



## Promoting Physical Activity & Good Nutrition

### Happy Healthy New Year!

The Health & Wellness Coalition is celebrating 20 years in 2024. Join us on Tuesday, January 23rd at 2pm for a [virtual meeting](#) including education from Dr. Justin Moore.

2024 meetings will be the 2nd Tuesday of each month. Mark your calendar or [email](#) to be added to the monthly calendar invitation.



### ICT/SC Food and Farm Council

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

2024 Meeting Dates: January 9, February 6, March 5  
Location: Rockwell Branch Library, 5939 East 9th Street North, Wichita, KS 67208

[Click here for meeting agendas and the virtual option link.](#)



# Save the date

## WORKING WELL CONFERENCE

📅 April 11, 2024

📍 The Vail, Wichita

🕒 8:30 a.m. - 4 p.m.



Presenting Sponsor



This year's conference theme focuses on building your wellness team. We invite attendees to level up and learn how to create a healthier, more supportive workplace culture where everyone wins. We'll be playing into the theme with sports references and encourage you to embrace wellness as a team sport.

Registration Coming Soon!



### Connecting to our Mission

Each Coalition meeting features research or data to connect the work we do in the community.

NEW data from CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) maps the prevalence of obesity across the United States in 2022. Click [here](#) to learn more. The maps highlight the need for population-based interventions to ensure that all people have access to healthy foods, safe places for physical activity, stigma-free obesity prevention and treatment programs, and evidence-based health care services.

Prevalence of Obesity Based on Self-reported Weight and Height Among  
Non-Hispanic White Adults, by State and Territory, BRFSS, 2020–2022



\*Sample size <100, the relative standard error (dividing the standard error by the prevalence) ≥30%, or no data in a specific year.



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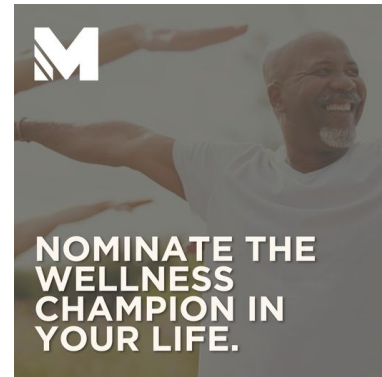
**The Byron G. Stout IV Spotlight on  
Wellness Award**

When you think about promoting wellness and inspiring others to make positive changes -- does anyone specific come to mind?

If so, the Byron G. Stout IV Spotlight on Wellness Award is a great way to recognize and honor their commitment to physical, emotional, financial or community wellness. Nominate the wellness champion in your life today:

<https://www.meritrustcu.org/.../site/byron-stout-nominations>

Nominations are due Jan. 26, 2024. Click here to [submit](#).



# 46th Annual Healthcare Roundtable Conference

## Leaping to Value in Health Benefits



**Kansas Business Group on Health**

### Keynote Speaker

#### **Matt Ohrt**

Co-Founder & Chief Healthcare Officer at Self Fund Health.

*Sharing the healthcare success formula any employer can use.*



*Gain valuable insights and real-world advice from innovative employers and industry experts*

**When:** Feb. 29, 2024,  
9 a.m. – 3:30 p.m.

**Early Bird Rates** (through Jan. 15):

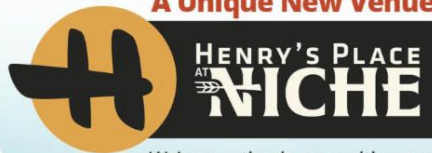
Members: \$35

Non-members: \$125

### Other Topics

- ◆ Improving benefits through value-based insurance design
- ◆ Addressing high-cost claims
- ◆ First “Positive Deviant Award”
- ◆ Legal update
- ◆ And more!

### A Unique New Venue



*We're meeting in an exciting new venue atop the culinary institute, 124 S. Broadway. Come join us.*

See this and all our events at [www.ksbgh.org/events](http://www.ksbgh.org/events)

Click [here](#) to learn more and to register. Because you support the Health & Wellness Coalition, use this code for \$25 off registration: hwcguest25.

# 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)



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## 2023 Bike-Pedestrian Count Results

Every year WAMPO coordinates an annual count of bicycle and pedestrian activity across 38 different sites in Park City, Goddard, Andover, Mulvane, and Wichita, among many other locations.

The data collected during the count help to estimate the number of people who bicycle, walk, and run, and the locations where they do so. Once collected, the data are used to plan the locations of future bicycle and pedestrian investments. In order to effectively gather this information, we rely on a team of volunteers to spend a short period of time at each site counting bicyclists and pedestrians.

Click [here](#) for the 2023 report.



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## In it to win it!

According to U.S. News & World Report, 80 percent of New Year's resolutions will fail by February. But you're in it to win it! Be part of the 20% success group with these [three winning tips](#) for creating better resolutions for new healthy habits

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# Hypertension Awareness and Prevention Project (HAPp)

## PROGRAM GOAL

Participating adults with hypertension (HTN) will learn how to lower and manage their blood pressure.

## WHAT IS HAPp?

A 4-month self-monitoring blood pressure program that will provide participants with:

- A FREE blood pressure monitor.
- An opportunity to meet with a trained HAPp Coach twice a month to help take and track blood pressure.
- Monthly nutrition education workshops.
- Stress management & healthy lifestyle strategies.



**Kick - Off Meeting**  
**February 6th, 5:30pm - 7:00pm**  
**Sedgwick County Health Department**  
**Fredrickson Auditorium**  
**1900 E. 9th St. N.**  
**Wichita, KS 67214**

## WHY JOIN HAPp?

- Learn how to monitor your blood pressure accurately at home.
- Increase your knowledge about hypertension & healthy living.
- Become an advocate for your health.
- Access to community resources.
- Learn how to make connections between lifestyle & blood pressure readings.

## WHO IS ELIGIBLE?

- ✓ Age 18 or older
- ✓ HTN diagnosis or on antihypertensive Rx
- ✓ Interest in & readiness for the program
- ✗ Significant cardiac event- last 6 months
- ✗ Atrial fibrillation or other arrhythmias
- ✗ Diagnosis of lymphedema or risk of developing lymphedema

For questions, please contact:

Tara Sharon  
316.660.7428  
HealthEducation@sedgwick.gov

or

Sara Sawyer, MPH, RD, LD  
316.660.0118  
sarasawyer@ksu.edu

To register for the FREE program, visit:

<https://rb.gy/of8t3l>



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Sara Sawyer, two weeks prior to the start of the event (February 6, 2023) at 316.660.0118 or [sarasawyer@ksu.edu](mailto:sarasawyer@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.



## LOCAL FOOD TOWN HALL

**January 24, 2024**  
**11am - 12pm**

**K-STATE**  
Research and Extension

Local Food Systems

**REGISTER TODAY!**  
<https://ksre-learn.com/local-food-town-hall-jan>

**REGISTER** and join KSRE Local Food Systems January 24 to hear short presentations from four amazing local partners discussing funding opportunities for food systems work. We hope you'll share about what's happening in your local food system too.

- Britni Beck - Executive Director, CERNA: Center for Excellence of Regenerative Native Agriculture with the Iowa Tribe of Kansas & Nebraska
- Jessica Gnad - Director, K-State 105
- Brittney Grother - Grants Coordinator, Kansas Department of Agriculture
- Erica Blair - Program Manager, Kansas Healthy Food Initiative




# Local Food Producer Workshops

**K-STATE**  
Research and Extension

Local Food  
Systems

**K-STATE**  
Research and Extension

Center for Sustainable  
Agriculture and Alternative Crops



**Kansas**  
Department of Agriculture

Join K-State Research & Extension Local Food Systems at one of the regional locations across the state of Kansas to connect with other producers and learn more about how to sell high quality, safe and healthy food to benefit local community. These workshops are co-sponsored by the Kansas Center for Sustainable Agriculture and Alternative Crops and the Kansas Department of Agriculture.

The cost of each workshop is \$20 for early registration, or \$25 for late registration the week prior to each event. The agenda for each workshop is slightly different and we encourage you to take a look at each event to learn more. The Olathe location will be available virtually and in Spanish.

Feb. 9 - [K-State Olathe](#), 9 am - 3 pm

Feb. 10 - [Hutchinson Community College](#), 9 am - 4 pm

Feb. 23 - [Parsons](#): Southeast Research-Extension Center, 9 am - 3 pm

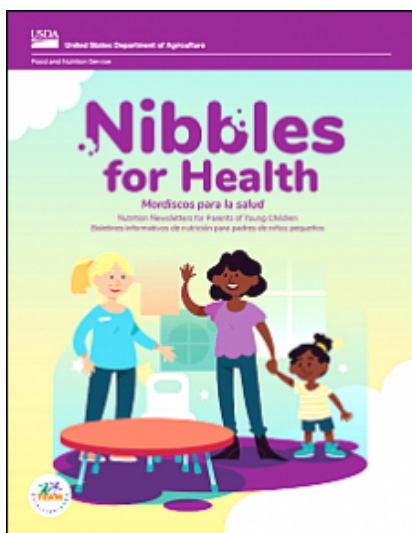
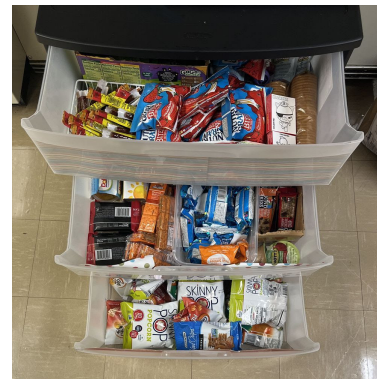
March 1 - [Hays](#): Agriculture Research Center, 9 am - 3pm

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## Cargill Cares provides healthy snacks

In a collaboration aimed at supporting education and nourishing young minds, [The Pando Initiative](#), in conjunction with the Cargill Cares program, has been able to make a significant impact in the lives of thousands of students across 22 schools with the Healthy Snack Pantry initiative. Through their joint efforts, the snack pantry initiative has provided 2,673 students with much-needed snacks each month, ensuring they have access to nutritious food throughout the academic year.

For many students, the daily struggle to get enough food at home can be overwhelming. The Pando Initiative recognizes that these challenges can hinder academic progress and self-esteem, which is why the snack program is so vital. This year marks Cargill's 4th year partnering with Pando to help students overcome food insecurities.



## Nibbles for Health: Nutrition Newsletter

These colorful and engaging newsletters for parents of young children can be shared by Child and Adult Care Food Program providers to communicate information about popular nutrition topics. There are 15 newsletters available in both English and Spanish.

Topics include: growing strong with milk, healthy snacks with smiles, colorful fruits, and developing a taste for less sodium.

Click [here](#) for the free download.







## Food Sales Tax Cut Again

On January 1, 2024, the state food sales tax was cut for the second time and is now at 2%! By this time next year, the state sales tax on groceries will be eliminated. It's possible we'll even see proposals this session that would eliminate the tax at an earlier date. Click [here](#) to receive weekly legislative updates.

## Legislative Session Toolkit

In the toolkit, you will learn the purpose of the legislative session, how a bill becomes a law, how to ensure your voice is heard, and more!

Read, download and share the tool kit [here](#).





## Winter Walking Hours Wichita Rec Centers

### 1. Carl G. Brewer Community Center

1329 E 16th | 316.337.9222

Mon, Tues, Thurs, Fri: 9-11am

### 2. Boston Recreation Center

6655 E Zimmerly | 316.688.9301

Mon, Wed, Thurs: 9am-12pm

### 3. Edgemoor Recreation Center

5815 E 9th | 316.688.9392

Wed: 9-11:30am, 1-3:30pm

Thurs: 9-11:30am

Fri: 1-3:30pm

### 4. Evergreen Recreation Center

2700 N Woodland | 316.303.8036

Mon – Fri: 12-3pm

### 5. Linwood Recreation Center

1901 S Kansas | 316.337.9191

Mon, Tues, Thurs: 11:30am-4pm

Wed, Fri: 9am-4pm

### 6. Orchard Recreation Center

4808 W 9th | 316.337.9244

Mon – Fri: 8-9am, 11am-1pm

### 7. Woodard Recreation Center

2750 E 18th | 316.303.8015

Mon: 1-3pm

Wed: 2-4pm

## Stay Active this Winter

When it's cold outside, walk inside!

Wichita Recreation Centers are offering free walking times during their winter session (January to Mid-March). Get your recommended dose of 30 minutes of activity five or more days of the week with Wichita Park & Recreation!



We appreciate the hard work from the City of Wichita Park & Recreation department. Did you know that more than 280 million people in the United States visited a local park or recreation facility in the past year? Click [here](#) to read the report by the National Recreation and Park Association.



## What We're Listening To

[Studio 2501](#): Conversations about Mental Health & Wellness

HopeNet Podcast Guest: Donna Pearson McClish / CEO, Common Ground Producers and Growers, Inc.

A Health & Wellness Gift to the Central Kansas Corridor

## Congratulations to Exploration Place parkrun co-founder Adam Smith

[KWCH 12 News](#) reported that Adam logged more than 1,100 miles in 2023 running a 5K every day!

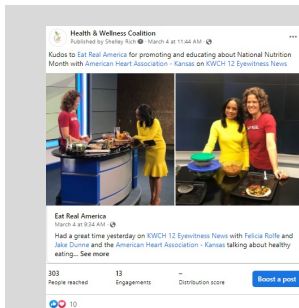
Click [here](#) to register for parkrun and join Adam for a free weekly 5k.



## How to stay active in cold weather

When winter blows in, you can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure!

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather. Click [here](#) for tips and benefits.



## 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.

## Online grocery shopping offers convenience, health benefits

Whether you're a seasoned pro or a first timer, there are ways to make the most of your online grocery shopping experience.

1. Learn the process
2. Plan ahead
3. Add any special instructions
4. Get ready for your order

Click [here](#) for details and benefits.



# MOBILE PRODUCE DISTRIBUTION

at Urban League of Kansas



 3RD THURSDAY OF EACH MONTH  
THURSDAY, JANUARY 18TH  
STARTS @ 2:00 PM  
(WHILE SUPPLIES LAST)

 2418 E 9TH ST N  
WICHITA, KS

 **DRIVE-THRU DISTRIBUTION**  
GUESTS SIGN IN WITH BASIC INFORMATION  
ABOUT THEIR HOUSEHOLD



Questions? Call the Kansas Food Bank at (316) 265-FOOD







SCAN OR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS  
OR VISIT [KANSASFOODBANK.ORG/ICTMOBILES](https://www.kansasfoodbank.org/ictmobiles)



# MOBILE PRODUCE DISTRIBUTION

at New Life Church



 FRIDAY JANUARY 26, 2024  
STARTS @ 4:45 PM  
(WHILE SUPPLIES LAST)

 1156 N OLIVER  
WICHITA, KS

 **WALK-UP DISTRIBUTION IN GYMNASIUM**  
GUESTS SIGN IN WITH BASIC INFORMATION  
ABOUT THEIR HOUSEHOLD



Questions? Call the Kansas Food Bank at (316) 265-FOOD





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# MOBILE FOOD DISTRIBUTION

at Progressive Missionary Baptist Church



 LAST FRIDAY OF EACH MONTH  
FRIDAY, JANUARY 26TH  
STARTS @ 1:00 PM  
(WHILE SUPPLIES LAST)

 2727 E 25TH ST N  
WICHITA, KS

 **DRIVE-THRU DISTRIBUTION**  
GUESTS SIGN IN WITH BASIC INFORMATION  
ABOUT THEIR HOUSEHOLD



Questions? Call the Kansas Food Bank at (316) 265-FOOD







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# MOBILE FOOD DISTRIBUTION

at Evergreen Park



 1ST FRIDAY OF EACH MONTH  
FRIDAY, FEBRUARY 2ND  
STARTS @ 1:00 PM

 2700 N WOODLAND  
WICHITA, KS

 **DRIVE-THRU DISTRIBUTION**  
GUESTS SIGN IN WITH BASIC INFORMATION  
ABOUT THEIR HOUSEHOLD



Questions? Call the Kansas Food Bank at (316) 265-FOOD







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OR VISIT [KANSASFOODBANK.ORG/ICTMOBILES](https://www.kansasfoodbank.org/ictmobiles)



# MOBILE PRODUCE DISTRIBUTION

at Word of Life Church



FRIDAY, FEBRUARY 2ND  
STARTS @ 4:30 PM  
(WHILE SUPPLIES LAST)



WORD OF LIFE SOUTH CAMPUS  
2020 E BLAKE ST  
WICHITA, KS



WALK-UP DISTRIBUTION IN GYMNASIUM  
GUESTS SIGN IN WITH BASIC INFORMATION  
ABOUT THEIR HOUSEHOLD

Questions? Call the Kansas Food Bank at (316) 265-FOOD



PURSUE  
LOVE  
TRANSFORM

SCAN QR CODE TO SEE OTHER UPCOMING WICHITA MOBILE DISTRIBUTIONS  
OR VISIT [KANSASFOODBANK.ORG/ICTMOBILES](http://KANSASFOODBANK.ORG/ICTMOBILES)



# SEDGWICK COUNTY HEALTH EVENTS



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



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

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



Health & Wellness Coalition | 1102 S. Hillside, Wichita, KS 67211

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