



Meeting Summary
Tuesday, August 22nd 2023, 2-3pm
Virtual

Our mission: Promote physical activity and good nutrition for every generation living in the greater Wichita area through people, programs, and policies.

1. **Welcome** - Shae Rowe, Health Educator, Sedgwick County Health Department opened the meeting with these announcements: exclusion day for schools is coming up, make sure children are immunized, check the [SCHD website](#) for locations. Chronic Disease Self-Management Program classes are available. Please promote because the last couple have been canceled due to lack of participants.
2. **Partner Spotlight: Tame the Calendar Chaos * Send handout**
 - a. Dawn Monroe Training shared a popular technical topic - exploring booking link options to get you away from the computer - get you out walking! "The lost time is never found again" Benjamin Franklin. A lot of products on the market, some in tools you are already using. Products that allow you to set up a booking page that you share out via link.
 - i. [Calendly](#) - schedule in person, zoom or teams meetings, free for basic settings. Can set up a group event with the paid option.
 - ii. Google Appointment Scheduling - built into the google calendar system. Click the dropdown box in the Create button on the calendar to find. Schedule through Google Meet.
 - iii. Microsoft 365 - Bookings through 365 account online - available in some of the business licenses. Schedule through Teams for virtual calls.
 - iv. Acuity - another option.
 - v. Check with your CRM system to determine if there is a booking option.
 - vi. [Find Time](#) - nice add in product. Also [Doodle](#)
 - vii. Contact Dawn for more training or a series for your team:
learn@dawnmonroetraining.com
3. **Coalition Updates**
 - a. Food and Farm Council - all 14 members appointed!!! The council held the 1st meeting 8/22 at 1pm. Future meeting dates/times are TBD. You are encouraged to go to www.wichita.gov/foodplan for meeting announcements. The HWC will also share information as it is received.
 - b. Walktober planning is underway thanks to the planning efforts of the following: Bike Walk Wichita, City of Wichita Park & Recreation, Exploration Place, K-State Research & Extension, Sedgwick County Health Department, & Uplift Healthy Lifestyle. Coordinating events, flyer and sponsorship. If you would like to get involved, contact [Shelley](#). Planning a kick off event and a halloween event.
 - c. ICT Food Rescue Mall Walking Program has begun - \$1 donated for every mile walked/tracked at Towne West Mall. Signs are posted at mall entrances, more information will be shared on Facebook and the September newsletter.
4. **Networking/Good News/Upcoming Activities/Events**
 - a. August 28 - Sept 1 is Community Health Worker Awareness Week - Open House on 8/31 800 N. Carriage Parkway 8am-4:30pm.
 - b. Kansas Food Bank - two options for free food on 8/25. 9/1 at Evergreen 1-2pm & Word of Life from 4:30-6:30pm.
 - c. Wichita Public Library switched out the Evergreen Story Walk book. New story - I Need A Hug. Activities to do with your family shared at the end of the book.
 - d. Mary Hiebert - Great Plains Diabetes quarterly education offered on Saturday's 8/26 1-4pm at Trinity Presbyterian Church. Call Rita at 316-440-2802 to RSVP.

- e. Maria Torres - KIDS, Hayley's golf scramble on 8/28.
- f. Sara Sawyer - KSRE, Dining with Diabetes starting Wednesday 9/6, Type 2 diabetes, pre-diabetes or caregiver. 4 week session, once per week for two hours.
- g. Reggie Davidson - City of Wichita Park & Recreation, Open Streets ICT, September 17th.

5. Why We Do What We Do

- a. We started in January by defining terms such as Health Disparities, Health equity, and Social Determinants of Health. In Feb. March, April & June, the following data was provided: County Health Rankings, Healthy Corner Store Data brief, Kansas Diabetes Report, BRFSS, WAMPO data on physical activity and SCHED's My Sidewalk. In May we switched from data to research. [Surgeon General's Report on Loneliness Mental Health and Physical Activity study KDHE 29th and Grove Health Study](#)
 - i. Healthy People 2030 <https://health.gov/healthypeople> US Department of Health & Human Services: Office of Disease Prevention and Health Promotion 14 Health Behaviors including Physical Activity and Nutrition and Healthy Eating Each health behavior has a goal, objectives and status report The work we do daily connects to this national work!

6. Closing, Call to Action & Completely Random Coalition Facts

- a. Call to Action - network! Share what you learned.
- b. Meeting Prizes - based on completely useless facts inspired by parkrun. Last week I learned that In 2017, then 83-year-old Margaret Smith from Brueton parkrun became the oldest woman in parkrun history to join the 250 Club. Now having completed over 400 parkruns, she encourages other older people to join the parkrun family to tackle loneliness.
 - i. April: Based on the combined partner and food system list with 415 contacts in alphabetical order by first name. Letter of the alphabet with the most members M = 50, Most common first name among the coalition - Jennifer = 10
 - ii. May Constant Contact newsletter sent to 8,394 (WWC, Walktober, etc...). Open rate 40.6% or 2.938! Share the newsletter with a colleague and encourage him/her to subscribe!
 - iii. June: Guess the number of Facebook followers. 2,240.
 - iv. August - 32,000 visits to the Shocker Food Pantry last school year.

Next Meeting: September 26th, 2pm at RISE Farms - by RSVP

