



Meeting Summary
Tuesday, July 26th 2022, 1:00 pm
Virtual

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

1. Coalition Updates

- a. Working Well Conference - 2 keynote speakers, 3 breakout session options, 7 sponsors, over 20 vendors and 90 people already registered! This year's theme is Take Note Take Action and will include two very unique conference experiences! I don't want to ruin the surprise, so I will encourage you to go to www.hwcwichita.org click on Worksite wellness to learn more and to register. Hurry early bird pricing ends 8/1.
- b. Food System Master Plan - Attended the All of Us health fair 6/24, 2nd Saturday at Old Town Farmer's Market and Love Your Community. The FSMP Steering Committee will reconvene this Thursday to discuss how we will canvas the community once the ordinance passes and residents can begin submitting an application to serve on the Food & Farm Council.
- c. HWC Strategic Planning Update - Also on Thursday, the HWC Advisory Council will meet for the first of two Strategic Planning sessions. Armbruster Consulting LLC has been hired to facilitate this process. Look for FULL COALITION assessments and strategic planning meeting this fall!

2. Partner Spotlight:

- a. Craig Hubbard - Food Security Coordinator at the Kansas Food Bank. 316-265-3663. Check out our new website with information on all food pantries across the entire state of Kansas. It's www.kansasfoodsource.org Please call or email me if you want magnets and cards with information on the new website. The Kansas Food Bank is also hosting Filling the Gap free lunches for kids 8/1 & 8/8. Upcoming mobile pantry on Friday and 5th Saturday produce distribution.
- b. Diane Swinney, Health Educator, Reno County Health Dept., A matter of balance fall promotion program starting up at a senior center. Not as intensive as Stepping On. Walk with Ease - great success through CDRR, online training for instructor. 6 week program to get people in the habit of walking, educating on walking basics for seniors and employees. SNAP program - raise awareness income lowered, amount of money raised. Was able to get DUFEB started at Farmer's Market!
- c. Hillary Zwetzig Compeer mentoring - gearing up for school to start and helping children transition from summer to school.
- d. Alex Ramos, Sedgwick County Health Department, Wellness Coordinator. Reestablishing a wellness committee, 1st meeting tomorrow, looking into partnering with WWKS. Wellness initiatives were started this summer.
- e. Michele Davis, KS Legal Services, for people who'd like to reach out to us for help, they may complete an application [online](#) or by dialing our call center: 316-267-3975 Non profit law firm goal to help people with legal needs. There is a direct correlation between legal services being resolved and personal wellness. Housing project funding available. Kansas Emergency rental assistance - evictions. Family law, collections, expungements. SNAP KU study that found that by increasing SNAP benefits reduce the number of children in state foster care by 7-15%.
- f. Debbie - Derby Health Collaborative is going through a staff transition Jenea Trapp will be taking over when Debbie retires in September. New grants: substance use grant through State to create a plan, implementation money for this year, hiring a coordinator. NRPA Wellness Hub looking at food insecurity in Oaklawn and Sunview area, 2 year grant, hiring a coordinator. Move your way community challenge - get information for Walktober! Track and calendar. Revamped nutrition offerings - continue Prevent T2 and CDSMP, DSMP, nutrition film series, 4

week classes, and out of the box nutrition classes, book club - how to heal your metabolism. Program guide will be out the 2nd week of August. Hubbard Arts Center - hiring a 2nd position to help coordinate.

- g. [Andrew Hodgson](#), Child Start, Inc. Nutrition Coordinator - in addition to nutrition in school programs work, leads monthly staff challenge for staff. Recent topics: Sleep and Stress.
- h. Jack - First level nutrition coach, studying for personal training certification, planning on specializing in genetic nutrition as a trainer. Masters in Christian Ministry specializing in family ministry. In visioning stage as he goes through a professional transition.
- i. Lisa Frey Blume, KDHE Health Promotion, Wichita office. No updates at this time.
- j. [Kris Nicholson](#), Child Care Aware of Kansas - Early childhood program initiatives. Early childhood connections program. Grant for early childhood wellness. Kansas Child Magazine, [sign up](#) for quarterly magazine. Network of childcare providers focusing on health and safety. Also assists with the Wichita Area Breastfeeding Coalition.
- k. Mary - Central Plains Area Agency on Aging (CPAAA) Registered Dietician. CPAA has a new resource book called Explore Your Options--guide for anyone helping a 60+ person. Call the Resource Center to find out how to get them at 1-855-200-2374.
- l. [Joseph Samaniego](#), wellness coordinator for CPAAA, provides information and support for older adults and caregivers. Diabetes prevention programs, 2 cohorts going and hoping to start a new one. Enhance fitness program at a couple of senior centers in Derby and Linwood, good for any level of exercise. Staff provide guidance for anyone over 60 for nutrition and physical activity.
- m. Dulcy at The Salvation Army 316-263-2769 - KFB filling the gaps site through mobile food pantry 2-4:30pm. Mobile food pantry continues at 3 locations 4 days per week. Wonderful partnership with KFB. Vaccine clinic this Thursday with \$50 incentive cards. Water and cooling station at downtown location. Reprieve from intense Kansas heat. Utility assistance offered as funds allow - new funding coming up soon! October 17th launch coat distribution and Christmas assistance application. Share with clients.
- n. [Maria](#) - The Phoenix gym at Downtown Wichita, hosted a preventing suicide training last week with WSU. over 50 people attended. Offering a program in September "Lift More" 40-60 beginning signs of osteoarthritis. October - 2nd annual overdose memorial walk, 200+ participated last year. Looking for sponsors and booth participants.
- o. [Daisy](#) - Community Health Analyst, Community Health Assessment Report - 9/22/22 from 9am-12pm at the WSU Marcus Welcome Center. If you would like to be added to the email distribution for more details please feel free to send me an email. Leads to Community Health Improvement Plan, priority survey coming soon and three community meetings.
- p. [Aubrey Stephenson](#), Outreach health educator at Sedgwick county health department (focus on tobacco and vaping classes and cessation classes towards youth). Attended the DCF baby shower promoting KanQuit and My Life My Quit. Preparing to go to schools for presentations.
- q. Sonja Armbruster - I'm looking forward to supporting our coalition strategic thinking and planning. No real "partner update" from me, but if anyone in Wichita is actively using the National Youth Sports Strategy, I would like to learn more. Thanks to all this positivity to make our community healthier!

3. Closing

- a. Thank you to everyone that participated.
- b. Call to Action - Network with someone you met at the meeting and SHARE all the information you learned.
- c. The August Coalition meeting is canceled because it is the same day as the Working Well Conference.

Next Meeting: September 27, 2022, location TBD