

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

PAIGE JOHNSON



Administration-Office of the Secretary

- Communications
- Human Resources
- Information Technology
- Legal Services
- Management and Budget

Division of Health Care Finance

- Medicaid and KanCare
- Projections and Informatics
- State Employee Health Plan

Division of Health

- Center for Health Equality
- Center for Performance Management
- Community Health Systems
- Disease Control and Prevention
- Environmental Health
- Epidemiology and Public Health Informatics
- Family Health
- **Health Promotion**
- Oral Health

Division of Environment

- Air
- Environmental Field Services
- Environmental Remediation
- Health and Environmental Laboratories
- Waste Management
- Water

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

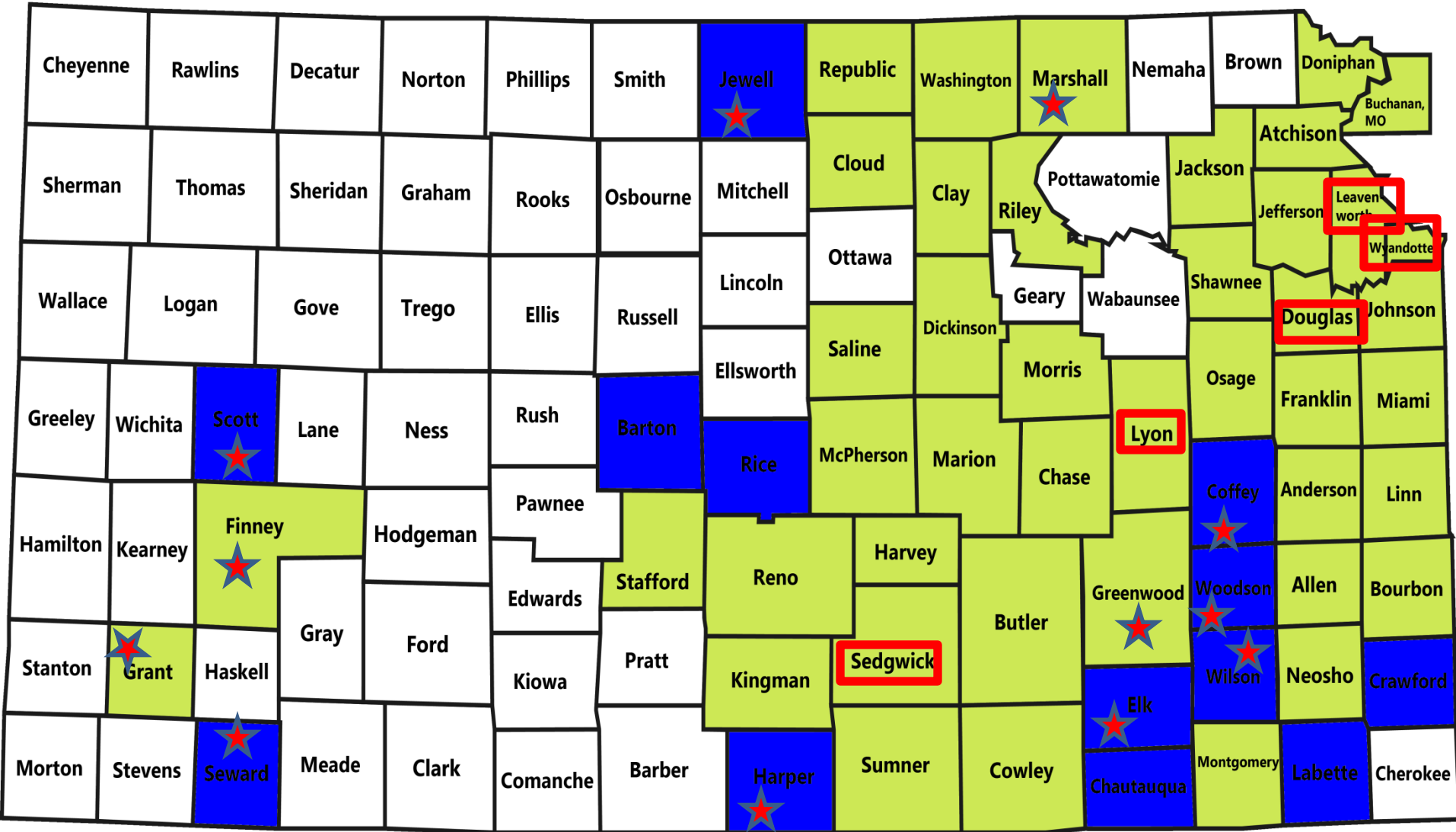


Program Goals

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

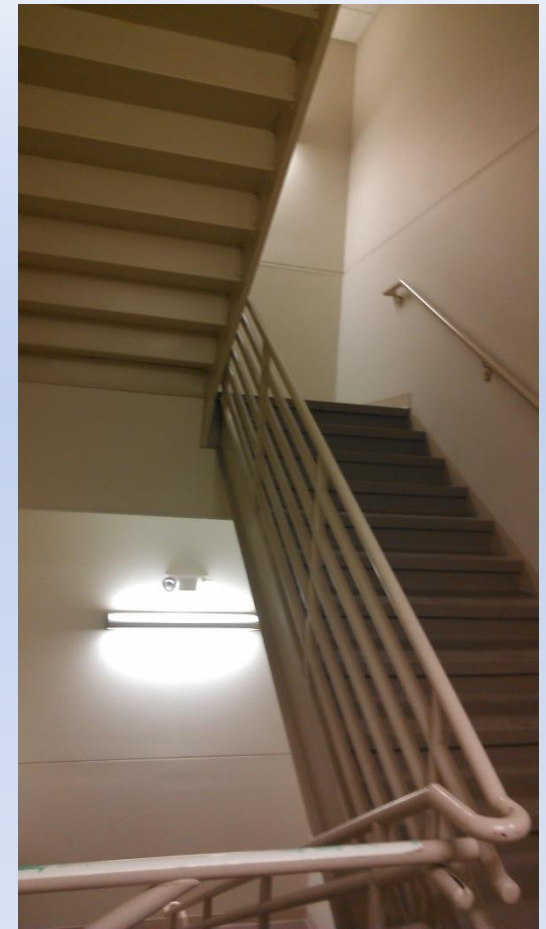
- [Step 1: Online Training](#)
- [Step 2: Farmer Agreement Form](#)

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

Stair Prompts



Go green
in your
daily
routine



Governor's
Weight Loss
Challenge

Does Your
Team take
the
stairs?



Small steps
make a big
difference



Take the
stairs for a
better today
and a
healthier
tomorrow



No time for
activity?

Your
opportunity
is now.



Sneak
activity
into your
daily
routine



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

Stair Promotion Program Baseline Data Collection
Wednesday February 27, 2013

Stairwell: _____ Observer: _____

Male Entering

Female Entering

Male Leaving

Female Leaving

Time: _____

Notes:

Male Entering

Female Entering

Male Leaving

Female Leaving

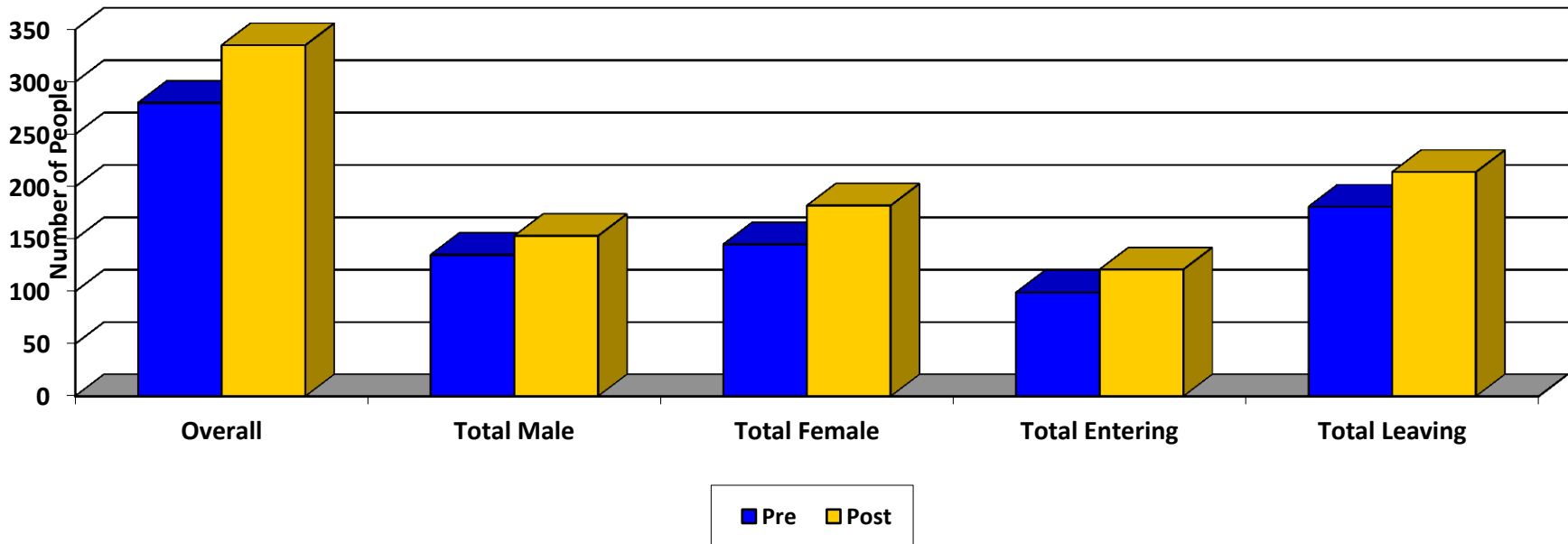
Time: _____

Notes:

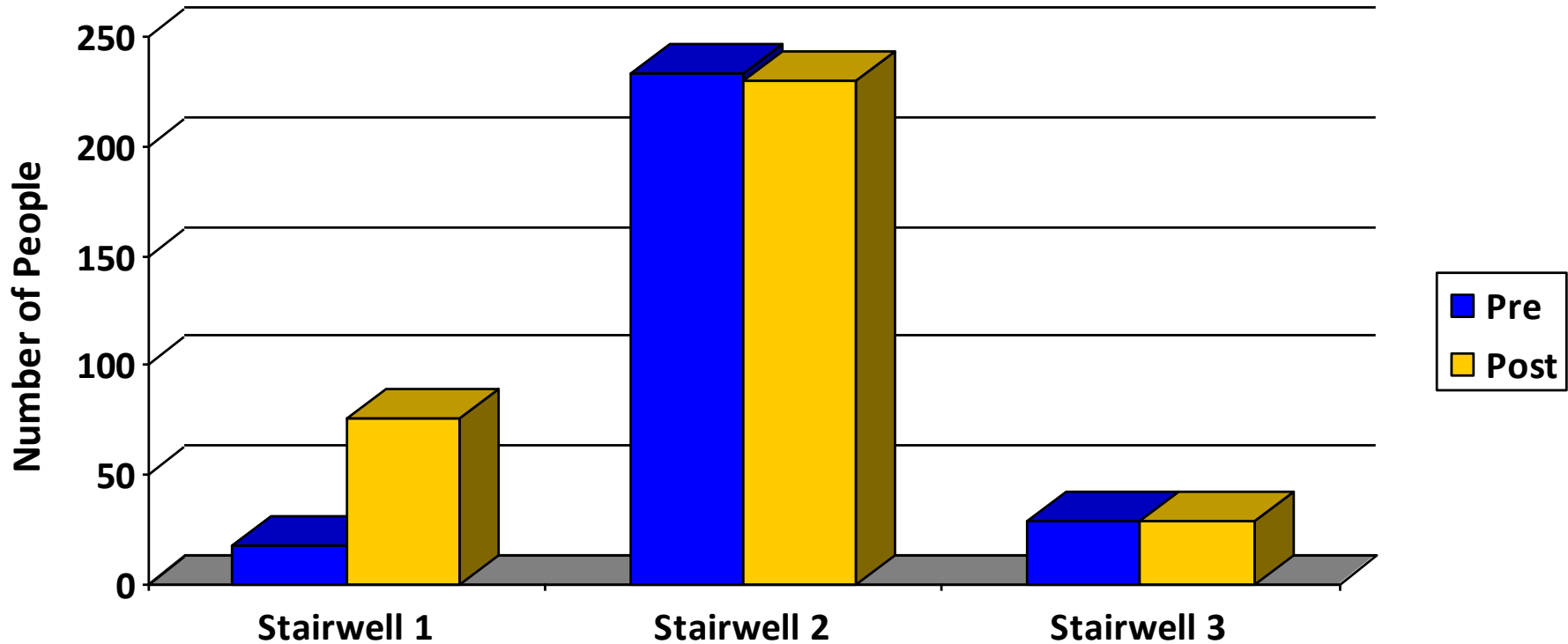
Results

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

Overall Stair Usage



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?



References

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- Kahn EB, Ramsey LT, Brownson R, et al. The effectiveness of interventions to increase physical activity: a systematic review. *Am J Prev Med* 2002;22(4S):73-107.
- Montclair Department of Health & Human Services. Take the Stairs: A Worksite Wellness Activity Toolkit. Eat. Play. Live...Better. Retrieved from: http://eatplaylivebetter.org/pdf/Take_the_Stairs_Toolkit.pdf
- The Centers for Disease Control and Prevention. (2006). *StairWELL To Better Health*. WELCOA's *Absolute Advantage* Magazine, 5(10), 2-13.
- Soler RE, Leeks KD, Ramsey Buchanan L, et al. Point-of-decision prompts to increase stair use: a systematic review update. *Am J Prev Med* 2010;38(2S):292-300.