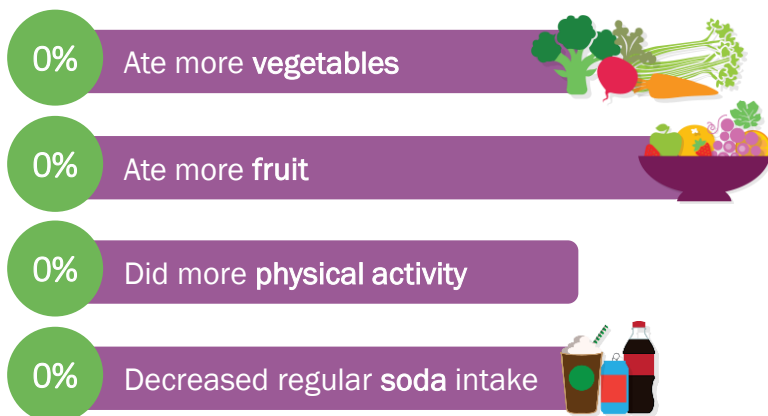
**58%** Did more physical activity



# Adult Education Outcomes

## Key Behavior Changes

Percentages of participants who increased or maintained highest frequency



### The Challenge

In Washington State, only **12.6%** of adults are eating their recommended daily amount of fruit, and only **10.9%** meet the recommendations for vegetables<sup>2</sup>

### The SNAP Success

After finishing nutrition classes, **29%** of adults reported eating their daily recommended amount of fruit and **14.6%** ate their daily amount of vegetables

2. Lee-Kwan, Seung Hee. "Disparities in State-Specific Adult Fruit and Vegetable Consumption – United States, 2015". *Morbidity and Mortality Weekly Report* 66 (2017).

## 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

Excluding K – 12 schools

- 1 Food banks and pantries
- 2 Other places people go to "learn"
- 3 Public housing
- 4 Low-income health clinics
- 5 Community centers

#### Top PSE Activity Sites

- 1 K – 12 schools
- 2 Food banks and pantries
- 3 Farmers' markets
- 4 Public housing
- 5 Family resource centers



### From Our Educators

"The...field trip to the WSU Extension and [the farm] was a huge success this year. We were able to expose the kids to real world farming practices, taste fresh produce right out off the farm fields, explain farming practices and discuss where and how food in their community is grown and pass along food access information to their families.

This is a fantastic opportunity for the school and provides an unique experience for the students and families."



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