



**Meeting Summary**  
**Tuesday, July 23rd 2024, 2-3pm**  
**Boston Recreation Center**

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

1. 10 people attended including 9 first-time-in-the-building new advocates for Boston Recreation Center!
2. **Coalition Updates**
  - a. Food Secure Communities announcement and press release shared
  - b. FFC professional development scholarships for August 28th Local Food Summit = 17 spots remain
3. **Host Partner Spotlight** - by Director Jon Sidwell, Park & Recreation employee for 23 years
  - a. Boston was previously the home of the Butler County Community College culinary program. That space is now the home of the Create Campaign, a one-year start up incubator kitchen.
  - b. Boston offers Summer of Discovery camps, themed camps, one day camps, and they are a home school learning hub.
  - c. The District 2 Advisory Board meets at Boston
  - d. The pool is now a splash pad and the Cowboys football team uses their field
  - e. Jon also manages the Goldenrod building, a former school, now gym only, at Harry & Hydraulic.
4. **Networking/Good News/Upcoming Activities/Events**
  - a. If you would like to contact a Sedgwick County Commissioner about the proposed cuts to Extension, contact Shelley for additional details.
  - b. Walters Branch Library is hosting their monthly Doc & Talk on August 27th, 5-6:45pm featuring The Book Keepers short film and discussion in honor of World Cancer Support Month.
  - c. KSRE/SCHD/WPL recently rolled out Libraries with Heart. They are seeking more funding to offer in more libraries. HAPp class in Clearwater
  - d. eMom's program for healthy lifestyle and breastfeeding support before and after pregnancy - recruiting 50 participants, 24% of the way there. Contact [wichita.kumc.edu/emoms](http://wichita.kumc.edu/emoms)
  - e. Wendy brought copies of the SCHD WPS Immunization fair and left extras with Jon.
  - f. The Local Health Equity Action Team meets the 2nd and 4th Wednesday of the month - all are invited.
  - g. The YMCA has 8 new Livestrong classes beginning by the end of the year. This is a free exercise class for cancer survivors
  - h. The Walters Branch Library would like to collaborate on mental & physical health and healthy eating education. They have a room that seats 30-40 people.
  - i. Child Start is looking for health and wellness vendors at their Jamfest Oct. 5th 3-7pm in Andover.
5. **Why We Do What We Do Addressing Hypertension at Work**
  - a. You are encouraged to look at this data and not just with the lens of worksite wellness.
    - i. Hypertension, also called high blood pressure, is the most common health condition among US adults and affects more workers than either diabetes or depression. Hypertension 3 in 10, Depression 2 in 10, Diabetes 1 in 10. 34.5% of adults in Sedgwick County per 2021 BRFSS data.
    - ii. Hypertension increases the risk for heart disease and stroke, 2 leading causes of death in the US. current guidelines is blood pressure consistently at or above 130/80
    - iii. Age-adjusted deaths from hypertension rate per 100,000 population: 2017 7.2, 2021 12.5
    - iv. ½ of adults with hypertension have at least one other health condition such as high cholesterol, diabetes, or coronary heart disease

- v. Healthcare costs are 44% higher than individuals without hypertension
- vi. Employers with hypertension average 2.3 times more hours away from work
- vii. Tools: Budget Impact Model, Claims Analysis Guide, & Comprehensive benefits design guide for hypertension - 7 strategies for prevention, screening, and management.

## 6. Closing, Call to Action & Completely Random Coalition Facts

- a. Closing - Preview August and September meetings
- b. Call to action - **CHALLENGE!** Enter to win a \$50 gift card by emailing me and telling me how you worked something you learned at today's meeting into a conversation. 1 email = 1 conversation = 1 entry into drawing. Deadline to enter is Wednesday, July 31st
- c. Random fact:= I keep meeting attendance dating back to 2016.
  - i. # of meetings since 2016 = 57
    - 1. Every other month: 2016-5, 2017-5, 2018-6, 2019-6, 2020-2 (Covid), 2021-6
    - 2. Every month: 2022-10, 2023-11, 2024-6 through June
  - ii. Biggest meeting attendance: Virtual = 56 - Feb 2021 combined with TFW. In person = 56 September 2023 - 2 tours of RISE Farms
  - iii. 2024 - no one with a name starting with B = 21, F = 5, G = 7, I = 0, N = 9, Q = 1, U = 0, V = 9, X = 0, Y = 0, Z = 0 has attended!
    - 1. Bonus to recruit someone to the August meeting that starts with one of those letters. 😊

## 7. Yoga demo and optional participation

**Next meeting: Tuesday, August 27th at 2pm, Park Spotlight: Lynette Woodard**

