

For the past 16 years in our community, the [Health & Wellness Coalition of Wichita](#) has been promoting physical activity and good nutrition to every generation living in the Greater Wichita area through people, programs, and policies. The Coalition is led by a Leadership Team that meets regularly to guide us through community needs. [Becky Tuttle](#) is the Leadership Team Chair.

The Coalition met six times in 2019 to coordinate, collaborate and connect with our partners. Thank you to our meeting hosts: Mark Arts, St. Patrick's Catholic Church/School, Sedgwick County Health Department, Ascension Via Christi Hospital St. Teresa, and Natural Grocers. **Join us on the following dates for good nutrition and physical activity networking: January 22<sup>nd</sup>, March 4<sup>th</sup>, May 27<sup>th</sup>, July 22<sup>nd</sup>, September 23<sup>rd</sup>, November 18<sup>th</sup>.**

Like and engage with the Health & Wellness Coalition on social media, [Facebook](#), [Twitter](#), and added in 2019 - [Instagram](#). Our monthly newsletter is sent to over 10,000 people that have connected with us at one of our events or signed up via our [website](#).

Engaging residents to become leaders in identifying and addressing health issues in their neighborhood is the focus of the [Kansas Health Foundation](#) Health Equity Grant that the Coalition is leading in North Wichita. [Healthy 4 Evergreen](#) is working with the Hispanic community on a variety of topics including a 3-part Healthy Cooking Class, [Cooking Matters](#), and a Healthy Living Support Group meeting every Tuesday morning at the [Evergreen Resource Center](#). An exciting initiative titled Cambiando Raiz, Fruto Feliz will kick off in January. To engage, like the Facebook [page](#).

To promote physical activity, a group of passionate volunteers met regularly to plan:

- **Walk at Work Day** – on May 15<sup>th</sup>, 13 worksites registered to encourage their 4,263 employees to boost their energy and take a walk during the work day. Ideas and resources to promote walking at work can be found [here](#).
- May is National **Bike Month** and the Coalition is part of a collaborative effort by community-minded biking advocates who share a mission to make cycling enjoyable and accessible for all Wichitans! In 2019, the Coalition hosted a month-long Bike ICT Bingo Challenge. **To engage in 2020, see events on the [website](#) & [Facebook](#).**
- **Walktober** is a free physical activity initiative in October. The Sedgwick County Health Department sponsored Walktober in 2019 allowing over 1,000 people to register and report their physical activity to receive prizes. One participant reported, *“seeing the Walktober calendar reminds me to stay active. It is worth it to take time out of my busy schedule to get some fresh air, sunshine, and get my heart rate up”*.

To promote good nutrition, a group of knowledgeable and hard -working volunteers coordinated:

- The third annual **We All Eat** to provide tips, tricks, and tastings for healthy eating inspiration by 37 local organizations. Over 240 pounds of food were donated to the Kansas Food Bank, and 100% of attendees reported that they learned one or more new things today that will be tried at home. **Join us March 26<sup>th</sup>, 2020.**
- The Food Policy Committee helped host the Local Food Entrepreneurship Workshop in 2019 with approximately 50 producers learning entrepreneurial skills
- Double Up Food Bucks had its second year of operation in the area. 575 SNAP customers used their SNAP at the farmers market and doubled their money to purchase fresh produce.
- The Coalition is partnering with the City of Wichita and Sedgwick County to develop a Food System Master Plan in 2019-2020. **Keep an eye out for community engagement events and a community-wide survey to give your input!**

To promote a healthy workforce, several resources are posted to our [website](#) in addition to:

- The **15th annual Working Well Conference** presented by BlueCross BlueShield Kansas featured keynote speaker Laura Putnam as attendees were encouraged to Cultivate Wellness. New in 2019, a Mental Health First Aid training was coordinated for the day after the conference. **Join us Friday, August 28<sup>th</sup>, 2020.**
- A series of **Think Tank** sessions designed to inspire worksite wellness professionals with the following topics: ABC's of Benefits, Stay out of Wellness Jail, Make Wellness Fun, and Wellness Roadblocks. **Registration for the 2020 series will be [here](#) for the following dates: February 18<sup>th</sup>, April 21<sup>st</sup>, June 16<sup>th</sup>, and October 20<sup>th</sup>.**

The Health & Wellness Coalition actively participates and supports the following organizations: Health Alliance, Central Plains Area Agency on Aging Network, Councilmember Candidate on Health Forum, Bike Share ICT Advisory Board, the City of Wichita's [Open Streets](#), and [Bike Walk Wichita's](#) Pedestrian Workgroup. Looking back as we move forward, the Health & Wellness Coalition has a place for everyone – and YOU! For more information and to become involved in 2020, contact [Shelley Rich](#).

