

## **Kansas State of Wellness - Manhattan**

Then City of Manhattan established a strong foundation for worksite wellness and a health advisory committee that has changed the culture and impacted the bottom line of the worksite.

Manhattan, Kansas

Ginny Barnard (K-State Research and Extension)

“What we are trying to do here is create an environment where the healthy choice is the easy choice.”

“Piece of cake, right?”

Ginny Barnard (K-State Research and Extension)

“Not so easy. It really is changing all of our mindsets, changing our habits, changing the way we’ve been doing things.

Kiel Mangus (Assistant City Manager-Manhattan, Kansas)

“Wellness is hard work. It takes a lot of minds getting together and figuring out what people want, because wellness means different things to different people.”

Ginny Barnard (K-State Research and Extension)

“How do we get people to sort of understand that this is not a Band-Aid fix. We can’t just come in and give them the program that will make all their employees better. This is an adaptive challenge that we are working on here. This is more than offering healthy snacks. And it’s more than taking out the candy bowl. That really it’s changing that cultural environment, there is no manual for it.”

Kiel Mangus (Assistant City Manager-Manhattan, Kansas)

“I think the biggest thing that it has created is “Buy-In”. “Buy-In” from the employees that we care about wellness and we can effect change in wellness by our wellness committee and by choosing these options. The small things day to day: riding your bike, walking during your breaks, playing tennis at lunch.”

Ginny Barnard (K-State Research and Extension)

“The foods they are supplying in their vending machines. Do employees have access to physical activity during their day? Are they stuck at their desk all day long?”

Kiel Mangus (Assistant City Manager-Manhattan, Kansas)

“We want to be an example to this community of living a healthy lifestyle.

Ginny Barnard (K-State Research and Extension)

“This is never going to have an end, this is a life-long challenge that we are working on and there is always going to be new adaptive challenges that come up that we see right now cuz we don’t have that crystal ball. It’s about building that support, that foundation. And it makes the challenges seem smaller.