



Meeting Summary
Tuesday, October 24th 2023, 2-3pm
Location: ICT Food Rescue & Towne West Square Mall Walking Program

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. Walktober - final walking Wednesday hosted by Bike Walk will be at Highland Cemetery. Do you know of walking resources that are not included on the website? If so, let us know.
- b. Food System Updates
 - i. Food and Farm Council - meetings announced, see www.wichita.gov/foodplan for dates and meeting minutes.
 - ii. Local Food System Roundtable 11/15 hosted by HWC, Food and Farm Council and K-State Research & Extension
- c. Working Well Conference - Save the Date 4/11/24

2. Networking/Good News/Upcoming Activities/Events

- a. Senior Services is holding a fundraiser at Kendra Scott 11/4 1-3pm. 20% of sales goes to support their mission.
- b. The Sedgwick County Health Department is hosting a Fatherhood Program for any father in Sedgwick County. In person meetings include a meal and gas card. Contact [Addy Duncan](#) for more information.
- c. Great Plains Diabetes annual Live Well event is 11/4 at the Metroplex including free screenings.
- d. Midwest Dairy is hosting virtual farm tours of 2 dairy farms on 11/8.
- e. Patty Stuever has opportunities to communicate with high school students. She also teaches about gratitude, forgiveness and taking risks.
- f. Denise reported that Salud + Bienestar has been hosting a first Friday food drive for the past three years. They hosted a successful symposium on 10/14 focusing on the 6 factors for mental health that was attended by 65 people!
- g. Wichita Family Medicine Community Health Workers continue to advocate for their patients including helping with water bills and delivering a recliner.
- h. Marti brought a graduate of East High School who is now a student at WSU. Both work for Farm to Consumer Legal Defense Fund. They are a nationwide 501c4 that assist with consumer food sales from farms including cottage food and homestead laws.

3. Why We Do What We Do

- a. 2021 BRFSS data for Sedgwick County was introduced.

4. Closing, Call to Action & Completely Random Coalition Facts

- a. Call to Action - Network! Share what you learned.
- b. Completely random and useless coalition fact of the month
 - i. Number of FTE's potentially affected at the 2023 WWC - 47,206
 - ii. **True** or False - one square foot of soil weighs more than one square foot of a car?

5. Partner Spotlight: ICT Food Rescue TOUR!

- a. Mall Walking Program explained and promoted
- b. Food rescue efforts began in 2016 to fill the gap in the community between groups that have food and groups that need food.
- c. Sign up at [Food Rescue US](#) to become a volunteer
- d. Toured the Upcycle Kitchen, food drop off site and dry storage. Facility is registered with the KDA as a food processing site.



**2021 Kansas Behavioral Risk Factor
Surveillance System Local Data**

Sedgwick County



- 44.5% Adults with doctor diagnosed arthritis who are limited in their usual activities because of arthritis/joint symptoms
- 34.5% Adults with diagnosed hypertension
- 38.9% Adults tested and diagnosed with high cholesterol
- 24.4% Adults not participating in any physical activity other than regular job in the past 30 days.
- 46.5% Adults consuming <1 fruit per day
- 18.5% Adults consuming < 1 vegetable per day
- 39.8% Adults who are obese
- 71.9% Adults who are overweight or obese
- 47.3% Adults who reported their poor mental/physical health kept them from doing their usual activities, such as self-care, work or recreation in the past 30 days.

<https://www.kdhe.ks.gov/1734/Kansas-Behavioral-Risk-Factor-Surveillan>
Key Resources
County Reports