



# Making a Difference

2015 – 2016

## Nutrition, Health and Food Safety Program Focus Team Promote Healthy Eating and Physical Activity

### Grand Challenges

K-State Research and Extension: providing education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future.

Sharolyn Flaming Jackson  
Extension Specialist  
785-532-2273  
sharolyn@ksu.edu



Kansas State University  
Agricultural Experiment  
Station and Cooperative  
Extension Service  
*K-State Research and Extension  
is an equal opportunity  
provider and employer.*

### Situation

The 2014 State Indicator Report on Physical Activity from the U.S. Centers for Disease Control and Prevention (CDC) indicates that people who are physically active generally live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Physical activity can also help control weight.

However, only 46.8 percent of adults living in Kansas meet the minimum aerobic physical activity guidelines and just 16.5 percent meet muscle-strengthening guidelines. In Kansas, 65 percent of adults are overweight or obese and 75 percent have high blood pressure.

### What We Did

K-State Research and Extension family and consumer sciences professionals work to improve the health and vitality of individuals and communities. Extension professionals and local partners offered Stay Strong Stay Healthy, and Walk Kansas programs. These programs are evidence-based and reflect current physical activity and healthful eating guidelines and have improved the health and fitness of adult Kansans.

### Outcomes

Older adults participating in Stay Strong Stay Healthy reported the following health benefits:

- improved balance and flexibility;
- improved emotional health; and
- increased strength;
- increased physical activity.
- increased bone density;

In 2016, Walk Kansas reached more than 14,000 participants. Evaluation surveys revealed the following outcomes as a result of this 8-week program:

- 83 percent of participants were motivated to do at least 30 minutes of physical activity five or more days per week, and 82 percent met activity goals.
- 90 percent were confident they would continue this amount of activity during the next six months.
- 51 percent did strengthening exercises at least twice per week.
- 73 percent are more aware of healthy eating recommendations, and 78 percent increased fruit and vegetable consumption.
- 88 percent were confident they would continue this habit during the next six months.
- 56 percent increased energy; 44 percent increased endurance; 34 percent increased muscle strength; 47 percent reported improvement in their mood; 39 percent got better sleep; 30 percent decreased weight; and 26 percent managed stress better.

### Success Stories

- Now, if I don't drink water and exercise, I feel awful!
- Because I lowered my A1C, I don't need insulin.
- I went from being able to walk for 5 minutes to 30 minutes, lost 20 pounds, am stronger, feel better and have more energy!