

Washington Food and Nutrition Security State Profile

Overview

According to the U.S. Department of Agriculture's Economic Research Service (USDA ERS), 9.9% of households in Washington (WA) experienced food insecurity between 2017-2019. The prevalence of obesity among adults living in Washington was 29.3% in 2019 as reported by the Behavioral Risk Factor Surveillance System (BRFSS).

Demographic Overview

2019 U.S. Census data reports Washington has an estimated population of 7.61 million. They identify as White (78.5%), Black (4.4%), American Indian and Alaska Native (1.9%), Asian (9.6%), Native Hawaiian and Other Pacific Islander (0.8%) only. According to the 2019 Census report, 13% identify as Hispanic or Latino. 9.8% of Washington residents experienced poverty in 2019.

Building Resilient Inclusive Communities (BRIC) - WA BRIC Communities

The following counties will be prioritized by the WA BRIC project: Ferry, King, Pacific, Wahkiakum, and Yakima.

Food Banks, Pantries and Feeding Programs

There are three food banks that serve Washington state.

- [Food Lifeline](#)
 - Serves King and Yakima counties.
 - Operates mobile food pantries, Summer Food Service Program, school pantries, and a senior food box program.
 - [View](#) partner agencies.
- [Second Harvest Inland Northwest](#)
 - Operates mobile markets, kids backpack programs, and nutrition education.
 - [View](#) partner agencies.
- [Oregon Food Bank](#)
 - Operates mobile pantries, school pantries, backpack programs, community gardens, and nutrition education.
 - [View](#) partner agencies.

Select Food and Nutrition Security Programs

Healthy Food Incentive Programs

- [Complete Eats](#) (SNAP-ED) led by the WA State Department of Health.
- [Fruit and Vegetable Rx](#) led by the WA State Department of Health.
- [SNAP Market Match](#), led by the WA State Department of Health.

- Gus Schumacher Nutrition Incentive Program (GusNIP)
 - *Current Funding:*
 - Bridging the Dietary Divide in Washington: The Fruit and Vegetable Incentive Program Expansion Project (2020-2023) led by the [Washington State Department of Health](#).
 - Skagit County Fruit and Veggie Prescription Program. A 2020-2023 program led by the [Foundation of District 304](#).

Community Nutrition Education Programs

- Expanded Food and Nutrition Education Program (EFNEP)
 - [Washington State University Extension](#)
- Supplemental Nutrition Assistance Program Education (SNAP-ED)
 - The Washington State Department of Social and Health Services is the state agency responsible for Washington SNAP-Ed. SNAP-Ed implementing agencies include:
 - Spokane Regional Health District
 - Washington State Department of Health
 - [Washington State University Extension](#)
 - View more [information](#).

COVID Response

- Pandemic EBT (P-EBT) Program resources are available at the [WA State Department of Social and Health Services](#).

Food (Policy) Coalitions and Councils

- [Washington State Food Policy Forum](#)
- [Clark County Food Systems Council \(Vancouver, Wash.\)](#)
- [Gorge Grown Food Network \(WA/OR\)](#)
- [Jefferson County Local Food System Council](#)
- [South Sound Food System Network](#)
- [Spokane Food Policy Council](#)
- [Washington Food Coalition](#)
- [Whatcom County Food System Committee](#)
- [Whatcom Food Network](#)

Other Collaborators to Consider

- [King County Emergency Food Coordination Call](#)
- [Catholic Charities Eastern Washington](#) is a nonprofit organization that aims to serve and advocate for those who are vulnerable.
- [University of Washington - Center for Public Health Nutrition and](#) the school of public health's research focus includes food systems and nutrition, food and nutrition policy, and food access.
- [Nutrition First: WIC Association of Washington State](#) is a nonprofit organization working to improve the health of children in WA.

- [Washington State Public Health Association](#) aims to improve the health of all people, places, and communities in Washington.
- [Northwest Harvest](#) is a leading hunger relief agency that aims to provide equitable access to nutritious food.
- [United Way of King County](#) is a nonprofit organization that addresses homelessness and poverty.

Data Sources and Resources

- [2020 EFNEP Report](#) - Washington State University
- [WA Profile of Hunger, Poverty and Federal Nutrition Programs](#) - Food Research and Action Center

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The National Association of Chronic Disease Directors (NACDD) and its more than 7,000 Members seek to strengthen state-based leadership and expertise for chronic disease prevention and control in states and nationally. For more information, visit chronicdisease.org.