

Kansas SNAP-Ed 2017 Impacts



Why does Kansas need SNAP-Ed?

Kansas has the **22nd** highest adult obesity rate in the nation (2017). Kansas adult **obesity rate** is currently **31.2%** -- consistent across races, ethnicities and income levels. Additionally, Kansas had a **9.4%** rate of adult **diabetes** in 2016. Kansas ranks **20th** in the U.S. for in children in poverty, and Kansas ranks **42nd** for per capita public health spending, and was the **25th** healthiest state in 2017.

Low income Kansans are more likely to face negative health outcomes. SNAP benefits help fight poverty, reduce food insecurity, improves dietary quality, protects against obesity and improves health. SNAP-Ed is delivered across Kansas by K-State Research and Extension educators to SNAP participants and others eligible to receive SNAP benefits.



In Kansas, an average of **219,804** individuals in **102,607** households received food assistance in December 2017. (Kansas DCF)

Making a Difference

As a result of Kansas SNAP-Ed programs...

...Adult participants agree or strongly agree:

...Teen participants report they:

...Senior participants report they:

97%

They will prepare more meals at home.

95%

They feel motivated to follow healthy eating recommendations.

92%

They learned how to use the Nutrition Facts Label.

82%

Almost always participate in physical activity.

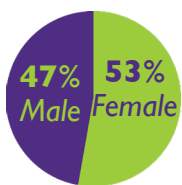
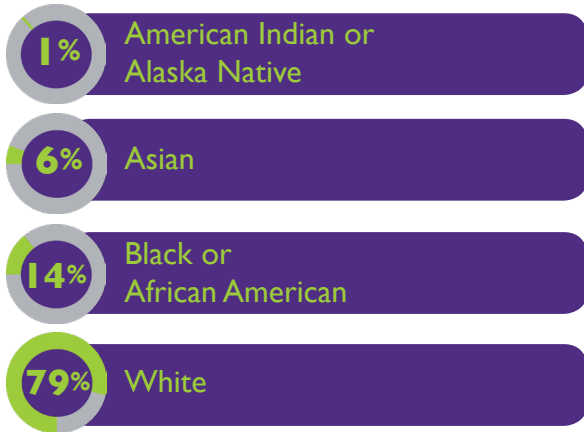
91%

Almost always wash their hands before eating.

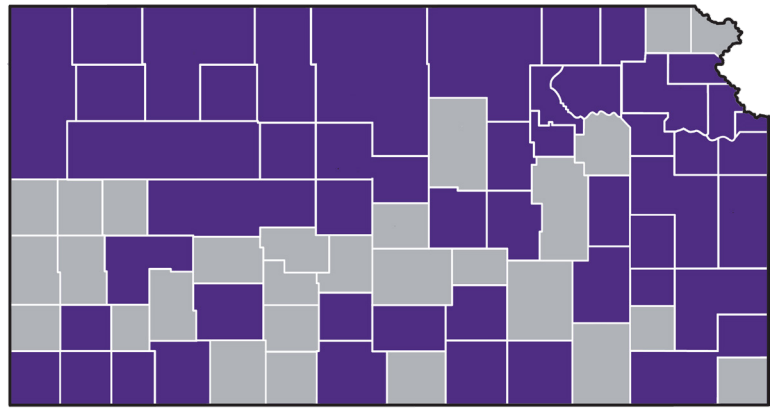
70%

Participate in mild exercise like walking or yoga.

Kansas SNAP-Ed Reaches a Diverse Audience in 2017

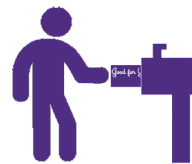


SNAP-Ed Counties in Kansas



■ SNAP-Ed county or district

SNAP-Ed programming is coordinated and delivered by Kansas State Research and Extension (KSRE) in **~75** counties across Kansas, reaching almost **24,000** Kansans.



Additionally, more than **97,650** nutrition-focused newsletters were mailed directly to the Kansas SNAP audience in 2017

Kansas SNAP-Ed uses multi-level interventions, including direct education, to reach its target population in ways that are relevant and motivational to them, while addressing environmental, policy and/or social system constraints in the community.

Throughout 2017, SNAP-ED worked together with the Marion Community Garden and the Marion County Food Bank. To begin the process, SNAP-Ed provided seeds and plants to the Community Garden to assist with the production rate. As the produce ripened, it was donated to the Marion County Food Bank. To date, the Marion Community Gardens has donated **over 1800** pounds of fresh produce to the Marion County Food Bank. This community partnership has increased the availability of fresh fruits and vegetables for neighbors utilizing the food bank.

Southwind Extension District SNAP-Ed has been at the table as part of the Allen County GROW (Growing Rural Opportunities Works) Council. The Healthy Menu Options subcommittee has partnered with three locally owned restaurants and the hospital cafeteria to analyze the nutritional content of their menu offerings and provide Nutrition Facts information to identify healthier menu choices. SNAP-Ed posters urging customers to “Build a Better Salad” and “Build a Better Sandwich” at point of sale help make healthy choices easier. Next steps include “Nutrition at a Glance” info for customers and healthy options highlighted on local menus.

FOR MORE INFORMATION

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