PHYSICAL ACTIVITY AND NUTRITION PROGRAMS AT THE KANSAS DEPARTMENT OF HEALTH AND ENVIRONMENT

PAIGE JOHNSON
<table>
<thead>
<tr>
<th>Administration - Office of the Secretary</th>
<th>Division of Health Care Finance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communications</td>
<td>Medicaid and KanCare</td>
</tr>
<tr>
<td>Human Resources</td>
<td>Projections and Informatics</td>
</tr>
<tr>
<td>Information Technology</td>
<td>State Employee Health Plan</td>
</tr>
<tr>
<td>Legal Services</td>
<td></td>
</tr>
<tr>
<td>Management and Budget</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Division of Health</th>
<th>Division of Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center for Health Equality</td>
<td>Air</td>
</tr>
<tr>
<td>Canter for Performance Management</td>
<td>Environmental Field Services</td>
</tr>
<tr>
<td>Community Health Systems</td>
<td>Environmental Remediation</td>
</tr>
<tr>
<td>Disease Control and Prevention</td>
<td>Health and Environmental Laboratories</td>
</tr>
<tr>
<td>Environmental Health</td>
<td>Waste Management</td>
</tr>
<tr>
<td>Epidemiology and Public Health Informatics</td>
<td>Water</td>
</tr>
<tr>
<td>Family Health</td>
<td></td>
</tr>
<tr>
<td><strong>Health Promotion</strong></td>
<td></td>
</tr>
<tr>
<td>Oral Health</td>
<td></td>
</tr>
</tbody>
</table>
Bureau of Health Promotion

Sections:
• Cancer
• Arthritis
• Diabetes
• Heart Disease and Stroke
• Health Risk Studies
• Injury Prevention and Disability Programs
• Safe Kids Kansas
• Tobacco Use Prevention
• Physical Activity and Nutrition

Physical Activity and Nutrition
– Capital City Wellness Project
– Senior Farmers Market Nutrition Program
– Healthy Kansas Communities Toolkit
– Capitol Midweek Farmer’s Market.
– Kansas Kids Fitness Day
– Governors Council on Fitness
Internship Overview

• Objectives:
  – Apply knowledge to develop a training session.
  – Summarize information over topics relevant to public health.
  – Demonstrate effective written and oral communication.
  – Identify public health laws, regulations, & policies related to specific issues.

• Projects:
  – Senior Farmer’s Market Nutrition Program
  – Stair Promotion Program
  – Pet Ownership and Physical Activity
  – Community-level, Technology-based Physical Activity Interventions
KANSAS SENIOR
FARMERS’ MARKET
NUTRITION PROGRAM

Checks Accepted Here

Checks can buy:
Locally grown, fresh fruits, vegetables, herbs
Locally produced honey

USDA is an equal opportunity employer

For information about receiving vouchers call 785-296-8060
Revised Aug 3, 2012
Program Goals

1. Provide fresh, nutritious, unprepared, locally grown fruits, vegetables and herbs from farmers' markets, roadside stands and community-supported agriculture (CSA) programs to low income seniors

2. Increase domestic consumption of agricultural commodities

3. Develop or aid in development of new and additional farmers' markets, roadside stands and CSA programs
438 Total Farmers
(255 to be recertified)

58 Counties
Certification

- The New System
  - Online Training
  - Vendor Packets
  - K-State Research and Extension
  - Website

- Must be completed before accept checks

**Vendor Training**

2013 Course Material
- Memo to Vendors
- How to set up a TRAIN account
- How to access the SFMNP course
- Vendor Training PowerPoint - PDF Version
- Vendor Rules and Procedures
- K-State Research and Extension Contact Information

Certification/Recertification
- Step 1: Online Training
- Step 2: Farmer Agreement Form

To become a Certified SFMNP Vendor complete the online training and submit a Farmers Agreement Form.

For questions contact Anthony Randles 785-296-8060
“Take The Stairs!”

- Point of decision prompts
  - Cue-to-action
  - Increases stair usage
  - Effective for a range of settings and population subgroups
  - Tailoring increases effectiveness
- % increase in use varies
Week 1
- Stair Usage Collected

Week 2-4
- Prompts displayed on all floors
- Weekly email

Week 5
- Stair Usage Collected
Does Your Team take the stairs?

Small steps make a big difference

Sneak activity into your daily routine

No time for activity? Your opportunity is now.

Take the stairs for a better today and a healthier tomorrow

Go green in your daily routine

Stair Prompts
Today marks the start of the KDHE stair promotion campaign encouraging you to choose the stairs instead of the elevator.

Take the first step! By making small changes in your daily routine like taking the stairs or walking at work you can start living a more active, healthy life. Each time you take the stairs or go for a walk you are making a decision to be active.
Evaluation

- Three Stairwells
- Four 20 minute sessions
  - 7:50am-8:10am
  - 9:50am-10:10am
  - 11:50am-12:10pm
  - 4:50pm-5:10pm
Results

- ~700 people in the building
- Increased overall usage from 40% to 47.8%
- 64% of all trips were leaving
Stair Usage by Stairwell

Why did Stairwell 1 increase?
Lessons Learned

• Prompt Placement/Building Regulations
• Email Timing
• Keycard Access

Testimonial

It may be a small thing but the signs really help me to take the stairs. First they are a reminder to take the stairs. I take the elevators automatically sometimes without thinking about what I’m doing. Additionally, the signs encourage me to take the stairs at those times I really don’t feel like it. Thanks for putting the signs out.
Public Health at the State Government Level

• Networking
• Funding
• Turnover
• Approval Process
Questions?

Ad Astra Per Aspera

Kansas
Department of Health and Environment

KSF MNP

Take the Stairs!
References


