



Extension Connection

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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All in for Health for All

We are now at a time when we can no longer expect our children to live a life longer than our own. This fact from the Center for Disease Control and Prevention (CDC), says it all. K-State Research and Extension continues its work in education and joins forces with community efforts in health initiatives to increase the number of Kansans who are healthy at all stages of life!

The fact is no one can do it alone. According to the CDC, genes and health behaviors together account for only about 25 percent of population health. With 75 percent of health outcomes influenced by the social and physical environments as well as health services/medical care, change will take more than just personal perseverance or effort.

Things like access to safe and quality housing, affordable healthy foods, accessible health care, and quality education all fit into the category of “social determinants of health”. The majority of our health outcomes are due to some big-picture issues, and it will require big steps to improve them. This includes, creating a Culture of Health to produce ultimate behavior change and make this behavior easy, accessible, affordable, and safe.

Why move to a *Culture of Health*, where the healthy choice is the easy choice?

The numbers from the annual health rankings and the Robert Wood Johnson Foundation depict a grim outlook, especially in Southeast Kansas.

In Kansas:

- Obesity is 31 percent in all age groups over age 10
- Nearly 20 percent of our children are food insecure
- More than 12 percent of our population is in poverty

Nationally:

- \$3,000,000,000,000 Annual health expenditures
- \$226,000,000,000 Annual loss of productivity because of health issues
- More than 1/3 of U.S. children are overweight or obese

The Principles for a Culture of Health

- Good health flourishes across geographic, demographic, and social sectors
- Being in the best health possible is valued by all in our community
- Individuals and families have the means and the opportunity to make choices that lead to the healthiest lives possible
- Business, government, individuals, and organizations work together to build healthy communities and lifestyles
- No one is left out
- Everyone has access to affordable, quality health care because it is essential to maintain, or reclaim, health
- Health care is efficient and equitable
- The economy is less burdened by excessive and unwarranted health care spending
- Keeping everyone as healthy as possible guides public and private decision-making
- Our community understands that we are all in this together

Join the Effort; You Can Make A Difference

When it comes to health and wellness, all Kansans are stakeholders. There are multiple ways to assist with the effort and it is never too late to start!

- **Crawford County Live Well**, second Wednesdays at noon. Pick your passion and join one of the various tasks force to get involved!
- **Wilson County Community Health Improvement Plan (CHIP)**, meets the third Tuesday of the month, rotating between Fredonia and Neodesha
- **Labette County** initial meeting, June 22, 9-11am, Southeast Area Office, Parsons
- **Live Healthy Montgomery County**, meets monthly, various locations

Contact Wildcat Extension District or your Local Extension Unit to find a health movement near you!

For additional information, visit www.countyhealthrankings.org and www.rwjf.org. Or you may contact us at one of our district locations: Girard, 620-724-8233, Fredonia, 620-378-2167, Altamont, 620-784-5337, Independence, 620-331-2690, Pittsburg, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Our website is www.wildcatdistrict.k-state.edu or follow us on Facebook: Wildcat Extension District.

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