

## *Walk Kansas (Signature)*

### **Situation**

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. According to CDC in 2016, only 28.3% of Kansas adolescents were physically active at least 60 minutes per day on all 7 days of the past week, and only 49.1% of adults achieved the recommendation of at least 150 minutes of moderate-intensity physical activity/week. Also, less than 10% of Kansans eat enough fruits and vegetables (CDC, 2015) and chronic disease, including obesity, is responsible for more than 70% of health care costs.

### **Public Value**

By adopting healthful lifestyle habits, such as those promoted through Walk Kansas, people will experience less chronic and acute illnesses, have lower medical costs, and notice improved quality of life. Also, employees will be more productive and miss fewer days of work due to illness. Other community members would benefit as well by reducing the public cost of health care and health insurance and increasing the number of productive and contributing citizens.

### **Outcomes**

#### **Short-Term (Knowledge)**

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

- Recommendations related to physical activity, healthy eating, 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:

- strategies that improve access to safe, affordable physical activity opportunities
- recommendations related to healthful eating
- risk factors that impact mental health and well-being

#### **Medium-Term (Behavior)**

Program participants will:

- register and participate in Walk Kansas
- participate in physical activities
- practice lifestyle habits that support prevention of chronic disease and/or management of chronic disease

## Indicators

Kansas will increase:

- reported minutes of physical activity , including muscle strengthening activities
- consumption of fruits and vegetables
- practices that support management of chronic disease, stress management

## Long-Term (Change in Condition)

Program participants will:

- regularly meet physical activity guidelines for flexibility, strength and cardiovascular fitness
- find and practice a healthy eating style
- practice lifestyle habits that support management of stress and promote longevity

## Indicators

- All Kansans meet the *Physical Activity Guidelines for Americans* recommendations
- All Kansans practice a healthy eating style based on *MyPlate* recommendations

## Outputs

*Members of Nutrition, Food Safety and Health Program focus team will increase opportunities to provide educational programs to underserved audiences by:*

- 1. Completing training opportunities on understanding, reaching and engaging underserved audiences such as Navigating Differences, Urban Conference, Seeds of Native Health and other Public Health Conferences.*
- 2. Learning technology skills and digital program delivery models to reach audiences that are excluded from in-person programs because of pandemics, work constraints and transportation issues.*
- 3. Assessing communities served on a routine basis to identify high-risk/underserved/minority audiences.*
- 4. Engaging in community partnerships and coalitions with community leaders who have relationships with underserved audiences.*
- 5. Providing programs to underserved audiences where they live, learn, eat, work and play.*

- Provide updates and training on program implementation, management, and reporting
- Maintain or increase number of local units participating annually in Walk Kansas
- Increase number of participants in Walk Kansas
- Promote and market Walk Kansas

*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.

- Evaluation materials will be available for 2022 closer to program implementation; contact program coordinator, Sharolyn Jackson [sharolyn@ksu.edu](mailto:sharolyn@ksu.edu) for details.