

2015 Kansas Obesity Summit Agenda

Courtyard by Marriott in Junction City, Kansas

Tuesday, November 17th, 2015

9:00 a.m. – 3:00 p.m. (7:30 – 8:45 a.m. walk audit opportunity)

7:30 | Walk Audit Introductions and Instructions..... Wyatt Thompson, Governor's Council on Fitness (GCOF)
A walk audit is a facilitated walk for a group of community stakeholders to *experience* and assess the built environment. The participants observe how conducive it is to active transportation (walking, biking), physical activity, and other aspects of wellness, such as access to healthy foods. Additionally, they discuss and share ideas for improvement. Explore nearby Junction City neighborhoods and gain confidence in conducting a walk audit in your own community.

7:45 | Leave for Facilitated Walk Audit around Neighborhood

8:00 | Check-In and Continental Breakfast

9:00 | Welcome and IntroductionsKathy Sexton, Governor's Council on Fitness (GCOF)

| Healthy Kansans 2020 Framework and Obesity Prevention

.....Dr. Susan Mosier, MD, Secretary, Kansas Department of Health and Environment (KDHE)

| State & Community Strategies on Nutrition, Physical Activity, & Obesity..... Dr. Terry O'Toole

Our keynote speaker, Dr. Terry O'Toole, PhD, MDiv, FASHA, serves as Senior Advisor with the Division of Nutrition, Physical Activity, and Obesity at the Centers for Disease Control and Prevention (CDC). Dr. O'Toole provides subject matter expertise and technical assistance to state and community-based programs, national partners, and health organizations focused on program efforts to promote healthy eating, physical activity, and obesity prevention.

11:15 | Physical Activity Break with GoNoodle.....USD 475 Washington Elementary 1st Graders

| View Resource Tables and Break

Information and resources are displayed in the Cottonwood Foyer. Organizations volunteered or were invited to share information related to their initiatives, particularly those promoting physical activity, access to healthy foods, healthy communities, and other aspects of health and wellness. Display of information does not necessarily indicate an endorsement by the Governor's Council on Fitness of all content.

| Networking Lunch (provided)

12:15 | Governor's Council on Fitness Remarks and Special Award Presentation

- Remarks and Introduction of Governor's Council of FitnessMarlou Wegener, GCOF Chair
- Presentation of Outstanding Service Award
- Remarks by Outstanding Service Award Winner

| 2015 Kansas Health Champion Award Presentations and Success Stories

- Introduction of Kansas Health Champion Awards.....Cheryl Johnson, Governor's Council on Fitness
- Presentation of Awards to Kansas Health Champion Honorees
- Individual Health Champion Success Story
- Organizational Health Champion Success Story



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1:00 | Concurrent Sessions with Expert Panelists

Explore specific topics more in-depth. All sessions have been designed to benefit multiple community stakeholders and are not exclusive to one type of organization. For example, the Healthy Kansas Hospitals session will share successful strategies that could be applied in any workplace, and all community members can benefit from learning how to support access to healthy foods in the local school setting.

Business Case for Healthy Communities Cottonwood A, B

Speaker: Dr. Terry O'Toole, Centers for Disease Control and Prevention

Beyond improving the health of our citizens, is there also a strong "business case" for increasing access to healthy foods, increasing physical activity, and building healthy communities? Our keynote speaker will explore this idea and share evidence.

Local Food and Farm Councils Sunflower

Panelists: Misty Lechner, Advocacy Project Director, American Heart Association Midwest Affiliate

Debbie Bearden, Co-Owner, Taste T Farm and County Coordinator, Allen County Farm Bureau Association

Lea Ann Seiler, Economic Development Director, Hodgeman County

Helen Schnoes, Food Systems Coordinator, Douglas County

Food and Farm Councils are made up of diverse stakeholders. They examine how the community food system operates and provide recommendations to elected officials and others on how to improve the system based on community-directed goals. Learn about available resources and hear from local council representatives on their partnerships, challenges, and progress. Learn how to make an impact and strategically improve the food system in your community!

Food Insecurity and Community Food Distribution Cottonwood D

Panelists from Harvesters – The Community Food Network: Jessica Kejr, Director of Program Services; Karen Siebert, Advocacy and Public Policy Advisory; Taryn Glidewell, Nutrition Department

Learn about tools to help determine food insecurity in your own county, tangible ideas for engaging elected officials and community members on food insecurity and childhood hunger, and efforts that could be pursued with local food banks and non-profits to improve your community's healthy food distribution.

Healthy Foods in the School Setting Cottonwood E

Panelists: Kyleen Harris, RD, Director of Food and Nutrition Services, Abilene Public Schools

Tracy Johnson, RD, Nutrition and Wellness Director, USD 457 Garden City Public Schools

Josh Mathiasmeier, RD, Director of Nutritional Services, Kansas City, Kansas Public Schools

Schools can impact healthy eating for students, staff, families, and community members. Learn about supporting your school's incremental implementation of a wellness policy, increasing student buy-in for healthy school meals, the Community Eligibility Provision option, fighting childhood hunger, increasing fruit and vegetable choices, and more.

Promoting Health and Wellness in Communities: Healthy Kansas Hospitals Cottonwood F

Panelists: Chef John Fitzthum, Food Services Manager, HaysMed

Nikki Davies, Director, Marketing and Public Relations, Geary Community Hospital

Learn how a culinary expert is transforming a food service program with more from-scratch cooking using healthy and fresh ingredients, as well as how a hospital is increasing access to healthy foods and wellness opportunities for patients and staff alike, while supporting healthy options for the community, including hosting a Farmer's Market in their parking lot.

2:30 | Taking Action in Your Community.....Kathy Sexton, Governor's Council on Fitness (GCOF)

Facilitated call-to-action discussion with reports from the breakout session participants on specific ideas they plan to take back to their own communities.

The Governor's Council on Fitness appreciates your effort in promoting health and fitness in Kansas!

Special thanks to the Kansas Alliance for Wellness for their support of the Obesity Summit.



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