

Kansas SNAP-Ed Successes

United Health Care Supports SNAP-Ed Nutrition Education for Kansas Medicaid (KanCare) Members

Kansas SNAP-Ed established a state-wide partnership with UHC, one of three Managed Care Organizations (MCO) for Kansas Medicaid, and a multi-system referral system to a series of SNAP-Ed nutrition education classes for KanCare members. UHC's goal was to improve the overall health outcomes of their clients and strengthen both their knowledge and skills in choosing healthy foods and preparing nutritious and budget friendly meals for their families. UHC committed to support Kansas SNAP-Ed with funding for nutrition education reinforcement items, beyond the allowable dollar limit of SNAP-Ed Funds, up to \$25 for a small kitchen equipment item for all clients who attended the full series of classes no matter their KanCare provider. UHC was dedicated to ensuring all class participants receive a kitchen equipment item to help reduce barriers to preparing nutritious meals at home. UHC also provided client referrals to the SNAP-Ed class series. As a result of the partnership:

"My whole family has increased their vegetable intake! We are using the Create a Salad and Create a Skillet Meal that we learned in this class! I have been inspired by this class!"

— CBH Class Participant

- 20 face-to-face Create Better Health series were offered by 8 local implementing extension units
- 6 statewide online Create Better Health series were offered
- 105 participants completed the Create Better Health six-session series
- A small kitchen equipment item was provided to participants who completed the series. Each participant picked an item based on individual need which allows the item to be used as a tool to help participants prepare healthy meals at home. Examples of the kitchen equipment provided were:
 - Electric skillets
 - Slow Cookers
 - Kitchen tool sets (whisks, rubber spatula, hot pads, etc.)
 - Baking dishes
 - Pot and pan set



Guests at the Faith Market Choice Pantry Opting for Healthier Foods

Wamego Council of Churches food pantry converted to become the Faith Market Choice food pantry. This meant, the pantry went from handing out a basic box of food to inviting pantry guests into a newly designated space where they could "shop" for the foods they would receive. The pantry used Create Healthy Choices policy, systems, and environment (PSE) change intervention designed to improve the visibility and appeal of healthy choices increased selection of these healthy choices. Shelf signs were used to direct consumers' attention to healthy options. Over time, the food pantry staff noticed changes in the foods guests are selecting. Faith Market Director said, "Guests are not choosing the high sodium pre-packaged meal pouches we used to regularly put in the food boxes. The guests are choosing to opt for healthier foods."



Walk with Ease Program Increases Physical Activity Levels Among Older Adults in Kansas

Older adults in Cherokee County Kansas are more physically active and walking their way to good health after participating in Walk with Ease (WWE) provided by the Kansas SNAP-Ed program.

For those with arthritis engaging in physical activity can improve arthritis pain and quality of life. In 2022, the Kansas SNAP-Ed program started providing Walk with Ease, a six-week walking curriculum, which is a research-tested physical activity program that targets adults with arthritis or other chronic diseases. Participants of Walk with Ease attended 3 sessions per week for 6 weeks, 18 sessions in total. During the sessions, participants learned how to exercise safely and comfortably. They learned safe stretching techniques and strengthening exercises, how to manage arthritis, set realistic goals for improved fitness and walked for at least 10 minutes. A walking group was established in each program and participants were encouraged to continue walking outside of the sessions.



"I lost 12 pounds and have the ability to walk 30-45 minutes without stopping"

— WWE Participant

On average, participants reported increased physical activity levels by being active from 2 days a week to 5 days a week. They also reported improvement in carrying groceries, climbing several flights of stairs, and walking more than a mile.

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