

## Needs Identified:

- Mental health resources
- Access to food (community gardens, grocery stores, farmer's markets, etc.)
- Housing
- Technology
- Access to places to get physical activity, such as walking paths
- Elder care
- Essential living skills, especially cooking
- School and worksite wellness
- Job preparation skills
- Addiction prevention
- Diabetes prevention and education
- Training on:
  - Cultural awareness
  - Relationships
  - Grant writing
  - Poverty
  - Mentoring/coaching



## KSRE Culture of Health Definition

(Based on Robert Wood Johnson Foundation Initiative)

- Health flourishes for all
- Health is a social value
- Environment is conducive to health
- Health care doesn't burden the economy
- Health care is available to all
- People make proactive health choices

## Community Grants

- Grants were awarded to 32 local units
- Projects were specific to community needs and addressed the Culture of Health
- Total funding of \$170,000 across the state

## For More Information Contact:

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## Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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# Culture of Health



**Health:**  
One of Kansas'  
Grand Challenges



**K-STATE**  
Research and Extension

# K-State Research and Extension *Community Conversations about Health*

*In March of 2018, K-State Research and Extension convened our staff and their collaborators to discuss local health concerns and needs.*



## **Major Health Concerns:**

### **Physical Health**

- Obesity
- Diabetes
- Cancer
- Heart disease
- Dental health

### **Mental Health**

- Farm stress
- Suicides
- Addictions

### **Access**

- Health care
- Nutritious foods
- Health environments

### **Finances**

- Poverty
- Health insurance and care

### **Cultural and language differences**



## **Who Attended:**

About **250** people attended one of seven sites across Kansas

Many organizations represented:

- Extension (Family and Consumer Sciences, Community Vitality, Agriculture and Natural Resource, and 4-H Youth Development)
- Health Departments
- Local Health Coalition Members
- Extension Board and Program Development Committee Volunteers
- Wide variety of other stakeholders