



**Meeting Minutes**  
**February 6, 2019, 8:30 - 10:00am**  
Mark Arts, 1307 N. Rock Road

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

1. Attending Organizations: American Heart Association, Kansas Health Foundation, USD 259, Breakthrough, City of Wichita, Shape Up US, Children First, K-State Research & Extension, Bike Walk Wichita, Connecting Point, Child Care Aware of Kansas, Greater Wichita YMCA, Youth Advocacy Coalition, Sedgwick County Division of Health, Sistahs Can We Talk, Exploration Place, Back to Basics Fitness and Nutrition
2. Host Site Commercial – provided by Laura Roddy, Development and Marketing Director, Celebrating its 100<sup>th</sup> year, [Mark Arts](#) now promotes Culinary Arts in their beautiful demonstration kitchen.
3. Educational Topic – A Changing Kansas: Implications for Health and Communities, Monique Garcia and Kristi Zukovich with the Kansas Health Foundation. The population of Kansas is growing more slowly than the population of the U.S. as a whole, and it is aging, becoming increasingly diverse and concentrating in urban areas. Between 1960 and 2016, the population of the state increased by 33.4 percent, an addition of more than 728,000 Kansans. By contrast, the U.S. population increased by 80.2 percent over the same period. To learn more about what the numbers mean for a changing Kansas, please [read the full report](#).
4. In lieu of committee reports at this meeting, we viewed the 2018 Year in Review Video which can be found on the website [here](#). Keep reading for important committee updates.
5. **Good News/Upcoming Activities and Events**
  - a. Child Care Aware of Kansas has a new texting service for parents. Text KSKIDS to 59925 to sign up. Once registered, you will receive the latest parenting information including tips, ideas and resources!
  - b. The Sedgwick County Early Childhood Wellness Council meets at Envision on February 28<sup>th</sup>. This is an open meeting and all are welcome. For more information, visit their [website](#).
  - c. [Victor Okwo](#) with the Sedgwick County Division of Health wants us to share the work we are doing in the community to be entered with Community Health Improvement Plan data. Contact him to schedule a Community Listening Session with residents to reach the goal of hearing from as many voices as possible for the Community Health Assessment.
  - d. Sistahs Can We Talk will host a meeting on March 30<sup>th</sup> highlighting Hidden Illness. To learn more, contact [Michelle Vann](#).
  - e. [Sara Sawyer](#) is recruiting Master Food Volunteers through K-State Research & Extension. Please share with those that might be interested and encourage application by March 4<sup>th</sup>. More information can be found [here](#).
  - f. The American Heart Association is partnering with Cycle Nation to bring an event to River Fest.
  - g. May 3<sup>rd</sup> is Kansas Kids Fitness Day at North West High School. 3,000 3<sup>rd</sup> graders will participate in an assembly and outdoor activities. To volunteer email [Diane](#).

**Next Meeting – Wednesday, April 3, 2019, 8:30am Location: TBD**

## Health & Wellness Coalition Committee Updates and Important Dates

The **Kansas Health Foundation Health Equity Grant** is in year two and continues through December 2020 working on authentic community engagement.

1. If you would like to provide recommendations for this grant working with the Hispanic community, request to join the Multi-Sector Support Team that meets quarterly and received resources via email on a regular basis.
2. If you know a resident living within these boundaries: 13<sup>th</sup> St. N, 31<sup>st</sup> St. N, Amidon and Broadway that is interested in working to improve health in the neighborhood surrounding the Evergreen Neighborhood Center, contact Shelley. This Resident-Led Leadership Team will be provided necessary resources and empowered to make policy, systems or environmental changes.

**SAVE THE DATE**  
**Aug. 20, 2019**  
HYATT REGENCY WICHITA

**15th Annual Working Well Conference**  
Learn how to create a culture of wellness at your worksite.  
Featuring Author, Speaker, Entrepreneur & Thought-Leader  
**Laura Putnam**  
plus experience other great speakers and learning sessions.

EARLY BIRD REGISTRATION IS OPEN!  
Sessions will be submitted for HRCI/SHRM certification credits.

Health & Wellness Coalition of Wichita  
Coordinated. Connected. Committed.

Register today for the Working Well Conference:

[www.hwcwichita.org/worksite-wellness](http://www.hwcwichita.org/worksite-wellness)

### Join us for the 2019 Think & Do Tank series!

- DO you find value in networking with others encouraging worksite wellness in our community?
- DO you need some encouragement to lead your wellness initiative?
- DO you notice anything different about the Think Tank name?

The Health & Wellness Coalition of Wichita has been hosting Think Tank for the past seven years and this year we are changing things up! By adding DO to the title, we are encouraging attendees to take action from each session by providing a worksheet with resources and steps you can take to implement the information shared at your worksite.

Session Dates: February 19<sup>th</sup>, April 16<sup>th</sup>, June 18<sup>th</sup>, and October 15<sup>th</sup>, to learn more and register, visit:

<https://hwcwichita.org/worksite-wellness/think-tank>



**We All Eat!**  
A free hands-on learning food event

**WHEN** March 28, 2019  
3:00 – 7:00 PM *come & go*

**WHERE** Sedgwick County Extension Office  
7001 West 21<sup>st</sup> Street

*tips • tools • tricks • tastings for healthy eating inspiration*

For more details or to get involved: **Contact Shelley Rich**  
shelley.rich@ymcawichita.org  
719-7765 x 7765

presented by —  
Health & Wellness Coalition of Wichita  
Coordinated. Connected. Committed.

### The Food Policy Committee and Healthy Eating Committee have combined!

Join us for quarterly meetings to hear updates from the 6 new taskforce groups, updates on overall policy work, master food plan, etc.

2019 dates:

- Thursdays 2/14 1:30-3p @ Downtown Y
- 5/9 1:30-3p @ Downtown Y
- 8/8 1:30-3P location TBD
- 11/14 1:30-3p location TBD

We All Eat vendor registration is available from the Health & Wellness Coalition website, see upcoming events.

### Physical Activity

This committee meets the third Thursday of each month at 9:00 am. Meeting location varies, contact Shelley to get on the distribution list and join this committee. This group is currently planning and promoting:

- Walk Kansas – begins March 17<sup>th</sup>
- Walk at Work Day – May 15<sup>th</sup>
- Bike Month Bingo – ongoing month of May
- Walktober – October