



Promoting Physical Activity & Good Nutrition

Moving and Grooving in October

The October Coalition meeting hosted at the [Walters Branch Library](#) was our first author talk. We learned about the 2211 plan from author Susie Kundrat. For more information visit www.eatmovegroove.com, on the Eat Move Groove [YouTube channel](#), or [@eatmovegroove](#).



The November & December meetings are cancelled due to the holidays. Join us on the 4th Tuesday of each month in 2025.



Coalition Member Spotlight

This month, we are featuring Michele and her running partner Shirley who led the first “slow and steady” group for the [Prairie Fire Marathon](#) half marathon’s 3:30 goal time. These dedicated ladies ensured that every runner felt supported and motivated. Michele wants you to notice her white hair in the picture stating that there is no age (or time) limit on awesomeness! Read the full story on the [Run Wichita Blog](#).

Walktober Wrap Up

Seven community partners came together to plan Walktober 2024 including a [Facebook group](#), 6 group walks, a [Strava Club](#), and a 58% open rate on the weekly newsletters. Stay motivated through the winter by engaging in the Facebook group or Strava club. What do you want to see with Walktober 2025? Email us by 11/17 with your ideas to be entered to win \$100 from [Fartleks](#).



Wichita/Sedgwick County Food and Farm Council

Food and Farm Council Meetings - 1 to 2:30 pm the first Tuesday of each month. The next meeting is December 3rd in the first floor conference room of the Ronald Reagan Building (271 W 3rd St N). [Click here to sign up for Council alerts](#). [Click here for meeting agendas and the virtual option link](#). The Health & Wellness Coalition will present on the Food Secure Community Initiative.



At the November 5, 2024 City Council meeting, City Council approved an allocation of American Rescue Plan Act (ARPA) funding totaling \$950,400 to the [Wichita State University Community Engagement Institute](#) (WSU CEI) to implement a program to address food deserts in disinvested neighborhoods in Wichita.

WSU CEI will be the program administrator of the [Healthy Corner Stores Initiative](#). This is a model to help existing small food retailers offer additional healthy food options by working with subject matter experts to assess their readiness for changes.

How to Make Veggies Taste Good

It's easier said than done to eat the recommended 5-9 servings of fruits and vegetables each day. It seems fruits aren't as challenging – they're naturally sweet, don't require cooking, and many types of fruit can easily be packed with you.

Vegetables, on the other hand, are a bit of a challenge. The flavor of vegetables can range from pretty mild to downright bitter, and they aren't always as convenient as fruit.

If you're aiming to increase your intake of nourishing, colorful vegetables, [keep reading](#) for some tips for making vegetables taste good enough that you actually want to eat them!



Connecting to our Mission

The Health & Wellness Coalition connected [Partnership for a Healthier America](#) with the [Kansas Food Bank](#) to present the [Good Food at Home](#) program. Good Food at Home is a 3 month program to increase access to good food — food that is affordable, sustainable, nutritious, high-quality, and culturally connected — to help families build healthy habits of fruit & vegetable consumption.



199 households received \$60/month of Fresh Food Funds through Instacart for three months a \$35,820 value.



One participant shared this: "I like the convenience of ordering online when my vehicle was broke down. Dignity of being able to utilize services that others with higher incomes could use. Knowing that I had the choice to pick out fresh food, no pressure, no temptation of candy at checkout, better able to manage my budget and save gas money and time. I am a full time student and employee as well as a mom."

"It's nice to spend the time saved studying, cleaning, or being with my children."



BOLD & BALANCED

BE BOLD. BE BALANCED. BE BETTER.

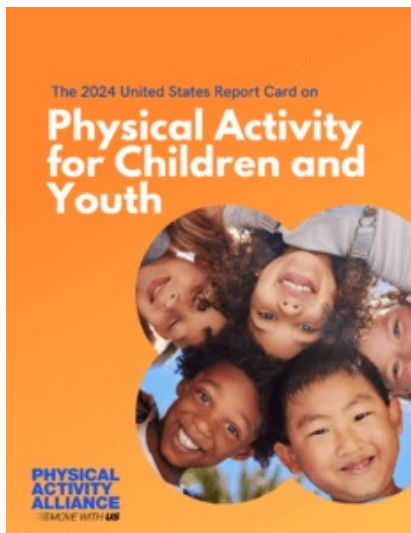
SAVE
-THE-
DATE

20TH ANNUAL Working Well Conference

APRIL 8TH
8 a.m. - 4 p.m. | The Drury



If you are interested in being a sponsor for the 2025 conference, contact [Fern](#).



US Report Card Scores a D-

Every two years, Physical Activity Alliance publishes a [report card](#) assessing the levels of physical activity and sedentary behaviors in American children and youth, facilitators and barriers for physical activity, and health outcomes related to physical activity.

The overall physical activity grade remains a D-, American children and youth are insufficiently active. Between 20-28% of children and youth ages 6-17 years participate in 60 minutes of physical activity every day.

[What can you do to meet physical activity recommendations?](#)

Partner Announcements



"The Napkin" video course will teach you 10 life-changing habits that will help you discover the power of REAL food and enable you to achieve the health you never thought possible!

Why "The Napkin?" In our world of mass confusion about how to eat healthy, we have simplified everything you need to know. And it all fits on a napkin. Embracing these life-changing habits can literally change your life! Along with the 10 life-changing habit videos, you will also have access to 30 more videos to help you put it all into practice, plus over 1,200 healthy recipes, and monthly live events.

You will learn:

- The magic behind 3 simple words...Eat REAL Food.
- How to stock your pantry and your kitchen for success.
- How to prepare simple flavor-loaded meals that are so delicious you won't even realize you are eating healthy!
- The freedom that comes from no longer needing to worry about diets, deprivation, and the endless counting!
- How to maintain these habits when eating out and away from home.

Learn more and sign up [here](#).

COOKING UP FUN



JR. CHEF ACADEMY

LEVEL 1

AGES 6-12 | 10 WEEKS | 75 MINUTES

\$144/10-CLASS SESSION OR \$48/MONTH FOR 3-MONTH DRAFT | MEMBER RATE
FINANCIAL ASSISTANCE AVAILABLE

Build basic culinary skills, incorporating nutrition and fun food experiments while making new recipes each week. This Academy includes a chef hat and apron, progress reports, and a kid-prepared recipe showcase at the end of the 10 week session!

DATES	DAYS	TIMES	LOCATION
11/19/24-2/4/25, skips 12/24 & 12/31	Tuesdays	6:15-7:30PM	East YMCA
11/21/24-2/6/25, skips 11/28 & 12/26	Thursdays	5:15-6:30PM	Downtown YMCA

ENROLL AT ANY MEMBERSHIP DESK

QUESTIONS?

Contact Tammi Krier, Nutrition Director
tammi.krier@ymcawichita.org or
316.776.8183

GREATER WICHITA YMCA

ymcawichita.org

#FORALL



@ymcawichita



@greater_wichita_ymca



COOPERATIVE STAKEHOLDER CONVENING

December 4, 2024 | 9:00am - 3:00pm
4105 North Ridge Rd, Wichita, KS



K-STATE
Research and Extension
Rural Grocery Initiative

COBANK
COOPERATIVE. CONNECTED. COMMITTED.

KCC
KANSAS COOPERATIVE
COUNCIL

USDA

As Kansans explore innovative solutions to address local challenges, the cooperative business model is one possible strategy for promoting community development.

Join us for the 2024 Cooperative Stakeholder Convening, where we will examine the potential of this self-help model and its relevance to Kansas. This event will provide insights into how cooperatives can foster collaboration in the pursuit of shared goals. Registration is free. Click [here](#) to RSVP.



This is a sample of the crazy inflatable costumes at the [Exploration Place Parkrun](#) on October 26th! What a fun way to celebrate Halloween and support [Victory in the Valley](#). Check out more pictures on their [Facebook page](#). The event included 133 finishers, 10 more first timers and a blazing 17 new parkrun PRs. Shout out to Emma for taking home her 25th finish and to the Mayor of Wichita, Lily Wu, for starting off the weekend with a parkrun. Please keep this tradition going! 😊

Save the Date!

Local Food Producer Workshops

For those selling at farmers' markets, direct-to-consumer, and farm stands



Jan. 31 - Manhattan

Feb. 1 - Wichita

Feb. 7 - Olathe

Feb. 21 - Chanute

Feb. 28 - Hays

Mar. 28 - Garden City



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Local Food
Systems

www.kansaslocalfoods.org

Bicycle & Pedestrian Count

Every year WAMPO coordinates an annual count of bicycle and pedestrian activity across 35-38 different sites in Park City, Goddard, Andover, Mulvane, and Wichita, among many other locations.

The data collected during the count help to estimate the number of people who bicycle, walk, and run, and the locations where they do so. Once collected, the data is used to plan the locations of future bicycle and pedestrian investments. [Read the 2024 report.](#)





Grant Writing Basics

Online Workshop

For food system partners, farmers, and food businesses.

Join Us January 21, 23, 2025

1:30–4:30 pm

Cost: \$60

Register Today

<https://ksre-learn.com/grant-writing-basics>

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A Caregiver's Guide to Raising a Safe Walker

As the student's caregiver, you are an important role model for everything they do. Here are some tips for modeling safe walking and supporting your student to be a safe walker!

- 1 Stay focused.** It is easy to get distracted by your phone when you're walking or crossing the street. Put your phone away and remove headphones to focus on looking and listening around you.
- 2 Walk on the sidewalk or on the side of the street.** Plan your routes to include sidewalks, as possible. If there are no sidewalks, walk on the left side of the street, facing traffic. (But when biking, use the right side of the street, in the direction of traffic!)
- 3 Cross carefully.** Cross the street at intersections. Make sure you stop on the curb, look left-right-left, and listen for approaching vehicles when you cross. Model these behaviors when crossing streets, alleys, driveways, and parking lots with your children.
- 4 Make eye contact.** Make eye contact with drivers who are at a stop sign, light, or slowing/stopped at the crosswalk before you start crossing the street, or when you are crossing at a driveway. Talk to your child about how you and the driver made eye contact and how that makes crossing safer for everybody.
- 5 Talk about it.** Talk about different hazards and obstacles you see as you walk and discuss ways to stay safe.



Be a safe driver, too! Do your part to keep children safe when you are behind the wheel.

- 1 Go the speed limit.** Speeding is one of the top factors in traffic deaths. A person hit by a car traveling at 35 miles per hour is five times more likely to die than a person hit by a car traveling at 20 miles per hour. Slow down to stay safe.
- 2 Yield for pedestrians in crosswalks.** Drivers in Kansas must yield when a pedestrian crosses the street. Talk to your child about how drivers have a responsibility to keep others safe by stopping for people crossing.
- 3 Never block the crosswalk.** Crosswalks are for people walking, not for stopping or parking. It can be tempting to stop in a crosswalk, especially during school arrival or dismissal when space is tight for dropping off or picking up. Stop in designated areas to keep crosswalks clear, pedestrians visible, and everybody safe.
- 4 Give 3 feet of space to cyclists.** When overtaking a cyclist, leave at least 3 feet of space between your car and the bicyclist.



Original content courtesy of Anne Arundel County. For more information and resources on being a safe pedestrian, check out: safekids.org/walkingsafetytips

For more information on the Kansas Safe Routes to School Program, go to: saferoutes.ksdot.gov



Partner Announcement Repeats

City of Wichita Climate Action Plan

Do you have opinions about green spaces, water, community gardens, urban agriculture, and pedestrian safety? Share your thoughts on these topics and more in the [draft plan survey](#).

In collaboration with the [Sustainability Integration Board](#), city staff have worked to develop a draft Climate Action Plan for Wichita. This plan will outline goals and actions for the city and community to work towards in the coming years. Having a plan will allow for staff to apply for grant funding more effectively, highlight community priorities, and guide future work of the SIB.



Blood Pressure Monitor Kits



Your Wichita Public Library gives you the opportunity to borrow blood pressure monitors! Each kit comes with a blood pressure monitor, a log book, a pre-survey, and instruction booklet.

You can borrow a blood pressure monitor for 14 days.

Presented in partnership with K-State Research and Extension, the Sedgwick County Health Department, and the Wichita Medical Research and Education Foundation.

→ wichitalibrary.org





NATIONAL DIABETES PREVENTION PROGRAM

Learn How You Can Prevent or Delay Type 2 Diabetes!



Improve Your Health

A lifestyle change program can help you lose weight through eating better and being more physically active.



Feel Better and More Energetic

Many participants feel better and are more active than they were before the program. Imagine having more energy to do the things you love.



Flexible Learning Preferences

Whether you prefer to meet in-person or online, you have the option to choose what works best for you and your schedule.

1 OF 3 ADULTS HAS PREDIABETES

A CDC-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

Contact Information

-  1-855-200-2372
-  joseph.samaniego@cpaaa.org
-  271 W. 3rd St. N. Ste. 500
Wichita, KS 67202



Do you struggle to buy groceries?

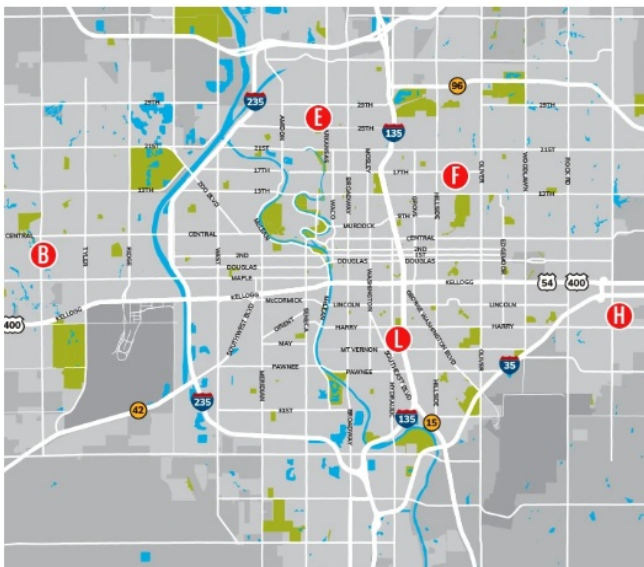
About 57,000 people in Sedgwick County don't have adequate food.



There are community resources who want to help.
Scan this QR code for resources or go online here:
hwcwichita.org/local-food-resources



StoryWalk Locations & Current Stories



B Buffalo Park, 10201 Hardtner

[Construction](#) by Sally Sutton

E Evergreen Park, 2700 N. Woodland

[Finding Home](#) by Esteli Meza (*bilingual*)

F Fairmount Park, 1647 N. Yale

[Lola Loves Stories](#) by Anna McQuinn (*bilingual*)

H W.B. Harrison Park, 1300 S. Webb Road

[Please, Mr. Panda](#) by Steve Antony (*bilingual*)

L Linwood Park South, 1901 S. Kansas

[My Friends](#) by Tarō Gomi (*bilingual*)

The graphic features a dark blue background on the left with the text "SEDGWICK COUNTY HEALTH EVENTS" in large, white, sans-serif font. Below this is the Sedgwick County seal, which depicts a Native American figure holding a bow and arrow, surrounded by the words "SEDGWICK COUNTY" and "KANSAS". To the right of the seal are three blue arrows pointing right. Further right is a QR code. To the right of the QR code is the text "or visit sccd.online/events". The background of the graphic is a light blue grid with some text from a calendar visible, including "18", "25", "workgroup (CHIP)", "Through Menopaus", "7:30am Commun", and "4pm Pendants fo".

Community Sedgwick County Health Department Health Events Calendar

Click [here](#) to find out about upcoming events in Sedgwick County that focus on improving health.

To submit an event, email healthevents@sedgwick.gov



WALKING BOOK CLUB

October - March 2-4 p.m. | April - September 9-11 a.m.

Nature enthusiasts will read a designated nature or wildlife focused book each month and then meet at the Great Plains Nature Center to chat about it. Discussion continues during a nature walk, weather permitting. Purchase the books at the Owl's Nest Gift Shop and receive a discount.

No registration or purchase is necessary.

January 5

My Antonia
by Willa Cather

May 3

Finding the Mother Tree
by Suzanne Simard

September 6

Flight Behavior
by Barbara Kingsolver

February 2

East of Liberal
by Raylene Hinz-Penner

June 7

Nightwalk
by Chris Yates

October 4

American Buffalo:
In Search of a Lost Icon
by Steven Rinella

March 1

Before Sleep
by Jeremy Alessi

July 12

A River Runs Through It
by Norman Maclean

November 1

Coyote America
by Flores

April 5

The Last Ranger
by Peter Heller

August 2

H is for Hawk
by Helen Macdonald

December 6

Last Child in the Woods
by Richard Louv

For info, contact Amanda@gpnc.org | 316.683.5499 | 6232 E 29th St N, Wichita, KS 67220 | GPNC.org



www.hwcwichita.org



Health & Wellness Coalition | 1102 S. Hillside | Wichita, KS 67211 US

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