



# Washington State University

Snohomish County Extension

2018

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[snohomish.wsu.edu](http://snohomish.wsu.edu)



## BY THE NUMBERS

- 340 youth and 60 adults participated in nutrition education.
- Five Snohomish County food banks participated in nutrition and cooking programming.
- 5,000+ people were reached through public health nutrition approaches at food banks.
- 150+ youth were reached through Farm to Community outreach.
- 1,000+ people were reached through cooking education at the Everett Farmers Market and through SNAP/EBT Farmers Market promotion.



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# SNAP-Ed

Supporting evidence-based nutrition education and obesity prevention.

## ISSUE

According to the WA State Healthy Youth Survey and the Snohomish County Healthy Community Assessment, 10% of youth and 27% of adults in Snohomish county are obese and an additional 15% of youth are overweight. Poor diet and a lack of physical activity are risk factors for overweight and obesity and affect health status and academic achievement.

The ability to be active and enjoy a nutritious diet is influenced by many social and environmental factors. For example, the availability and affordability of unhealthy foods make it challenging to maintain a nutritious diet. A poor diet coupled with increased screen time and decreased physical activity contribute to an increased risk of obesity.

Communities need to work together to create healthy environments that support access to nutritious food and opportunities for physical activity. Successful strategies include evidence based nutrition education and public health approaches to develop systems and environments that support a healthy community (Healthy Youth Survey).

## RESPONSE

The WSU Extension Snohomish County SNAP-Ed program provides evidence-based nutrition education and obesity prevention interventions for community members eligible for the Supplemental Nutrition Assistance Program (SNAP). SNAP-Ed works with food banks, schools, affordable housing sites, shelters and community health coalitions to provide and support nutrition education and community and public health approaches to improve nutrition in Snohomish County.

The SNAP-Ed program works with local food banks, schools, residential communities and other community members and organizations to support access to nutritious food, nutrition education, garden and cooking skills and physical activity.



## RESPONSE *continued*

Snohomish County SNAP-Ed program offers several opportunities in the community including:

- Nutrition education in two elementary schools in the Mukilteo School District and one elementary school in Everett School District.
- After school cooking clubs at four elementary schools in the Marysville School District.
- Summer physical activity and cooking clubs at two elementary schools in the Marysville School District.
- Cooking demonstrations at five Snohomish County food banks to demonstrate how to prepare food from the food bank in a simple and nutritious way.
- Nutrition and hands-on cooking education to English and Spanish-speaking adults in various community settings.
- Participation in community coalitions to improve nutritious emergency food access.
- Education and support for community and school gardens.
- Consultation for procuring and promotion of nutritious food options to be sent home with students in weekend emergency food backpacks.
- Education and promotion for the use of SNAP/EBT at the farmers market.

## QUOTES

*“This is probably the most important things our kids learn all year.”*

- Elementary Teacher

*“Thank-you for our amazing nutrition program, I learned which foods are healthy and unhealthy”*

- 4th Grade Participant

*“Oh, no thanks. I don’t like Kale... oh this is actually good. ... let’s go get Kale from the pop-up stand”*

-Parent at School Pop-Up Market

## IMPACTS

- 80 evidence-based hands on nutrition classes were provided to youth in Snohomish County.
- 28 afterschool and summer physical activity and cooking clubs were provided to youth in the Marysville School District.
- 40 evidence-based, hands-on nutrition classes were provide to adults in Snohomish County.
- 24 cooking demonstrations were provided at food banks and a Snohomish County farmers market.
- 13 nutrition lessons were provided at three Snohomish County food banks.
- One pop-up farmers market event was held at an elementary school to promote, provide education and answer questions about the use of EBT/ SNAP benefits at local farmers markets.

## PARTNERS

- Mukilteo School District
- Snohomish County Food Bank Coalition
- Lynnwood Food Bank
- Stanwood Camano Food Bank
- Everett Food Bank
- WA Alliance for Better Schools
- Mercy Housing NW
- YMCA
- WA State Farmers Market Association

## FUNDING

SNAP-Ed is a federal formula funded program authorized through the Farm Bill and administered via the USDA Food and Nutrition Service.