

MAKING A DIFFERENCE



K-State Research and Extension develops and delivers practical, research-based solutions to challenges faced by all Kansans, which includes the Grand Challenges:

- Global Food Systems
- Water
- Health
- Community Vitality
- Developing Tomorrow's Leaders

Find more stories like this and more at :
www.ksu.edu/solutions

K-State Research and Extension
Central Kansas District
2218 Scanlan Ave
Salina, KS 67401
(785) 309-5850 or (785) 392-0022
www.centrankansas.k-state.edu



Grand Challenge: Health

Title: Increasing Health and Wellness in Central Kansas District

Why is this issue important? Because of Kansas' high obesity rate, poor dietary intake and physical inactivity, our residents experience many adverse health conditions including diabetes, hypertension, stroke, heart disease, certain cancers, respiratory disorders, joint problems, osteoporosis, and psychosocial issues. Further, poor food safety practices can lead to foodborne illness and unnecessary waste.

How did Extension address this issue? Several educational programs including “*Heart Healthy, Flavor Full*”, “*Make a Med DASH to a Healthy Heart*” and “*Working Together to Reduce Food Waste*” are aimed at improving overall health and have been delivered in the Central Kansas District since the beginning of the year.

Larger scope health initiatives included *Walk Kansas* and implementing *Simply Produce*. *Walk Kansas* is an eight-week physical activity and nutrition program. Participants form teams designed to “walk” various distances across the state of Kansas by converting minutes of physical activity into “miles walked”. *Simply Produce* is a local purchasing incentive program done in partnership with Gene’s Heartland Foods in Minneapolis designed to increase access to affordable fruits and vegetables. Not only does *Simply Produce* help individuals consume healthy fruits and vegetables, it helps stimulate positive economic impacts for grocers. This program provides community residents the opportunity to purchase baskets for \$15 – roughly half the cost of retail.



What was the impact?

- 162 people in Ottawa and Saline Counties participated in *Walk Kansas*.
- Individuals walked the equivalent of 14,519 miles, drank 21,502 glasses of water and consumed 15,946 cups of fruits and veggies.
- Through *Simply Produce*, nearly 1,400 pounds of fresh fruits and vegetables have been locally purchased and delivered since May.
- As a result of the educational programs offered, survey respondents indicated a 40% increase in the likelihood of meal planning prior to shopping, 97% are more aware of how to make heart healthy decisions and everyone intends to consume more foods rich in potassium, calcium and magnesium.