



PUBLIC HEALTH CONNECTIONS

March – 2010 Volume 10, Issue 3

Bureau of Local and Rural Health



Roderick L. Bremby, Secretary

Mark Parkinson, Governor

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THANK YOU LEGISLATORS FOR PASSING THE KANSAS INDOOR CLEAN AIR ACT!

The Kansas House on Thurs., Feb. 25, effectively threw up no smoking signs throughout the state. In concurring with a smoking ban approved last year by the Senate, the House set in motion the Kansas Indoor Clean Air Act, which will eliminate smoking in public places and any workplace, from taxicabs to bars. It will require 80 percent of hotel and motel rooms to be smoke-free. The ban was approved 68-54, a decision followed by cheers from the gallery and a swift promise from Gov. Mark Parkinson to sign the legislation. *Excerpt from the Topeka Capital Journal*

PREVENTION OF OSTEOPOROSIS STARTS YOUNG

Jason Eberhart-Phillips, MD

Kansas State Health Officer, Kansas Department of Health and Environment (KDHE)

Chances are the teenagers you know aren't thinking much about the far-off future when they will be middle-aged adults. Their attention is probably focused more on the latest hip-hop music than on the prevention of the hip fractures 30 or 40 years from now.

It's up to parents and other grown-ups to think ahead for them, making sure that young people have the best opportunities for good health all through their adult lives.

That's why so many parents, teachers and health professionals are more concerned than ever about what kids are eating today, and how common deficiencies in their diets might be predisposing them to serious health problems in adulthood.

Obviously, the enormous intake of high-calorie foods that is typical for many teenagers to-



day puts young people at risk of obesity, a set-up for high blood pressure, diabetes, heart disease and cancer as they grow into adults. Obesity in children and teenagers is now widely recognized as one of our nation's most pressing public health problems.

But another serious dietary risk confronting our teens gets far less attention: It's how our kids' diets – particularly the beverages they are drinking – are putting the future health of their bones at risk.

Osteoporosis, a potentially crippling disease characterized by low bone density and increased bone fragility, usually doesn't show up until middle age. But the seeds of this pernicious disease are sown during adolescence, when the skeleton is most active in absorbing dietary calcium and building up nearly all the bone mass that will carry the teenager throughout life.

For lifelong bone health, it is essential for teenagers – particularly girls – to consume enough calcium while they are young to achieve their maximum bone density. Time is of the essence. By the mid-20s the critical window period for calcium absorption starts to close, as a woman's ability to stockpile this mineral in her bones is greatly reduced.

Today only about 14 percent of teenage girls in America are thought to have enough calcium in their diets to avoid osteoporosis by the time they reach menopause in their 50s. Only one girl in seven now consumes enough dairy products and other foods rich in calcium to attain an adequate bone mass that will prevent brittle bones and disabling fractures when they enter the middle and later years of life.

The insufficient consumption of calcium by teens today points directly to a public health crisis by the middle of this century that will shatter millions of lives and cost society billions of dollars for health care. But it's all preventable if we act now.

Calcium intake among teens used to be much higher than it is today. As recently as the late 1970s, teens aged 12 to 19 years reported drinking nearly twice, as much milk as they drank soda. Now the picture is almost reversed, with milk consumption among teens down 40 percent, while soda consumption has doubled.

Soft drinks are problematic not only because they have displaced calcium-rich milk as a source of refreshment. The caffeine that most sodas contain also increases the excretion of calcium in the urine, further reducing the calcium available for bone development.

We can't let the coming osteoporosis crisis happen. It's time now for parents and policy makers alike to find ways to limit excessive soda consumption among teens and encourage increased intake of low-fat milk and other healthy sources of calcium.

Parents can do a lot in the home environment to nudge their teenagers to eat better by restricting sodas and making sure that healthier alternatives are readily available. Another way to increase young people's exposure to healthy foods is to set higher nutritional standards for the foods sold in school vending machines.

The Kansas legislature is currently considering a new statute that would do just that. Senate Bill 499 would require every school district in the state to follow the same "exemplary" guidelines for the sale of so-called "competitive foods" in schools that a minority of Kansas districts now follow voluntarily. These guidelines restrict beverages sold in schools to water, low-fat milk and 100 percent juice.

Parents, educators and health professionals from around the state are rallying around the bill as a first step in assuring not only healthy bone development, but also better oral health, reduced obesity and improved academic performance. They want schools to better practice what they already preach about good nutrition in the Kansas health curriculum.

Most teenagers can't imagine being middle-aged, let alone having brittle bones. But unless we who understand the risks act now to improve their diets, that's the future they can expect.

5TH ANNUAL GOVERNOR'S PUBLIC HEALTH CONFERENCE

submitted by the Conference Committee



The 2010 Governor's Public Health Conference will be April 26 - 28, at the Wichita Airport Hilton. An Orientation session for new staff or those new to the Maternal Child Health Program, will be held on April 26. The general session, "*Promoting Quality of Life for a Healthy Kansas,*" begins on April 27. This year's sessions include information on Healthy People 2020 objectives, Maternal and Child Health five-year needs assessment priorities, Accreditation Standards, community health assessment information, and the collaborative work of multiple public health practitioners and stakeholders.

Please join us as we consider the individual and organizational leadership skills essential to address some of the State's most pressing health issues and opportunities to promote quality of life for families and communities.

To register for the conference go to [KS-TRAIN](#), course #1020726. Click the image above to view the conference brochure.

Click [Exhibitor Registration](#) to download an exhibitor brochure.

To register as an [exhibitor/sponsor](#)

For additional information about this conference, please contact the Wichita State University (WSU) Conference Office at (316) 978-6493 or email jana.woods@wichita.edu.

GOVERNOR'S PUBLIC HEALTH CONFERENCE HOSTING MAPP ORIENTATION

*submitted by Linda Frazier, Workforce Development Coordinator
Bureau of Local and Rural Health (BLRH), KDHE*

Mobilizing for Action through Planning and Partnerships (MAPP) is a community-wide strategic planning process for improving community health and strengthening local public health systems. Facilitated by public health leadership, MAPP provides a framework that helps communities prioritize public health issues; identify resources for addressing them; and develop, implement, and evaluate health improvement plans. The MAPP process can be instrumental in helping local health departments prepare for accreditation.



MAPP program staff from the National Association of County and City Health Officials will present a morning plenary session and two progressive break out sessions on Apr. 27 at the 5th Annual Governor's Public Health Conference to be held April 26 – 28 at the Wichita Airport Hilton. A question and answer session will be held at the end of the day. Session titles include:

- ◆ MAPP: A Community-Based Strategic Approach to Health Improvement
- ◆ MAPP Dialogue: Troubleshooting Common Challenges and Identifying Unique Solutions
- ◆ Don't Start from Scratch: How Capitalizing on Past and Current Efforts will Improve Your Community's MAPP Process
- ◆ Questions and Answers Regarding MAPP

Registration for this year's 5th Annual Governor's Public Health Conference (1020726) is available on [KS-TRAIN](#).

COLORECTAL CANCER AWARENESS MONTH

*submitted by Barbara VanCortlandt, Public Health Educator
Cancer Control and Prevention Program, KDHE*



KDHE is promoting the Second Annual National *Dress in Blue Day* on Fri., Mar. 5, as part of Colon Cancer Awareness Month. Education and screening activities are being conducted in communities statewide throughout Mar. *Dress in Blue Day* is designed to encourage individuals, businesses and community groups to wear blue and talk to each other about the importance of colon cancer screening.

Colorectal cancer can strike at any age, but nine out of ten new cases are in people age 50 or older. Kansans older than 50, or who have a family history of the disease are encouraged to be screened.

Colorectal cancer is unique in the medical world -- it can actually be prevented if detected early, before cancerous polyps have a chance to grow and spread. When found early, the treatment of colorectal cancer can be very effective.

Colorectal cancer is the second leading cancer of Kansans and represents more than 11 percent of all newly diagnosed cancers in the state. From 2002 to 2006, a total of 7,244 Kansans were diagnosed with colorectal cancer and 2,719 died. Nationally, more than 145,000 new cases of colon cancer are diagnosed and more than 55,000 die of the disease each year.

Due to increased screening and early detection, the Kansas colorectal cancer mortality rate from 1999 to 2008 decreased by more than 20 percent. While screening rates are increasing nationwide, studies show screening rates are lower among racial and ethnic minorities compared to whites, and among those without health insurance, with low income, and with less than a high school education.

Screening rates in Kansas also remain significantly lower than national rates. Kansas death data from 2004 to 2008 also shows that compared to whites, African-Americans are disproportionately affected by the disease.

For more information about colorectal cancer, Kansas cancer resources and information, click the blue ribbon above.



KANSAS MISSION OF MERCY FOR IMPROVED ORAL HEALTH

*submitted by Caron Shipley, Bureau of Oral Health; KDHE
Kansas Public Health Association (KPHA), Oral Health Section Chair*



The Kansas Mission of Mercy (KMOM) project organized through the Kansas Dental Charitable Foundation recruits hundreds of volunteers to provide free dental care for one week-end a year in Kansas. This year the Kansas Mission of Mercy will be held Apr. 16-17 in Independence at the Independence Community College-West Campus. This will be the ninth KMOM project and will treat approximately 1,500 patients.

According to Greg Hill, the Executive Director of the Kansas Dental Charitable Foundation, "We are very excited to once again return to southeast Kansas to provide the much needed dental care to this part of the state. We are happy that through the KMOM project we can deliver this kind of dental care to a large number of the population and treat as many patients as possible."

Since its inception in 2003, KMOM has treated over 16,000 patients. Last year the event was held in Manhattan and \$1,014,382 in free dental care was provided to 1,714 patients. A total of 2,898 teeth were extracted and 1,759 teeth were filled.

Registration for volunteer dentists, hygienists, assistants, and other volunteers will be available online beginning March 1. Click the image to the right to register.

Event	Patients Treated	Treatment Value	Venue
Garden City (2003)	1,734	\$554,000.00	Finney County Fair Grounds
Kansas City	2,659	\$758,500.00	Kansas Speedway
Pittsburg	2,161	\$981,500.00	Pittsburg State University
Salina	2,300	\$1,100,000.00	Bicentennial Center
Wichita	1,908	\$1,030,000.00	Kansas Coliseum
Topeka	1,816	\$1,059,881.00	Kansas Expocentre
Garden City (2004)	1,776	\$831,423.00	Finney County Fairgrounds

ALTERNATE CARE SITE SEMINAR

*submitted by Michael McNulty, Operations Director
Bureau for Public Health Preparedness (BPHP), KDHE*



The Kansas Department of Health and Environment would like to invite you to participate in a morning seminar addressing the challenges of community Alternate Care Site (ACS) planning. We encourage partners across all disciplines to participate in this interactive seminar. During this seminar participants will be introduced to the collaborative planning and interagency cooperation necessary for operating an ACS for primary triage and basic patient care during an emergency. Best practices and a community planning toolkit will be presented by

KDHE staff. Instructors will facilitate group discussions to enhance community partnerships for planning ACSs in participant home areas. Topics will include, among others, engaging community partners, facility site selection and staffing, designing medical protocols and clinical pathways, security, and public communication, and exercising of the ACS plan.

Seven seminars will be held and facilitated by BPHP staff.

- Beloit – Apr. 27
- Chanute – Apr. 30
- Garden City – Apr. 14
- Hutchison - Apr. 28
- Kansas City – Apr. 20
- Oakley - Apr. 13
- Topeka – Apr. 23

Please share this information with community preparedness and response partners. To register go to [KS-TRAIN](#), course #1020202. If you have any questions concerning this seminar please contact Michelle Wishon, SNS Coordinator, at mwishon@kdheks.gov or (785) 296-7428.

2010 PUBLIC HEALTH DAY AT THE CAPITOL

*submitted by Diana Rice, KPHA Administrative Section Chair
Edwards County Health Director*



"As Chair of 2010 Public Health Day (PHD) at the Capitol, I am asking all Kansas Public Health Association (KPHA) members to come to Topeka to help kick off National Public Health Week from 9-noon on Thurs., Apr. 1. Let's go for a, "NO FOOL on Fools Day," in support of public health."

If you have any questions about Public Health Day 2010, email Diana Rice at diana@edcohealth.com. Click the KPHA logo above for more information. Please consider this activity as helping to "inform and educate" our elected officials about public health. If you have 165 public health giveaway items, please contact me. We will be delivering the shopping bags from last year's public health conference to each legislator filled with public health educational materials.

This year's theme for National Public Health Week, which will be held Apr. 5-11 is, A Healthy America, ONE COMMUNITY AT A TIME.

EMSC PEDIATRIC SYMPOSIUMS

*submitted by Sarah House, EMSC Program Coordinator
Bureau of Health Promotion, KDHE*



The 2010 Emergency Medical Services for Children (EMSC) Pediatric Symposium is proud to announce that nationally recognized speaker, Scotty Bolleter will be joining in the adventure across the state to deliver best practice pediatric education. Scotty's lectures, delivered in his energetic, "from the heart" speaking style, featuring moving poetry, will inspire you as you learn about pediatric assessment, vascular access, interosseous needles, and pediatric patient packaging.

In addition to Scotty's presentation, we are proud to bring an expert panel of remarkable local Kansas speakers to each location to enhance your pediatric knowledge. A question and answer session will follow the panel's discussion of EMS's involvement with pediatric injury prevention, trauma and family centered care.

Each symposium will begin promptly at 8:00 a.m. Lunch will be provided during the pediatric research forum, followed by the expert panel discussions. The symposium will conclude at 5:00 p.m. Cost is \$25 with registration via [KS-TRAIN](#) #1020665. Locations and dates are:

- Apr. 22 - Wesley Medical Center, Wichita
- Apr. 23 - Olathe Fire Department, Olathe
- Apr. 24 - Hays Medical Center, Hays

EMS and nursing continuing education credits will be awarded. Objectives, instructor bios, and class information will be available upon request to any professional seeking continuing education in another field.

Contact Sarah House at (785) 296-4491 or shouse@kdheks.gov, at least 10 days prior to the desired course to arrange for any necessary accommodations.

KDHE ANNUAL REPORT

*submitted by Kristi Pankratz, Public Information Officer
Office of the Secretary, KDHE*



The mission of the Kansas Department of Health and Environment (KDHE) is to protect the health and environment of all Kansans by promoting responsible choices. This is a mission that KDHE works everyday to fulfill. And, 2009 was no exception. Throughout 2009, KDHE accomplished much and faced challenges, though perhaps none as critical as the 2009 H1N1 influenza virus. "Throughout the year, our focus was on carrying out our mission and I am extremely proud of our agency's work," Roderick Bremby, Secretary of the KDHE, said. The 2009 KDHE Annual Report is available on-line by clicking the image on the left.

KANSAS RECEIVES RECOVERY ACT FUNDING FOR HEALTH INFORMATION EXCHANGE

*submitted by Maggie Thompson, Director of Communication,
Office of the Secretary, KDHE*



In a recent news release, the U.S. Department of Health and Human Services (HHS) announced that it had awarded over \$9 million in Recovery Act funding to the Kansas Health Information Exchange Project to help facilitate health information exchange (HIE) at the state level. The Kansas Department of Health and Environment (KDHE) is the state designee for health information technology and is facilitating the creation of strategic and operational plans for a statewide infrastructure for HIE. The new federal funding will be used to further those efforts.

"This announcement is great news for Kansas as it will bring countless opportunities in terms of creating jobs, advancing technology and reducing our overall health care costs," said Governor Mark Parkinson.

The primary goal of health information exchange is to allow healthcare providers and stakeholders to share data for coordinating patient care and to support public entities in understanding and improving health goals for the entire population. The funding from HHS will help in achieving the national goal of every American having an electronic health record by 2014.

"Through health information exchange Kansans will experience a greater quality of care, delivered more efficiently," Roderick Bremby, Secretary of the Kansas Department of Health and Environment, said. "This funding is a good investment that will positively affect the way health care is provided and will support health care providers as they implement this powerful technology."

To guide the planning and implementation process, KDHE has convened an expanded e-Health Advisory Council, which is a broad base of health care stakeholders representing more than 30 health care organizations that are guiding the planning and implementation process of health information exchange in Kansas. This group is divided into workgroups, which are looking at five areas of the project: governance, technology, business operations, finance and legal.

The next e-Health Advisory Council meeting will be held Mar. 10.

To learn more about statewide HIE planning visit the Kansas Health Information Technology Initiative (Kan-HIT) Website by clicking the image above.

NEW COUNTY HEALTH RANKINGS GIVE FIRST SNAPSHOT OF HEALTH IN EACH STATE

from the Robert Wood Johnson Foundation Website



The County Health Rankings – the first set of reports to rank the overall health of every county in all 50 states—are now available on-line by clicking the image to the left. The 50-state report, released by the University of Wisconsin's Population Health Institute and the Robert Wood Johnson

Foundation, helps public health and community leaders, policy-makers, consumers and others to see how healthy their county is, compare it with others within their state and find ways to improve the health of their community.

Each county is ranked within the state on how healthy people are and how long they live. They also are ranked on key factors that affect health such as: smoking, obesity, binge drinking, access to primary care providers, rates of high school graduation, rates of violent crime, air pollution levels, liquor store density, unemployment rates and number of children living in poverty.

Researchers used five measures to assess the level of overall health or "health outcomes" by county: the rate of people dying before age 75; the percentage of people who reported being in fair or poor health; the number of days people reported being in poor physical health; number of days in poor mental health; and the rate of low-birth weight infants. Researchers then looked at factors that affect people's health within four categories: health behaviors, clinical care, social and economic factors, and physical environment.

Poorly ranked counties often had multiple challenges to overcome, including: two and three fold higher rates of premature death, often from preventable conditions; and high smoking rates that lead to cancer, heart disease, bronchitis and emphysema.

The rankings show that people who live in healthier counties tend to have higher education levels, are more likely to be employed, have access to more health care providers, and have more access to healthier foods, parks and recreational facilities.

The rankings can be used to mobilize communities to improve health disparities. For example, Wyandotte County ranked last in a similar study last year ranking all counties in Kansas on health factors. That study found that Wyandotte, which includes Kansas City, lacks access to stores selling healthy foods, a problem that's exacerbated by poor bus service in the county. Since then, political leaders, local officials, policy analysts and residents have been working together to improve bus routes and create incentives for grocery stores and farmers' markets to set up shop in disadvantaged Kansas City neighborhoods.

SUNFLOWER FOUNDATION GRANT OPPORTUNITIES

On Feb. 3, the Sunflower Foundation announced a statewide grant opportunity through the release of three Requests for Proposals (RFPs), each using a new online proposal application process. These RFPs include:



- Bridge - Funding to provide transitional financial support for new or expanded services for medical, behavioral or dental care.
- Capacity Building - Funding to develop or strengthen an organization's effectiveness, efficiency, quality, safety, impact and sustainability.
- Sunflower Trails - Funding to help increase physical activity by building community-based and school-based walking and multi-use trails.

Proposals for all three RFPs may be submitted through Oct. 28. Potential applicants are strongly encouraged to participate in one of the telephone conference all briefings to learn more about the RFP funding criteria and the new online application process. Funding decisions and announcements will be based on timelines detailed on the Sunflower Foundation's Website. For complete RFP details and application instructions click the image above.

PAPER RECYCLING HINTS

*submitted by Sandy Barnett, State Green Team Coordinator
Bureau of Waste Management, KDHE*



- Every day, U.S. papermakers recycle enough paper to fill a 15 mile long train of boxcars.
- The first paper merchant in America was Benjamin Franklin, who helped to start 18 paper mills in Virginia and surrounding areas.
- During the American Revolution, paper was so hard to find that soldiers ripped pages from books to use them as wadding for their rifles.
- In 2008 the amount of paper recovered for recycling averaged 340 pounds for each man, woman, and child in the United States
- The paper industry has set a 60 percent recovery goal for 2012.
- There are over 500 paper mills in the United States, 75 percent of paper and paperboard mills used some recovered paper and 132 mills used only recovered paper.
- Every ton of paper that is recovered saves 3.3 cubic yards of landfill space.
- In 2008, a record-high 57.4 percent of paper consumed in the U.S. was recovered for recycling.
- Approximately 62 percent of the paper recovered for recycling in the U.S. is used domestically and 35 percent of recovered

Types of Paper to be Recycled

- 🗑️ Cardboard: All types of cardboard including food cartons, except for wax coated boxes or contaminated boxes.
- 🗑️ Mixed Paper: All types of paper, everything you can imagine from magazines, junk mail to packaging.
- 🗑️ Newspapers: The entire newspaper including inserts are acceptable, except for things like plastic, product samples and rubber bands.
- 🗑️ White Paper: Acceptable are clean white sheets from the likes of laser printers and copy machines. *With any type of recycled material, please check with your recycler for the most current method or process.*

Contaminants

- 🗑️ If any of your recycled paper has been contaminated with the following they cannot be recycled, food, metal closures, tapes, glues, adhesives, rubber bands, glass, aluminum, and/or plastic packaging.

Can Paper Continue To Be Recycled?

✍ Each time paper is recycled, the fiber length decreases which impacts its strength. Papermaking fibers can typically be recycled 5-7 times before they become too short to be recycled again.

Resource - PaperRecycles.org has a ready to create poster

NEWS AND UPDATES

Conferences and Meetings

[Meet the Author Web Cast: How Healthy Could a State Be?](#)

Mar. 22, 1:00-2:00 p.m., Dr. David Kindig will discuss how states might expect their mortality rates to be lowered if they obtained the best levels of health determinants observed among all states.

Health Data Tools and Statistics

[National Health Interview Survey \(NHIS\)](#)

The National Health Interview Survey (NHIS) provides data on a broad range of health topics that are collected through personal household interviews.

Health Promotion and Health Education

[CDC Social Media Tools Guidelines & Best Practices](#)

Guidance documents for using social media tools to reach target audiences with strategic, effective and user-centric health interventions.

Environmental Health

[ATSDR: Safeguarding Communities from Chemical Exposures](#)

Report that chronicles the history and actions of the Agency for Toxic Substances and Disease Registry (ATSDR).

News

[Health, United States, 2009 Released](#)

The latest report on the nation's health from the National Center for Health Statistics (NCHS) shows growing medical technology use.

[APHA Public Health Materials Contest—Deadline: Mar. 26](#)

The American Public Health Association (APHA) Public Health Education Health Promotion Section is soliciting health education, promotion and communication materials for the 20th annual competition.

[First Lady Michelle Obama Launches Let's Move: America's Move to Raise a Healthier Generation of Kids](#)

First Lady Michelle Obama announced an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight and unveiled a nationwide campaign – Let's Move – to help achieve it.

[More than 30 Percent of Seniors Are Not Immunized Against Pneumonia in 36 States](#)

A new report from the Trust for America's Health (TFAH), the Infectious Diseases Society of America (IDSA), and the Robert Wood Johnson Foundation (RWJF) found that more than 30 percent of adults ages 65 and older had not been immunized against pneumonia in 36 states as of 2008.

[President Obama Establishes Task Force on Childhood Obesity](#)

President Obama has established a Task Force on Childhood Obesity to develop an interagency action plan to solve the problem of obesity among our Nation's children within a generation.

[Workgroups Develop Draft Competencies in Public Health Preparedness and Response](#)

Subject matter experts have developed draft competencies for the Centers for Disease Control and Prevention (CDC)-funded Public Health Preparedness and Response Competency Development Project.

MARCH 2010 - NUTRITION RESOURCE TOOL KIT

Data:

Nutritional WIC Factors for Children –

www.kdheks.gov/nws-wic/Nutritional_Risk_Factors/Nutritional_Risk_Factors_Child.pdf

Breastfeeding Promotion and Support - www.kdheks.gov/nws-wic/breastfeeding.htm

The Status of Physical Fitness Among Kansas Youth –

www.kshealthykids.org/KSCH_Docs/Status%20of%20Physical%20Fitness%20Among%20Ks%20Youth%20-%20KCSH.pdf

K-Champ - www.kdheks.gov/bhp/kchamp/data.html

Body Mass Index - www.cdc.gov/healthyweight/assessing/bmi/index.html

KIC FastStats: Leading Health Indicators for Healthy Kansans 2010

www.dhe.state.ks.us/kic/Indicators/index.aspx

Programs:

Dietician Resources - www.kdheks.gov/hoc/diet.html

Nutrition and WIC Services - www.kdheks.gov/nws-wic/index.html

Give Me 5 Fruits and Vegetables Everyday - www.kdheks.gov/pdf/hef/bk2055.pdf

Fruits & Veggies—More Matters® - www.fruitsandveggiesmorematters.org/

Kansas Kids Fitness Day - www.kdheks.gov/kkfd/index.html

Child Nutrition and Wellness - www.kn-eat.org/CNW/CNW_Menus/CNW_Nutrition.htm

Healthy Eating for a Healthy Weight –

www.cdc.gov/healthyweight/healthy_eating/index.html

Finding a Balance - www.cdc.gov/CDCtv/FindingBalance/

Your Guide to Kansas Food Sources –

www.agingkansas.org/Publications/Nutrition/Guide_to_KS_Food_Resources.pdf

Family Nutrition Program - www.humec.ksu.edu/fnp/

American Academy of Pediatrics - www.aap.org/healthtopics/nutrition.cfm

Professional Education:

Nutrition and WIC Services Section – Training - www.kansaswic.org/training.htm

KS-TRAIN at <http://ks.train.org>

- Healthy Smiles for Children with Special Needs (1015072)
- 5th Annual Governor's Public Health Conference (1020726)
- Community Health Worker Diabetes Support Training (1004398)
- Social Marketing for Nutrition and Physical Activity (1015285)
- Healthy Children, Healthy Communities: A Learning Series on Childhood Obesity (1017342)

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