

## Promoting Physical Activity and Good Nutrition



### December Coalition Meeting

Monday, December 13th 4:00 pm  
via [this zoom link](#)

Education provided by  
Paula Miller, MS, RDN, LD

This holiday let Peace on Earth begin at your dinner table. In our culture too many people struggle with food - overeating it or avoiding it. Learning to eat with your body, instead of with your head, leads to peaceful, enjoyable eating & is evidence-based to improve health outcomes. Come learn more about making peace with food and body image from award-winning food peace dietitian, Paula Miller, of Sunrise Nutrition Consulting.

### PREVENTDIABETESWICHITA.COM



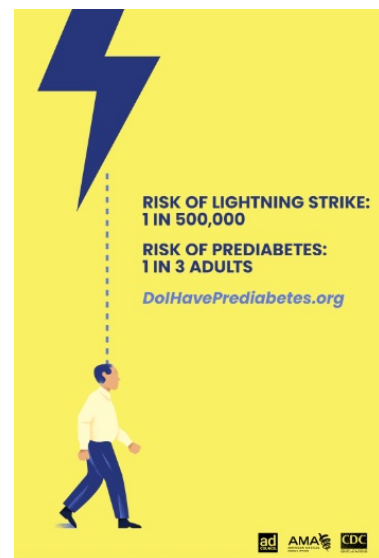
### Who is At Risk?

Since 1 in 3 Americans has prediabetes, the bottom line is that millions are at risk. If you have a family history of diabetes, are over age 65 or are African American or Hispanic, you have a greater chance of developing prediabetes.

**Are you prediabetic?** To take the test and see a list of local Wichita programs, click [here](#). This site is also available in Spanish.

November was National Diabetes Awareness Month, on November 4, the American Medical Association and the Centers for Disease Control and Prevention (CDC), in collaboration with the Ad Council, launched a timely new suite of public service advertisements (PSAs) under the theme of "Change the Outcome." There is a companion [toolkit](#) for organizations that want to leverage the campaign.

This campaign is more timely than ever, given the growing number of U.S. adults with type 2 diabetes. Through this critical effort, the AMA, CDC and Ad Council aim to help improve health outcomes for the more than 1 in 3 U.S. adults with prediabetes – 84% of which don't know they have it.



## Dining with Diabetes

Provided by Kansas State University Research and Extension, this evidence-based National Extension program is now available in an [online course](#) and is designed for people with diabetes and their family members. View the [introductory video](#) to learn more. To register, click [here](#). The course is \$25, but scholarships are available. For any questions, please contact [Sara](#).



## Axe the Tax

On November 8, Governor Laura Kelly announced her plan to eliminate the state's sales tax on food. Ending the Food Sales Tax will help more Kansas families afford healthy, quality foods. This is the right step to support our families and ensure they stay healthy for generations to come. To learn more, [email](#) us.

## Give the Gift of Health

Whether it's getting fit, finding a new hobby or signing up for youth sports, Park & Recreation has activities for all ages and abilities. E-gift certificates are good for any Park & Recreation program found [here](#).



## 10th Annual Bicycle & Pedestrian Count

In 2021, event volunteers counted a total of 3,067 people across all categories. An interactive report is available [here](#) including the top ten count sites. Overall activity has increased by 8% from 2019 to 2021 (from 2,844 to 3,067), & 33% since the beginning of the count (from 2,312 to 3,067).

## Christmas Lights Walk & Ride

Layer up and join Bike Walk Wichita for their annual Christmas Lights [walk](#) (12/11) and [ride](#) (12/12) through College Hill to enjoy the holiday displays! Click [here](#) for all the details. Light up your bike/trike/scooter and wear

those ugly Christmas sweaters to spread some holiday cheer!



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

