



## Promoting Physical Activity & Good Nutrition

Join us [virtually](#) **Tuesday, April 23rd at 2pm** for our monthly meeting. [CEDBR](#) Research Economist Jonathan Norris will discuss the Healthy-Wealthy-Wise index, how it informs a heightened awareness of community vitality, and how it fits into the larger scope of information covered at CEDBR events throughout the year.

If you know someone interested in this topic, please share the meeting invitation.

Click [here](#) for the March meeting minutes. Mark your calendar for the 4th Tuesday of each month or [email](#) to be added to the calendar invitation.



# MAY IS NATIONAL BIKE MONTH



**BIKE MONTH  
EVENTS**

**BIKE TO WORK  
DAY CHALLENGE**

## Bike Month ICT Event Highlights

Check out our calendar on [bikemonthict.org](http://bikemonthict.org) or visit our Facebook page for local biking events and group rides! Don't see it on the calendar? Make sure to share your event so others can join in on the fun!

Tour de Wichita <b>April 28</b>	Opens Streets ICT NoMar <b>May 5</b>	2nd Sunday Slow Roll - The Keeper <b>May 12</b>	Bike To Work Lunch <b>May 17</b>
Bike Share ICT 7th Birthday <b>May 17</b>		Wicked Wind 100 Ride <b>May 19</b>	
 @bikemonthict		 <a href="http://bikemonthict.org">bikemonthict.org</a>	

### ICT/SC Food and Farm Council

Food and Farm Council Meetings - 1 to 2:30 pm the First Tuesday of the Month

Next meeting: May 7th including public comment on the Council workplan.

**NEW:** click [here](#) to sign up for Council alerts.



Rockwell Branch Library, 5939 East 9th Street North  
[Click here for meeting agendas and the virtual option link.](#)



# BIKE TO WORK CHALLENGE

MAY 13 - 17, 2024



- Form a team with co-workers
- Challenge friends and other businesses
- Scan the code to sign up and record your miles for the week
- Win the Golden Pedal Award
- Don't have a bike? Use one for free from Bike Share ICT using the coupon code BIKEMONTH24 ([bikeshareict.com](http://bikeshareict.com))

Your business could win the 2024 Golden Pedal award which will be handed out to the business with the highest average number of miles recorded during the Bike To Work Week of May 13-17. The trophy will be awarded at the Bike To Work Day lunch at the Bike Walk Wichita facilities located at 325 N. St Francis Street on Friday, May 17th.



Bike To Work Week

May 13 - 17

Bike to Work Day Lunch

May 17

 @bikemonthict

 [bikemonthict.org](http://bikemonthict.org)



## Connecting to our Mission

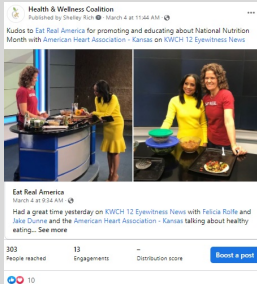
The County Health Rankings & Roadmaps Annual Data Release provides an updated snapshot of health for each county across the nation. The Kansas Health Institute serves as the state team

Sneak peek into the data: 25% of SC adults age 20 and older are physically inactive compared to 22% in 2023 and the Kansas and US average of 23%.

for the 2024 CHR&R release in Kansas and offers county specific profiles with data trends and comparisons to the rest of the state and nation. You can view those county profiles [here](#)

## Stack Hacks

Want to adopt a new healthy routine? Whether you're trying to eat better, or you have a different goal in mind, you can build on your existing routines. [Learn how](#) "habit stacking" leads to success.



## Follow the Health & Wellness Coalition on Facebook!

The Health & Wellness Coalition is on Facebook. [Click here to follow our page](#) and engage with us on social media. We are willing to share your community events relating to physical activity and good nutrition on our page.

## Different Bikes for Different Cyclists

[This illustrated guide](#) from AARP shows different types of bicycles. These bicycles can be used for different purposes: going to work, running errands, activities for fitness, and activities for enjoyment.



## Partner Announcements

April is...  
**PARKINSON'S**  
Awareness Month!



## PARKINSON'S DISEASE

- Fastest growing brain disease
- Diagnosed every 6 minutes
- Expected to double 2015 - 2030

## Redefining living with Parkinson's Disease

### Our Programs

- Parkinson's Specific Fitness
- Mental Health Support
- Education/Research

*(All classes offered for caregivers also)*

### Coaches

- Certified PD Physical & Occupational Therapists
- Wichita State University Department Collaboration

## Join us for tours!

12:00 p.m. Wednesdays  
(By Appointment Only)

 **316-252-1877**

 [www.clubparkinsons.org](http://www.clubparkinsons.org)

WSU Heskett Center  
1845 Fairmount St., Wichita, KS 67260





APRIL 28 2024

# TOUR DE WICHITA

## WALK & RIDE WITH US



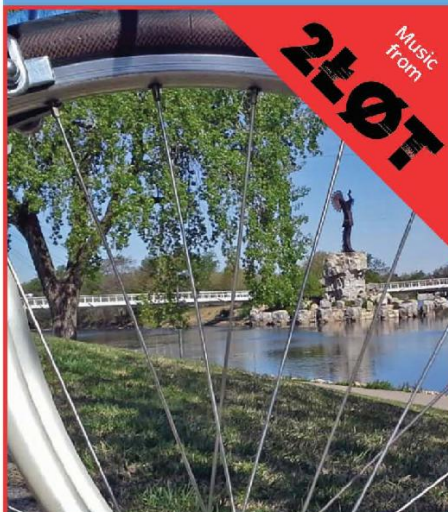
Bike Walk Wichita and Great Plains Diabetes are coming together to hold the first Tour de Wichita.



GREAT PLAINS DIABETES

- DATE**  
Sunday  
April 28  
2024
- TIME**  
1 p.m.  
to 6 p.m
- WHERE**  
Wave  
Old Town  
650 E. 2nd St.
- HOW MUCH**  
\$65 ride/walk & party  
\$100 Become a VIP  
(ride/walk, party, and a whole lot more!)

15-mile urban bike route • Urban Hike  
 Family-friendly Downtown Art + Architecture Walk  
 Afternoon party with music, inflatables, food and drink



Music from  
**2EOT**

### SPONSORS INCLUDE:

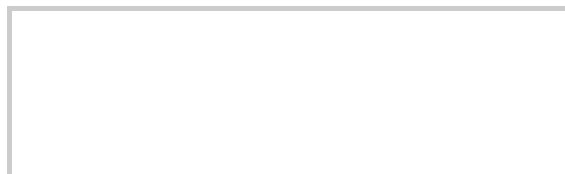
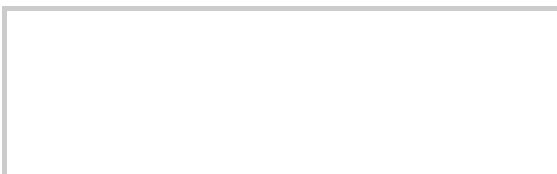


### LEARN MORE, SIGN UP

Scan the QR code or visit [www.TourdeWichita.org](http://www.TourdeWichita.org) to register or be a sponsor



There is no health without mental health. Let that sink in.... Your physical and mental health are intertwined in such a way that when one fails, so does the other. If you wish to 'perform' at your optimal level, you must focus on both your physical and mental health. Join us at children's mental health day to learn more!



**May 4, 2024 1:00-3:00 PM**  
Osage Park 2021 West 31st Street South  
Wichita, KS

Face Painting | Food | Cartoon Characters  
Informational Booths | Mascots | Games  
Fun for Everyone!

MIHA Mental Health America of South Central Kansas | COMCARE | aetna | Y L I N K

7 DAYS OF EMBRACING HOPE

April 28 – May 4, 2024

Join Mental Health America of South Central KS as we embrace hope to celebrate Mental Health Awareness Month.

This is not a fundraiser, nor does it require a lot of time....

What: a campaign to raise awareness of mental health.  
Where: liberally wherever you are  
Why: improve you and your community's mental health  
When: April 28 – May 4, 2024  
How: register before April 24th, then each day focus and execute the theme for each day  
Cost: nothing other than a little bit of time

The beauty is in how s  
Simple it is to focus on your mental health.  
**THAT'S IT!**

The hardest part is registering, which takes about 60 seconds.  
<https://forms.office.com/r/kv9QmBD0>

7 days- 1 goal – Improving mental health

By participating, you can spread mental wellness throughout the community.

Once you register, look for daily updates and reminders.

Share your acts of Hope with the online world #MHAembracinghope

For more information [www.mhasko.org](http://www.mhasko.org) (what you can do)  
tiffany\_zwetog@Mhasko.org

Daily Themes:  
Kindness  
Inspiration  
Respect  
Generosity  
Gratitude  
Connection  
Fitness

# Strengthening Communities with Local Food

2024

**Supporting your local food producers supports your local economies, builds relationships and improves the health of your community.**

Food sales make up a large portion of the economy. In 2020 the USDA estimated "Sales of Food For All Purchasers With Taxes And Tips" in Kansas totaled \$14.83 billion.<sup>1</sup>

Improving access and availability of fruits and vegetables and other nutritious foods in communities leads to lower obesity and chronic conditions such as diabetes and heart disease. Buying local foods and less processed foods may also be better for the environment.

## How Can Individuals Support Local Food Production?

- Buy and eat local food –especially [local fruits and vegetables!](#)
- [Grow](#) or [sell](#) your own foods locally.
- [Support farmers markets](#) or [community supported agriculture](#) (CSA) in your area.
- Sign up for advocacy updates from [Kansas Food Action Network - KC Healthy Kids](#), [Kansas Rural Center](#).
- Participate in local [Food and Farm Councils](#) or health coalitions.



## How Can Communities Take Local Food Support a Step Further?

- [Educate](#) the community about the health and economic benefits of local food.
- Promote the redemption of [Supplemental Nutrition Assistance Program \(SNAP\)](#) and [Kansas Seniors Farmers' Market Nutrition Program \(KSFMNP\)](#) benefits for fresh produce at your local farmer's market.
- [Encourage](#) more local growers to participate in local food systems.
- [Create or strengthen](#) the local Food and Farm Council or local health coalition.
- Incorporate local foods into schools and other community settings with [Farm to School](#), [Farm to Plate](#), and [Child and Adult Care Food Program](#).

## What is Local Food?

There is no single definition of local food. How one defines local food can depend on geographic, social, governmental, physical, economic parameters, seasonality, or other factors ([Know Your Farmers, Know Your Food](#)). In Kansas local generally means food produced within the state.

## Where Can I Find Local Food?

Locally grown food can often be found at farmers' markets, within community-supported agriculture programs (CSA), food hubs, purchased directly from the producer, or sometimes in local grocery stores. Locally grown food can include produce such as fruits and vegetables, dairy products, nuts, eggs, grains and locally raised meats.

## Resources

- [Kansas Registered Farmers Markets](#)
- [Shop Kansas Farms](#)
- [KS Agritourism Fresh Produce List](#)
- [Kansas Local Foods Project](#)

## References

1. <https://www.ers.usda.gov/data-products/food-expenditure-series>
2. Low, Sarah A., Aaron Adalja, Elizabeth Beaulieu, Nigel Key, Steve Martinez, Alex Mielton, Agnes Perez, Katherine Ralston, Hayden Stewart, Shellye Suttles, Stephen Vogel, and Becca B.R. Jablonski. Trends in U.S. Local and Regional Food Systems, AP-068, U.S. Department of Agriculture, Economic Research Service, January 2015



**"Farms that market directly to consumers were 6-10% more likely to report positive sales over a 5 year period between 2007 and 2012."<sup>2</sup>**





K-State Research and Extension-Sedgwick in partnership with The Sedgwick County Health Department offer:

# A Matter of Balance



**Here's what participants say about A Matter of Balance:**

"I am already noticing a difference in my physical being. I plan to continue these exercises. Hopefully I'll be jumping over the moon soon."



Scan the QR code to sign up



## DO YOU HAVE CONCERNS ABOUT FALLING?

This award-winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

The program utilizes volunteer coaches to teach the eight, two-hour sessions.

### Classes Help Participants Learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Promote exercise to increase strength and balance

### Designed for Community-Dwelling Older Adults Who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem-solve

### Outcomes at 6 Months

**97%** are more comfortable talking about fear of falling

**97%** feel comfortable increasing activity

**99%** plan to continue exercising

**98%** would recommend the program to others

### FOR MORE INFORMATION

Call 316-660-7428

Register at:  
<https://www.sedgwick.k-state.edu/aging-medicare/>



# Support Your Local Kansas Farmers Market!

## Support Farmers Markets Because They:

- Offer delicious fresh fruits and vegetables
- Increase fresh fruit and vegetables in communities that don't have easy access
- Connect communities to the farmers who grow the produce
- Keep food dollars local
- Can be a destination for local shoppers to walk and bike to
- Provide a social space for the community

## Support Farmers Markets By:

- Encouraging local growers to participate in community farmers markets
- Buying and eating fruits and vegetables from your local farmers market
- Encouraging community members to shop at local farmers markets

Find a local farmers market near you, visit: [fromthelandofkansas.com/market/list](http://fromthelandofkansas.com/market/list)

## Benefits of Eating Locally:

- Local fruits and vegetables are fresher and taste better
- Colorful fruits and vegetables boost your health and lower your risk for chronic diseases
- Buying local supports your community
- Local farmers can tell you about the fruits and vegetables they grow

## Check Out Our Local Farmers Market!

Opening April 6th  
Kansas Grown! Inc. - Wichita  
Old Town Farm and Art Market - Wichita

Opening May 4th - Kansas Grown! Inc. - Derby



2024

## Partner Announcement Repeats

# OPEN STREETS | ICT



WSU & Shocker Neighborhood: April 14, 12-4pm  
Nomar: May 5, 12-4pm  
Click [here](#) to learn more

# Do you struggle to buy groceries?

About 57,000 people in Sedgwick County don't have adequate food.

There are community resources who want to help. Scan this QR code for resources or go online here: [hwcwichita.org/local-food-resources](http://hwcwichita.org/local-food-resources)



# EARTH DAY STARTER PLANT SALE



**SUNDAY, APRIL 21ST**  
10 AM TO 2 PM AT FIREFLY FARM





LIVESTRONG

# 4<sup>TH</sup> ANNUAL YMCA CANCER SURVIVOR RETREAT

**THURSDAY, APRIL 25, 2024**

**9:00AM-3:00PM**

**COWTOWN - Visitors Center**

1865 W. Museum Boulevard, Wichita, KS 67203

**FREE WITH REGISTRATION**

Register at [ymcawichita.org/survivor-retreat](https://ymcawichita.org/survivor-retreat)

Join us for a day of fellowship, activity, and education for cancer survivors. No cost to attend, but registration is required. A light lunch will be served. The retreat is open to any cancer survivor - prior involvement in LIVESTRONG at the YMCA isn't necessary.

[LIVESTREAM AVAILABLE THROUGH YMCA360.ORG](https://ymca360.org)

**QUESTIONS? CONTACT DEBBIE CRUZ AT  
316.776.8178 OR [DEBBIE.CRUZ@YMCAWICHITA.ORG](mailto:DEBBIE.CRUZ@YMCAWICHITA.ORG)**



## SPEAKERS

- ▶ **ANOTHER SUPPORT IN THE CANCER JOURNEY:  
PALLIATIVE CARE**  
Carol Bush, BS, RN, CHPN
- ▶ **TAKING CARE OF YOURSELF WHILE LIVING WITH CANCER**  
Karin Denes-Collar, LSCSW, LCSW
- ▶ **EMPOWERING CANCER SURVIVORS THROUGH KNOWLEDGE:  
CLINICAL TRIALS**  
Catie Knight, MPH
- ▶ **CHAIR YOGA FOR SURVIVORS**  
Janice Snow, YMCA Instructor

A day of fellowship, activity, and education for cancer survivors. No cost to attend, but registration is required. The retreat is open to **any** cancer survivor - prior involvement in LIVESTRONG at the YMCA isn't necessary.

Participants may also join virtually through [YMCA360.org](https://ymca360.org) for those unable to attend in person. Register [here](#). Email [Debbie](mailto:Debbie) for more information or call 316-776-8178





# GROW TOGETHER

## FREE FAMILY PLAY DAY



GREAT PLAINS NATURE CENTER

- **SENSORY FOCUSED FUN**
- **FOOD**
- **TAKE HOME ACTIVITIES**
- **FAMILY AND CHILD DEVELOPMENT RESOURCES**
- **NATURE EXPLORATION**
- **FIRST 50 FAMILIES RECEIVE A FREE BOOK**

**DESIGNED FOR EARLY  
CHILDHOOD, BUT FUN FOR  
THE WHOLE FAMILY!  
RAIN OR SHINE.**



Sponsored by: Sedgwick County Early Childhood Coordinating Council



# SEDGWICK COUNTY HEALTH EVENTS

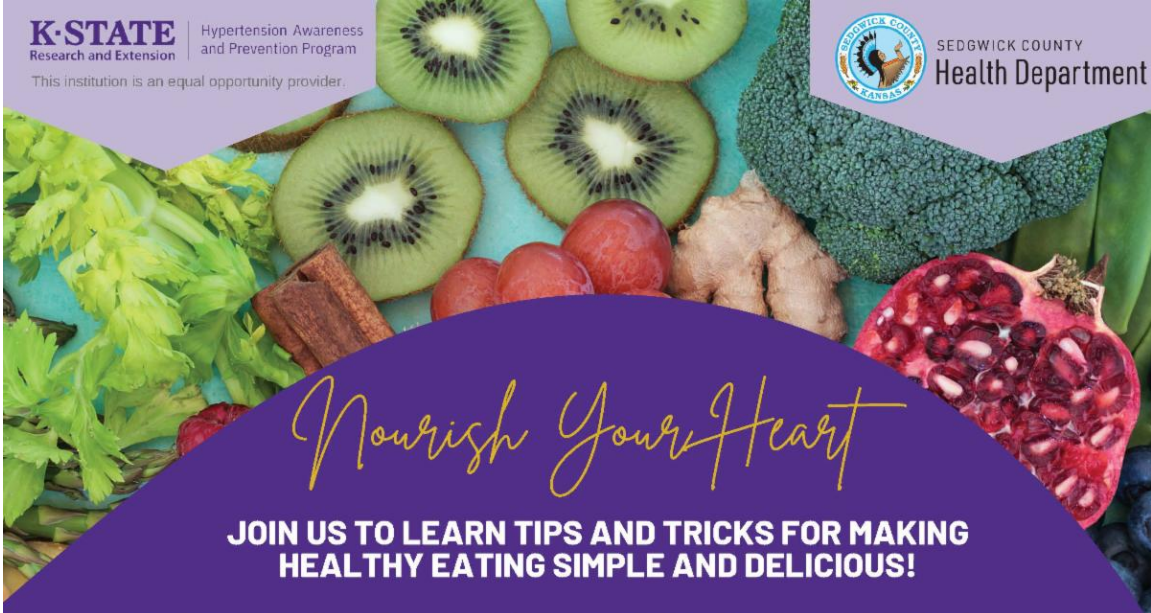


Scan the QR code for a  
calendar of upcoming  
health events in the  
community



or visit  
[sccd.online/events](http://sccd.online/events)





# Nourish Your Heart

**JOIN US TO LEARN TIPS AND TRICKS FOR MAKING HEALTHY EATING SIMPLE AND DELICIOUS!**

**02/20 - FEEDING YOUR HEART: HEALTHY FATS**

Healthy fats add flavor, texture, and help with nutrient absorption. Come learn which fats are heart-healthy and which to avoid.

**04/09 - COOKING WITH HERBS & SPICES**

Healthy cooking can be quick, easy, and fun. Come learn healthy cooking skills to enhance flavor without added salt.

**03/12 - SHAKE OFF THE EXCESS SODIUM**

Decreasing your sodium intake is one of the best things you can do for your heart! Come learn which foods are high in sodium and which are heart-healthy.

**05/07 - HEART-SMART EATING WHEN YOU ARE OUT & ABOUT**

Making heart-healthy choices when you can't cook at home can be a challenge. Come learn how to make healthier choices when eating out.

**WORKSHOPS ARE FREE, MUST REGISTER TO ATTEND.**

Sedgwick County Health Department - 1900 E. 9th St. Wichita, KS 67214 -  
Fredrickson Auditorium, 5:30 pm - 7:00 pm

TO REGISTER, VISIT:  
[HTTPS://KSTATE.QUALTRICS.COM/JFE/FORM/SV\\_CMVVTWNRHTOFLXA](https://kstate.qualtrics.com/jfe/form/sv-cmvvtwnrhtoflxa)



**QUESTIONS?  
CALL 316.660.0118 OR EMAIL  
SARASAWER@KSU.EDU**

**NEW! Community Sedgwick County Health Department Health Events Calendar**

Click [here](#) to find out about upcoming events in Sedgwick County that focus on improving health.

To submit an event, email [healthevents@sedgwick.gov](mailto:healthevents@sedgwick.gov)



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