

Healthy Lifestyles Forum

Health Care Foundation of Greater Kansas City

Active Living KC

City of Kansas City, MO





***ALKC* encourages healthy lifestyles by putting regular physical activity back into our daily routines and encouraging healthy eating.**



ALKC First Year Pilot Project

Promote Bicycling and Walking

- Safer Routes KC
 - Walking School Bus
 - Bike/Walk Clubs
 - Passport to Health
 - Safety Street
- Neighborhood Workshops

Encourage Healthy Eating

- Nutrition education (LINC)
- Access to healthy food mapping
- Health and wellness workshops
- Ensure healthy food options in schools

Review Existing Policies

- Active Living review of Development Code
- Review school wellness policies



Promote Walking and Biking

Safer Routes KC



- Launched with International Walk to School Day
- Walking Wednesdays at Ingels Elementary
- Installed a bike rack at the school



CHALLENGES

- Recruiting students and parent volunteers
- Coordinating parent volunteers with student walkers
- Lack of sidewalks, marked crosswalks



SUCCESSES

- Worked with an active parent volunteer
- Supportive administrative staff
- Students wanted to walk

Encourage Healthy Eating

- Student nutrition education
- Partner with LINC
- Meetings with School District Staff & Administrators
- Explore food access in neighborhood workshops
- Safety Street Nutrition Module
- Passport to Health: promote eating fruits and veggies

CHALLENGES

- Patchwork of community partners
- Wellness policy implementation
- Parental engagement

SUCCESSSES

- Engaged students
- Strong Wellness Policy language
- Encouraged to eat fruits and vegetables



Review Existing Policies



- Development code review
- Task force to update local APWA bicycle facility design guidance
- Formal review of school district wellness policy
- Creation of review tool for school district transportation policies



CHALLENGES

- Sometimes policy and policy implementation are different
- Identifying the proper channels to create policy change



SUCCESSSES

- Identified quality tool for wellness policy review (WellSAT) and presented the results to the Board of Education
- Were able to join forces with a “green” review of the development code and receive support and expertise from their committee

Active Living KC Year 2

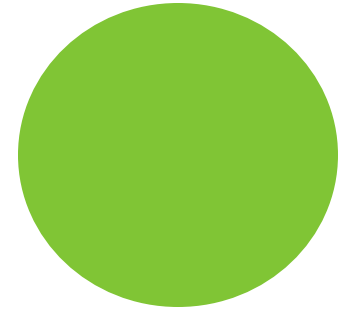
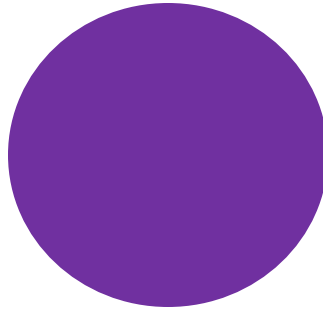
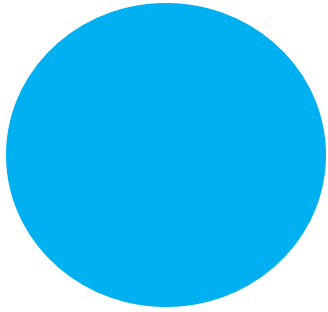
Community Programs

- Safer Routes
- Project Strength
- Student Health Advisory Committee
- Social Marketing

Policy Implementation

- Healthy Development Checklist
- Updates to Bike KC plan
- Health Impact Assessment
- Community Asset Mapping





Questions?

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