

## **Kansas State of Wellness – Hodgeman County**

As a result of Community Health Improvement Planning, Hodgeman County leaders established GROW Hodgeman County, a health and economic development advisory council.

Jetmore, Kansas

Lea Ann Seiler (Economic Development Director-Hodgeman County)

“GROW stands for Growing Rural Opportunity Works. And the bottom line is just a program designed to make our community healthier. It’s all about growing things. Growing food, growing plants, and things like that. It’s also about growing people, growing community, growing capacity.”

Deb McKivergan (City Clerk-City of Jetmore)

“It started with a community health assessment test. And it made a lot of us realize that a lot of the things we needed to have, were in our community but we weren’t utilizing them. And not everybody knew that we had them.”

Lea Ann Seiler (Economic Development Director-Hodgeman County)

“I think we are very lucky to have the place that we do and the infrastructure that we do. That we’re able to get out and exercise when we want. It’s not a safety issue. Like a swimming pool you can send your kids on their bikes to or walk to. A good place to play.”

Deb McKivergan (City Clerk-City of Jetmore)

“We have bike trails. We have kayaking out at the lake. We have a golf course that promotes walking. We have our community garden.

Lea Ann Seiler (Economic Development Director-Hodgeman County)

“In Hanston, we have the business and culinary incubator.”

“Really, we already look like a pretty healthy place. We just need to do a better job of communicating that, both internally and externally.”

“When you’re healthy and your community is financially stable, and economically vibrant things happen. Good things happen and things continue to happen and it just snow balls. Things just keep getting better and better.”

Hodgeman County, Kansas