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Partnership with K-State will help promote a ‘Culture of Health’

It's clear: People's health, longevity and well-being are connected to their communities — the places we live, learn, work, worship and play.

Kansas State University has awarded a grant for \$8,000.00 to support a budding health initiative within the Wildcat Extension District of Crawford, Labette, and Montgomery Counties.

The funds have been directed through the K-State Research and Extension office within Wildcat District as part of a statewide Culture of Health initiative. Paula Peters, the associate director for extension programs, said the university is forming partnerships in communities across the state to encourage greater understanding of the health needs of Kansas citizens.

Everyone deserves to live a long and healthy life in a safe environment. To make that possible, we need to address the causes of poor health and disease risk among individuals and within our communities. The program will facilitate communication and establish partnerships to improve mental, physical, financial, family and environmental health, among many areas.

The grant received from K-State assists in jump starting a regional, **Smooth Ride to Health** initiative! It supports local efforts in raising awareness of community opportunities available to all, and educating on how to successfully implement simple changes in lifestyle to increase physical activity and fruit and vegetable intake.

Smooth Ride to Health work plan starts with a blender bike where you can create and taste healthy recipes on at community events. Dates are already scheduled across the district, starting at the end of April! Be sure to come out to learn about easy, low cost physical activities in your own community and take home some healthy recipes.

In addition to K-State Research and Extension, members from local coalitions are involved in the grant project, including **Live Well Crawford County**, **SHIFT** (Shaping Health, Improving

Fitness Together) **Labette County, Live Healthy Montgomery County, and CHIP**
(Community Health Improvement Plan) **Wilson County.**

More information about the Culture of Health initiative is available online at www.ksre.k-state.edu/fcs/cultureofhealth.html. To learn more or to get involved with the program, contact Tara Solomon-Smith, tsolomon@ksu.edu, or by calling 620-724-8233.

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