

Kansas SNAP-Ed Impact Report 2021

The Kansas SNAP-Ed program is supported by the United States Department of Agriculture (USDA) in partnership with the Kansas Department for Children and Families and implemented by Kansas State University Research and Extension in 34 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



Reached over **3,500** Kansas households through a series of direct education lessons

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

