



2017 WSU SNAP-Ed BY THE NUMBERS

- 4520 direct contacts with adults
- 8370 direct contacts with youth
- 15,250 total contacts with parents, youth & adults via school family events, Boys & Girls Clubs, housing sites, newsletters & food banks
- 670 nutrition education lessons delivered
- 18,570 at-risk PC residents impacted through community collaboration & a systems approach

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WSU Pierce County Extension SNAP-ED Supplemental Nutrition Assistance Program-Education

Situation & Issue

The Supplemental Nutrition Assistance Program–Education (SNAP-ED) is an evidence-based program that helps people lead healthier lives. SNAP-Ed teaches people using or eligible for SNAP about good nutrition, how to stretch their food dollars and how to be physically active.

The State Department of Health Chronic Disease Profiles for Pierce County (PC), indicate adults and seniors show higher than average statistics in these health-related areas:

- 35% are obese;
- 45% have insufficient physical activity;
- 14% suffer poor nutrition;
- 55% of seniors are living with chronic disease.

According to the 2015 census by American Community Survey, 26% of PC residents had incomes at 185% Federal Poverty Level and 43% of the SNAP-Eligible audience receives SNAP benefits. In 2016, the Office of Superintendent for Public Instruction (OSPI) reported children receiving free and reduced meals was 44%. In 2017, Feeding America reported overall food insecurity rates at 14.3% for PC.

Response

In Pierce County, SNAP-Ed reached a total of 7,920 individuals through series and single event nutrition education classes. Sixty percent of program participants were people of color (43% minority by race and 16% Hispanic).

WSU PC SNAP-Ed uses a systems approach to build partnerships with community organizations. Communities have social marketing campaigns, hold nutrition education classes and improve policies, systems, and their community environment. WSU-Extension SNAP-Ed targets adults, youth and families with messages consistent with the Dietary Guidelines and teaches the skills to select and prepare low-cost, nutritious, tasty foods and increase physical activity.

SNAP-Ed nutrition education focuses on key behavioral objectives for obesity prevention and managing food dollars:

- Make half your plate fruits and vegetables, at least half your grains whole grains and switch to fat-free or low-fat milk and milk products.
- Increase physical activity and reduce time spent in sedentary behaviors.
- Maintain appropriate calorie balance.
- Save money when shopping for groceries.

Empowering low-income residents to make healthy food choices and choose active lifestyles through education and a systems approach

Accomplishments for 2017/2018

- Farm to School, Harvest of the Month Campaign in Franklin Pierce School District reaches 6500 youth.
- MyPlate MyTray Campaign in Bethel Schools reaches 4075 youth.
- Education supporting OSPI Fresh Fruit & Vegetable Program at 6 schools in 2 districts reaches 3250 students & parents.
- Smarter Food Pantry Design and Cooking Matters in your Community reaches 4450 unduplicated counts of youth & adults.
- 40 community volunteers are trained to deliver food demonstrations at food banks and pantries. They serve eight sites in Pierce County increasing the number and dosage of clients' exposure to behavioral economic strategies and "nudges" toward healthy choices.
- In collaboration with The Just & Healthy Food System, Community of Interest, funded through the Puyallup Watershed Initiative, 16 tours at Farmers Markets for 275 disabled adults, seniors and youth raise awareness of EBT acceptance, Apple-A-Day tokens, Fresh Bucks Matching EBT Dollars and Farmers Market Senior Voucher use.
- Four affordable and transitional housing sites in Tacoma for seniors, disabled adults and adults in recovery, develop or construct edible gardens on-site increasing residents access to fresh produce.

Goals for 2018

- Increase involvement in a community systems approach to foster the nutritional health and well-being of PC residents.
- Participate in a strategic planning process and Needs Assessment as Part of Region 4 Steering Committee in Pierce and King Counties.
- Create a regional vision and plan that meets the needs and shared goals for equitable food access and obesity prevention.

Collaborators & Community Partners

Pierce County (PC) RISE, Aging & Disabilities & Orting Family Support Center, PC Public Works, Tacoma PC Health Dept., PC United Way & the Hunger Free PC Collaborative, Tacoma Housing Authority, Mercy Housing, PC Farm to School Team, Tacoma & Proctor Farmers Markets, Tacoma Rescue Mission, Beacon Communities, Nourish Food Banks, Orting Food Bank, St. Leo's Food Connection, Vadis Housing for Success, Bethel, Clover Park, Franklin Pierce & Tacoma School Districts, Boys & Girls Clubs of PC, Harvest PC, and the Just and Healthy Food System, Community of Interest

Staff

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Funding

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Successes



A pilot project of Energize: Gardening for a Healthier You! at Mercy Housing in Tacoma results in a patio/deck garden of 20 3x3' containers of fruits & vegetables planted by 12 senior residents. They have harvested a variety of cool season crops for inclusion in their lunches served on-site.



Tacoma Farmers Market Manager, Stacey Carkonen says' "A growing partnership between WSU Extension, Tacoma Housing Authority & THA residents has taken our market tours to new heights."

