

Health Programming

The Situation

Nutrition, Food Safety, and Health Extension programming targets environmental and lifestyle factors that improve health and reduce chronic disease to improve the quality of life for Kansans, address the grand challenge of health.

Physical inactivity and poor dietary habits have been linked to many adverse health conditions – including obesity, diabetes, hypertension, stroke, heart disease, certain cancers, respiratory disorders, joint problems and osteoporosis – as well as to psychosocial problems. In 2013, nearly 72% of Kansas high school students did not participate in at least 60 minutes of physical activity per day, and 80% of adults did not meet the recommendations of at least 150 minutes of moderate-intensity physical activity/week or 75 minutes of vigorous-intensity activity/week.

Although body weight is the result of many factors, behavioral and environmental influences are large contributors to overweight and obesity and provide the greatest opportunity for actions and interventions designed for prevention and treatment. Consequently, there has been a greater recognition of the importance of education about physical activity and healthful eating for Kansans of all ages.

Short-Term (Knowledge)

Program participants will improve knowledge, skills and/or attitudes for:

- Recommendations related to physical activity and healthful lifestyle habits
- Mental health/well-being topics

Indicators

The increase in the number of program participants reporting awareness, knowledge, and/or understanding of:

- ~ access to healthful foods
- ~ recommendations related to healthful eating
- ~ strategies that improve access to safe, affordable physical activity opportunities
- ~ risk factors that impact mental health and well-being (measured through programs including but not limited to *Alzheimer's 101*, *Keys to Embracing Aging*, and health literacy programs)
- ~ a Culture of Health created via policy, system, and environmental changes

Medium-Term (Behavior)

Program participants will:

- participate in physical activities

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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- identify and practice activities and behaviors that help to manage stress effectively
- practice healthful lifestyle habits that support prevention of chronic disease and/or management of chronic disease
- implement plans focused on policy, system, and environmental changes for communities

Indicators

Kansas will increase:

- ~ Minutes of physical activity and perform muscle strengthening activities (measured through but not limited to *Walk Kansas* and *Stay Strong, Stay Healthy*)
- ~ Consumption of fruits and vegetables (measured through but not limited to *Walk Kansas*)
- ~ The number of community stakeholders improving the health of their communities via policies, systems, and environmental approaches, such as establishing community coalitions, food policy councils, and other community groups

Long-Term (Change in Condition)

Program participants will:

- Meet physical activity recommendations
- Find and practice a healthy eating style
- Maintain healthy communities via policy, system and environmental approaches

Indicators

- ~ All Kansans meet the *Physical Activity Guidelines for Americans* recommendations
- ~ All Kansans practice a healthy eating style based on *MyPlate* recommendations
- ~ Policies, systems, and environments in Kansas communities support healthy lifestyle behaviors

Public Value

By supporting K-State Research and Extension nutrition, food safety, and health programs, people adopt healthful lifestyle habits, chronic and acute diseases decrease, medical costs decrease, quality of life improves, employees are more productive and miss fewer days of work due to illness. Other community members benefit as well by reducing the public cost of health care and health insurance, and increasing the number of productive and contributing citizens.

Outputs

Provide evidence-based programming on physical activity, well-being/mental health and other health-related topics.

Signature programs:

Stay Strong, Stay Healthy -- This exercise program helps older adults derive benefits from strength training through safe, effective, research-based physical activity.

Walk Kansas -- Walk Kansas is a team-based, 8-week program focused on Physical Activity Guidelines for Americans, which recommend a minimum of 150 minutes of moderate exercise per week OR 75 minutes of vigorous exercise/week, and strengthening exercises at least 2 days per week. Walk Kansas also promotes making better nutrition choices and walking away stress.

Additionally, K-State Research & Extension faculty will participate in training to help build their knowledge, skills and capacity to lead stress management and mental wellness programming. In FY2019, 50% of KSRE FCS agents and specialists will complete training in (but not limited to) "Mental Health First Aid Training" or "Managing Stress in Times of Tight Margins" in preparation for future program delivery across Kansas.