

## 2020 Health & Wellness Coalition Annual Report

The Health & Wellness Coalition has been active for the past 17 years in our community with a laser focused mission to promote physical activity and good nutrition for every generation living in the greater Wichita area through People, Policies and Programs. 2020 was a difficult year in the United States and the world due to the Covid-19 pandemic. This following annual report will document what the Coalition did despite the city, county, and nation-wide shutdown.

### Salud + Bienestar



The Health Equity grant that the Coalition received from the Kansas Health Foundation wrapped up in December. It was a three and a half year project to authentically engage residents that ended very well. The Evergreen Community in North Wichita now has two part-time Promotoras de Salud (Community Health Workers) that are being funded by the Kansas Health Foundation Presidential Grant. Salud + Bienestar will continue to seek grant funding for sustainability and will be part of the new Empower Evergreen

organization operating the combination of the City Library and Resource Center into a community center.

Regular Coalition meetings are an important activity hosted for physical activity and healthy eating enthusiasts to network and hear updates on Coalition activity. The Coalition met in January of 2020 and the highlight was the announcement of the Food System Master Plan (FSMP) Community Engagement Process.



### City of Wichita / Sedgwick County Food System Master Plan

Nearly a year's worth of community effort led to the creation of the FSMP plan which was a Coalition highlight in 2020. The HWC served as the lead planning organization. A 14-member Steering Committee of key food system stakeholders was formed to guide the process with support from the City and County staff

members. The Steering Committee launched and oversaw a robust community engagement process to ensure as many voices and perspectives were included as possible. From January to September of 2020, a wide range of community members helped identify needs, barriers, and priorities to address with this plan, focusing on four key components:

- A community-wide survey that gathered perceptions of the local food system from over 2,200 residents and engaged them in prioritizing the Plan's goals.
- Twenty-five "pop-up" events where Steering Committee members attended community organization meetings to engage them in the food planning process.
- Six roundtable events in which over 120 stakeholders from the food system provided insights on key policy barriers and opportunities for each of the proposed goal areas.
- A final Plan prioritization step in which 60 key stakeholders assisted with the prioritization of the Objectives and Action steps in the final plan.

Information about the FSMP next steps will be shared through the Coalition newsletter and social media sites.

A team of community members worked on the Pathways to a Healthy Kansas 4-year grant application that was submitted in March. A virtual site visit was conducted in July and the Coalition learned that they were not selected to receive the grant. The Healthy Eating Committee was planning the popular We All Eat event to be held in March that was cancelled for community safety reasons. The Working Well Conference Planning Committee was making plans for an August conference which was also cancelled. Think Tank met in person on February 18th and then the planning committee pivoted to hosting well-attended virtual sessions in August, October and December. The Physical Activity Committee stopped meeting monthly following the wrap up of Walktober 2019. In October of 2020, the Coalition supported Bike Walk Wichita's group walks. The Coalition newsletter was sent January through April. In an effort to help the community remain physically active and eat healthy during COVID-19, the HWC provided local and in-home resources. The HWC continues to be led by a Leadership Team representing key organizations in our community.