

Meeting Summary
Tuesday, January 28th 2024, 2-3pm
Virtual



1. Coalition Updates

- a. KFAN Food Secure Communities 3-year Initiative funded by the KHF. You should have received an announcement about the root cause survey in the January Newsletter and partner email. PLEASE scan and share the root causes survey by the end of the week. Thank Brooke/Tara/Amy for their assistance. We will analyze the survey results and propose the root cause that the action plan will focus on.
- b. The Health & Wellness Coalition has professional development funds for our members. The money is available on a first-come-first-served basis until the funds run out. Email me to pitch an idea for a group field trip, retreat, you would like to plan and need funds, or a conference/training you would like to attend.
- c. Registration is open for the 20th annual WWC on April 8th, go to hwcwichita.org to register today!
- d. The Coalition is proud to announce that we have joined Elevate KS - a statewide effort to unite Kansas's community health coalitions, providing a platform for leaders to collaborate, share resources, and strengthen their local impact. To learn more, visit elevatekansas.org

2. Host Partner Spotlight - Mental Health America of SouthCentral KS

- a. Hillary shared a presentation on the Trifecta of Mental Health. Contact Shelley if you would like the meeting recording.

3. Networking/Good News/Upcoming Activities/Events

- a. Wichita Family Medicine Specialists started their second year Diabetes Prevention Program. We have 12 participants in this cohort.
- b. Bike Walk Wichita has an event on Tuesday, February 18th at 5pm. Please join us for lessons on adventure and urban cycling.
<https://app.betterunite.com/bikewalkict-storiesfromthedivideurbantrailscommuting>
- c. The YMCA is having our 5th Annual Cancer Survivor Retreat on April 17! We will have a speaker sharing about healing with humor, a nice mental health tie-in.
- d. February 6th, Walters Branch Library will have a presentation at 5:30 "Get Down With Blood Pressure"! Chance for a \$20 gift certificate with survey completion.
- e. Natural Grocers offers ongoing Free Nutrition Education classes at both stores! My store's upcoming events can be found here:
<https://events.naturalgrocers.com/event-flyer/10-upcoming/?sl=17785>
- f. February is the American Heart Month, and February 7th is Go Red for Women day! Wear Red and show your support for heart disease prevention! Go Red for Women | The American Heart Association's signature women's initiative
- g. If food systems stakeholders are interested in going to KC for a day trip to learn from folks there (Cultivate KC/New Roots for Refugees, Kansas City Community Gardens, Gibbs Road Farm School), they can sign up here:
<https://forms.monday.com/forms/77d14b960a432332e9914c119790f157?r=use1>
- h. The Y has multiple culinary nutrition programs that are back!
<https://ymcawichita.org/programs/health-and-fitness/cooking>

4. Closing/Call to Action

- a. Call to Action - Share what you have learned. Network with other Coalition members.
- b. Why We Do What We Do - Governor Kelly's recommended budget includes \$5.7 million to eliminate the reduced-price co-pay for school meals. This would make access to school breakfast and lunch FREE for 36,000 Kansas kids. Our partners at Kansas Appleseed have been leading the charge, and they've asked our Coalition to pitch-in and support. Sign the petition <https://secure.everyaction.com/QtgqzE97kUabRuCo9uxexA2> from Kansas Appleseed and circulate it to friends/colleagues/neighbors.
- c. 2024 year in review infographic
- d. Next meeting, Tuesday, February 25th, 2pm