

# KANSAS SNAP-Ed IMPACT REPORT

**K-STATE**  
Research and Extension



# 2023

Kansas SNAP-Ed programming is coordinated and delivered by Kansas State Research and Extension to support the health of low-resource youth and adults and their communities through direct education and making changes to policies, systems and environments that affect health.

## In Kansas:



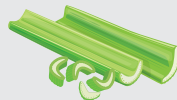
in Kansas are obese<sup>1</sup>

**35%**  
Adults

**14%**  
Youth



**44%** of adults consume fruit less than once a day<sup>2</sup>



**36%** of youth consume vegetables less than once a day<sup>2</sup>

**93,960**

children under the age of 18 did not have reliable access to food<sup>3</sup>



When Kansas children and adults have consistent access to healthy food in communities that intentionally support their wellbeing, Kansas is able to thrive<sup>4</sup>

through decreased incidence of chronic disease<sup>5,9</sup> and reduced health-care cost<sup>6,7,9</sup>



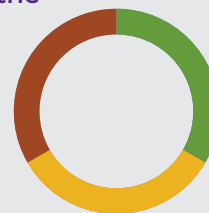
increased economic performance<sup>6,9</sup>

improved child development<sup>4</sup> and better academic performance<sup>8</sup>

## We assist communities by:

Supporting low-income youth and adults so they have the resources needed to make healthy choices

Changing policies, systems, and environments to make healthy choices easier

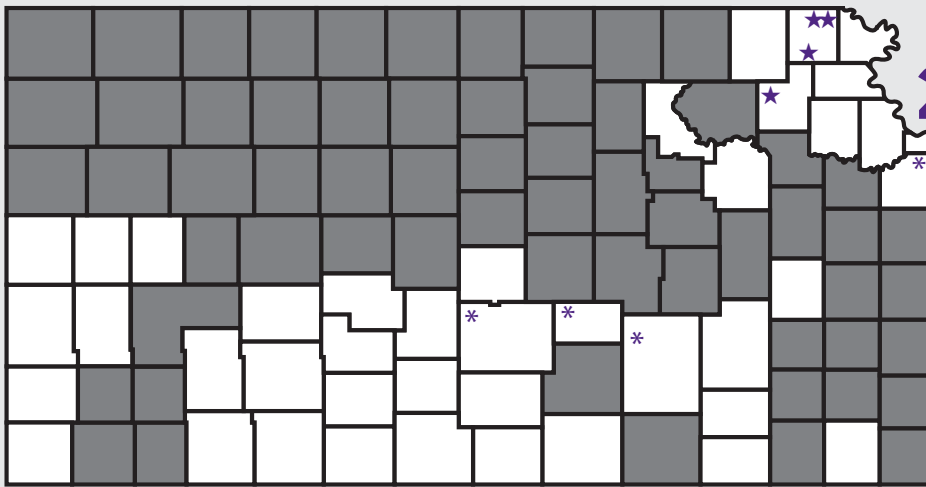


Creating a culture of health

Sources:

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3. Food Insecurity Among Child Population in Kansas (2021). [map.feedingamerica.org](https://map.feedingamerica.org/county/2021/child/kansas). <https://map.feedingamerica.org/county/2021/child/kansas>
4. Gallegos, D., Eivers, A., Sondergeld, P., & Pattinson, C. (2021). Food Insecurity and Child Development: A State-of-the-Art Review. *International Journal of Environmental Research and Public Health*, 18(17). <https://doi.org/10.3390/ijerph18178990>
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8. CDC. (2021, January 26). Dietary Behaviors and Academic Grades. [www.cdc.gov](https://www.cdc.gov/healthyschools/health_and_academics/health_academics_dietary.htm). [https://www.cdc.gov/healthyschools/health\\_and\\_academics/health\\_academics\\_dietary.htm](https://www.cdc.gov/healthyschools/health_and_academics/health_academics_dietary.htm)
9. Bretches, M. P., & Schwasinger-Schmidt, T. E. (2021). The State of Obesity in Kansas: A Community Based Approach to Chronic Care Management. *Kansas Journal of Medicine*, 14, 21–28. <https://doi.org/10.171161/Kjm.vol1413751>

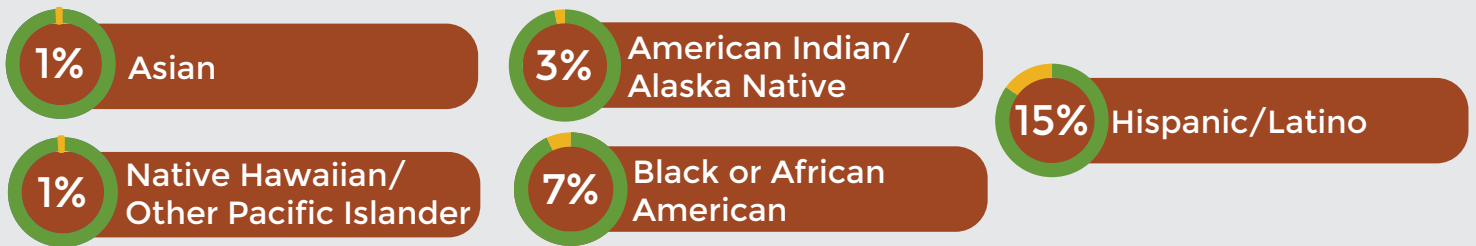
## We have supported:



★ Tribal Food Systems Locations  
\* Special Project Locations

**21,312** Kansans in  
**54** counties and  
**4** Federally  
recognized  
tribes across  
Kansas

## Kansas SNAP-Ed Reaches a Diverse Audience



## Direct Education supports participants navigating challenging systems so they:

Have the resources needed to make healthy choices:



**56%** of adults  
ate fruit more  
times a day

**75%** of adults  
ate vegetables more  
times a day



Can navigate complex  
food systems:



**23%**  
of adults worried  
about food less often



**32%**  
of adults cut the size or  
skipped meals less often due  
to financial constraints



**37%**  
of adults planned  
their meals more  
often before  
going shopping

**Join us in investing in the  
health and wellbeing of Kansans!**

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We build on community strengths to make meaningful change.

#### Food Banks/Food Pantries

Reached **8019** Kansans

**16** community food banks partnered with us to distribute healthy recipes to participants as they pick up their food distribution. We also worked with the site itself to improve the healthy options available, often achieving this by facilitating the distribution of local produce through the food bank.

#### Small Food Stores

Reached **2142** Kansans

Trusted community stores partnered with us to implement acceptance of SNAP benefits and increase availability and appeal of healthy options for their patrons.

#### Farmers Markets

Reached **2021** Kansans

Collaborated with community farmer's markets to increase acceptance of SNAP, offer nutrition education onsite, and work with vendors to encourage healthier food offerings.

#### Schools

Reached **716** Kansans

**73** schools welcomed nutrition educators to provide nutrition education to students and support school staff in projects such as establishing school gardens or making improvements to the lunch and snack options offered to students.

## Highlights

### Abilene Farmer's Market Congressional District 1

**200** Kansans reached

This year, the Abilene Farmer's Market began accepting EBT and Double Up Food Bucks which allow SNAP recipients to receive a \$1 for every \$1 spent on fruits and vegetables at the farmers market. SNAP recipients can receive up to \$25 per day in Double Up Food Bucks. This empowers SNAP recipients to choose fresh, local produce for their families. Additionally, nutrition educators attend the farmers market to distribute healthy recipes and promote nutrition education opportunities.

### Create Healthy Stores Congressional District 2

**1216** of Kansans reached

A local Coffeyville grocery store worked with nutrition educators to change displays to encourage healthy choices. They also altered their in-house recipes to reduce the sodium level in their pre-seasoned meat options.

### Connect Mobile Food Pantry Congressional District 3

**255** of Kansans reached

Food items are delivered across Franklin County to individuals in need. Local produce and food safety information is included with the food distributions.

### Woodland Health and Wellness Magnet Congressional District 4

Nutrition educators worked with school administration to plan and create a school garden. School staff were trained to use OrganWise Guys curriculum in their classrooms to teach students about nutrition and physical health.

