

Douglas County Nutrition and Physical Activity (N&PA) Initiative Fact Sheet

What is the Douglas County N&PA Initiative?

A community initiative focused on improving everyday social and physical environments to make it easier for people to get more active and eat healthier.

Who is behind it?

- The Kansas Health Foundation of Wichita is providing seed money over 3 years.
- The Douglas County Community Foundation received the grant, is facilitating community planning, and will eventually disburse some of the KHF grant funds to implement aspects of the community plan.
- A Steering Committee of 16 local agency, business, education and recreation leaders will create a community action plan with input from the public.

What is the main focus?

Creating community-level and organization-level changes that support individuals' efforts to move more and eat healthier.

Why is this important?

It is easier for people to succeed in making permanent lifestyle changes if the places they go and the people they are around support healthy behaviors.

Aren't we already doing this?

Yes, to some extent. Schools are making positive changes. A few employers have started wellness programs. We have markets where people can get locally-grown and locally-made nutritious foods. But we can do more, community-wide.

What is the timetable?

The steering committee is currently drafting a plan of action. In the spring of 2009, community members will have opportunities to comment and offer input before the plan is finalized. We expect to begin making grants to support aspects of the plan later in 2009. Grantmaking and evaluation will continue through mid-2011.

How can I stay informed?

Get on our e-mail list by contacting Marilyn Hull at marilynhull@dccfoundation.org or 843-8727.

Facts on Obesity

According to the U.S. Surgeon General, obesity is the single greatest public health threat to the nation. In fact, poor nutrition and lack of physical activity are the second leading preventable causes of death in the U.S.

While Douglas County is among the leaner communities in Kansas, with 45% of adults being at a healthy weight, the prevalence of overweight and obesity is rising in concert with national rates, putting a large portion of the local population at risk for cardiovascular disease, diabetes, cancer, hypertension and asthma.

About the Funding Partners

The Kansas Health Foundation is a private philanthropy dedicated to improving the health of all Kansans. For more information about the Kansas Health Foundation, visit www.kansashealth.org.

The Douglas County Community Foundation connects the diverse citizens and communities of Douglas County through charitable action. Our mission is to enrich the quality of life in the communities of Douglas County by:

- Building philanthropic resources and relationships
- Providing attractive options for donors to make philanthropic contributions
- Being a catalyst for the betterment of the lives of the citizens of Douglas County

For more information, visit www.dccfoundation.org.

Steering Committee Members

Janice Early-Weas, Lawrence Memorial Hospital

Cindy Johnson, TherapyWorks

Nikki King, Health Care Access Clinic

Susan Krumm, K-State Research and Extension-Douglas County

Janelle Martin, Community Health Improvement Project

Nancy O'Connor, The Community Mercantile

Wayne Osness, KU Emeritus Professor of Health, Sport and Exercise Sciences

Dan Partridge, Lawrence-Douglas County Health Department

Bruce Passman, Lawrence Public Schools

Dan Simons, The World Company

Roger Steinbrock, Lawrence Parks and Recreation

Douglas County Community Foundation

Chip Blaser, Executive Director

Marilyn Hull, Program Officer

Monte Johnson, Board Member

Mike McGrew, Board Member

Vickie Otten, Board Member