

Healthy Happenings

Groups Unite

The Healthy Reno County Coalition is a group of people working on health initiatives in Reno County to encourage healthy living through promotion of living an active lifestyle, eating healthfully and avoiding tobacco.

After completing the CHANGE Tool (community assessment), the group partnered with the Healthy Eating and Active Living Cooperative, which emerged out of the Hutchinson Community Foundation a few years prior. Members of both groups are optimistic about joining forces and working towards the same goal.



*If knowledge changed behavior,
I'd be thin!*

Kids get a dose of healthy eating

The Reno County Health Department helps facilitate the Community Agricultural Site - Veggie Bucks program to reach families with fresh fruits and vegetables through earth science and locally grown produce. This year, the Veggie Bucks program has assisted in the following:

- Providing locally grown potatoes and corn to over 90 Head Start and Early Head Start families
- Nickerson Elementary Food Revolution Day: students ditched traditional lunch for topping tacos and yogurt with fresh cut fruits & veggies
- Farmer's Market fruit stand at the Health Department during Back to School Immunization Day

3-4-50

3 behaviors:

poor nutrition, inactivity, & tobacco use contribute to...

4 diseases

heart disease, cancer, stroke, type 2 diabetes that account for

50% of all deaths

Free Online Help To Quit Tobacco

For those wanting to quit tobacco use, KDHE offers a free website that gives users a new way to receive support from professional quit coaches.

www.quitnow.net/kansas

Kansas also has a youth-friendly version of the online cessation services:

www.kanquit.org



Number of new web users to the Kansas Tobacco Quitline during April 2012 - June 2012

2



24

Number of new callers to the Kansas Tobacco Quitline during April 2012 - June 2012

Mark Fenton sets Reno County into motion

Health advocates have been encouraging local residents to eat healthier, avoid tobacco and be more active for years, but Mark Fenton brought new life to these messages when he spoke to community leaders this spring.

Fenton came to Hutchinson, with stops in Buhler and Haven, to walk and talk with community leaders about how to make improvements.

Fenton's trip culminated at a Built Environment Summit where he helped local partners spark ideas. A few ideas that have launched as a result of Fenton's visit include:

- Formation of a "Stealth Team" to address the ideas developed during the summit
- Safe Routes To School plans - City of Hutchinson submitted an application for Phase 1 funding
- Reverse Angle Parking demo - July 19th 2012 during Third Thursday event
- Outreach and Education to help continue educating community members about active transportation and healthy living.