



Promoting Physical Activity and Good Nutrition



Promote *your* work at the January 25th Coalition Meeting

Join us at 1pm on Tuesday, January 25th via [this zoom link](#) to shine the spotlight on the physical activity and good nutrition work your organization is doing. The agenda for the meeting includes YOU! Plan to speak for 1-3 minutes about your work.

5 benefits of attending include:

1. Strengthen your community connections
2. Find new partners to collaborate with creating a win-win opportunity
3. Get fresh ideas
4. Raise your profile
5. Gain more knowledge about health promotion

Click [here](#) for the Dec. 13th meeting minutes and the dates of all meetings in 2022.

[Email us](#) to be added to the calendar invitation for Coalition meetings.

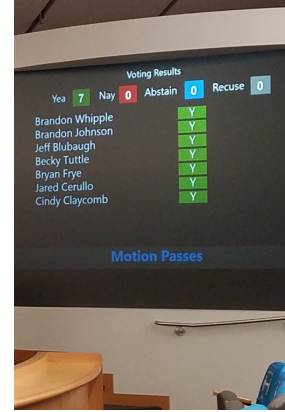
Food System Master Plan Passes 7-0 at the January 4th City Council meeting

To watch the meeting recording, click [here](#), the food presentation begins at 4 minutes.

Next steps include plan adoption by Sedgwick County and then staff from both organizations would work closely to create a joint City-County Food and Farm Council to

implement the Plan.

Click [here](#) to review the Food System Master Plan.



The 4-month program works with participants to build skills and capacities that help them:



Manage high blood pressure



Identify and control triggers that raise blood pressure



Adopt healthier eating habits

Become a Healthy Heart Ambassador

What is the Health Heart Ambassador (HHA) Program? The HHA Program is a 4-month program to encourage self-monitoring and recording of blood pressure, as well as a heart-healthy diet.

What is an HHA? HHAs are trained lifestyle coaches and advocates that help participants monitor and understand their blood pressure readings. The HHA communicates with participants regularly during the program, both face-to-face and by phone or email. They provide support, guidance, and encouragement as participants monitor and record blood pressure at home.

Who can be an HHA? Anyone who successfully completes the HHA training, including an observation of skills learned, can be an HHA.

There is still time to register for the [January trainings](#). Or register [here](#) for the February trainings. Click here to email [Matt](#) for additional information.