Kansas SNAP-Ed Impact Report 2021

The Kansas SNAP-Ed program is supported by the United States Department of Agriculture grant in partnership with the Kansas Department for Children and Family and implemented by Kansas State University Research and Extension in 54 counties and 4 Federally Recognized Tribes across Kansas. SNAP-Ed provided nutrition education to youth, adults, and older adults and partnered with local agencies and organizations using multi-level interventions and community engagement as an effective way to improve the lives and health of Kansans.

The Challenge

1 in 3 Kansas adults are obese
1 in 4 Kansas children and 1 in 8 Kansas adults faced hunger during COVID-19.
2 in 5 Kansas adults consumed fruit less than once per day
1 in 5 Kansas adults consumed vegetables less than once per day
1 in 4 Kansas adults are physically inactive

The Solution

1. EMPOWER
   Empower low-income youth and adults to eat healthy foods and be physically active

2. CHANGE POLICIES
   Change policies, systems, and environments to make healthy choices easier and more desirable

3. COLLABORATE
   Collaborate with community partners and coalitions to create a culture of health

The Outcomes

After participating in the Kansas SNAP-Ed Program, adult participants made behavioral changes in the following areas to improve their health:

- Increased fruit intake
- Increased vegetable intake
- Increased whole grain intake
- Decreased sugar-sweetened beverage intake
- Increased physical activity

Reach over 3,500 Kansans through a series of direct education lessons

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