



Meeting Agenda
Tuesday, May 23rd 2023, 2-3pm
Sedgwick County Zoo, Cargill Learning Center

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

- 1. Partner Spotlight: Sedgwick County Zoo, Joe McDowell**
 - a. [Wheeling Wild](#) - Bicycle through the Zoo! 2nd Saturday and 4th Tuesday, register online.
 - b. Making Tracks - walking program for zoo members. Central pathway = 1 mile. Incentives starting at 50 miles tracked.
- 2. Coalition Updates**
 - a. Bike Month continues. Bike to work week long challenge has a winner of a sweet trophy that is being engraved and then presented and promoted on social media. Have you been out on a bike?
 - b. Food System Updates
 - i. SCHD CHIP - next meeting, Monday, June 5th 3-4:30 - integral time as we finalize the goals, strategies and activities.
 - ii. Food and Farm Council - 3 spots remain open in the County. Next month, I hope to report that all appointments have been made!
- 3. Networking/Good News/Upcoming Activities/Events**
 - a. City of Wichita Park & Recreation - In addition to summer camps, youth football leagues, swimming pools, and continuing to hire staff, featuring the [QR fit trail](#) and [renting kayaks](#).
 - b. Eatable Alphabet - an exciting 56-page book or boxed set of twenty-six, 5 x 7 cards designed for use with children two and older. I Made This! SNACKS is a 24-page, 6"x6" board book including ten simple recipes young chefs will be inspired to make on their own! *ChopChop* Magazine is printed quarterly, published in English and Spanish. Email ev@chopchopfamily.org to order.
 - c. Sedgwick County is working on a regional mental health facility and biomed facility.
 - d. The Center and Sistah's Can we Talk are hosting a caregivers retreat June 23-24.
 - e. Friday's at The Center, Food & Fitness
 - f. The Kansas Business Group on Health's 45th annual [Healthcare Roundtable](#) is July 11th.
 - g. The YMCA is partnering with the Advanced Learning Library for events the 2nd Tuesday of June, July, & August.
 - h. Special Olympics Kansas Law Enforcement Torch Run June 2-4th and summer games at Maize South High School including 1,400 athletes and free health screenings.
 - i. 8 to Great two upcoming sessions
 - j. Healthy Corner Store Initiative RFP due 7/7.
 - k. Transit free rides to farmers markets by showing Double Up Food Bucks April - October on Saturdays 6am-2pm. Also, students ride free with student ID.
- 4. Why We Do What We Do - connecting to our mission** We started in January by defining terms such as Health Disparities, Health equity, and Social Determinants of Health. In Feb. March, and April, I provided data in the form of County Health Rankings, Healthy Corner Store Data brief, Kansas Diabetes Report, BRFSS and WAMPO data on physical activity. This month we are going to switch from data to research. Pass around three studies, email me if you want a copy. As I introduce each one, be thinking: What can we do regarding PA and Nutrition regarding each study?
 - a. [Surgeon General's Report on Loneliness](#)
 - b. [Mental Health and Physical Activity study](#) - Exercise more effective than medicine to manage mental health
 - c. [KDHE 29th and Grove Health Study](#)
- 5. Closing, Call to Action & Completely Random Coalition Facts**
 - a. Call to Action - Connect with someone at this meeting, Share information that you learned!
 - b. Meeting prizes - based on completely useless facts from HWC Coalition - inspired by parkrun. Last week I learned that the most popular name registered for parkrun is David - more than 74,000!

- i. April: Based on the combined partner and food system list with 415 contacts in alphabetical order by first name. Letter of the alphabet with the most members M = 50, Most common first name among the coalition - Jennifer = 10
- ii. May Constant Contact newsletter sent to 8,394 (WWC, Walktober, etc...). Open rate 40.6% or 2.938! Share the newsletter with a colleague and encourage him/her to subscribe!

Next meeting: June 27 - at Bikes & Boats July 25th - no meeting, summer break!