

KANSAS SNAP-Ed

2016 Impacts

The Need for SNAP-Ed is Growing

Kansas is one of two states that saw an increase in obesity from 2014 to 2015. Kansas now has the 7th highest adult obesity rate in the nation.

The evidence shows that SNAP alleviates poverty, reduces food insecurity, improves dietary quality, protects against obesity, and improves health, especially among children. SNAP-Ed targets SNAP participants and other low-income persons who are eligible to receive SNAP benefits.

82%

82% of low-income households report purchasing inexpensive, unhealthy food because they could not afford healthier options (Source: Kansas Food Bank, 2014)

42%

42% of low-income Kansans reported eating less than one daily serving of fruit

23%

23% of the same group ate less than one daily vegetable serving

22%

22% of young Kansas children live in poverty

21%

Child food insecurity rate in Kansas

Percent of Kansas adults who are obese

34%

Percent of Kansas students eligible for free lunch program

40%

In Kansas, an average of **241,520** individuals in **111,751** households received food assistance in December 2016. (Kansas DCF)

Making a Difference

After Kansas SNAP-Ed programs, adult participants reported they...



75%

used the Nutrition Facts Label to make healthier food choices most of the time



91%

usually or always ate at least 2 servings of fruit per day (up from 12%)



85%

usually or always participate in physical activity for 30 minutes per day



72%

have a plan for spending money on food (up from 40%)



88%

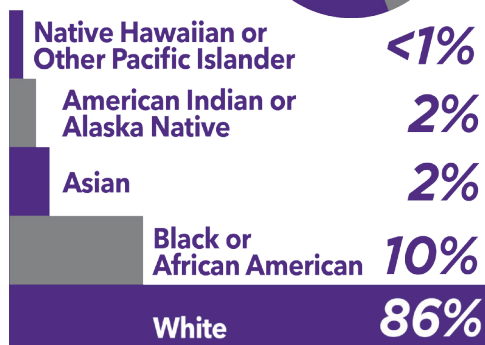
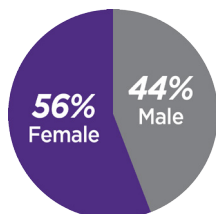
plan meals ahead of time (up from 12%)



70%

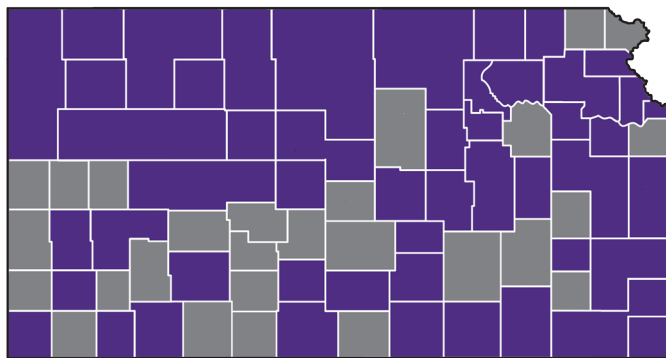
usually eat at least 3 servings of whole grains per day (up from 27%)

Kansas SNAP-Ed Reaches a Diverse Audience



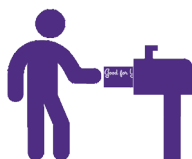
28% of participants self-identified as Hispanic

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 more than **37,000** Kansans.



Additionally, more than **100,500** nutrition-focused newsletters were mailed directly to the Kansas SNAP audience in 2016.

“The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with MyPlate and the current Dietary Guidelines for Americans.”

From the mother of two youth SNAP-Ed participants: “I love your cooking class! My girls are so excited about cooking. They told me what the internal temperature of the meat should be and that they wanted to put the meat on the lowest shelf in the refrigerator to thaw. They said they had to wash their hands over and over while cooking. I am so glad you talked about cleanliness and food safety. I do not like dirty hands in the kitchen. (The girls) did their regular kitchen jobs and then wiped down the counter tops. They cleaned up better than ever before. It was great help!!”
– Lyon County

A thirty-something male participating in a series of six nutrition classes reported: “As a result of participation in (the SNAP-Ed) Eating Well on a Budget classes, I have continued my interest in food science and found a job supervising others on the production line at a local facility which prepares, packages and ships refrigerated foods. The classes have encouraged me to cook healthy food at home and avoid eating out. I have learned ways to save money while shopping for healthy food and how to compare labels and nutrition facts to make healthier choices at the store.”
– Shawnee County

From a SNAP-Ed participant at the Senior Center: “I have type 2 diabetes and I needed to watch my carbs. I also needed to lose some weight. After attending nutrition classes last year, I made the decision to limit my portion sizes and get more physical activity. I lost 40 pounds. I am still watching my portion sizes and I am feeling much better. The weight loss has helped my type 2 diabetes and overall health.”
– Sedgwick County

FOR MORE INFORMATION

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

