



Quarterly Meeting

Kauffman Foundation Conference Center
4801 Rockhill Road, Kansas City, Missouri 64110
December 14, 2017

Attendees: Carol Ayers, Tiffany Bartley, Stacy Benninghoff, Gina Besenyi, Kaitlin Brakke, Nick Clasen, Emily DeWit, Kelsee Halpin, Parker Higgins, Daina Holmes, Kate Hoppe, John Hornbeck, Julie Huse, Rae Hutchinson, Sherrie Kisker, Andrea Manlove, Nathan Matney, Emily Meissen-Sebelius, Katrina Minter, Mallory Moon, Richard Overcast, Jill Raiford, Jeanine Scrogum, Robin Shook, Christi Smith, Robyn Stuewe, Denise Sullivan, Shelly Summar, Amy Vance, Alison Wiley, Barbara Wiman, Eric Wiman

Welcome & Introductions

Member Updates:

Healthy Lifestyle Initiative – Emily DeWit

- We have 390 HLI partners & 685 likes on Facebook. If you haven't already, please follow and like us on social media.
- We now have a total of 8 different fruit and vegetable brochures in both English and Spanish available for download under Fit-Tastic! resources at www.fittastic.org. We have both CM branded versions as well as unbranded versions for partners to place their logo.
- We've recently started a YouTube channel to share information on how to engage in healthy lifestyles. Be sure to check it out [here](#).

Early Childhood Working Group – Christi Smith, working group co-chair

The Early Childhood Working Group last met in October. Each meeting we include time for networking, updates and sharing of resources. This year, the group worked together to create a toolkit on the *Healthy Lifestyles Initiative in Early Childhood*. It's available online at FitTastic.org or contact Emily Meissen-Sebelius at esebelius@cmh.edu. It's a great resource for trainers, wellness specialists and early care and education providers on the Healthy Lifestyles Initiative and 12345 Fit-Tastic! message. It includes ideas for how to use FitTastic! messaging to promote healthy habits; parent handouts on physical activity, screen time, and healthy foods and drinks; and sample wellness policies and sample family letters that go along with them.

Healthy Schools Working Group – Robyn Steuwe, working group co-chair

The next Healthy Schools working group meeting will be on January 17th from 2:30-4:00p at the Don Chisholm Center at 610 E. 22nd, KC, MO. The upcoming meeting agenda will include: Jason Geering from the Alliance for a Healthier Generation who will give an overview of their Out-of-School Time programming; MaryAnna Henggeler from KC Community Gardens will give an overview of their Schoolyard Garden programming; and Dr. Jordan Carlson will share updates on a Walking School Bus study and one examining classroom based physical activity programs.

Other Updates

MOCAN – The Missouri Council on Activity & Nutrition will be having their next meeting on January 18th from 9 a.m. to 3 p.m. We will be helping them host a remote site in Kansas City here at the Kauffman Foundation Conference Center. Be sure to sign up to attend.

Presentation: *“Parks, Physical Activity, and Chronic Disease”*

Presented by Gina Besenyi, MPH, PhD,
Director, Physical Activity Research in Community Settings (PARCS) Lab, Kansas State University

Speaker bio: Gina Besenyi is an assistant professor in the Department of Kinesiology in the College of Human Ecology at Kansas State University and Director of the Physical Activity Research in Community Settings (PARCS) Lab. Her research explores how built environments contribute to active living behaviors and population-level health outcomes. Within this broader field she has a specific interest in the role of parks, greenspace, and recreational facilities, and how availability, accessibility, and quality of such community resources influence physical activity, especially among youth. As well, she is a burgeoning expert in how innovative technology such as geographic information systems and mobile applications can be utilized within this public health research agenda to facilitate community engagement. To date, she has been a PI or co-investigator on multiple local and national research studies and co-authored numerous manuscripts, abstracts, and grants including work on the Healthy Young People Empowerment (HYPE) Project, whose purpose was to enhance the capacity of adolescents to plan and implement policy, systems, and environmental change projects centered around healthy eating and active living. Given the public health implications of physical inactivity and obesity, she is hopeful that her research can shed light on the importance of creating healthy communities that promote active living and cultivate interventions for sustainable change.

Video of her presentation is available online [here](#).