

# Impact Report 2024

Kansas SNAP-Ed Program

Kansas SNAP-Ed, implemented by Kansas State Research and Extension and funded by USDA's National Institute of Food and Agriculture, works alongside Kansas communities to support youth, adults, and their communities as they foster healthy environments and lifestyles.

## Building Thriving Communities Together

### Multi-level intervention

targeting diet quality, food resource management, food safety and food security.

1

Encourage Self Sufficiency and Nutritional Well-Being

Families have the skills they need to meet their families' needs

2

Creative Supportive Environments

Meaningful change in policies, systems, and environments

3

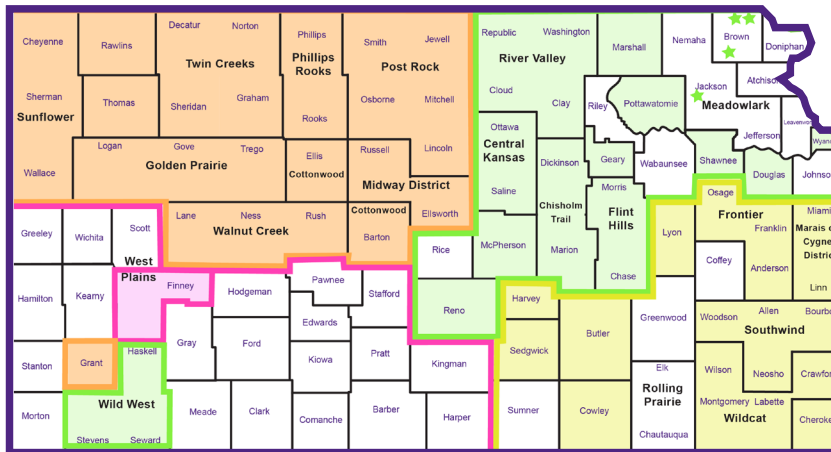
Build a culture of health

Individuals and communities are able to make informed health decisions

## SNAP-Ed in Our Communities

SNAP-Ed works in diverse communities and focuses on those who benefit most from improved access to nutrition education and health resources.

### 2024 SNAP-Ed Counties



★ Tribal Food System Project: Sac & Fox Nation of Missouri in Kansas and Nebraska, Iowa Tribe of Kansas and Nebraska, Kickapoo Tribe in Kansas, Prairie Band Potawatomi Nation  
County coverage by Regions: NW Region NE Region SE Region SW Region

# 55,959

Kansas were reached by at least one intervention

# 7,600

Kansas received nutrition education



Students studying SNAP-Ed educational materials.



Educator outreach in the community.

## Education with Impact

Direct Education supports participants navigating challenging systems so they:

Have the resources needed to make healthy choices:

**48%** of adults started eating fruit daily

**18%** of adults started exercising for 30 min. at least 5 days a week

Can navigate complex food systems:

**26%** of adults started planning their meals before going shopping

**20%** of adults worried about food less often

Can foster a culture of health for the future:

**37%** of youth began washing their produce prior to eating

**12%** of youth started making healthy choices when eating out

We build on community strengths to make meaningful change:

**20,770**

Kansans benefited from policy, systems, or environmental changes in their communities.

**334**

Community partners collaborated with SNAP-Ed to support the health of their community.

**48**

Multi-sector partnerships addressed health and nutrition at multiple levels of influence.

## Impact in Action

*"I have been walking more, watching nutrition labels, and cooking healthier. My blood sugars are now under 200, down to 105 most of the time."*

*"Es de mucha ayuda, eh aprendido mucho y me eh motivado a comer mas saludable, hacer mas ejercicio, y que porciones usar en cada comida."*

*[It was very helpful. I have learned a lot and it has motivated me to eat healthier, exercise more, and what portions to use for each food.]*

## Join Us in Building a Healthier Kansas!

**K-STATE**  
Research and Extension

For more information or to get involved:

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