



Meeting Summary
Tuesday, April 28th 2026, 2-3pm
Club Parkinson's
(Located in the Heskett Center on the WSU
campus- Room 207)

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

1. Welcome & Coalition Updates

a. Grant Updates

- i. KDHE Chronic Disease Risk Reduction
 1. Recruiting Bicycle Friendly Businesses.
 2. Recruit more people like Adam Smith at Exploration Place! Who do you know that is ALL IN regarding active commuting and healthy eating?
 3. Food Secure Community Initiative - Community Advocate Fellowship Selected Education as their advocacy topic. Working to narrow down the scope based on the needs of the community.
- ii. BCBSKS Pathways to a Healthy Kansas
 1. Congratulations to ICT Farms for receiving an implementation grant

- b. Upcoming event - Bike Mont, check website. B2HH this Friday, National Ride a Bike Day and Open Streets Nomar on 5/3.
- c. Working Well Conference recap Did you attend? Takeaway/favorite part? Conference summary/data out soon!
- d. Coalition questions: media contacts and an actionable goal - more to come!

2. Education: Redefining What it means to LIVE with Parkinson's | Speakers: Connie Urbanek and Shana Gatschet | Club Parkinson's <https://clubparkinsons.org/>

- a. Parkinson's is the fastest growing brain disease and KS is ranked #2 in rates. There is a new diagnosis every 6 minutes in the US. Males are 1.5 times more likely to be diagnosed.
- b. Causes: environmental factors (pesticides and chemicals), genetics, traumatic brain injury, drug induced.
- c. Fitness is key after diagnosis. Club Parkinson's offers mental health programs, educational series, social activities, research with WSU and baseline testing in addition to 30 exercise classes per week.
- d. 260 members, 505 facility tours, 985 community phone calls, applied learning experiences to 327 students.

3. Networking/Good News/Upcoming Activities/Events

- a. United Way Promise on the Plains grant application deadline is May 29th.
- b. Riverfest 2026 coming soon. Plan now to get out an attend. River Run. Sunday Fun Day. Bike Valet.
- c. The KRPA conference will be in Wichita this year. Seeking speakers.
- d. May 2026 Summer of Discovery camps begin.
- e. 350 club - medal for moving during the summer. Last year 856 miles logged.
- f. The Y hosted a free cancer survivor retreat.

- g. Senior Services offers fitness classes at 4 locations. 8 locations serve a hot lunch. Pet pals = pet food for people on Meals on Wheels.

4. Closing

- a. Call to Action Recruit worksites for BFB and experiments.
- b. Club Parkinson's ask - spread awareness of their program.
- c. Completely Random Coalition Facts WWC stats: 129 Unique Organizations including attendees, sponsors, vendors, committee & Speakers. 166 paid attendees, 261 total (4 year average of paid attendees is 159). FTEs = 110317 conference reach from unduplicated worksites of paid attendees. Did YOUR worksite attend? If not, ask yourself WHY???
- d. Why We Do What We Do - We can do better!!
 - i. The US consistently receives low grades for overall physical activity among children and youth, typically earning a D- in recent [national report cards](#). Only about 20–28% of U.S. children and adolescents (ages 6–17) meet the recommended 60 minutes of daily physical activity, with participation declining as they get older.
 - ii. Declining Activity with Age: While 42% of 6–11 year olds meet guidelines, this drops to only 15% for adolescents aged 12–17.
 - iii. Key Factors: Low grades are driven by high sedentary behavior and low rates of active transportation, such as walking or biking to school.

5. Facility Tour

Next meeting: Tuesday, May 26, 2026

Location: Bike Walk Wichita

