



# UG-Hollywood Casino Grant Fund

## 2013 Applications

This document contains all 43 applications received in 2013 as part of the Unified Government – Hollywood Casino Grant Fund to increase healthy eating and active living among residents of Wyandotte County, Kansas.

## Table of Applications

Archdiocese of Kansas City .....	4
Argentine Neighborhood Development Association .....	7
Associated Youth Services, Inc. ....	10
Bethel Neighborhood Center .....	13
Bike Share KC .....	16
Caritas Clinics (Duchesne Clinic).....	19
Catholic Charities of Northeast Kansas .....	21
Children's Mercy Hospital and Clinics .....	24
CHCW, Inc. ....	26
Communities Creating Opportunity.....	28
Connecting for Good.....	30
Cross-Lines Cooperative Council, Inc. ....	32
Donnelly College .....	34
El Centro, Inc .....	37
Episcopal Community Services, Inc. ....	40
Freewheels for Kids, Inc. ....	43
Friends of Yates Branch, Inc. ....	46
Girls on the Run Serving Greater Kansas City .....	48
Hartwig Legacy Foundation .....	50
Harvesters .....	53
Heartland Habitat for Humanity .....	56
Higher Dimensions, Inc. ....	58
Hillcrest Ministries of Wyandotte County, Inc. ....	60
Kansas City Community Gardens, Inc.....	62
Kansas Legal Services, Inc. ....	65
Kansas University Endowment Association .....	67
Local Initiatives Support Corporation.....	70
Love Outreach International Ministries, Inc. ....	73
Metropolitan Leadership Institute Foundation, Incorporated .....	76
Metropolitan Lutheran Ministry.....	79
Mo Kan 20-20 Vision, Inc. ....	82
National Multiple Sclerosis Society.....	85
Nutra-Ed Incorporated .....	87
Oak Ridge Youth Development Corporation.....	89
Quindaro Gardens Institute .....	92
Resurrection Catholic School at the Cathedral .....	94
Revolve .....	96
Rosedale Development Association, Inc. ....	98

	3
Sharing Community in Rosedale, Inc. ....	101
Shepherds Center of Kansas City Kansas, Inc. ....	104
The Family Conservancy .....	106
University of Kansas Center for Research, Inc. ....	109
YMCA of Greater Kansas City .....	112

**ARCHDIOCESE OF KANSAS CITY**  
*Mighty Cyclone Wellness Initiative*

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Mighty Cyclone Wellness Initiative  
\$20,000

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## **PROJECT/PROGRAM DESCRIPTION**

Bishop Ward High School is addressing the problem of obesity and the onset of preventable diseases in the youth population in Kansas City, Kansas.

The Mighty Cyclone Initiative is a well-rounded approach to healthy living. Utilizing 3 Phases, currently Phase I and Phase 2 are occurring in the areas of exercise equipment and improved lunch/ nutrition service.

The purpose of this request is to help fund Phase 3 which includes curriculum upgrades (combining technology with physical activity). Not every student is an athlete, we must respond to students with different levels of athleticism and cultural norms. The proposed curriculum encourages movement & exercise in engaging ways--encouraging athletes and non-athletes to get moving. Curriculum upgrades are a pressing need.

## **FUND ALIGNMENT**

Goal: Improve Wyandotte County's food environment so that all residents can and want to eat healthy food. (Make nutritious food more available.) We are well established in this area and continue to move forward. We have overhauled our food offerings. (See phase 2 in the "Past Results" section of the grant.) In addition to the food changes, we have no more soda machines. Students meals are not pre-portioned for them--as they go through the line they learn to take an appropriate serving size. Seasonal fresh fruit and vegetables are served daily. These small daily changes help to change habits with our youth!

Specifically, with regard to this grant request, our goal is now to implement two recommendations put forth in the Healthy Communities Wyandotte report. One, integrate health and well-being into education. Two, explore the use of virtual classrooms via Google fiber.

The details: We will "promote and integrate health literacy into educational curriculum across content areas". The purchase of the requested curriculum is the linchpin of the plan. It will be administered by the Physical Education Department, and then dispersed to all faculty in mini-sessions during classroom time (as it can be utilized through our existing SmartBoard technology). The bottom line is that it gets kids moving throughout the day--not just in P.E. Class. It also incorporates health and nutrition into the classroom.

When one looks at the overall impact of these things working together, a student is bombarded throughout the day with wellness information for making lifelong good habits.

## **RESULTS**

Each opportunity that Bishop Ward offers is distinct and unique in content, but the common thread is that it all incorporates learning and development of 21st Century Skills: Information and Communication Skills; Thinking and Problem-Solving Skills; and Interpersonal and Self-Directional Skills. The framework is based on these findings: students need to know more than core subjects; they need to know how to use their knowledge and skills--by thinking

critically, applying knowledge to new situations, analyzing information, comprehending new ideas, communicating, collaborating, solving problems, and making decisions.

The Common Core Standards: Curriculum must provide skills to succeed in college and careers. (The Healthy Communities Wyandotte report notes the link between education and health stating the "differences between the more than the less educated are significant...") We provide curriculum that:

1. Is aligned with college and work expectations;
2. Includes rigorous content and application of knowledge through high-order skills;
3. Builds upon strengths of current state standards;
4. Informed by top-performing countries, so that all students are prepared to succeed in our global economy and society; and, evidence and/or research-based.

Our Physical Education Department follows Common Core Standards and collaborates across classrooms. We are following the lead of First Lady Michelle Obama who encourages "children and adults to build healthy habits by committing to regular physical activity five days a week, for six weeks." The First Lady referenced our selected curriculum (HOPSports) as a curative solution to childhood obesity in her address before the National Governors Association meeting, February 20, 2010.

## RESULTS VERFICATION

Outcome: Provide the physical benefits of exercise to 350 students every day. (70% of which are a minority, 50% are low-income).

Measure: With regard to physical benefits, we will measure increases in student's BMI, flexibility, cardio endurance and muscle strength. This will be measured by standard tests that are approved by the National Association for Sport and Physical Education (NASPE) guidelines.

Measure: Successful implementation of the Hopsports curriculum. 100% full inclusion of all students.

Outcome: Understanding that students today readily and easily respond to technology, to utilize technology in our curriculum across all classrooms in Bishop Ward High school.

Measure: We will communicate with all students daily about health, wellness and/or nutrition. This includes the services of a Registered Dietician as a guest speaker twice during the school year.

Measure: Increase student's knowledge by utilizing curriculum, SmartBoard and iPad technology including

- Recognition of food labels (how to read)
- Muscle groups (what they do)

Outcome: Increase in lifestyle changes implemented by students over the course of the school year.

Measure: LIKERT scale indicating an increase in positive attitude by 90% of students.

## PAST RESULTS

In the past four years, we have overhauled our health initiative. The 'past results' (listed below) show a major investment in the healthy living model we have embraced at Bishop Ward High School. We began by getting rid of all soda machines, the rest is listed below!

Phase 1 (Status--complete in 2009): Capital renovation of student wellness center, including weight and cardiovascular equipment totaling \$118,000. More students now work out in an environment which is for young women and men of all fitness levels.

Phase 2 (Status--complete in 2011) More than \$100,000 invested to upgrade the kitchen. Healthy, fresh food is now prepared on site. For example, every day,

- Food is made from scratch
- No trans fats or processed foods
- Whole grain
- Low sugar

- Antibiotic and hormone free
- Delicious
- No fryers are used (for example, our french fries are made from scratch and baked)
- 40% of purchases are from family farms in a 200 mile radius
- No soda; we serve water, fresh juice, fruit smoothies, and milk

We are not settling for (for example) foods such as french fries that are fried off-site, frozen, and then brought to Bishop Ward High School's kitchen and "baked" in the oven (heated up). What we provide is fresh, healthy options for our students that taste good. We will not only meet the standards for the state of Kansas, we will EXCEED them. The minimum standard is simply not what we are aiming for.

## **SUSTAINABILITY**

Bishop Ward High School has shown over the past three years that we are committed to changing the norm for healthy eating and nutrition in our school. We used to have vending machines, soda pop machines and lunch options such as hamburgers, pizza and fries every day. Those days are long gone. The food we serve every day is outstanding and we encourage you to come visit for lunch!

We have renovated our wellness center, kitchen prep area and lunch serving area to make it more functional and inviting for students. These changes were made through a grant from the Greater Kansas City Health Care Foundation. Alumni stepped up with gifts. Many companies stepped forward with gifts in kind. Examples include Straub Construction which helped us every step of the way in the renovation process; Mr. Ron Labinski (founder of HOK Architecture) with an architectural plan for the kitchen and common eating area. We have successfully implemented the Kansas State Department of Education Free and Reduced Lunch program as one constant stream of revenue.

Funding for our new curriculum will benefit 350 students in year one. It is updated yearly (free of charge) so an initial investment in the curriculum will ensure that it is utilized year after year. We have interviewed schools with similar curriculum, we are learning was to utilize it for special events at Bishop Ward--such as parent night and the annual science fair. The potential to reach those in Wyandotte County is big.

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Argentine Healthy Food Initiative  
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## **PROJECT/PROGRAM DESCRIPTION**

Argentine Neighborhood Development Association (ANDA) has led a community-directed, collaborative effort to address the community-defined most pressing problem -- lack of access to healthy, affordable food. Using a community-based participatory research approach, partners from the University of Kansas Medical Center's department of family medicine research division supported a grassroots engagement of neighborhoods to address the food desert through bringing a grocer.

The opening of a grocery store presents a transformative opportunity to engage the community and leverage their growing interest in adopting healthy options through a novel public/private partnership. This project is to strengthen local leadership and increase nutrition literacy to make healthy eating choices a standard for residents. The goals of the project are to support the development of a Community Health Food Council that will 1) be a bridge between residents and the new store 2) maintain the community's input on store operations, 3) provide feedback on food quality and overall services and 4) serve as a venue for nutrition education and outreach that is beneficial to the new store and to residents. A second goal is to introduce community education and community-designed opportunities that increase nutrition literacy through in-store programming, school-based programming and through other community events.

## **FUND ALIGNMENT**

This project is perfectly aligned with the Board of Commissioner's Strategic plan for Wyandotte County addressing the strategic plan goals focused on economic development, social service supports, and healthy communities. Combining both commercial redevelopment, and local community leadership around increased nutritional literacy and education, this project will provide significant supports to help residents set, commit to and reach goals that improve their overall health

Like many long-standing neighborhoods, residents of Argentine are experiencing a food desert effect due to the lack of an accessible grocery store with healthy nutritional choices. These circumstances significantly affect the health, quality of life, and economic well-being of Argentine's residents. It is a fact that lower-income persons, often located in the urban core, experience a disparate burden of the chronic diseases linked to poor nutrition, such as cancer, cardiovascular disease, obesity, and diabetes. Increased access to healthy foods and nutrition education will make a significant impact in the general health of Argentine residents. This will be the first grocery store in the area that is easily reached by local residents, paired with the newly convened community council and extensive in-store nutrition education, there will be an immediate increase in the community's access to healthy food and nutritional programming. A long term outcome of the project will be improved health of local residents, particularly those residents dealing with medical conditions that can be closely linked to poor nutrition like diabetes, obesity and many heart conditions. This is a long term problem that needs long term solutions.

## **RESULTS**

The adage "no decision about me without me" is the fundamental model for this project. Argentine residents will be involved in the success of their new business partner as consumers, but will also be integral partners who help to

direct store healthy lifestyle programming, and influence the store's selection of community-preferred food and beverage items. The broad goal is to develop a mutually beneficial community partnership with the new grocery store that promotes community health. A community-based participatory model (Wallerstein NB, Duran B. Using Community-Based Participatory Research to Address Health Disparities. *Health Promotion Practice*. July 1, 2006;7(3):312-323) will ensure that residents direct solutions to address their food desert problem, and that a community decision making process and community control of the project activities will be used to achieve the following aims.

The first aim will be the establishment of an Argentine Community Healthy Food Council. The Council will act as a bridge between residents and the new store, maintain the community's input on store operation, provide feedback on food quality, food selection and overall services. Once the Council is established, the second aim is to use the new store as a venue for nutrition education and outreach. The third aim of the project will be to explore, in partnership with the Council and Save-A-Lot management, novel ways to use technology to gather information such as specific food preferences of the community, food quality assessment by patrons, overall service satisfaction and other types of information that will be mutually beneficial.

## **RESULTS VERFICATION**

The overall goal for this project will be to use the opening of a new grocery store to galvanize local enthusiasm and advocacy, increase nutrition literacy and strengthen as well as sustain local leadership in making healthy food choices a standard for residents. This project will achieve three sets of outcomes affecting both local residents and community partners.

Immediate Outcomes will include: Residents satisfaction with in-store programs (measured by grocery store kiosk survey and interviews); Residents indicate improved access to healthy food (comparing with baseline of food desert access); Store management indicate satisfaction with programs (measured by interviews with store management); and Willingness of school staff to discuss collaboration with ANDA team for ongoing education opportunities (measured by scheduled meetings and interviews).

Intermediate Outcomes will include: Residents/shoppers indicate improved awareness of targeted nutritional information (e.g., fiber, sugar, nutrient density, measured through surveys); Residents indicate an improvement in selecting healthy options and modifying recipes (measured through store kiosk survey and interviews); Creation of a school partnership to bring program elements into school activities (measured by curriculum creation and interview) ; Creation of ways to share resources with food pantries, faith settings, other community organizations and ANDA team and existing community partners (measured by number of partners secured and attending meetings).

Long Term Outcomes will include: Sustainable community resource (Council) created (measured by meeting attendance, topics reviewed, and community surveys); Residents/shoppers indicate continued ongoing use of in-store nutrition education (measured by store kiosk survey and interviews); Residents indicate improved health through decrease in overweight, obesity, CVD, diabetes, etc (measured by store kiosk survey, interviews and community health reports); Ongoing use of KU health students to support community healthy eating goals in store (measured by interviews and survey with store management and program student interviews); Program serves as model to reach other communities with healthy lifestyle improvement goals (measured by communication and partnership with other communities sharing of model data/methods).

## **PAST RESULTS**

While the initial success of ANDA has been in revitalization and building affordable homes, the organization emphasizes its goal is "building neighborhood." The organization's desire to encourage healthy lifestyles aligns with its mission. A 2008 survey conducted in Argentine found that community members wanted a grocery store. In addition, the survey showed that the top two health conditions residents reported were associated in part with poor diet - high cholesterol and diabetes. In 2009, ANDA developed the "Argentine Healthy Foods Access Initiative." The project had the following aims:

- i. Establish the specific food needs of the community by conducting a door-to-door Community Foods Assessment Survey,

- ii. Engage residents in community-wide conversations intended to solicit ideas and identify community strengths and weaknesses to improving access to healthy, culturally appropriate foods,
- iii. Engage the services of experts in urban food desert/access issues to work with all stakeholders to suggest options and identify, understand, and address strengths and potential challenges,
- iv. Synthesize key ideas and strategies into a business plan for the community to use as part of their overall strategy to improve access to healthy foods.

ANDA formed partnerships with 13 Argentine neighborhood associations, KUMC and The Food Trust to achieve these goals. The community engagement and food assessment activities culminated in the development of a business plan that ANDA used to secure funds to bring a grocery store to Argentine, raising support from both the private and public sector. The new Save a Lot store will begin construction in March.

## **SUSTAINABILITY**

There is no greater aspiration for this project than sustainability to aid in the diffusion and adoption of healthy lifestyles in the community. This project is designed specifically to achieve sustainability. Because addressing the food desert in Argentine depends greatly on the success of an initial business partner, Save A Lot, it is vital that an effective partnership is established from "Day One". From other work conducted by ANDA on community revitalization, it is clear that when the community views a local resource as "their own", they value, use and protect it. For example, when community leaders and ANDA erected a new "Welcome to Argentine" sign -- one that many predicted would be defaced by graffiti -- they engaged the very same youth many thought would commit such an act to assist in designing and erecting the sign. The result is that the sign has never been vandalized. The plan for sustainability shares this premise -- when the community has "ownership" and values programming because they are a part of the process, the program takes on its own vitality and durability.

ANDA has requested funding support from the Health Care Foundation of Greater Kansas City and anticipates a response in early spring. In addition, if the project is not fully funded by this proposal, H&R Block Foundation, R.A. Long Foundation and several other foundations will be solicited for support. Generous in-kind donations from KUMC and other partners have already been pledged to the project.

**ASSOCIATED YOUTH SERVICES, INC.**  
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Healthy, Fit and Informed Dottes  
\$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

Healthy, Fit and Informed Dottes (HFI Dottes) is a program that draws from Associated Youth Services experience and knowledge providing health services to Wyandotte Counties' youth for over 14 years. This is a 2 component effort that focuses on multiple health behaviors including three interwoven issues; physical activity, nutrition choices, use of alcohol, tobacco and other drugs and other lifestyle choices.

The first component is the expansion of SPORT for Health and Fitness this is a program to increase healthy behaviors involving youth in personal goal setting to improve multiple health habits, positive self-identity, and physical activity.

The second component is an expansion of AYS' successful Youth Health Days which provides health screenings and interactive health information to students in all of the KCK School District's Middle and Senior High Schools. The expansion will allow for increased case management time to inform parents of potential health issues identified through health screenings that are outside of normal parameters and then provide referrals and follow up to community providers.

## **FUND ALIGNMENT**

Healthy, Fit and Informed Dottes aligns with the Board of Commissioners' Strategic plan on several levels.

Healthy Community/Recreation: Our project seeks to increase healthy behaviors through involving youth in personal goal setting to improve multiple health habits, positive self-identity, and physical activity. The youth in our community are among the most vulnerable and at risk citizens. Health behaviors that contribute to the leading cause of illness, injury, and early death are often established during adolescence, are interrelated, share common determinants, and are preventable. HFI Dottes seeks to encourage healthy lifestyle choices: physical fitness, nutrition, sleep habits, and avoidance of alcohol, tobacco and drug use.

At the end of the grant year AYS will host a family fun event for participants which will include a nutritious foods cook-off, physical activities including a fun run/walk (dependent on the weather) and recognition of goal achievements. With this event our goal is to heighten community awareness of the need for physical activity, healthy eating choices, and avoiding risky behaviors.

Social Services: Through grant funds we will be able to do medical case management with the youth who are identified as needing referral and follow-up to community health providers. We will put a special emphasis on getting youth to dentist, and/or orthodontist, as oral health care has been identified as a huge unmet need for many Wyandotte County youth.

Education/Workforce Development: A side benefit of having nursing student help with screenings is that the student get a glimpse of health careers.

## RESULTS

In order to protect the fidelity of the SPORT component of the program, we will use the same evaluation tools that were used in the SAMSHA review of this model. We will use a pre/post test with to look for attitude changes and actual behavior changes.

This evaluation approach underwent scrutiny from SAMASHA as SPORT's developer sought designation as an Evidenced Based Best Practice Program. An initial study evaluated with 465 8th grade students (Werch,et al,2005) showed that middle school youth given a 10-minute scripted talk significantly reduced initiation of alcohol use; reduced alcohol problems ; increased moderate physical activity, and increased vigorous exercise three months after the intervention.

Additionally, we will be reporting our SPORT results to Chudley Werch, PhD., the designer of the model to help continue to document the efficacy of the model with various populations

Through a 2009 grant AYS received from the Health Care Foundation of Greater Kansas City, we were able to work with the Resource Development Institute (RDI) to assist us in developing an evaluation for our "Hip Hop for Health Fairs," the predecessor of our Youth Health Days. We have put a greater emphasis on the health and dental screening at the Youth Health Days. However we have continued to use the format of the post reflective survey developed by RDI that is administered to participants immediately following each event to measure the increased awareness and knowledge of fitness and nutrition. and its impact on overall health.

## RESULTS VERIFICATION

AYS' Senior Vice-President will provide program oversight. She will report quarterly on progress and challenges to the AYS Board of Directors. For the SPORT component of the program, we will use the same evaluation tools that were used in the SAMSHA review of this model. We will use a pre/post test to document attitude and behavior changes. Each youth will complete a personal goal sheet that will be reviewed with parents and the fitness trainer. During the 12 week period the fitness coach will document progress towards fitness goals for each participant. Written case notations by staff will document periodic telephone calls to follow-up on continued child and parent discussions and goal attainment. At the end of the 12 week session, parents will be asked to complete a post reflective survey that documents changes they have observed in their child. Youth participants will complete a post test.

1. 80% of students will increase levels of physical activity as documented by Goal Plan tracking sheets.
2. 90% of students will reduce/avoid drinking alcohol, smoking cigarettes or marijuana as documented by self report.
3. 90% of students will increase the number of healthy/nutritious foods they consume for snacks as documented by Goal Plan tracking sheets.
4. 80% of students will eat a healthy breakfast as documented by Goal Plan Tracking Sheet.
5. 75% of students will increase the number of hours of sleep per night as documented by Goal Plan Tracking Sheet.

We will be reporting our SPORT results to Chud Werch, PhD., the designer of the model to help continue to document the efficacy of the model with various populations

Youth Health Days Outcomes will be tracked through an exit questionnaire and copies of the health screening forms.

- A. 80 % of students will increase knowledge about healthy lifestyle choices.
- B. 75% of students will receive information about their blood pressure, oral health and body mass index.

- C. 75% of parents and students will receive case management contacts to inform and refer to community providers for issues needing intervention documented through written case notations and an Excel spreadsheet.

## **PAST RESULTS**

Over the past three years Youth Health Days have provided 12,080 students with information promoting fitness, healthy lifestyles and health screening.

In 2011-2012 3,322 students received health screening. As a result of those screenings 69 students were referred for orthodontia evaluations; 57 were referred for urgent dental care; and 60 letters or phone calls were made to alert parents of screening concerns. Abnormal blood pressures were found in 138 students. Our protocol is to do a recheck after about 15 minutes. Upon recheck 68 of those students pressures were normal. The others were referred to the school nurse for a recheck on another day to confirm a need to alert the parent. Data for the 2012-2013 school years has not been analyzed yet.

As of February 1, 2013 174 youth have become participated in SPORT. All youth who attended the initial presentation meetings of Project Sport were administered a pre-test to see how they felt about certain lifestyle issues such as smoking, consuming alcohol, getting enough sleep, eating nutritious foods, and avoiding excessive salt and sugar in their diets. We found that our student's attitudes towards making healthy decisions about lifestyle choices increased after 12 weeks in the program. We found the largest increase in attitudes towards the avoidance of drinking alcohol and cigarettes. One hundred percent (100%) of the students on the post test felt alcohol and smoking were hazardous to their health. Attitudes toward marijuana and eating healthy were the third and fourth ranked areas of change.

## **SUSTAINABILITY**

It is our hope that the skills and knowledge participants learn will be retained and have an impact on their lives long after they have completed the project.

Associated Youth Services has a 41 year history of obtaining financial support for our programming efforts. Through AYS' Strategic Plan, the AYS Board of Directors has affirmed their support for the Community Health Program. Since we have already purchased most of the materials for the SPORT Program that expense is eliminated from the overall cost. The one-time purchase of program materials gives us the right to reproduce materials eliminating that expense in subsequent years. Health screening equipment such as blood pressure monitor, scales and BMI trackers should last for a number of years, so that is another expense that is eliminated in subsequent years. AYS staff will continue to research private and public foundations as potential funding sources.

This year we were able to obtain a grant through the Junior League of Kansas and Missouri. Their grant allowed us to order Youth Health Day logo bags for the students to place their healthy lifestyle handouts. League members also donated time to help design interactive displays used at the events. We are half way through a Wyandotte Health Foundation grant that has allowed us to provide SPORT to Northwest Middle School students. We also have a grant pending with the Health Care Foundation which will allow us to add a gardening component to the project to increase access to fresh vegetables.

**BETHEL NEIGHBORHOOD CENTER**  
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Youth Fit 4 Life  
\$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

The Bethel 'Youth Fit 4 Life Project' will address two pressing needs among the students we serve at Bethel Neighborhood Center: healthy eating and active living.

The purpose of this project is to educate and motivate our youth to avoid diabetes and obesity. In addition to learning the importance of eating healthy foods and doing physical activities, students will put their new knowledge into action.

## **FUND ALIGNMENT**

The 'Youth Fit 4 Life' Project aligns with the Board of Commissioners Strategic Plan of social services and healthy communities and the Healthy Communities Wyandotte report.

The project will improve the health of the participating students and the quality of their lives as they learn about and adopt healthy eating and active living. As students learn and adopt healthier practices, they will take these improvements home to parents, siblings and extended family members.

Because we are promoting nutrition and physical activity, the project aligns with the Nutrition Team emphasis of Healthy Communities Wyandotte.

We pride ourselves on being part of our clients' experiences as immigrants with roots in other countries who are now transplanted and growing in Wyandotte County. We share our clients' Hispanic, Bhutanese and Burmese languages, cultures, family systems, and histories. We focus on their needs with respect for them as individuals, families, and new Americans.

## **RESULTS**

The "Results Verification" section lists five measurable outcomes, of which two involve knowledge and three involve actions. All five will be measured by standard, well established methods:

1. Knowledge of nutrition: pre-test and post-test.
2. Food pyramid and healthy food preparation: post-test and hands-on practice.
3. Eating more fruits and vegetables: self-report and tracking foods distributed to families.
4. Sixty minutes of recreation each day at Bethel: program records.
5. Bike Club: repairing bikes, distributing them, then self-report of time spent riding.

We at Bethel have been doing similar healthy living programs for years. These methods of teaching new knowledge and documenting better habits are appropriate for a one-year program, in our experience. Our staff members know how to collect and interpret such data.

One eventual result cannot be measured during a one-year grant but we still hope it will happen in the long term. Our students' parents were not raised eating unhealthy, mass-produced, fast foods. We hope to encourage families to reconnect with their food heritage of a healthy, traditional diet in their new American environment.

## **RESULTS VERIFICATION**

'Youth Fit 4 Life' will involve learning, cooking, preparing and eating healthy food/snacks; bike clubs; physical activities; and celebrations of the students' achievements. The measurable outcomes are:

1. Students will know healthy and unhealthy foods/snacks: 90% of our students will be able to differentiate between healthy and unhealthy food/snacks and will be able to tell their impacts on our bodies, measured by pretests and post-tests at the beginning and end of our summer youth enrichment program and also in our after school program in fall 2013 and spring 2014.
2. Students will know healthy and unhealthy foods/snacks: 90% of our students will know the food pyramid and will be able to prepare at least five healthy snacks/food from the recipes Bethel Neighborhood Center will provide.
3. Students will consume more fruits and vegetables: 90% of our students will self-report that they eat more fruits and vegetables and asked their parents to buy them more often. In addition, we will keep records of how many fruits and vegetables are served to students at Bethel and also how many bags of groceries are handed out to our community from the First Baptist Church of Stilwell's weekly food donation and fresh produce we pick up weekly from the Harvesters.
4. Students will do more physical activities and exercise: We will keep a log of the recreation time at Bethel and make sure that the students are involved in one hour of physical activities each time they come to the program.
5. Students will do more physical activities and exercise: Bike Club participants will ride their bikes more to school, to Bethel and in their neighborhoods. The measure will be self-report by students. To help them reach this outcome while remaining safe, 95% of Bike Club participants will repair two bikes (one for themselves to take home and the other one for younger kids at Bethel) and be able to complete the safety classes.

## **PAST RESULTS**

Bethel Neighborhood Center has a long history of success in working with the community in Wyandotte County. Although Bethel never changed its mission of offering a renewed sense of hope to the community, it has modified its programs and services to meet the pressing needs as they evolve in the community. Even after 100 years, Bethel has been very successful in running after school and summer programs, senior programs, refugee assistance, and a food pantry. We have been achieving our goals year after year.

93% of our students went to school ready to learn because of the homework help they received from the Bethel staff and volunteers. Many parents thanked our staff members for the improvements they saw in their children.

95% of our students reported improvement in their reading and ability to grasp the stories they read.

97% of our students showed improvement in their behavior because of the social skills we've been teaching.

90% of our students reported eating more fruits and healthy foods/snacks, and are more active because of one of our programs called 'Healthy Community' led by our Bethel nurse and staff members.

90% of our students use non-violent communication skills as observed by Bethel staff members. Nonviolent communication has been a part of our curriculum year after year.

## **SUSTAINABILITY**

Although the 'Youth Fit 4 Life Project' will be a new addition, it fits well within our existing after school and summer programs and our 'Healthy Community' program. In spite of the decrease in the amount of funding we received in recent years, Bethel Neighborhood Center has been able to keep all its programs and services. This is due to the commitment of the Board and staff members with financial support from American Baptist Churches of the Central Region, American Baptist Women and Men Ministries, American Baptist Home Mission Societies, churches, and private donors and the grants we receive from United Way of Wyandotte County, Wyandotte Health Foundation, and Latino Health for All.

Our funding sources for this project will come from the American Baptist Churches of the Central Region (\$80,510 committed), Mid-American Baptist Women (\$5,000 committed), American Baptist Women Ministries (\$25,500 outstanding), American Baptist Home Mission Societies (\$20,500 outstanding), and individual donors (\$27,500 outstanding).

Bethel Board of Directors and staff members are committed to improving the health and quality of life among low income families and their children in Kansas City, Kansas. Having seen the great need to work with the Bethel neighborhood community and meeting their needs for over 100 years, Bethel demonstrates commitment and knowledge in working with our community. We are committed to sustaining this project and our other programs and services by finding additional resources and more volunteers as needs arise.

**BIKE SHARE KC**  
*Bicycle Lesson and Safety Training (BLAST)*

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<http://bikewalkkc.org>

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Bicycle Lesson and Safety Training (BLAST)  
\$49,310

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## **PROJECT/PROGRAM DESCRIPTION**

BikeWalkKC is built on a strong foundation of successful programs. They focus on the following items 1) Educating the public with classes and clinics, 2) Encouraging more walking and bicycling with various events, and 3) Advocating for more facilities and better laws, policies, and plans.

Their key educational programming is Bicycle Lesson and Safety Training (BLAST), an outdoor mobile classroom that travels to Kansas City schools and encourages 4th-8th graders to bike safely, engage in physical activity and learn valuable traffic skills. The BLAST core concepts are to instill confidence, safety and skill in young bicyclists through 3 hours of fun, active learning and real-life traffic scenarios. The BLAST program focuses primarily on bringing safety training and physical activity to underserved communities.

## **FUND ALIGNMENT**

**Multimodal Transportation-** BLAST encourages increased bicycling among students as an alternative to the family automobile. The program provides a set of safety skills, instills riding confidence, and serves as a catalyst for bicycle culture.

**Healthy Community/Recreation-** The BLAST program aims to improve lifestyles of the youth population by instilling a desire for active living through biking. This idea not only corresponds to the Strategic Plan, but also to Healthy Communities Wyandotte's recommendations for a better future.

**Environment-** Bicycling is the "greenest" form of transportation and BLAST promotes bicycling as an alternative way to get to work, school and activities. The program aims to make a positive impression on our youth and to establish a bike culture that is aware of the environmental effects of biking.

**Education/Workforce Development-** BLAST, itself is a safety and skills education program that works directly with the school district. BikeWalkKC and BLAST also collaborate with FreeWheels for Kids which provides a learning environment to enhance mechanical skills. This maximizes KCK's educational resources, enhances direct marketable skills and provides lifelong empowerment of KCK youth to access school and jobs.

**Public Safety-** Most bicyclists are unaware of the laws and conventions that govern cycling on public byways and lack formal training in safe riding skills. Most young bicyclists lack the confidence and skills to ride with traffic. Through BLAST's traffic skill lessons, students learn the basic elements of how to be a safe bicyclist and how traffic laws are tied to public safety.

## **RESULTS**

The BLAST curriculum is nationally recognized as an effective tool to increase rates of bicycling to school as well as increase overall knowledge of bicycle traffic skills. The National Safe Routes to School Partnership has endorsed the BLAST curriculum and the program has been piloted in the KC region to much success. Our partnership with

Children's Mercy is taking the research one-step further and performing a rigorous evaluation of the program as it is piloted at Frank Rushton Elementary School of KCKPS.

The program includes continuous evaluation and feedback about student skill levels as an integral part of the teaching methodology and design. So the program provides very strong evaluation of the effectiveness of the teaching strategies employed to teach students the bicycle safety skills that are part of the course.

## **RESULTS VERIFICATION**

Short-term Outcomes:

- To increase bicycling knowledge and skill level among students participating
- To increase enthusiasm and interest surrounding bicycling as a form of transportation and active living

Long-term Outcomes:

- To increase bicycle trips to and from school among the target group
- To use BLAST results as a primer for further advancement of bicycle education on a statewide basis

Long-term Impacts:

- Reduction in rates of obesity
- Increase in bicycling for transportation among all age groups
- Reduction in serious bicycle crash rates

Measuring short-term outcomes will come in several forms. For hard data, students will receive a quiz testing their knowledge on bicycling safety before taking the class. Then the students will take the same quiz after the class to determine how much their basic bicycling knowledge improved following instruction.

Student travel tallies will compare rates of biking to school before and after the program to measure the program's ability to encourage biking.

Finally, every student will be asked to return a parent survey that collects a significant amount of transportation mode data and create a profile of each school's transportation habits. The survey also collects parent attitudes and concerns toward different transportation choices and what barriers exist that prevent biking and walking to school. The same questionnaire will be provided at the conclusion of the program to determine what, if any, modal shift has occurred and to determine if any change in parent perception of biking and walking has occurred.

Long term outcomes and impacts will be measured through a variety of public health indicators, census data and general observations of the community's uptake of bicycling for recreation, sport or transportation.

## **PAST RESULTS**

Before 2011, Kansas City was one of the largest US metro areas without a dedicated, professional bicycle and pedestrian organization. Recognizing that the KC Region lags behind other cities in regards to alternative transportation, local advocates and community leaders spent a year studying the needs of the community and models of bike/ped organizations in other cities. Because Kansas City is so car-dependent, disease rates like obesity, heart disease and Type II Diabetes are high. BikeWalkKC was launched in March 2011 to remedy these problems by bringing about metro-wide transformative change.

Thanks to the efforts and successes of BikeWalkKC, its supporters and grant funded programming, the culture in Kansas City is shifting from car-dependent to bike and pedestrian friendly. An ongoing, public education program supports a monthly menu of classes that reached over 1,000 underserved children and hundreds of adults in 2011 and 2012. The BLAST program has already taken place within targeted school districts to much success. The Car-Free Challenge recruited thousands of people to leave their cars for walking and biking; participants of the program logged over 100,000 miles of car-free trips in 2012.

Not only has BikeWalkKC forged relationships with school districts and other related community organizations, but the staff also has a high level of training and relevant real-world experience with bicycling and education. Additionally, BikeWalkKC staff has accumulated thousands of hours developing curriculum, delivering high quality programs and effectively teaching the Kansas City youth valuable skills.

## **SUSTAINABILITY**

We aim to examine all possible avenues to create a truly self-sustaining financial model for BLAST as part of this proposal. Money from the Unified Government's Hollywood Casino grant fund will allow us to further improve the program and prove its efficacy. Our goal is to take the lessons learned from our pilots in KCMO and Wyandotte County and make a case for future investment in the program adding more schools, communities and grade levels extending throughout the region.

The ultimate financial model will likely include a variety of funding streams such as other grant funds, fees-for-service, corporate sponsorship, general budget, public transportation funding or fine-based funding mechanisms. Preliminary research of similar bike safety education programs has found that a highly effective funding option is paying for bike and pedestrian safety education with a portion of traffic violation fines.

Also, over half of the program budget is comprised of equipment expenses: two bike fleets, trailer, bike racks and other one-time expenses. All of these materials are up-front investments that will serve multiple uses, years beyond the Unified Government grant funded program.

Lastly, BLAST serves as a catalyst for other bicycle programs in the schools we visit. A long term impact of the program is to impart the knowledge and curriculum to PE teachers so they can continue teaching their kids bicycle safety and traffic skills.

**CARITAS CLINICS (DUCHESNE CLINIC)**  
*Supporting Better Choices for People with Diabetes*

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Supporting Better Choices for People with Diabetes  
 \$47,600

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## **PROJECT/PROGRAM DESCRIPTION**

Duchesne Clinic will provide qualified, culturally competent bilingual diabetes education in the clinic setting three half-days per week. This multi-dimensional program will include an R.N. providing one-on-one, onsite education, coordinated with patients' provider appointments. In addition, twice per month, diet and exercise education will occur in a group class setting; once a month in English and once a month in Spanish. To reinforce lessons learned in class, successful participants will receive fresh fruits and vegetables and other healthy groceries, as well as oral and foot care supplies provided by one of several local church groups.

## **FUND ALIGNMENT**

Knowledge is power, especially when it is culturally relevant and delivered in a supportive, accessible environment.

This project advances the Board of Commissioners' Strategic Plan by providing a culturally sensitive approach to good nutrition and exercise and linking practical education with available community resources.

Diabetes education gives patients real-world tools to keep diabetes in check and improve their health. With all the fad diets and exercise gimmicks that are heavily marketed, it is easy for patients to lose sight of or misunderstand the practical, evidence-based nutrition and exercise information recommended by the American Diabetes Association. Diabetes education helps patients learn about nutrition and food preparation to make healthier choices every day. Diabetes education helps patients understand the benefit of exercise and how to incorporate safe, fun, accessible exercise in their daily lives.

By focusing on diet, exercise, medication management and how to make real-world healthier choices, culturally competent, qualified bilingual diabetes education will provide crucial tools for a low-income, under-resourced, diverse patient population. Through this project, Duchesne Clinic will help patients access safe, accessible exercise programs, including one for people with chronic disease offered by Bethel Neighborhood Center.

## **RESULTS**

As recommended by the American Diabetes Association, diabetes education is a clinical best practice. Pub Med literature reviews indicate several factors improve outcomes of diabetes education: accessibility, quality, and a multi-dimensional approach.

Duchesne Clinic will address accessibility by providing on-site, culturally-competent, care-coordinated education. Doctor's appointments for diabetic patients will be scheduled in coordination with access to a diabetes educator so that the patient can immediately receive one-on-one education and support. Education will be provided in the patient's primary language, with attention to culture, poverty and resource levels, utilizing both a bilingual R.N. diabetes educator as well as a Spanish-speaking diabetes support worker.

Duchesne Clinic will address quality by contracting with an experienced, highly-regarded R.N. who is currently in the process of becoming a Certified Diabetes Educator. We believe she will be the only bilingual CDE in Kansas City,

Kansas. This project will provide enough hours within one year for her to complete her certification. This speaks not only to the quality of services provided through this project, but also builds a tangible resource for the entire KCK safety-net community.

Duchesne Clinic will provide multi-dimensional services, utilizing one-on-one education and group classes integrated in a clinic setting within a framework of diagnosis, treatment and care coordination, with incentives for successful completion that respect the sparse resources of the patient population.

Pub Med literature reviews indicate that in addition to blood sugar control, diabetes education is proven to improve hypertension and increase effectiveness of smoking cessation among participants.

## **RESULTS VERIFICATION**

Duchesne Clinic measures improvement in patient health for diabetics through three measures: blood sugar control over time (A1C), blood pressure and "bad" (LDL) cholesterol. While a simple finger stick can measure current blood sugar levels, the A1C measure shows how well the patient controls their blood sugar over a three-month period. Because of increased risk of heart attack and stroke among patients with diabetes, Duchesne Clinic also measures all diabetic patients' blood pressure and LDL cholesterol, and provides education and treatment to help prevent or minimize the risk of heart attack and stroke.

Through our quality assurance program, Duchesne Clinic currently analyzes these measures quarterly through a representative sampling of aggregate patient data.

Duchesne Clinic has started to implement an electronic medical records system. By the third quarter of this year, Duchesne Clinic will begin collecting and analyzing patient data through this system, and should have 6-month preliminary data by June 2014.

## **PAST RESULTS**

Duchesne Clinic provides a broad range of preventive care and chronic disease management including diagnosis, treatment, care coordination and medication assistance to improve patient health.

We measure how well we improve patient health through a quarterly random sampling of aggregate patient data, looking at blood sugar, pressure and cholesterol levels. In 2012, Duchesne Clinic saw significant patient health improvements. In fourth quarter 2012, diabetic patients saw an 11% improvement in A1C levels over fourth quarter 2011, moving from 57% of patients having well-control blood sugar levels to 68%. Overall, 90% of patients maintained healthy blood pressure levels from 2011 to 2012. Patients improved cholesterol levels, moving from 68% to 84% of patients achieving an LDL level of less than 130.

In this project, Duchesne Clinic will continue these improvements by expanding our scope of work to include multi-dimensional, culturally competent accessible diabetes education.

## **SUSTAINABILITY**

Through this pilot project, Duchesne Clinic will demonstrate that we can "move the dial" on patient health through qualified diabetes education. We expect that the results of this project will allow us to successfully pursue funding for on-site diabetes education in the future.

Globally, this project addresses a larger sustainability issue by creating a new resource for KCK-area safety-net clinics; a fully-certified bilingual diabetes educator.

Other sources of funding for diabetes diagnosis, treatment and support at Duchesne Clinic have been confirmed, including the Health Care Foundation of Greater Kansas City, REACH Health Foundation, Wyandotte Health Foundation and the Kansas Department of Health and Environment.

**CATHOLIC CHARITIES OF NORTHEAST KANSAS**  
*New Roots for Refugees Program*

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New Roots for Refugees Program  
 \$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

Catholic Charities and Cultivate Kansas City will continue to partner on New Roots for Refugees, a program increasing food production and access among vulnerable refugees and community residents. The partnership has developed 25 vegetable farm businesses and four Community Gardens that alter Wyandotte County's physical and food landscape.

## **FUND ALIGNMENT**

New Roots for Refugees improves Wyandotte County's food environment, making produce accessible and affordable. The initiative increases access, connectedness to food sources, and supplies ethnically appropriate produce. As community energy coalesces around Community Gardens and markets, growing produce and healthy eating once again become the community norm.

A barrier to a culturally-sensitive lifestyle campaign focusing on good nutrition is availability of culturally appropriate produce. New Roots farmers and gardeners grow the vegetables that feel like home to them--providing food security to entire populations. Through this initiative, refugee groups have access to specialized produce otherwise unavailable, supporting nutrition and mitigating pressure to consume fast-food perceived as "American."

The initiative dramatically increases access to foods through 135 unique access points. New Roots farmers set up 21 farmers market stalls in Wyandotte County, providing access points where members of the community find affordable, diversified produce. Four distinct community gardens alter urban landscape and produce 111 access points through each family that cultivates. There are two additional access points for needy Wyandotte County residents through the agency's Emergency Assistance program and in-community distributions via the Resource Bus.

The initiative makes nutritious food affordable. Community gardeners benefit from support and contributed inputs (land, infrastructure, education) that ultimately supplies them the ability to grow their own food. Beneficiaries of the Emergency Assistance Program receive free produce, while the income of New Roots farmers is increased through this example of program integration; farmers' participation in the Beans&Greens SNAP/SFMNP program also makes the produce affordable for consumers.

## **RESULTS**

The approach is partnership and collaboration between Catholic Charities, Cultivate Kansas City, refugee communities served, and entities that make urban core farmers' markets successful. Cultivate Kansas City lends agricultural expertise to bi-weekly field walks, workshops, and ongoing training/consultation. Catholic Charities works individually with participants, tracking sales number and helping them target specific markets with appropriate produce. Community organizations involved with farmers' markets support the initiative's success through making markets accessible and produce affordable.

Programmatically, the approach is to equip farmers with skills, knowledge and resources to become successful farmers, ultimately supporting their families through earned income and cost-savings of incorporating produce into

diets. Impressive sales numbers for New Roots farmers--topping over \$200,000 last season--and impactful cost-savings for Community Gardeners serve as evidence of the success.

The program is nationally recognized as one of the strongest farm business incubation programs amongst a growing number of programs working with refugees and at-risk populations. New Roots leadership have been asked to share the model at multiple levels with organizations across the country, presenting twice at the national Refugee Agricultural Partnership Program and hosting a USDA-sponsored Regional Conference. This desire to replicate is an evidence-based statement of the program's success.

The agency's Emergency Assistance program is a known leader in meeting residents' most basic survival needs through an evidenced-back strengths-based case management. Its fiscal efficacy and community impact are so great that corporate partner Atmos Energy provided the program with a mobile Resource Bus to extend its impact to homebound individuals.

## **RESULTS VERIFICATION**

The primary result achieved by this initiative is increased access to healthy foods via Community Gardens, sales at farmers' markets, distribution via the Emergency Assistance Center/mobile Resource Bus to homebound elderly. The initiative culminates in 135 unique access points that would not exist without the program. Access points translate into additional servings of fresh produce on the plates of residents of food deserts, including under-sourced refugees, farmers' markets customers, clients of the Emergency Assistance Program and home-bound elderly that reside at Sunrise Towers. The efforts total to a combined 9.6 acres of farmable land that per acre yield an average output of 12,000 pounds of produce. Cumulatively this equates to an output of 115,200 pounds of ethnically appropriate, in-community, accessible produce. At a recommended daily consumption of 1.5 pounds of vegetables/adult, the initiative yields 76,800 daily servings of produce to at-risk individuals with limited access.

Partner organizations go to great lengths to assure that output is maximized. At all sites, weekly field walks occur where agricultural experts provide guidance on and assure that productivity is as high as possible. Staff have daily and/or weekly contact with farmers to answer questions, help them access supplies, demonstrate production methods, and view progress.

For New Roots farmers, the program tracks attendance throughout the 32-week entrepreneurial training and production skill courses. Staff tracks pre-and post-test scores on vocabulary necessary for production and interaction at farmers' markets. Each farmer sets production and sales goals by which program staff measure and verify program success. Measuring sales regularly, staff determines if farmers are acquiring and increasing skills. These measurements help determine if the program is on course and allow opportunities to provide individualized training and technical assistance. Annually, Catholic Charities and Cultivate KC engage each participant in a 360-degree-evaluation to review continued participation.

Emergency Assistance clients who benefit from produce distributed via the Wyandotte County Center and the mobile Resource Bus will be entered into the Mid America Assistance Coalition's database, MAACLink. As fresh produce is not currently available via these access points, every individual receiving produce will be benefiting from a new point of access.

## **PAST RESULTS**

The partnership yields results. In five years, \$70,388 of produce purchased with SNAP benefits, an estimated 30,000 pounds, has been provided to Wyandotte County food desert residents. The program has produced 25 entrepreneurial farmers, including seven that successfully "graduated" from the program onto independent Wyandotte County farms. These sites, some on land acquired from the Land Bank, were purchased through proceeds from market sales and provide a multitude of benefits to the county in taxation and re-development. Each subsequent year, additional farmers graduate, acquire farm sites in Wyandotte County and farm independently. The seed for change is sowed again as new farmers enter the program, filling their spots.

In a tangible way, the results speak for themselves. A total of 9.6 acres dedicated to growing produce in-community. Some 134,400 pounds of vegetables are harvested and consumed. The physical landscape is changed from empty, weedy lots to productive gardens and farms. Community members witnessing, eating, being inspired to become gardeners themselves.

There is a ripple effect. Members of the refugee community observed the success experienced by New Roots farmers and requested assistance from the partnering organizations in harnessing their share of this benefit through Community Gardens. This speaks to the community benefit of the program and the expertise of the partnering organizations.

The agency has a record of accomplishment of meeting food insecurity needs of Wyandotte Countians. Last fiscal year, 13,776 (duplicated) individuals benefited from food assistance provided via the Wyandotte County Center, up 77% from Fiscal Year 2010.

## **SUSTAINABILITY**

The New Roots Program receives financial support from a variety of sources, including a grant from the U.S. Department of Agriculture, Master Craftsman Foundation, State Street Foundation, Kansas Health Foundation, Port Authority/Isle of Capris and Amerigroup Foundation. The Emergency Assistance Program counts on financial support from leaders included Hall Family Foundation, William T. Kemper Fund, and Atmos Energy and has pending proposals with the Walmart State Giving Program, the Kansas Health Foundation, and Bank of America.

Cultivate Kansas City brings further financial sustainability through grants from the United Way of Wyandotte County Shumaker Family Foundation, Oppenstein Brothers Foundation, Farm Aid, Presbyterian Hunger Program, Health Care Foundation of Greater Kansas City, Wyandotte County Board of Public Utilities, and USDA North Central SARE.

The partnership yields both programmatic and financial strength. Each partner builds strategic relationships with different community entities based on their areas of interest. Entities support the program through financial gifts, volunteer support, and donated resources. This multiplicity guarantees sustainability.

There is widespread community support with many supporters giving individually. Further, the program receives financial support from Catholic Charities in the form of a share of undesignated funds received by the organization. The organization is also continuing to seek grant funding from other sources for this program and anticipates submitting proposals throughout the year. The program is highly sustainable and replicable. Program leadership have worked with other non-profits across the country who wish to incorporate entrepreneurial training and farming business incubation into their programs.

## **CHILDREN'S MERCY HOSPITAL AND CLINICS**

*1-2-3-4-5 Fitastic*

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1-2-3-4-5 Fitastic  
\$50,000

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### **PROJECT/PROGRAM DESCRIPTION**

The 1-2-3-4-5 Fitastic program is a five-session course designed to increase the proportion of children at a healthy weight, already followed by Children's Mercy West, through a group education program. The program will focus on: 1) increase physical activity to one hour a day, 2) decrease screen time to 2 hours per day, 3) consume 3 servings per day of low fat dairy, 4) increase water intake, and 5) increase fruit and vegetable intake. The targeted participant group includes pediatric patients with a BMI >85 percentile and their families.

### **FUND ALIGNMENT**

1-2-3-4-5 Fitastic aligns with the Board of Commissioners Strategic Plan and Healthy Communities Wyandotte by using a culturally sensitive supportive means of communication. The nutrition education, practical tips on meal planning, food vouchers and other tools offered by the program work together to show families that they can eat healthy. The supportive group environment and program incentives encourage patients and their families to want to eat healthy. Many families believe that eating healthy is just too expensive, too time consuming and too difficult. With the help of the program, families learn new ways to prepare quick easy and affordable healthy meals; plus, they learn to use resources already at hand (such as food stamps and vouchers provided by the program) to purchase fresh fruit and vegetables at the local farmers market. Trips to the market become fun family outings that help make eating healthy a colorful, pleasing and attractive experience.

### **RESULTS**

Guidelines that serve as a foundation for our provision of care services related to weight management are the AAP endorsed Expert Committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity. Our main goal is to educate families about the risks of obesity related illnesses and provide them with tools they can use to implement and maintain healthy lifestyle changes that will result in proper weight management. All patients over two years of age are screened for an elevated body mass index at every visit. Early education and prevention efforts are delivered during well child visits through Anticipatory Guidance and age specific handouts related to proper nutrition and physical activity. A Weight Management Clinical practice Guideline was developed by Children's Mercy to assist in the implementation of these guidelines and is accessible through the internet website of Children's Mercy - SCOPE.

### **RESULTS VERIFICATION**

As a result of participation in this program:

- 80% of the patients in the program will have a reduction in their BMI.

Participants will experience the following:

- Change in number of sweet drinks per day or week.
- Change in number of meals per week eaten as a family.
- Change in number of meals per week eaten at home.
- Change in number of servings of fruits/vegetables per day.

- Change in number of minutes watching a screen (TV or computer)
- Change in quality index of breakfast.

Methods for outcomes measurement:

- Attendance at group classes will be monitored.
- Healthy Habits assessment is done at each clinic visit for every child who has a BMI of 85% or above.
- BMI/Growth Chart - Patients will have a BMI documented electronically in their medical records at each follow-up visit.

## **PAST RESULTS**

In March of 2012, Children's Mercy West was contacted by the National Committee for Quality Assurance (NCQA) and told they received Level III PPC-PCMH recognition, CMW is the only PPC-PCMH in the state of Kansas dedicated to pediatric patients. By earning this designation, West has proven a commitment to promoting partnerships between patients and their personal clinicians, and demonstrates patient-centered care.

## **SUSTAINABILITY**

Children's Mercy West has received generous support from the Wyandotte Health Foundation since 2001. Children's Mercy has put in place staff to work closely together to look for other sources of funding to fulfill its mission of improving health of area children in Wyandotte County through increased medical care access, quality of care and community outreach efforts. The resource development staff person assigned to West, as well as Major Gift officers of the department work to identify individual, private and corporate donors from Wyandotte County. While these efforts are being made, Children's Mercy Hospital continues to support the clinic because of the critical role they play in their community. For over 35 years, the doctors of Children's Mercy West have been providing pediatric care to Wyandotte County. Their commitment to the children of the area and the goal of serving the underserved secure their safety-net status and preserve their place within the Children's Mercy system.

**CHCW, Inc.**  
*My Healthy Neighborhood*

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My Healthy Neighborhood  
\$44,350

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## **PROJECT/PROGRAM DESCRIPTION**

My Healthy Neighborhood is a program based on the Healthy Communities Wyandotte Initiative to improve the awareness and wellness of a diverse population in the urban core of Kansas City, KS. This program will 1) form a team to coordinate efforts of wellness and healthy eating education, 2) implementation of proven walking programs and establishment of a series of safe walking trails around schools and parks, 3) enhancement of community gardens, 4) improvements to park recreational facilities and introduction of drinking water into the park, 5) creation of a website and promotional materials all to engage students at ME Pearson, McKinley and Resurrection Elementary Schools, Ward High School, Donnelly College, Kansas State School of the Blind and residents in St. Peter, Waterway and Riverview Neighborhoods.

## **FUND ALIGNMENT**

Community Housing of Wyandotte County believes that the My Healthy Neighborhood program is the next logical step for CHWC's commitment to the people that they serve. Providing new housing, replacing old infrastructure and helping new immigrants and economically at risk populations acquire a home is the first step in addressing the health issues that affect our community. To capitalize on these investments and bring sustainability to these neighborhoods and longevity to the people that live there we must improve their level of health by promoting healthily eating through the intake of more fruits and vegetables, consumption of less sugar and red meats, and a daily increase of activity through recreation, walking, biking, running or other means of exercise. This health awareness, a commitment to activity in outdoor spaces with friends and family, in safe and low risk environments can have an accumulative affect on not only ones physical health but also on their mental well being.

## **RESULTS**

CHWC has been working with Communities in Schools and M.E. Pearson Elementary School to develop a pilot program to run this summer based on programming that they are currently using. The program provides healthy eating education, fitness evaluation (with Children's Mercy Hospital) recreational sports and walking program tracking and walking sessions with manual pedometers. There is also a Kids kitchen to teach young kids how to cook prepare healthy foods and an adult program as well. We will be testing the walking program and tracking activity with pedometers.

We will also be organizing teams of walkers from the community grouped by their current activity status. We would like to form teams from individuals that currently walk in Waterway Park and those that do not walk at all. Each group will have a weigh in prior to starting the program and once every 4 weeks until completion of the program after week 12. Each team member will be given a manual pedometer and will be required to give there daily totals to the project coordinator twice a week. Team leaders will be given a wrist pedometer for helping organize and motivate their team. We would like to form teams from individuals that currently walk in Waterway Park and those that do not walk at all. The beginners 12 week program, developed by the National Heart, Lung and Blood Institute.

## **RESULTS VERIFICATION**

Some of the outcomes will be visually measurable by seeing more people walking, playing soccer or volleyball, exercising or just being outside in general. Developing more gardens and involving more young children in garden clubs at schools. Planting fruit trees and berry bushes throughout the neighborhoods will increase the amount of fresh fruit available to residents over the next few years. We want to see a more fit population in general at the park and on playgrounds but these are improvements that we may not see over night. Some may take years to have the full impact. Some however can be more easily accessed by establishing teams of walkers that that keep track of their activities, blood pressure reading, blood sugar levels, health clubs at schools that record calorie intake or weight loss.

The goal is to include as many people as possible through promotional materials, website interaction, spot surveys at the park and on line and clinics or demonstrations. By working with the schools we will develop pilot groups aimed at given populations for different levels of activity. Even though walking is the primary activity we will be tracking we do think we can use various models for beginners, intermediates, and experienced based on time and distance. That said, our primary focus will be those that are not now physically active. We believe a combination of education, encouragement, goal setting and recording of achievement with pedometers can help participants and CHWC develop a better picture of what works and what doesn't work.

## **PAST RESULTS**

Stability and sustainability. CHWC has provided quality housing at an affordable price. We have strengthened infrastructure in these neighborhoods, removed blight. We have helped create safer environments, stabilized property values and invested in parks. Help organize neighborhoods to set Quality of Life goals and worked to achieve them. We have engaged our youth through the arts and technology, mentored them, provided youth employment programs, challenged them to take a leadership role in their neighborhood to develop programs that address social problems. Challenged them to work hard, to volunteer and help others. To not dwell on the past but to look forward and towards what's next.

We don't take lightly the responsibility of the human investment of these neighborhoods and this community. We are determined to provide an environment that people want to live in, raise a family in and that our young people want to come back to after they go to college, join the service or learn a trade. They are what is next for Wyandotte County, they are our treasure and the healthier they are the more capable they will be to lead the next generation and that is sustainability.

## **SUSTAINABILITY**

CHWC believes that addressing the issue of Health and Wellness at all levels of our neighborhoods with walking programs that incorporate pedometers to track data of achievement, providing information on healthy eating at school and at the home, providing recreational opportunities in a local park, supporting and enhancing gardening activities, suppling fruit trees and berry bushes to residents and and helping to supply water for gardening and drinking can have a profound and long range effect on these neighborhoods for years to come.

An intense one year program will be very helpful in increasing the overall awareness and being able to track data about pilot groups and walk teams can not only serve as motivation to participates but can also provide valuable information about what works and what doesn't work allowing CHWC to tighten programing and concentrate on those areas that are most effective.

CHWC will continue to partner with the UG to make improvement to infrastructure and affordable housing. We will also continue our relationship with LISC of Greater Kansas City which has been a key partner in the revitalization of these neighborhoods and Waterway Park investment. We will also continue to build partnerships with the BPU/UG to ensure that drinking water is available to urban parks. Our relationship with NeighborWorks America is growing and we believe they will continue to increase their funding to CHWC as we further commit to projects like this that enhance existing programs and improve upon the Quality of Life of this community.

**COMMUNITIES CREATING OPPORTUNITY**  
*Wyandotte Health Access and Equity: Strengthening the Safety Net*

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Wyandotte Health Access and Equity: Strengthening the Safety Net  
 \$40,000

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## **PROJECT/PROGRAM DESCRIPTION**

CCO, in partnership with the University of Kansas Schools of Medicine and Nursing, will engage medically-underserved County residents and front-line medical staff to understand real and perceived barriers to accessing healthcare, including reasons for lack of follow-through in post-discharge clinical visits.

This engagement has a dual purpose: CCO and partners will analyze the qualitative data to develop common themes, understand the implications, capture best practices for care transitions, and disseminate the findings. Second, CCO will identify, recruit, and develop 50 community leaders who will be trained to assist fellow residents in navigating the health delivery system.

## **FUND ALIGNMENT**

This qualitative research study is the first step of a tiered process to identify the barriers and facilitators to engagement in comprehensive healthcare activities. In the annual Health Disparities report, culturally competent healthcare services have continued to be identified as a factor influencing health disparities. If we find that available services do not address specific cultural norms, we can work with community members to modify or expand such services, thereby increasing community engagement in healthcare. CCO intends to interview community residents and front-line medical staff to uncover the real and perceived barriers to accessing the health delivery system in Wyandotte County, bridging the cultural competence gaps which exist between the medical community and the community at-large by training 50 community leaders from area faith congregations to serve as patient navigators and assist residents in accessing care. These trained leaders will also be prepared to act as points-of-contact for the medical community, providing cultural competency feedback needed to transform the system. This project would also meet a key recommendation made by the Communications Action Team, by sharing information provided by community members in this research study to further strengthen communication among the multiple organizations invested in improving the health of the citizens in Wyandotte County. In order to facilitate effective changes in behavior, we have to identify the barriers to change. Through the perspectives of both patients and front-line providers, we can identify and disseminate the real and perceived barriers to accessing healthcare.

## **RESULTS**

The qualitative descriptive research method is a recognized method of garnering information when initially exploring a phenomenon of interest in health care. It provides an active voice to the patient, client, or community member in their natural setting that is otherwise missed through quantitative methods that rely on surveys or Likert-styled instruments. The Institute of Medicine has identified patient-centered care as one of the five competencies for health care professionals (2003). The patient, client, or community member's voice is imperative to achieve patient-centered care, not only within the acute care setting, but as importantly in the community. Without this perspective, healthcare interventions become provider-centered and cannot fully engage community members, with the end result being interventions that may not be efficient, effective and sustainable. In order to develop sustainable, evidence-based, cost-effective, and efficient community driven healthcare interventions that address quality outcomes, a collaborative, inter-disciplinary team that includes patients and/or community members is required. Through qualitative descriptive research that identifies the concerns of the participant; patient-centered care can be achieved. In addition to identifying

patient concerns, CCO's interactions with residents are also aimed to empower them to take ownership of their own health. According to Dr. Adewale Troutman, president of the American Public Health Association, calls powerlessness is "a public health issue." Thus, the more a patient feels empowered to self-manage their health, the more likely they are to exhibit healthy behavior.

## **RESULTS VERIFICATION**

Because this is an exploratory qualitative research study, we do not have specific outcomes to measure; rather, our outcomes are the identification of the barriers and facilitators to accessing and engaging in healthcare activities. We will identify these outcomes when the data has been saturated, meaning that we will continue to collect data through focus group sessions until we are not garnering new information. This data will be analyzed for common themes that describe the specific barriers and facilitators. We will validate the findings through multidisciplinary team meetings (including CCO staff, nurse faculty, and providers) in which we discuss the transcripts, coding, and emerging themes to challenge our ideas of the meanings and ideas brought forth by the participants. Through this iterative process, we will ensure that we identify the key concepts that answer our research questions. We will also validate our findings through member-checking, which is returning the findings to study participants to ensure they are reflective of their perceptions. Typically, member-checking is conducted by returning the findings to a smaller number of participants; we will conduct member-checking with 25% of the total number of participants.

## **PAST RESULTS**

In 2011, CCO conducted a research study of health disparities and social inequities through the lens of emergency room utilization in Kansas City, Missouri. The study, conducted in partnership with the Kirwan Institute for the Study of Race and Ethnicity, PICO National Network, Truman Medical Center (TMC), and the Kansas City, Missouri Health Department produced a published report in 2012 titled "Bring Health Reform Home: Mapping Emergency Room Use to Understand Health Opportunity in Kansas City. The collaboration on the study and subsequent report has led to a three-year demonstration project funded by the Centers for Medicare and Medicaid Innovation (CMMI) to develop clinical and community intervention strategies for the most vulnerable patient populations in Kansas City, Missouri. The project, which began in October 2012, is being implemented by CCO and TMC. The goal is to demonstrate improved health outcomes and lowered health delivery costs through improved care coordination between the providers as well as to create a collaborative network of faith communities, social service agencies and community institutions that will provide improved delivery of the essential non-medical services patients need to improve their health.

## **SUSTAINABILITY**

In its 35 years of community-based work, CCO has remained committed to improving health outcomes for local families by focusing on healthcare access, equity and the amelioration of social determinants of health. This health priority has been a cornerstone of CCO's organizing platform for the past six years; given the many implications of state-based Affordable Care Act considerations and implementation decisions, we anticipate that this work will remain a top initiative. This research study is the first step in developing sustainable, culturally-diverse programs that increase access to healthcare services and engage community members in health promotion activities. Without the community members' input into the factors that help or hinder their engagement in health-related activities, interventions will not be successful or sustainable. Once we have preliminary findings to establish the common themes regarding these factors, we plan to apply for grants through organizations, such as Patient-Centered Outcomes Research Institute, to fund the development and testing of comprehensive patient-centered interventions. CCO will work with 50 community leaders to provide further community organizing training to begin mobilizing their respective communities to implement recommendations from both the Healthy Communities Wyandotte and from the findings of this study. CCO's work has garnered national attention from partners and funders: Through our PICO National Network, CCO has been able to leverage local health care funding support with the Packard Foundation, Nathan Cummings Foundation, Ford Foundation, Atlantic Philanthropies, and most recently the Centers for Disease Control and Prevention and the Center for Medicaid and Medicare Innovation.

## **CONNECTING FOR GOOD**

### *Broadband Internet Project for Northeast Wyandotte County*

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Broadband Internet Project for Northeast Wyandotte County  
\$25,000

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#### **PROJECT/PROGRAM DESCRIPTION**

In the US today, there is a growing underclass; the "unconnected." It is impossible to be a fully functioning citizen in this digital age without the ability to use the Internet for a wide variety of daily tasks. Connecting for Good is involved in these efforts to bring connectivity to the digitally marginalized in Kansas City:

**Free and Affordable Internet for Under Resourced Families:** Our vision is that every Kansas City family, regardless of their income, will have in-home access. For some, Google Fiber's \$300 for 7 years of connectivity is the right option. Others may benefit most from Time Warner's \$9.95 a month plan. For those in the lowest income brackets, we are using Wi-Fi technology to bring free Internet access to families that live in public housing and Section 8 facilities.

**Refurbished PCs:** The Google Fiber preregistration efforts of Sept. 2012 highlighted an important fact; many households that can afford Internet service do not have a computer. We are refurbishing used PCs and placing them in the hands of lower income families, allowing them to experience all of the opportunities afforded by connecting to the Internet.

**Digital Literacy Training:** To ensure people get the most out of their online experience, we have developed a program to help them learn computer basics and digital life skills.

**Workshop and Training Center:** Our Westport center is a drop off point for used computer equipment that we refurbish and provide to under resourced families and nonprofit organizations that work with them. Our 15 workstation computer lab that is used for classes and is also available to the public for user groups and other activities that involve using the Internet for education, personal development and entertainment purposes.

**Mobile Computing Lab:** We're taking our digital literacy training experience on the road! Those who participate in our two session workshops also receive a refurbished PC so they can continue using the Internet. For 2013, we are working with libraries and community groups to conduct sessions in advance of the Google Fiber installations so residents can sign up and be a part of this opportunity.

#### **FUND ALIGNMENT**

Besides helping children and teens use the Internet to do their school work, assisting low income KC families connect to the Internet gives them access to important health information, social services, educational opportunities and employment possibilities.

In places like Juniper Gardens with many recent immigrant families, connectivity helps them to become integrated into US society through increased access to refugee and immigrant services, learning and language enhancement opportunities, and educational possibilities.

## **RESULTS**

The technology we are using to build Wi-Fi networks yields very useful data regarding which devices are connecting to the networks, how frequently and the sorts of activities in which they are engaged (in a general way).

We have instituted a number of ways to measure how many households we are assisting to connect to the Internet. Participation at training events is recorded, as well as keeping track of computers we distribute.

## **RESULTS VERIFICATION**

One simple and measurable outcome of our efforts is simply the number of households to whom we are able to bring Internet connectivity. Another is the number of computers we will be distributing to needy families.

Most importantly, we will be conducting assessments before Wyandotte County residents participate in our digital life skills courses and following them up at regular intervals to determine their progress as productive users of the Internet. This will include what they actually use the Internet for and changes that have occurred in their lives because they were able to get connected.

## **PAST RESULTS**

Connecting for Good believes is that connectivity equals opportunity and that internet access in the home is essential. Rosedale Ridge, a Section 8 housing property in Kansas City, KS was our first community connectivity project site.

In a survey of residents conducted in July 2012 in partnership with the Kansas City Urban Youth Center, we learned that 80% of the families had no internet connection at home. More than half of the residents in this under resourced community are children under 12 years old. This is a significant problem which can have a long lasting impact on the education and career opportunities available to these families. Many families stated they simply could not afford the cost of in home internet access. With an average family income of \$10,000, Google Fiber was not an option for this community either.

In December 2012, Connecting for Good utilized an innovative and effective model by beaming the bandwidth to the site using microwave technology. The Wi-Fi service provides in home Internet access to 168 families at a cost of less than one dollar a month per unit.

Since Wi-Fi was enabled, over 400 different devices have connected to the network, including over twenty KCK school district-issued laptops. Families and students, single mothers and children can now access all of the tools, education, and services available online. Residents received training and refurbished computers to ensure that these families are empowered and ready to use these tools to enhance and improve their day to day lives.

## **SUSTAINABILITY**

Our model for sustainability has two important elements. When we build the Wi-Fi networks, we provide funding for the first year of Internet service. The property owners - in the most recent cases, the KCK Housing Authority and The Yarco Company - commit to paying for the bandwidth from an Internet Service Provider for the second year and each successive year.

A second element of our sustainability plan is to partner with other nonprofit organizations that are active in the properties where we are doing the network installations. For the first few months, we provide direct service to the residents with the training and by providing \$50 refurbished computers. Once most of them have been reached with this initial effort, we turn ongoing support over to the other nonprofits. We provide them with vouchers that they can distribute to residents for the refurbished PCs and connect with them about training opportunities that are available to their staff and the residents of the communities that they serve.

Connecting for Good will provide ongoing monitoring of the networks and provide maintenance and repair as needed.

**CROSS-LINES COOPERATIVE COUNCIL, INC.**  
*Be Healthy, Live Better Wyandotte*

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Be Healthy, Live Better Wyandotte  
\$26,950

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## **PROJECT/PROGRAM DESCRIPTION**

Be Healthy, Live Better Wyandotte is an educational project designed for those underserved Wyandotte County residents living in low income Housing Towers. The program will encourage healthy lifestyles through a diverse approach including food demonstrations and distribution, exercise and socialization.

This program will be offered monthly for 10 months to residents in four different Housing Towers throughout Wyandotte County. Each class will focus on nutrition (healthy snack or recipe tasting), exercise (class activity), participant input (feedback and discussion time) and a take-away incentive.

## **FUND ALIGNMENT**

Some of the areas we plan to address that align with the goals of Wyandotte County include distributing health promotion messages in the form of classes. We are also addressing physical inactivity, poor mental health days and inadequate social support. Data from the 2011 County Rankings show that the number of adults in Wyandotte County who report having "poor mental health days" per month is almost 1/3 higher than the state average. By taking the classes to residents this class will help them to interact and get to know their neighbors. Additionally we hope these healthy habits will encourage them to continue with their own exercise opportunities even after the classes have ended.

Yet another program initiative that perfectly aligns with the Commissioner's plans is to "address social practices that limit healthy food intake and cultural norms that don't incorporate foods typically grown in Kansas, prepare healthy food from scratch, provide them with knowledge that will equip them to make more informed decisions about nutrition."

We will also be addressing the Commissioners Social Services and Healthy Community initiatives by improving the quality of life, health and living and in turn maximizing the well-being of the underserved older adults in Wyandotte County.

## **RESULTS**

The Stages of Change model, which is evidence based, was first introduced to Cross-Lines by the Kansas University Medical Center through a partnership program on nutrition called Food for Your Family. This model establishes five stages of change: pre-contemplation, contemplation, preparation, action and maintenance. The goal is for each participant in the program to move up at least one step from their base.

Cross-Lines will conduct pre and post class surveys to determine the baseline and growth toward attaining identified goals in the areas of nutrition, exercise and socialization. The primary outcome measures for nutrition will include knowledge and demonstrated understanding of daily nutrition/food group requirements, food safety information, label and recipe reading. Exercise outcome measures will indicate more movement and/or a variety of movement and activity throughout the day. Increased socialization will be self reported and will include recognition of visits with others and brainstorming opportunities to increase involvement with others. We are looking for increases in self

reported improvements of knowledge in these areas. We believe the behavior change in participant habits based on the Stages of Change model will increase by at least one step. Questions included in the participant survey will help assess behavior changes and averages will be taken from pre to post test.

## **RESULTS VERIFICATION**

Our face to face classes and meetings with program participants will provide an optimal opportunity for both subjective and objective outcome measurements. The primary populations who will be participating in this program are age 60 or older and will be living in one of the Housing Towers. They are on limited incomes and will be of various abilities. A base-line will be established during the first class and progress will be measured each month with more in-depth measurement at mid level and final class. These measurements will be determined by self reporting.

## **PAST RESULTS**

Although this program is a variation of previous class offerings for Cross-Lines, we have had past success in a similar program, Food for You and Your Family. This nutrition focused class was designed for families as opposed to seniors. We believe that the positive outcomes for the Food For You and Your Family indicate the positive outcomes we expect with the new program.

Through the Food For You and Your Family Program, we utilized surveys to measure Nutrition Knowledge and Behavior Change. These surveys were administered at the first class, last class, and 2 months after classes ended. Participants showed increases in both measured areas. When measuring Behavior Change, we saw positive results for self-reported Fruit and Vegetable Intake as well as Self-Efficacy, Attitudes, and Barriers to eating Fruits and Vegetables.

We feel, based on feedback from weekly surveys and verbal comments, that our classes were helpful and that the participants enjoyed attending them. We collected weekly surveys to identify how the participants received the recipes prepared in class, how likely they were to make the recipes at home, and how useful the information learned was to themselves and their families. On average, 88% of the participants thought the recipes tasted good to great, 88% probably to definitely would make the recipes at home, and 96% found the information they learned to be useful to very useful for themselves and their family.

## **SUSTAINABILITY**

The importance of healthy living through nutrition, exercise, socialization and education is well documented, and Cross-Lines has established the processes and tools necessary for a strong base for continued support. First, the community garden is well established and is core to the emphasis on nutrition and healthy eating. Second, the positive outcomes experienced in our past nutrition and healthy lifestyle programs can demonstrate to funders and partners that health promotion programs can produce significant health outcomes. The success of Be Healthy Live Better Wyandotte will demonstrate value to the older adults that we will be serving and the need for sustainable funding will be clear to future funders.

Cross-Lines is not seeking other funding sources for this phase of the program. We have received previous funding for educational programming from the Health Care Foundation, the Wal-Mart Foundation and a variety of individual funders. The past support, with the in-kind provision from the Cross-Lines garden and the partnership with the Housing Towers, clearly indicate this will be a sustainable program.

***DONNELLY COLLEGE***  
*Urban Health Collaborative*

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Urban Health Collaborative  
\$48,500

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## **PROJECT/PROGRAM DESCRIPTION**

Donnelly College in collaboration with Bistro Kids will execute an Urban Health Collaborative Project to 1) explore the collective educational need surrounding urban agriculture, 2) pilot a community garden at a local middle school and high school and incorporate Donnelly service-learning classes, 3) promote healthy activity by increasing county-wide awareness of and participation in the Annual 5K Donnelly Dash through collaborative partnerships, especially with neighborhood associations.

## **FUND ALIGNMENT**

This Urban Health Collaborative advances two objectives of the Commissioners' Strategic Plan, especially the Healthy Community/Recreation goal to encourage healthy "lifestyles through programs, services and facilities that maximize the health and well-being of our citizens." Second, it supports the Education/Workforce Development Goal to "maximize community resources and enhance learning and career pathways in our community."

This project also deliberately addresses the pointed recommendations in the Healthy Communities Wyandotte initiative, especially those found in the Education and Nutrition Action Teams, but also to a smaller degree those noted in the Communications Action Team. The stated problem of fractured media and communication challenges is a key reason why Donnelly is suggesting a collaborative approach to working on our project. This grass-roots approach can apply to spreading the word and can be especially effective to maximize the good works of many different partners, especially when marketing dollars are in short supply.

Very specifically, Donnelly's Urban Health Collaborative project aligns with the Education Action Team's recommendations to 1) Integrate health and well-being into education by promoting health literacy into educational curriculum through Donnelly Service learning classes and Bistro Kids Outreach, and 2) Create pathways to careers and post-secondary education by launching Urban Agriculture educational options at Donnelly College (to be clarified at the end of the planning phase).

The Project address the Nutrition Action Team's recommendations to create school gardens and allow students to accrue service hours through gardening, as well as supporting the expansion of community garden programs.

## **RESULTS**

Donnelly College is very capable of using data to drive mission effectiveness and outcomes. Donnelly's Office of Institutional Research uses in-depth data analyses of Donnelly's activities to drive our own institutional planning (for programs, operations, and spending/investments) and decision making. This is done at a high-level "Dashboard" as well as detailed reports by activity area. Further Donnelly is accustomed to intricate data collection and reporting, especially related to student data for our own students. Donnelly is required by the U.S. Department of Education to provide regular reports of our students and numerous characteristics. Further, Donnelly is the recipient of several federal grant programs that require intense evaluation and data collection. For instance, the U.S. Dept. of Education's TRiO grant, which Donnelly has had for nearly 24 years now, serves at-risk students requires in-depth reporting about each student participating in the program and numerous demographic and student engagement details. This is just one

example to highlight Donnelly's capacity to conduct evaluations and program research. Donnelly has been doing this level of external reporting for decades.

## **RESULTS VERIFICATION**

It is expected approximately 50 representatives will serve in the planning phase, nearly 50 will participate in DC new educational offerings, nearly 200 will participate in community gardening activities with middle and high school students along with Donnelly College's service learning students, and nearly 120 residents will participate in the Fall 2013 Donnelly Dash.

Planning phase collaborators to be invited include: Bistro Kids, Liveable Neighborhoods and Neighborhood Associations, local CSAs and farmers, St. Paul's and Catholic Charities Food Pantries, Farmer's Markets, Migrant Farmworkers Wyandotte County Public Health department and Healthy Communities Wyandotte -- especially the Education and Nutrition Action Committees, Duschene Clinic, all of the know 17 local community gardens and their organizers, the Kauffman Foundation, Healthcare Foundation for Greater KC, REACH Foundation, Wyandotte Health Foundation. KCK Public Schools, Communities in Schools Agents at Whittier Elementary and Wyandotte High Schools, as well as Donnelly College Science faculty, Nursing Faculty and Urban Teacher Education Faculty, along with the Service Learning Coordinator. Additional stakeholders will be identified and invited.

Core Outcomes include:

- Identify Educational Needs relating to Urban Agriculture initiatives in Kansas City, Kansas.
- Plan appropriate curriculum
- Plan additional Community Garden activities, hopefully with Whittier Elementary and Wyandotte High School and engage Donnelly College students in Service-learning opportunities. Integrate health literacy training and cooking demonstrations to students and community (touching 200 individuals).
- Market new Urban Agriculture educational opportunities
- Offer educational training beginning in Spring 2014 to at least 50 individuals.
- Increase healthy activity of Wyandotte Citizens by more broadly promoting the Donnelly Dash 5K through strategic partnerships, as well as ways to prepare for the annual 5K Dash through Kansas City, Kansas' urban core.
- Increase by 100% the number of Wyandotte County Residents participating in the 2013 Donnelly Dash (to 120)
- Increase by 100% the number of Wyandotte County Residents who train in preparation for the Dash. (to 50)

## **PAST RESULTS**

Donnelly is a federally designated a Hispanic-Serving Institution, the only school in the metropolitan area with that designation, as well as a Minority Serving Institution. Donnelly has been recognized by U.S. Department of Education as one of the top 100 most affordable colleges. Students come to Donnelly because of our quality, Catholic education, affordability, diversity, supportive learning environment and location. Nearly 60% of Donnelly's enrollment comes from KCK. Donnelly educates more than 1,100 students annually.

Donnelly is an anchor in urban KCK, with a 60+ year commitment. Even in the midst of mass flight away from the urban core, Donnelly stayed and invested. Five years ago, Donnelly started a Practical Nursing program to expand healthcare educational opportunities for the underserved. For the last three years, Donnelly has been awarded a federal HRSA grant to expand nursing workforce diversity to help address health disparities in Wyandotte. Donnelly has been a recipient of a Healthcare Foundation for Greater KC Healthy Horizons Grant, supporting Donnelly's Healthy Student Taskforce, creating a fitness center on campus, and supporting our healthy campus initiatives and partnership with Bistro Kids. Donnelly began our service-learning initiative two years ago to enhance service into our education offerings and foster a commitment and understanding of our local community. Donnelly has held the 5K Donnelly Dash for seven years to promote healthy living and remains one of the few races located in urban KCK. Finally, Donnelly just built a new Community Events Center to bring together community collaboration, as proposed here.

## **SUSTAINABILITY**

Donnelly's President and Board are fully committed to sustaining the objectives and outcomes of the Urban Health Collaborative. Many of the components are expansions of current activities -- expansion of the Donnelly Dash participation, expansion of educational offerings, expansion of our service learning initiative, and expansion of community partnerships, especially Bistro Kids.

Donnelly is a mission-driven institution with a small operating margin because of our low private tuition (just over \$6,500 this year) and high level of institutional scholarship aid (designed to keep college accessible). The UG-Hollywood Casino grant will support those needed investments to grow and expand our existing programming and partnerships in this area of increasing health education on campus and throughout our community. If funded, these investments will help make the proposed activities more sustainable. For instance, the Donnelly Dash will be more sustainable by increasing awareness and community ownership in future years by driving up registrations, the educational programs will have had start-up funding needed to establish and maintain the effort through subsequent tuition revenue, and the community gardening initiative will have had the needed start-up funds to make sustainability within Donnelly's operating budget feasible.

Due to our mission, Donnelly is continually searching for funders to support our programming, wherever alignment is possible, and will continue to do so to improve programming however possible to meet community needs.

***EL CENTRO, INC***  
*Promotores de Salud II: - Celebrating Quinceañeras*

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Promotores de Salud II: - Celebrating Quinceañeras  
 \$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

El Centro developed the Promotores de Salud (Health Promoters) program in 2008 in response to unmet health education and wellness needs of Latinos in Wyandotte County. El Centro's Promotores Program is a grassroots healthcare movement of involving and engaging individuals towards integration of Latino residents and reducing healthcare disparities for all. Promotores are from the community and are, along with their friends, family, and neighbors, representative of those most at-risk for leading unhealthy lifestyles.

This program will expand by preparing the next generation of young Latinos as Promotores de Salud. Promotores will be a part of this project, engaging their own teens, from 13 to 17 years old, to be Teen Promotores, with each team guided by an adult Promotores. This model will keep the trained Promotores "engaged" as volunteers, and, at the same time, they are co-trainers to the Teen Promotores. The areas that will be covered are:

- Promote health awareness, including concepts of the Medical Home
- Promote educational achievement and personal enrichment
- Encourage the development of leadership qualities
- Promote cultural awareness
- Advocacy and active community involvement

The Promotores de Salud, adult and teen components, will inform, educate and empower Latinos about all those issues, along with assisting them with their own health competency.

## **FUND ALIGNMENT**

El Centro's Promotores program aligns with the Board of Commissioners' Strategic plan through our mutual interest in creating a healthier Wyandotte County. Our Promotores program is geared toward the at-risk Latino community, and is a culturally-sensitive healthy lifestyle campaign focusing on good nutrition. We also align with the strategic plan in that we integrate our Promotores Program throughout the community to help improve the state health ranking by encouraging clients to take individual actions towards a healthier lifestyle. El Centro is proud to have participated since the beginning of Healthy Communities Wyandotte, in its committees, and its effort to tackle the health concerns of the Wyandotte County Community.

El Centro's Promotores de Salud II -- Celebrating Quinceañeras program aligns with the Board of Commissioners' Strategic Plan and Healthy Communities Wyandotte specifically in the following ways:

Board of Commissioners' Strategic Plan Goal:

- Promote and provide social services and facilities to improve the life, health and living conditions of citizens, targeting the most at-risk.

Healthy Communities Wyandotte Goals:

- Communications: Creating a healthier community by sharing information to change behavior
  - Tailor information about a healthy community to Latinos and Spanish-speaking audiences.
  - Encourage individual actions as part of healthy lifestyles

- Education: Creating pathways to careers and post-secondary education
  - Introduce potential careers by featuring role models that show how education = future jobs.

Celebrating Quinceañeras will use "Steps Toward Health", a Healthy Communities Wyandotte Publication, as a foundational resource and guide for program participants. This publication is printed in both English and Spanish.

## **RESULTS**

We utilize our Connect-to-Care (C2C) form, developed by us in response to community needs, allowing Promotores to record and enter client information into our database and pre-/post-questionnaires identify differences in learning about health. Of the 1,000 proposed contacts, we approximate one-third of them will be called within a month to record behavioral changes made and/or provide other information or referrals. Analyzed data will be reported and also utilized to make any needed program adjustments.

The current Adult Promotores were trained using a program that was the recipient of the National Council of La Raza (NCLR) and Annie E. Casey Foundation Family Strengthening Award. They gained basic skills in the areas of:

- communication
- critical questioning
- interpersonal skills
- service coordination
- advocacy
- capacity building

Our current Promotores were also trained by the Wyandotte County K-State Extension and KUMC -- Department of Preventive Medicine on health-related topics of smoking cessation, weight management, nutrition, and diabetes management.

Teen Promotores will be trained with the Hermanita curriculum, an evidence-based program developed by MANA, a National Latina Organization (MANA de Kansas City is a volunteer organization providing personal and professional leadership opportunities for Latinas). It is designed for Latino students ages 11-18 with workshops focusing on health, education, leadership, cultural competency and advocacy.

## **RESULTS VERIFICATION**

The principal outcome of our Teen Promotores leadership program is to encourage the development and planning of health education within KCK under the supervision of existing Promotores. Adult and Teen Promotores will work to enhance awareness about healthy lifestyles in the Latino community, including the importance of eating healthy, losing weight, and more. The project will enhance the community's awareness about health-related consequences and risks associated with obesity and improve their knowledge and access to existing healthy lifestyle resources. Program activities will also enhance a teen's ability to develop life-skills including speaking in public, decision-making, and participation in community meetings in an effort to deepen their understanding of the health issues affecting their communities. Ultimately, we will encourage at least 20 Teen Promotores to join community coalitions and attend community forums to help bring the Latino voice to the public policy dialogue.

Our outcomes include:

- 80% of the trained Adult and Teen Promotores increase their knowledge of health-related issues using pre-/post-test.
- 80% of Trained Teen Promotores institute at least three changes in their daily lifestyle to achieve better health via self-reporting.
- Adult and Teen Promotores inform 1,000+ adults and teens at neighborhood and community events, making them aware of specific health issues.
- Adult and Teen Promotores connect at least 100 people to available community health services including safety-net clinics, health insurance, or in-house referrals to El Centro's other health programs, using our Connect-to-Care forms (described below).
- 100% of our Promotores feel a stronger connection to the Wyandotte County validated via a survey

- 80% of Teen Promotores increase school attendance and academic achievement, verified by reviewing report cards
- 80% of Teen Promotores be provided with opportunities to attend school board meetings, Unified Government meetings and Liveable Neighborhood meetings via attendance records
- 30% of the trained Teen and Adult Promotores provide reflections on their efforts or testimony in discussions at community venues.

At the end of the 12-month period, all trained Adult and Teen Promotores who complete the program will participate in a "Community Quinceañera", sponsored by El Centro and our partners, aimed to celebrate their journey towards a healthier lifestyle.

## **PAST RESULTS**

This program was not in existence before being developed by El Centro in 2008 and has served as the link between community members and the healthcare system. Through this outreach, more than 4,000 people have received information about healthier lifestyles and healthy living, evidence and tools to make healthier choices (stopping smoking, losing weight, eating better, exercising more), and a connectedness to the healthcare community they didn't have before. The 120 Promotores have changed lives through their volunteer service at more than 300 community events and have shown their own community how to take charge of their health in a culturally- and linguistically-competent approach not seen before in this area. The Teen Promotores program is a natural progression of the original Promotores program and will be the first one like it in the entire nation in a metropolitan area.

## **SUSTAINABILITY**

Our desire is to continue to offer this program to the most at-risk and underserved Latinos; the clients we serve. Given the growth of the Latino population in the county, El Centro believes this program will attract additional partners and resources, including corporate sponsors, and foundations, both local and national. We will continue to search for new funding sources.

Our fiscal year is July 1 -- June 30. The proposed budget for this program in 2013/2014 fiscal year is \$170,000 and attached.

Current sources of funding for the program include:

- United Way of Wyandotte County
- William T. Kemper Foundation
- Union Pacific Foundation
- Wyandotte Health Foundation
- Prime Health Foundation
- Kansas Health Foundation

***EPISCOPAL COMMUNITY SERVICES, INC.***  
*Wyandotte County Nutrition Action Initiative*

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Wyandotte County Nutrition Action Initiative  
 \$49,949

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## **PROJECT/PROGRAM DESCRIPTION**

Episcopal Community Services proposes a multi-level approach to expanding healthy food alternatives to that population, including through one of the largest food pantries in Wyandotte County located at St. Paul's Episcopal Church on 18th Street. This initiative would propose a Fresh Market Pantry Section with expanded access to produce, an on-site pantry garden, culturally sensitive and multi-lingual healthy recipe guides, and healthy cooking classes for the neighborhood. This program seeks to provide a healthier eating platform for a population that typically has a higher incidence of hypertension, diabetes, nutrition related stress disorders, and other nutrition based disease. They also plan to combine these nutrition initiatives with additional on-site health information sessions through collaborative programs with health care providers.

## **FUND ALIGNMENT**

John Hornbeck was a member of the Healthy Communities Wyandotte strategic planning committee, as a representative of both Episcopal Community Services and of The Greater Kansas City Food Policy Coalition. (He is also a 20 year resident of Wyandotte County and continues to be an active member of the Nutrition Action Team.) The stated goal of that initiative for the Nutrition Action Team component is to "Improve Wyandotte County's food environment so that all residents can and want to eat healthy food."

That is precisely what our Wyandotte County Nutrition Action Initiative is designed to do, with a special focus on those most at-risk and in-need in our communities. These are individuals who will often not be reached by other programs focused on the retail aspects of affordability and accessibility, ranging from new grocers to farmers markets.

This initiative very specifically addresses the key barriers referenced in Healthy Communities Wyandotte: the need for access to healthy food without the high prices associated with that option, social practices and cultural norms that limit healthy food intake, lack of adequate knowledge about food preparation and nutrition, and other factors. It is in part an outgrowth of the nutrition portion of the strategic plan for Wyandotte County, and part of a larger plan for the greater Kansas City area. Our hope is that this becomes part of a more systemic change to the way we address hunger relief in Wyandotte County and greater Kansas City as a more comprehensive nutrition and health issue.

## **RESULTS**

Multiple studies have been done across the country with the same results: 1) There is a higher incidence of nutrition related disease (hypertension, diabetes, etc) among poorer communities; 2) Hunger and poor nutrition negatively impacts many areas of lifestyle, especially for children and seniors -- including family stress, learning abilities, attendance, job performance, etc.; 3) That healthier food options are accepted by at-risk households when they are accessible, affordable, and accompanied with education about preparation and use; and 4) changes in diet with healthier foods has a positive impact, especially as related to health and medical conditions.

This is of course true among all communities, but positive impact is especially leveraged among poorer at-risk communities. If the review committee would like to review some of those studies, we would be pleased to provide them. We reference more than 20 such studies in a recent grant request.

However, the implications of all of the studies are summed up nicely by Craig Gunderson, PhD with the Department of Agriculture and Economics at the University of Illinois, "Food insecurity is one of the most important public health threats in the United States. It has serious negative health consequences." According to an AARP report from August of 2011, "Food insecurity has been associated with a wide array of negative health outcomes both among the young and old." Multiple studies confirm that a combined approach of access to more nutritious food plus education lead to positive health incomes in at-risk and poor communities.

## **RESULTS VERIFICATION**

- A. Increase the availability of fresh produce and other healthy food alternatives for at-risk and in-need communities in Wyandotte County. This will be measured by the actual pounds of produce and other healthy foods delivered to the pantry and in turn distributed to our neighbors/clientele.
- B. Increase the acceptance and use of fresh produce among the at-risk and in-need communities in Wyandotte County. This will be measured by the amount of produce taken by pantry clients. Since this is a "shopping floor" or "shopper's choice" pantry, this becomes a matter of improved decisions through access and acceptance through education.
- C. Improved education for healthy choices: this will be determined through the number of individuals participating in classes and taking educational handouts from the pantry.
- D. Improved health for the participants: some of this may be assumed through the improved choices of clientele. However, by encouraging a framework of organizations doing health assessments at the facility, we are hopeful that some very direct and measurable results may be tracked.

These and other results will be tracked in part through very specific measurement, in part through surveys and interviews with those people we are serving, and in part through health care checks and assessments. We have developed a comprehensive five page Program Logic Model and Outcome Measurement Framework for this type of program with the help of the Healthcare Foundation of Greater Kansas City. We will be tracking and measuring 10 different data inputs across three different time frames, and 7 different outcomes. You will also find included in our budget some modest data collection and reporting costs to support our measurement and results.

## **PAST RESULTS**

We are one of the preeminent hunger relief organizations in greater Kansas City. In each of the past three years (2010 / 2011 / 2012) our Hunger Relief Network served more than one million meals to those in need. This includes one of the largest community kitchens in Kansas City, and two of the largest food pantries - one of which is in Wyandotte County.

We are in an ideal position to be successful with this project and in turn create real impact. Factors that will build that success include: a) We have a full range of hunger relief programs -- hot meal programs, food pantries, meals-at-home, childhood hunger programs, etc.; b) That range of programs provides reach to the largest possible number of people who need these services -- homeless, working poor, unemployed and underemployed, individuals and households, families with children, unattached youth, seniors and the disabled, veterans. etc.; c) We have a wide geographic reach, with facilities through greater Kansas City including in Wyandotte County; d) We have significant points of contact with the people that we directly serve. (We provide everything from hot meals to sacks of groceries directly to those individuals in need.) e) We already have a well established food rescue program that collected and distributed more than one million pounds of donated food in 2011, more than half of which was fresh produce. f) We already have a network of community gardens, as well as an extensive volunteer network that be of great assistance.

## **SUSTAINABILITY**

Much of the funding requested in this project represents capacity building investments as opposed to ongoing operational costs. The total project will assist in providing enhanced levels of service and higher nutritional quality of food provided at lower per meal costs -- enabling us to rely on more traditional funding streams in order to continue to serve the target population. Admittedly, there may be several stages of program expansion that may require additional investment. But with each stage of expansion we will considerably improve on the quantity and quality of services that we will be able to provide to the community.

As you review our budget you will see a range of additional funding sources outlined. A key source of funding is a pending grant from the Healthcare Foundation of Greater Kansas City. However, an important distinction should be made. The budget we have provided is for a broader nutritional initiative for the greater Kansas City area. It should also be made extremely clear that the funding requested here would enable us to move forward with this initiative for Wyandotte County regardless of the timing and the amount of funding received from the Healthcare Foundation. This funding would be used exclusively for the benefit of Wyandotte County and improve the nutritional and health education component of hunger relief for the at-risk and in-need citizens of communities of Wyandotte County exclusively.

***FREEWHEELS FOR KIDS, INC.***

*Bicycling for Life: Bicycling programs for youth grades 3-12*

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Bicycling for Life: Bicycling programs for youth grades 3-12  
\$45,474

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**PROJECT/PROGRAM DESCRIPTION**

FreeWheels for Kids empowers kids with bicycles funding will assist bike repair and safety classes for youth ages 12-18, bike safety classes for youth ages 8-11 and continued bicycling programs for youth ages 12-18 at six program sites in 2013-2014. Funds for a vehicle purchase are also included, to facilitate trips and activities and move bicycles for FreeWheels programs.

Our Earn-a-Bike program teaches kids 12-18 bike repair and safety and empowers them to repair bikes for others. In the six-part curriculum, students spend two sessions repairing a donated bike for a younger student, two sessions repairing a bike for themselves, and two sessions on bike safety and riding skills. This is the foundation for other programs.

Upon graduating, each "Master Mechanic" takes home the bike they repaired, a helmet, and tools to keep their new bike in working order. They are invited to participate in Bike Clubs, and the repaired bikes are given to B.L.A.S.T. participants.

B.L.A.S.T. (Bicycle Lessons and Safety Training) classes are open to students ages 8-11 at each program site. Students complete a bicycle safety curriculum and receive a helmet and a bike repaired by Earn-a-Bike graduates, depending on availability. B.L.A.S.T. sessions will be held in June, August/September and April/May.

Bike Club offers Earn-a-Bike graduates a chance to continue to practice safe riding, exercise and improve their community. Students will learn mapping skills, plan bike rides and implement a small community service project during the summer and fall, start brainstorming ways to improve their community in the fall, present their ideas to community leaders in the winter and plan and implement their project in Spring 2014. We want to give youth the power to influence decision-making and to make concrete changes on their own to improve their communities.

**FUND ALIGNMENT**

The programs in this request address various points in the Strategic Plan and Healthy Communities Wyandotte documents. Earn-a-Bike and B.L.A.S.T. programming provide physical activity opportunities to children ages 8-18, and Bike Club programming will empower teens to make the environmental changes identified in these documents.

Bicycling programs give kids the tools they need to ride safely and confidently. In a community study in 2012, the Community Cycling Center identified cost and safety concerns as the biggest barriers to bicycling in a diverse, urban community ("Understanding Barriers to Bicycling Project: Final Report, July 2012). By giving kids both the equipment (bicycles, helmets and tools) and skills (mechanical skills, safe riding and road riding lessons) to ride their bikes, we empower them to overcome barriers to bicycling.

Graduates of Earn-a-Bike programs will participate in Bike Club programming at each program site. By mapping their community and making plans for a safer community for bicycling and walking, Bike Club students will be helping the Unified Government, their schools and neighborhoods "redesign and better utilize sidewalks, bike lanes,

multi-use trails, and existing public facilities" (Healthy Communities Wyandotte). Students will be empowered to both push for improvements and make their own through the community service projects they identify.

Lastly, these programs will themselves be an opportunity for exercise and recreation for participants. We look toward the future and work to empower kids to reap the benefits of bicycling now and in the future.

## **RESULTS**

The Earn-a-Bike curriculum we use has been very successful in encouraging participation and in giving students the tools to use their bicycles for transportation and recreation. The six-session course includes two sessions of traffic and bicycle safety, including a ride on local roads. The curriculum is based on lessons learned from other, similar programs nationwide and borrows from League of American Bicyclists' Traffic Skills 101 curriculum.

The B.L.A.S.T. curriculum has been used by BikeWalkKC and others to improve bicycle and pedestrian safety in and around schools in Kansas City, Boulder, CO and other cities.

Both curricula mix a small amount of traditional classroom work with hands-on bike repair and riding. By telling, showing and doing, we ensure that students learn the fundamentals to safe riding. Both programs also gather data before and after from parents and students, through registration and post-tests.

Bike Club programming is based on similar programs in New York city. Local Spokes focuses on building nonprofit and community partnerships with youth for change, and StreetsEducation produces curricula for school-age children to teach infrastructure basics. Bike Club uses elements of both; we feel that Local Spokes is very context-driven, but a possible inspiration, while StreetsEducation curricula do not allow the kind of flexibility needed to let youth lead.

## **RESULTS VERIFICATION**

### *MEASURABLES*

Our primary goal is to empower students. While each program (Earn-a-Bike, B.L.A.S.T. and Bike Club) has slightly different measurable outcomes, our overall goal stays the same.

#### Earn-a-Bike

Outcome: Students repair two bikes, one for themselves and one for students ages 8-11

Target: All Earn-a-Bike students repair two bicycles

Indicator: Class records

Outcome: Students learn safe riding behaviors and skills

Target: Students score 70% or higher on written and riding Traffic Skills 101 tests

Indicator: Traffic Skills 101 tests, administered by instructors during classroom time and during group rides.

#### B.L.A.S.T.

Outcome: B.L.A.S.T. students demonstrate knowledge of safe riding.

Target: Students improve by at least 10% on written tests of safety rules.

Indicator: Pre- and post-tests, administered by instructors.

Outcome: B.L.A.S.T. students use their bikes to ride to program sites.

Target: 80% of B.L.A.S.T. students participate in bike-to-school days following B.L.A.S.T. sessions, and cycling increases significantly at target schools (50% increase over previous levels).

Indicator: Participation in bike-to-school events is the primary indicator, followed by reports by site staff of bicycling behavior change.

#### Bike Club

Outcome: Parents, students and teachers perceive bicycling as a legitimate, safe transportation option for students.

Target: Parents and students report changed attitudes and perceptions about bicycling.

Indicator: Data will be collected as part of parent surveys before and after Bike Club semesters.

Outcome: Students empowered with skills to ride bicycles safely.

Target: Increase all students to passing (80% or higher) grades on Traffic Skills 101 Road Test.

Indicator: TS101 test from Earn-a-Bike class, TS101 test administered in Spring 2014.

Outcome: Students ride bicycles for transportation and recreation

Target: Ride club students report riding their bikes to program site or school at least twice/wk

Indicator: Pre-Post Survey, administered by staff

## **PAST RESULTS**

In 2010, a seventh-grade student asked our founder, a daily bike commuter to his job at a community center, if he could learn to "fix bikes for little kids." After a week on the phone with other organizations, it became clear that there was no existing program for kids interested in cycling in Kansas City's urban core (or anywhere else), and so began the first FreeWheels class.

Since then, we've worked hard to empower kids through bicycling, and have given away hundreds of bikes and helmets, ridden many thousands of miles with kids and, most importantly, established healthy lifestyles and leadership opportunities for the students we serve. Thousands of people, in the bicycling community and without, have contributed bikes, cash and volunteer hours to our programs. The programs we have provided since we started have given hundreds of kids the chance to ride bikes with others, learn new skills and use those skills to help others. We want to give that opportunity to more students at each program site.

FreeWheels for Kids has enjoyed incredible success and growth over the last year, and we plan to expand even more in 2013. We repaired and gave away over 150 bikes through Earn-a-Bike (EAB) classes in 2012, about 85 bikes to date in 2013, and this request will help us give away up to 580 more in 2013-2014, all the while providing safety training and helmets to participants.

## **SUSTAINABILITY**

Our long-term vision is to provide bicycling programming for students from elementary school through high school, with students completing higher and higher levels of programming and taking an active role in bicycling in their community. Sustainability can be financial or personal terms, and this project will build a sustainable framework for our students.

Our revenue is largely in-kind, and we try to maintain low overhead costs to best serve our donors' and board members' interests. Contributions from the Menorah Legacy Foundation, the Mother Child Health Coalition, Brain Injury Association of Kansas and others help us fund this project. This request will enable us to expand the programming we provide at sites we already serve and integrate existing programs into the "Bicycling for Life" framework.

Data collected in this project will be used to leverage longer-term grant funding from sources like KDOT, the Health Care Foundation, Sunflower Foundation and others. A portion of fundraising revenue will be used for this project.

The students who completed EAB programming in 2012 will be Ride Club leaders in 2013 and we hope that they will be leading programs in their neighborhoods in 2016 and beyond. The students have been vocal about what they want to see in their neighborhoods, and will be building trails, compiling traffic and geographic data and helping others learn about bicycling in 2013. We are excited to grow with them and work to promote healthy lifestyles and youth leadership in Wyandotte County.

***FRIENDS OF YATES BRANCH, INC.***  
*Eat Smart, Healing Lives Nutrition Education Program*

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Eat Smart, Healing Lives Nutrition Education Program  
 \$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

The Eating Smart, Healing Lives will serve women and children through a nutrition specialist. Participants will receive health education as well as cooking classes with fresh foods. The program will also focus on the importance of physical fitness to help prevent many modern-day diseases and obesity.

This project also proposes to create an on-site garden. Two gardeners will be hired to teach participants the conditions necessary to grow healthy plants from seeds. Products from the garden will then be incorporated into the cooking classes.

## **FUND ALIGNMENT**

Enormous attention, effort, and resources are being paid to the obesity epidemic and its related health consequences (Sturm, 2002) across the country. The Kansas City, KS area, is experiencing an alarming rise in the number of overweight and obese persons. The 2012 County Health Rankings, released by the Robert Wood Johnson Foundation, measured counties in all 50 states by such metrics as smoking and obesity rates, percentage of uninsured adults, number of vehicle crashes, access to healthy food and instances of low birth weight. Wyandotte ranked 97th out of 100 counties, with one being the healthiest. The high prevalence of Kansas City, KS residents who are overweight coupled with the known serious health consequences that result sparked the Wyandotte County Government to create the report Healthy Communities Wyandotte. One of the recommendations made in that report is to "increase physical access to healthy foods in Wyandotte." The Eating Smart, Healing Lives program addresses access to healthy foods through the creation of a fruit/vegetable garden and physical activity.

The Healthy Communities Wyandotte report also explains that "not everyone in Wyandotte County understands how to prepare healthy food from scratch, possesses the knowledge to make informed decisions about nutrition, or feels capable of leading a healthy lifestyle. Lack of nutritional knowledge and empowerment contributes, in turn, to a low countywide motivation to eat (fresh fruits and vegetables) healthy." The Eating Smart, Healing Lives program will address the lack of nutritional knowledge through the providing nutrition education classes and cooking classes.

## **RESULTS**

Critical reviews examining the effectiveness of nutrition education have demonstrated the importance of improved dietary practices. Well-designed and effectively implemented nutrition education can motivate those participating to change dietary behaviors and provide them with the knowledge and skills to make healthy food choices in the context of their lifestyles and economic resources. Interventions focused on specific behaviors, like eating more fruits and vegetables, are more likely to be effective than those that focus solely on increasing knowledge about health and nutrition (source: USDA Food and Nutrition Services). Eating Smart, Healing Lives uses an evidence-based approach for nutrition education. The curriculum integrates the best research evidence-based on the 2010 Dietary Guidelines. It uses meaningful interventions for the target audience.

## RESULTS VERFICATION

The Eating Smart, Healing Lives Nutrition Education Program will achieve the following outcomes:

- |                |  |
|----------------|--|
| Outcome 1:     | Increase knowledge of benefits of healthy eating and healthy lifestyle.                    |
| Measure:       | Pre-and post-tests of participants to assess a change in knowledge and behavior.           |
| <br>Outcome 2: | <br>Increase the availability of fruits and vegetables which support healthier lifestyles. |
| Measure:       | Number of participants that maintain and harvest the garden.                               |

## PAST RESULTS

In 1982 FOY was created with the mission is to serve as a constant community entity where sources of creative energy are reflected in the lives of people of all ages by helping them develop skills of coping successfully with the transitions in life. FOY has many successful programs that focus on domestic and community violence. In relation to this project our Culinary Program provides hands-on instruction and insight into the food industry and prepares participants for a wide variety of jobs such as: restaurant manager or catering. For the past three years the program has served 36 women of which 8 have found gainful employment. A successful participant had the following to say about the program: "the culinary program allowed me to be gainfully employed in the food industry with a good salary. It has allowed my children and I to be safe and lead violent free lives."

## SUSTAINABILITY

Friends of Yates and its collaborating partners are confident that the Hollywood Casino Grant funds provided by this grant will be a sound and effective investment in the community. It is this project's goal to ensure that the practices and improvements developed through this grant will be integrated into institutional operations. Friends of Yates has had great success in integrating prior grant programs into the mainstream of the organizations' activities because the projects were vitally needed, enthusiastically welcomed and closely aligned with the organizations strategic plan. Friends of Yates will also seek other grant opportunities to strengthen and expand its programs. Friends of Yates has already identified and will pursue the Allen Foundation and the Denon Foundation as possible sources of funding to enhance this project since both foundations focus on nutrition programs.

***GIRLS ON THE RUN SERVING GREATER KANSAS CITY***  
*Girls on the Run of Greater Kansas City - Wyandotte County Expansion*

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Girls on the Run of Greater Kansas City - Wyandotte County Expansion  
 \$20,250

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## **PROJECT/PROGRAM DESCRIPTION**

Girls on the Run is a character development program for girls in the 3rd through 8th grades that incorporates physical activity to teach very specific and well-defined social and personal skills. The 10-week program is currently taught in elementary schools, middle school and community centers around the Kansas City area and meets twice each week, two seasons per year. Each session is lead by specially trained volunteer coaches and includes lessons dealing with issues such as body image, negative self talk, resisting peer pressure, gratitude, gossip, nutrition, substance abuse, making healthy decisions and contributing to the community. One goal of the program is to inspire a life-long appreciation for physical fitness and well-being and to build healthy habits that will last a lifetime. The curriculum is designed to incorporate running into each lesson and at the end of each season the girls participate in the local Girls on the Run 5k event.

## **FUND ALIGNMENT**

Our program aligns with the Board of Commissioners Strategic Plan under the healthy communities goals.

Currently Wyandotte County ranks high in physical inactivity; by promoting exercise, Girls on the Run teaches our participants and their families, that physical activity can be fun and easy. Girls on the Run also addresses the social and emotional aspects of a healthy lifestyle.

Specifically, under the Environmental Infrastructure Action Team, Girls on the Run would be a key partner in providing a program that teaches young girls the value of physical activity.

Under the Education Action Plan, Girls on the Run would be a partner in integrating health and well-being into the schools.

## **RESULTS**

The curriculum incorporates training for a 5k with lessons that inspire third through eighth grade girls to develop essential life skills. The topics covered during the ten-week program are based on research which documents problems expressed by students that can be attributed to three major challenges:

- Lack of identity
- Lack of connectedness
- Feelings of powerlessness over one's own life.

The ten-week curriculum is divided into three parts. The first part provide participants with opportunities to examine their own core values and ascertain what makes them unique, learn about their individual strengths while setting personal goals and explore the importance of being physically and emotionally healthy. The second part provide opportunities to explore getting along within a group, learn active listening and assertiveness skills, recognize the importance of managing conflict and examine the components of good decision-making skills. The final part provide participants opportunities to explore their responsibility to the community, analyze cultural messages girls receive, define community and their collective and individual roles in it and to recognize the power they have to change the world in a positive way by implementing a community impact project.

The program has been evaluated by Rita DeBate, Ph.D, MPH, CHES since 2001 with measurable results. The behavioral and educational objectives that are measured include improved self esteem, improved commitment to physical activity, increased positive attitude toward exercise, increased motivation to be physically active, awareness of the value of physical activity, satisfaction with body shape and increased days of physical activity.

## **RESULTS VERIFICATION**

On average 98% of our participants are able to complete the 5k at the end of each season. The program staff will track the 5 program sites each season and ensure that all girls are able to complete the season ending 5k. In addition, we ask that each Girls on the Run participant have a running buddy for the season ending 5k event. We encourage the girls to ask family members to be their running buddy; this helps the girls pass on the healthy lifestyle to a family member. All parents are given a training guide at the start of the season and support to train for the race.

In addition, Girls on the Run of Greater Kansas City measures attitudinal changes among the girls pre and post program. This measurement tool evaluates self esteem, attitudes and commitment to exercise and satisfaction with their body style.

## **PAST RESULTS**

A longitudinal quasi-experimental study was implemented in 2011 to evaluate Girls on the Run intervention effects among 877 participants categorized into one of three groups (never, newly, and previously exposed to the intervention). A 64-item self-report survey measured participant psychological and physical assets at three time-points. Nested random effects ANOVA models were used to compare demographic factors and psychological and physical assets between exposure groups and to compare longitudinal differences in these developmental assets. After adjustment for multiple comparisons, previous program participants had significantly higher physical activity commitment ( $p < .01$ ) and physical activity levels ( $p < .05$ ) at pre-intervention than never exposed. From pre- to post-intervention body image improved in never and newly exposed participants, which persisted through follow-up in the comparison group. Physical activity increased from pre-intervention to follow-up among never and newly exposed participants (all  $p < .05$ ).

## **SUSTAINABILITY**

Once a school has experienced a successful program season, we want them to continue as a Girls on the Run site. Therefore, sustaining scholarship funding for the next several years is very much a part of our strategic development plan. We will fulfill that plan going forward by focusing on three key areas; strategically selecting new program sites, increasing our fundraising efforts and seeking and developing partnerships to help underwrite our program expenses.

**HARTWIG LEGACY FOUNDATION**  
*Northeast Healthy Kids Initiative*

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Northeast Healthy Kids Initiative  
\$50,000

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## PROJECT/PROGRAM DESCRIPTION

The Northeast Kansas City, KS, Healthy Kids Initiative (Northeast HKI) is a community-based project that engages and mobilizes residents to implement strategies to achieve the community's healthy eating and active living (HEAL) priorities. The Northeast HKI will build upon and extend KC Healthy Kids' (KCHK) successful Bi-State Healthy Kids Initiative (Bi-State) to prevent childhood obesity through policy and environmental change.

This program will support the implementation of Northeast HKI's work plan, which advances healthy eating and active living strategies at the neighborhood level, and to expand it further into Districts 1 and 4. Through partnership with K-State Research and Extension - Wyandotte County (Extension), a Community Organizer is employed to work with community leaders and other interested advocates to develop and implement a HEAL work plan.

## FUND ALIGNMENT

The Board of Commissioners' strategic plan establishes numerous goals that support the creation of a healthy, sustainable community who work, live, and play in Kansas City, KS/Wyandotte County. This proposal overlaps several strategic plan goals and, most especially, recommendations set forth in the Healthy Communities Wyandotte Initiative (HCW). Specifically, the proposal overlaps goals and actions identified under communications, environmental infrastructure, and nutrition. The following shows a crosswalk between the project's activities and the relevant goals and recommendations of HCW.

### Project Healthy Eating activities

- Increasing healthy food access through community gardens, urban farms, healthy corner stores, grocery stores, and farmers' markets.
- Advocating for environmental changes and policies related to water use, food hubs, and grocery development.

### *HCW Nutrition Recommendations*

- Launch culturally sensitive healthy lifestyle campaigns that focus on good nutrition.
- Increase physical access to healthy foods in Wyandotte.
- Make nutritious foods more affordable.

### Project Active Living activities

- Supporting complete streets; sidewalk, bicycle, and trail enhancements; joint use agreements; walking school buses; and mixed use.

### *HCW Environmental Infrastructure Recommendations*

- Provide physical activity opportunities throughout Wyandotte County.
- Improve neighborhood safety through infrastructure developments.
- Create stronger neighborhoods through infrastructure developments that promote social connectedness.
- Pursue policy changes in Wyandotte that ensure improvements to environmental infrastructure.

### Project Community Building and Organizing activities

- Hosting meetings, events, and information that encourage initiative involvement and healthier lifestyles.

#### *HCW Communication Recommendations*

- Create a healthier Wyandotte County by sharing information and stimulating discussion to change behavior.

## **RESULTS**

Our approach is to contract with an organization to hire a Community Organizer to work with the neighborhood to develop and implement work plans supporting HEAL policy and environmental changes. In this case, a Community Organizer and work plan are already in place and efforts will focus on recruiting additional neighborhoods within Districts 1 and 4 to expand the number of HEAL strategies across these districts.

KCHK supports the Community Organizers by helping them develop work plans and establish baselines, sharing best practices, breaking down barriers (e.g., healthy food retail challenges), and evaluating results. We also provide training and technical assistance, which may be directed to particular environmental strategies (e.g., parks, playgrounds, gardens) or policies (e.g., complete streets, joint use, and zoning enhancements).

The program employs key components of Bi-State, with emphasis on several lessons learned in Kansas City and from other RWJF grantees engaged in these efforts. These include: 1) Recruiting neighborhoods demonstrating readiness to implement HEAL strategies; 2) Using a ground-up agenda for change driven by the communities themselves; 3) Finding leadership that will help mobilize neighborhoods to adopt HEAL strategies; 4) Conveying information about HEAL strategies using culturally competent and consistent messaging; 5) Establishing learning networks that help community leaders access resources, build skills, and broaden their vision; and 6) Achieving self-sufficiency to maintain long-term commitment to implementing HEAL strategies.

This approach has been very effective as evidenced by the numerous HEAL strategies implemented by the Bi-State's participating neighborhoods (see Past Results paragraph below).

## **RESULTS VERIFICATION**

The work plan for Northeast HKI, which at present primarily focuses on Douglass-Summer, will achieve the following activities with associated outcomes to be achieved by May 31, 2014:

Activity: Coordinate and implement an online food ordering system and an associated food access transportation model.

Outcomes: Serve at least 30 families at Juniper Gardens, 20 seniors in Oak Grove neighborhood, and 50 residents of low-income housing units, such as Glanville and Wyandotte Towers.

Activity: Continue Double Dutch at JFK Community Center and advocate for additional programming that supports healthier lifestyles.

Outcomes: Increase the number of HEAL programs and community participants utilizing the Center.

Activity: Coordinate and implement a volunteer strategy for Sprouts Children's Garden.

Outcomes: Secure and engage no less than five volunteers to help manage the garden.

Activity: Promote new and older community gardens and urban farms, their beautification, and their sustainability.

Outcomes: Improve up to six urban farms and/or community gardens.

Activity: Host focus groups and meetings to gain support for healthy uses of vacant lots and theme pocket parks.

Outcomes: Determine vacant lot and theme park strategy and work plan.

Activity: Increase foliage at and beautify vacant lots.

Outcomes: Identify vacant lots for fruit tree planting and identify two other lots for healthy uses.

With further expansion into Districts 1 and 4, additional activities and outcomes will be developed. Initial outcomes will include: increased knowledge in the participating neighborhoods of HEAL strategies; increased involvement and support by the neighborhoods to address HEAL programs, policies, and environmental changes; increased support for the adoption and implementation of HEAL activities; and increased partnerships with other organizations supporting implementation of HEAL strategies. Intermediate outcomes include increased number of community environmental changes and policies that support HEAL. Long term outcomes include increased levels of physical activity and healthy eating in the participating neighborhoods.

Methods used to verify results will include pre- and post-testing at meetings and events; neighborhood assessments; review of individuals attending meetings, work plans, and participating neighborhoods in advocacy efforts; and surveys of existing and new partnerships for HEAL. Focus groups will also determine support for the HEAL work plan.

## **PAST RESULTS**

The Bi-State Healthy Kids Initiative is one of several initiatives KC Healthy Kids has successfully implemented since its establishment in 2005 to prevent childhood obesity. Because the Northeast HKI expands upon the Bi-State, results from that initiative are most like the ones we are proposing. For Rosedale in Kansas City, Kansas, results include starting a Walking School Bus at two elementary schools; creating an informal joint use agreement allowing Rosedale Soccer League use of elementary school fields; establishing three new walking/biking trails, a new sidewalk section, bicycle lanes (in engineering phase), and a repainted crosswalk; creating a comprehensive Green Corridor Master Plan and participating in the city's Sidewalk and Trails Master Plan; adding five community gardens and expanding to three existing gardens; operating a farmers' market with an increasing number of vendors; and adding four distribution sites for local produce.

For Ivanhoe in Kansas City, Missouri, results include finalizing approval from the KCMO TIF Commission for opening an Aldi's grocery store; developing and implementing a community gardens and urban agriculture strategy ("Grown in Ivanhoe"), teaching residents and youth to grow food, providing an outlet for them to sell (farm stand network), and establishing a farmers' market; building a new park with a walking trail, playground equipment and a community garden; with KCMO Parks and Recreation, adding a football field, baseball diamond, walking trail, and shelter area to Ivanhoe Park; and establishing a joint use agreement with Faxon School for the Ivanhoe Heat basketball team to practice in their gym.

## **SUSTAINABILITY**

With a mission to improve the health of Greater Kansas City's children, KCHK is dedicated to informing, advocating, and mobilizing communities to make changes that advance healthy eating and active living. To that end, we work with communities to implement strategies that improve health in culturally appropriate and equitable ways. Due to its success, KCHK has committed itself to sustaining this signature program by leveraging our own funds to secure additional philanthropic funds from other sources. To date, we have secured nearly \$1 million from almost 40 funders for this initiative over the last three years.

KCHK will be able to leverage funds from the Robert Wood Johnson Foundation (committed), match funds from several local funders for the term of the RWJF four-year grant (committed), LISC (committed), and the Health Care Foundation of Greater Kansas City (committed for GKCPFC and pending for this project regionally). We are also in the process of identifying other local and national funders to sustain this work.

Moreover, part of the success of the program is to build skills and help develop resources so that participating communities can continue implementing HEAL strategies independently over time. Maintaining a community commitment to implementing HEAL strategies requires working toward self-sufficiency. The Northeast HKI will develop its capacity to secure resources to support their own efforts. This has been the practice in the other Bi-State communities (upon which the Northeast HKI is modeled).

**HARVESTERS**  
*Harvesters' Healthy Food Access Initiatives*

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Harvesters' Healthy Food Access Initiatives  
\$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

Harvesters distribute food to those in need through a network of 620 nonprofit agencies and provide nutrition education. They also work to create public awareness about hunger and how it impacts community. Harvesters addresses hunger through several initiatives such as: healthy eating, feeding families, children and seniors.

These initiatives are focused on long-term solutions, leadership, and outreach in order to get more food into the community, ensure balanced nutrition in our distribution and empower low-income clients with the knowledge and resources they need to make healthy food choices.

## **FUND ALIGNMENT**

Harvesters' initiatives align with the Board of Commissioner's Strategic Plan by enabling Wyandotte community members to eat healthy food. Harvesters is uniquely situated to encourage healthy lifestyles among the underserved because of our collaboration with a network of 55 agencies and 36 schools in Wyandotte County. Many of the interventions traditionally used to address health concerns take place in a clinical setting. Our programs target underserved communities in the neighborhoods in which they live, in community centers, low-income housing complexes, schools, libraries and religious facilities. Harvesters' programs work to improve the Wyandotte food environment for low-income families and individuals so that underserved residents can and want to eat healthy foods.

Harvesters is committed to increasing consistent physical access to the healthy foods that are needed by those we serve through our food distribution channels. We work to create long-term solutions through nutrition education and advocacy. Harvesters offers culturally-sensitive SNAP (formerly food stamps) education in Wyandotte through our bilingual coordinator. She works with organizations serving urban Hispanic populations by building relationships with community leaders to dispel misinformation and misconceptions. She also works with rural migrant farmer populations in Wyandotte that are predominantly Spanish speaking.

Harvesters equips vulnerable groups in our community with the tools they need to make healthy food decisions by educating them about nutrition and healthy lifestyle choices in addition to providing food. Another important part of our mission is educating the public and promoting policies and programs that positively impact the issues of hunger and food insecurity.

## **RESULTS**

As a member of Feeding America, a national network, Harvesters is connected to 200 food banks, accessing the best evidence-based practices for food banking. The food banking model allows Harvesters to accept donations from the food industry -- because we have the warehouse space, equipment and volunteer resources to accommodate those donations. We are able to receive donations from national and regional food sources that would not otherwise be available in our community. With our warehouse capacity we are able to pick-up large scale donations and have them sorted and repackaged by volunteers. Those repackaged donations are then available to all agencies through our

online ordering system. Harvesters also purchases food to supplement donations so that we have a nutritious mix of shelf stable items available to our agencies at all times. Then, Harvesters delivers orders to agencies.

Harvesters serves many charitable organizations and has best practices to ensure equitable distribution. Our collaboration with agencies makes food distribution more efficient and cost-effective because it eliminates competition between agencies for food resources, allowing Harvesters to concentrate on acquisition and distribution, while agencies focus on client services.

In April 2011, Harvesters was named 2011 Food Bank of the Year by Feeding America. This national award recognizes an outstanding food bank for exemplifying the highest standards in fulfilling its mission. Feeding America recognized Harvesters for increasing access to nutritious food across its service area and for our commitment to food safety and significantly increasing awareness about hunger.

## **RESULTS VERIFICATION**

Because of the high need in Wyandotte, Harvesters has set aggressive food distribution goals for FY2014. Our goal is to distribute 3 million pounds of food overall to those in need in Wyandotte in FY14, an increase of 300,000 pounds. Of that 3 million, we estimate that 25% will be produce. We are also working to significantly expand the number of children served through our BackSnack program in FY14 to 2,245 students in 36 schools, which represents an increase of 210 children served per week from three years ago. This program provides children with food over 33 weekends.

Other goals for Wyandotte County include:

- Provide Kids in the Kitchen (child nutrition education) classes through 8 sites
- Provide High School Mobile Pantries at 2 schools (Washington and Wyandotte High Schools) serving at least 200 students
- Provide 2,500 participant exposures through nutrition education classes
- Provide Project STRENGTH (adult nutrition education class) at 12 sites
- Provide Senior Mobile Food Pantries at 2 low-income housing sites, reaching 100 seniors
- Provide Mobile Food Pantries at 5 sites

Output data is analyzed on a monthly basis to determine progress toward goals. This allows for mid-year program adjustments as necessary to ensure that goals are met. Harvesters tracks all pounds that are acquired and distributed through our state-of-the-art food inventory system. We track distribution by county and by program to ensure that we are meeting the needs of hungry individuals.

Harvesters maintains attendance documents to record the attendance at nutrition education classes. Participants complete tests administered at the conclusion of the class. These post-tests measure knowledge of topics such as whole grains, fruits and vegetables, and risk factors for diabetes. Participants of nutrition education classes will exhibit nutrition knowledge by receiving a passing grade (average of 75% or better) on the post-test given at the final class session. Participants will also demonstrate an increase in healthy behaviors with 75% of participants reporting at least one behavior change made during the session.

## **PAST RESULTS**

We know from the past three years of test results that our nutrition education and healthy eating programs are improving the overall health and quality of life for participants. A study conducted in 2012 by Generations United confirmed this, finding that "adequate nutrition helps children and youth concentrate in class, improves their memory and overall behavior, and leads to better health and fewer visits to the doctor. For older adults, access to good nutrition also improves memory, helps maintain healthy physical activity, and reduces the number of trips to the doctor."

Harvesters tracked the BackSnack program through an independent evaluation over three years. Evaluation results demonstrate that children who participate in the program get better grades, are better behaved, and healthier overall.

The results of Harvesters' BackSnack program foster a positive learning environment where children are prepared for school and achieve academic success.

Our advocacy efforts have also achieved measurable success for our clients over the past three years. For example, last year, Harvesters, as a member of the Greater Kansas City Food Policy Coalition worked with members of the Kansas City Missouri City Council, and the community to develop new strategies to bring grocery stores to underserved populations. This increased access to healthy, affordable foods in food deserts. Harvesters has a representative on the Steering Committee, which is directing the work of the Coalition to improve the local and regional food system for the benefit of all of the residents of the 9-county Kansas City area.

## **SUSTAINABILITY**

Harvesters sustains our programs through support from individuals, corporations, foundations, religious and service organizations and government entities. Harvesters utilizes several Federal Nutrition Programs to support our efforts. These government programs provide reimbursement for the cost of meals provided at Kids Cafe sites, as well as a small portion of transportation and administration costs. Harvesters also receives reimbursement from the Corporation for National and Community Service to provide AmeriCorps members as nutrition educators.

Over the last several years, Harvesters has succeeded in significantly increasing the amount of funds raised in order to increase Harvesters' response to the growing demand for food assistance. Harvesters currently has an aggressive, yet achievable, fund development plan that is carried out in conjunction with Harvesters' overall strategic plan. Harvesters utilizes the following fundraising activities to leverage additional support: direct mail, corporate and foundation grants, face to face cultivation and solicitation, special events, monthly donor program, food and fund drives, annual holiday programs, and community outreach efforts. Harvesters has secured 69.8% of the funds necessary for the current year and has pending requests out to a wide range of corporations, foundations and individuals.

**HEARTLAND HABITAT FOR HUMANITY**  
*Wheelchair Ramp Installation*

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Wheelchair Ramp Installation  
\$15,000

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## **PROJECT/PROGRAM DESCRIPTION**

Through this project Heartland Habitat for Humanity will target Wyandotte County homes in need of wheelchair ramps and engage a team of volunteers to complete the ramps in an efficient and affordable manner. The installation of wheelchair ramps will be for low-income homeowners with physical disability in Wyandotte County.

## **FUND ALIGNMENT**

Heartland Habitat for Humanity shares the common goal with the Unified Government's Board of Commissioners to promote and provide social services and facilities to improve the life, health, and living conditions of citizens, targeting the most at risk. We have been at work in the Wyandotte County community since 1987 - creating affordable housing options for as many families as possible in order to improve their living conditions. The objective of all Heartland Habitat programs is to assist low-income families in:

- Providing stability for their children;
- Growing their sense of dignity and pride;
- Improving their health, physical safety, and security;
- Increasing their educational and job prospects; and
- Contributing to the economic growth and appeal of strong urban neighborhoods.

An increase in housing stability can positively affect health outcomes and certainly affects educational progress and attainment for children. Each Heartland Habitat client family participates in our homeowner education course - CommonCents - to further support their long-term ability to maintain simple, decent, and affordable housing.

Our work also has a positive impact on Wyandotte County's overall health through safer neighborhoods; increased economic activity; investments from new residents in schools, businesses, and neighborhoods; and improved infrastructure. As vacant blighted homes are rehabilitated or orphan lots filled with new homes, or deteriorated homes repaired, property values increase and neighborhoods are revitalized - creating a healthier, stronger Wyandotte County. This project is a perfect fit to improve the health and accessibility for Wyandotte County residents in need.

## **RESULTS**

The Wheelchair Ramp Installation Project will result in at least twenty Wyandotte County homeowners with increased accessibility in their homes, and improved health as a result. The addition of a wheelchair ramp in these homes will allow homeowners to remain in their homes longer, and will strengthen urban core neighborhoods through longevity of homeownership.

Since 1987, Heartland Habitat for Humanity has built, renovated, or rehabilitated more than 250 homes in Wyandotte, Leavenworth and Johnson counties in Kansas, and Clay and Platte in Missouri. We are the largest Habitat for Humanity International affiliate in the Midwest, covering 60% of the Greater Kansas City geographic area. In addition to a core competency in home improvement and construction, we have extensive knowledge in managing a significant workforce of volunteers, managing more than 6,000 volunteers annually.

A Brush With Kindness expands our service area by meeting needs for low-income families who are already housed, but in need of maintaining that housing. The program combines our expertise in construction and volunteer management in meeting the need for minor exterior home repair, and contributes significantly to holistic community development by strengthening even more homes and neighborhoods.

The Wheelchair Ramp Installation Project is a component of A Brush With Kindness. Heartland Habitat has already completed twenty-two wheelchair ramp installations in Wyandotte County homes through a partnership with YouthBuild. The project has been successful in meeting the goals listed above and we're eager to continue.

## **RESULTS VERFICATION**

The Wheelchair Ramp Installation Project will achieve the following outcomes during the one year grant period:

1. Twenty low-income families in Wyandotte County, Kansas who are living with physical disabilities will have wheelchair ramps installed professionally in their homes.

This outcome will be measured through the use of Construction Services' records. Results will be reported quarterly to the Board of Directors and annually to the funders.

2. A minimum of 200 volunteers (duplicated count) will be engaged in the Wheelchair Ramp Installation Project.

This outcome will be measured using records from Volunteer Services. Results will be reported quarterly to the Board of Directors and annually to the funders.

3. 100% of the participant families will report increased accessibility in their homes after completion of the wheelchair ramp installation project.

This outcome will be measured by Family Services using a post-work survey and interview. Results will be reported quarterly to the Board of Directors and annually to the funders.

4. 100% of the participant families will report an increased likelihood that they will be able to remain in their homes because of the wheelchair ramp installation project.

This outcome will be measured by Family Services using a post-work survey and interview. Results will be reported quarterly to the Board of Directors and annually to the funders.

## **PAST RESULTS**

Heartland Habitat completed 20 wheelchair ramps in 2011-2012 through a partnership with the Health Care Foundation of Greater Kansas City and YouthBuild. All outcomes were met. The proposed project is very similar in size and scope to the earlier effort. Lessons learned in the first opportunity will be applied to this one.

In addition, our organization revitalized the neighborhood in the 1600 block of Yecker in Kansas City, Kansas. Six new homes were constructed in that block, along with twelve new homes around the corner at Aldon & Cissna. Research demonstrates that in safe, decent, affordable housing education and income prospects improve and families are healthier. Heartland Habitat for Humanity is having a positive impact on the health and lives of Wyandotte County residents and will continue to do so with funding from this grant program.

## **SUSTAINABILITY**

A Brush With Kindness and its sub-projects, like the Wheelchair Ramp Installation Project, has become a cornerstone project for Heartland Habitat for Humanity. As such, it is incorporated into our annual operating budget. The program will continue to be sustained organizationally and financially by Heartland Habitat for Humanity through ReStore revenue and philanthropic funds from foundations, corporations, faith communities, and individuals.

**HIGHER DIMENSIONS, INC.**  
*Higher Dimensions*

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Higher Dimensions  
\$21,150

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## **PROJECT/PROGRAM DESCRIPTION**

Higher Dimensions who works with JC Harmon High School students in afterschool programming and the Kansas City Kansas School District In-the-Zone program, which currently supports middle and high school students, are partnering to expand services currently provided to students.

Currently students at Harmon High School are engaged with services from Higher Dimensions on various topics from career building, college preparation, to academic tutoring assistance as well as healthy choices in relationships, family dynamics and community concerns. These activities are paired with recreational opportunities in the school gym and field trips to local colleges.

## **FUND ALIGNMENT**

Maintain a collaboration working relationship with various education institutions and the business community to maximize community resources and enhance learning, college readiness, and career pathway opportunities in our community

Higher Dimensions has partnerships with the Kansas City Kansas School District, In-the-Zone and with Business Results on Purpose (BRP). We also have partnerships with KU Upward Bound, Washburn University Internship Program, and K-State Alumni Association.

## **RESULTS**

To achieve measureable outcomes we use pre and post surveys. We are also in constant contact with the students teachers, counselors to insure weekly progress of students. Students have access to laptops and their grades can be readily accessible during our program hours

## **RESULTS VERIFICATION**

Serving a maximum of 60 high school students,

- 80% of the students graduate from high school
  - Attendance and monitoring of students academic progress in the program;
- 80% increase in Homework completion
  - Tutors and relationships with school personnel to insure students are completing assignments;
- 100% exposure to college resources and career readiness training
  - All students in attendance are required to participate in college workshops and career development activities.

## **PAST RESULTS**

We have experienced an increase in the graduation rate of students who have attended the Higher Dimensions Program

- Sixty percent of the students have gone to college or vocational school
- Ten percent of the students have enlisted in the armed forces.
- Students keep in touch with the Higher Dimensions staff after they graduate and come back as speakers and or mentors to the program.
- The President of Higher Dimension is a business owner and students come back to him for employment and to find out how to become an entrepreneur themselves.
- Socially, we have seen the girls' confidence increase and violence for the boys decrease.

## **SUSTAINABILITY**

Higher Dimensions (HD) began as a volunteer driven organization in 2006 and has maintained its programming at Harmon High School for with and without funding.

Between 2008 -- 2011 HD received approximately \$25,000 for capacity building through a Communities Empowering Youth grant from Communities In Schools KCK Wyandotte County. This grant provided equipment, staff development, training as service providers to youth and our business organizational structure such business license and 501C3 status to sustain the relevance of the organization.

HD also received approximately \$4,000 to support tutoring from 2010 to 2011 through the Kansas Enhancement Grant from Communities in Schools.

The balance of the cost of the program for other capacity efforts, programming and tutoring was provided by in-kind donations and volunteer resources.

We are currently seeking funding in partnership with the Kansas City Kansas School District In-the-Zone afterschool program through the Kansas State Department of Education 21st Century Community Learning Center Program to expand our services.

We have a private funder who donated \$10,000 in 2012.

We will continue to leverage our program with community businesses and organizational partnerships thereby increasing the opportunity to seek funding collaboratively.

**HILLCREST MINISTRIES OF WYANDOTTE COUNTY, INC.**  
*Transitional Housing for the Homeless - Community Garden & Health*

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Transitional Housing for the Homeless - Community Garden & Health  
 \$25,000

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## **PROJECT/PROGRAM DESCRIPTION**

The Hillcrest Transitional Housing Program provides short term, stable housing & supportive services to homeless families, youth & children in Wyandotte County. Clients are provided, free of cost, with a fully furnished, private apartment, for an average of 3 months in the adult program, and 12 months in the youth program. Clients are provided daily access to the Hillcrest community garden, which provides clients with healthy, nutritious foods for snacks & meals, and acts as a source of physical activity for all, as clients are required to help plant, tend to & harvest the garden.

The proposed program seeks to help homeless families, youth & children living in the transitional housing program gain access to mainstream physical & mental health services to help them address their individual needs, including annual health & wellness check-ups, mental health counseling, medications, and intensive therapeutic services, as well as healthy foods, nutrition classes, cooking instruction, and parenting classes.

## **FUND ALIGNMENT**

This program aligns perfectly with the Board of Commissioner's Strategic Plan for Wyandotte County, fitting all criteria outlined in the plan. Hillcrest provides supportive social services to extremely low income, homeless families, youth & children, with a goal of helping them break the poverty-welfare cycle, and attaining permanent housing in our community. This is accomplished through the provision of safe, stable housing; mandatory supportive services classes in nutrition, health & wellness, case management, community living, life-skills & budgeting; instruction on how to meal plan & shop through the on-site food & basic needs pantry; inclusion in the planting, maintenance & harvest of the Hillcrest garden; access to physical activities on-site; access to medical, dental, physical & mental health services; and developing & implementing individualized goal plans for success. Through this program, adults, youth & children who were at-risk physically in regards to their health, housing & personal well-being are able to break this cycle and become active, healthy members of our community once again.

## **RESULTS**

Hillcrest has been providing its program & services to the homeless since 1976, and utilizes annual program data to ensure it is setting & achieving meaningful, measurable outcomes, and making impactful change on the lives of the poorest in our community. By continuing to offer housing, counseling, fresh food, pantry, and other supportive services to the homeless in Wyandotte County, Hillcrest is helping to make a difference in the lives of the less fortunate. This program is backed by 33 years of success, which is proven by meeting or exceeding benchmarks & goals each year. Hillcrest has been recognized by the National Alliance to End Homelessness for "Best Practices" in Transitional Housing, supporting the statement that the program's outcomes are successful.

## **RESULTS VERIFICATION**

Hillcrest commits to providing transitional housing & related supportive services to 70 homeless households, or an average of 220 homeless individuals. Hillcrest also commits to providing fresh, healthy food from the Hillcrest garden to a total of 500 homeless and/or formerly homeless, at-risk individuals. All clients provided services will be tracked

weekly in the local Homeless Management Information System, MAACLink, which is an online database used in the KC Metro to record & track client level data on homeless & at-risk clientele. Staff will also record client data in hard copies of client files, which are kept on-site. Utilization of these data sources will ensure outcomes are being met.

## **PAST RESULTS**

In the past 3 years, Hillcrest has more than quadrupled its capacity to house & provide supportive services to the homeless in Wyandotte County, growing from 9 transitional units in 2010 to 37 in 2012. Since January 1, 2010, over 150 homeless households have been provided residential transitional housing services; in 2013 alone 79 homeless households will receive these services. In that same time frame, over 500 individuals received non-residential services; again, in 2013, the now expanded program will serve that many individuals in a single year.

## **SUSTAINABILITY**

Hillcrest has been in existence since 1976, and has been in Wyandotte County since 2004. We are proud to have the support of thousands of local churches, congregants, service organizations, corporations, foundations, private individuals, and the local Unified Government. This diversified stream of funding support allows Hillcrest to continue to offer much needed services to the homeless, hungry & poverty stricken in Wyandotte County. Hillcrest has major funding commitments for the transitional housing program from the CoC grant, ESG grant, Westside Church, Church of the Resurrection, and annual special events. Requests to support this program are also being considered by the Health Care Foundation of Greater KC, and the Menorah Legacy Foundation. This request would be leveraged by the funders committed to the \$785,000 program budget.

**KANSAS CITY COMMUNITY GARDENS, INC.**  
*Healthy Gardeners Wyandotte*

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Healthy Gardeners Wyandotte  
\$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

Kansas City Community Gardens and its affiliate, The Giving Grove will partner to improve healthy food access for low-income individuals in Wyandotte County through home and community gardening. The joint project will help Wyandotte County residents, schools, and community groups establish fruit and vegetable gardens during the coming year.

Grant funds will be used to support home gardeners, community groups, and schools in Wyandotte County by providing the following resources:

## **FUND ALIGNMENT**

As a regular participant in the Healthy Communities Wyandotte strategic visioning process, KCCG provided feedback that was integral in developing recommendations related to nutrition and healthy food access for Wyandotte County. KCCG Program Director Andrea Mathew is a Kansas City, Kansas resident and a member of the Nutrition Action Team, participating in the majority of the team's sessions for more than two years. The project is designed to directly implement the following recommendations made by the Nutrition Action Team: (1) Encourage all schools to create school gardens so that students learn how to grow healthy food and why it's important to eat healthy food; (2) Support and promote the expansion of community garden programs that encourage the cultivation of healthy food among residents. These actions will promote healthy eating through school food policies and programs and help make nutritious food more affordable for Wyandotte County residents.

Additionally, the program will directly align with several goals outlined by the Unified Government's Board of Commissioners in its strategic plan for Healthy Communities/Recreation in Wyandotte County. The program will help to improve the health ranking of Wyandotte County by improving Wyandotte County's food environment so that all residents can and want to eat healthy foods. For example, free gardening skills and cooking workshops will help residents learn to grow and prepare fresh fruits and vegetables. The program will also achieve long-term goals outlined in the strategic plan by partnering with multiple Wyandotte community partners, including schools and neighborhood organizations, to establish gardens.

## **RESULTS**

The Giving Grove and KCCG will work to improve overall health and nutrition in Kansas City's urban neighborhoods by helping low- to grow fresh, healthy food and increase physical activity through gardening. With support from the Unified Government, KCCG and The Giving Grove will target Wyandotte County, KS residents in order to provide direct, concrete assistance to individuals, schools, and community groups that will lead to improved healthy food access and increased physical activity. Anticipated program outcomes will include: (1) increasing the amount of fruits and vegetables consumed by Wyandotte County residents who garden with assistance from KCCG and The Giving Grove; and (2) increasing the level of physical activity of Wyandotte County residents who garden with assistance from KCCG, and (3) improving healthy food access and changing the physical environment by creating fruit and vegetable gardens in Wyandotte County.

A number of studies indicate that community gardening demonstrates a positive impact on obesity prevention by increasing fruit and vegetable consumption along with physical activity. (Sources: Alaimo, Katherine, Elizabeth Packnett, Richard A Miles, and Daniel J. Kruger, 2008, "Fruit and Vegetable Intake among Urban Community Gardeners," *Journal of Nutrition Education and Behavior*, 40(2) pp. 94-101; Blair, et. al., 1991, "A Dietary, Social and Economic Evaluation of the Philadelphia Urban Gardening Project," *The Journal of Nutrition Education* 23: pp. 161-167; Twiss et. al., 2003, "Community Gardens: Lessons Learned From California Healthy Cities and Communities," *American Journal of Public Health*, 93(9): pp. 1435-1438.)

## **RESULTS VERIFICATION**

KCCG and The Giving Grove propose to improve Wyandotte County's health ranking by changing the physical environment to improve access to healthy foods and creating positive change in healthy behaviors among residents, including physical activity. The following outcomes and measurements will be used to track health improvements among participating Wyandotte County residents:

### KCCG- Self-Help Gardening:

1. Wyandotte County residents will harvest produce from their gardens (95% or greater);
2. Wyandotte County residents will self-report eating more daily servings of fruits and vegetables due to gardening (85% or greater); and
3. Wyandotte County residents will self-report increasing physical activity because of their garden duties (85% or greater)

Low-income households enrolled in KCCG's Self-Help Gardening program will respond to survey questions to measure results. Survey responses will be used to determine improvements in healthy food access, nutrition, and physical activity that will lead to better health outcomes in Wyandotte County in the areas of "physical inactivity" and "limited access to healthy foods." (Source: County Health Rankings and Roadmaps.)

### KCCG- Schoolyard Gardens:

Schools enrolled in KCCG's Schoolyard Gardens program respond to pre- and post-gardening surveys to measure improvements in their knowledge of healthy eating. The focus of this program is nutrition education for at-risk youth, aligning with the goal of improving Wyandotte County's health ranking by changing the physical environment, including "limited access to healthy foods."

### The Giving Grove, and KCCG- Community Partner Gardens (CPGs):

KCCG's Community Partner Garden projects and The Giving Grove's edible tree gardens in partnership with Wyandotte County neighborhood groups, government agencies, and nonprofits will improve access to healthy food in Wyandotte County. Gardens will provide produce for at-risk youth, low-income families, and other individuals in need. Organizations will complete intake forms indicating what percentage of produce will be used for hunger relief or to feed low-income neighborhoods in Wyandotte County. A minimum of 50% of fruit trees planted with Giving Grove support must be dedicated to hunger relief.

Both KCCG and The Giving Grove will verify household income based on Community Development Block Grant income standards, using a pay stub, Social Security documentation, or other proof of income.

## **PAST RESULTS**

During the past year, more than 97% of 626 returning low-income gardeners surveyed responded that they harvested produce from their gardens during the previous year; 98% said that they had eaten more servings of fruits and vegetables due to gardening; and 95% said that gardening had helped them to stay more physically active. KCCG anticipates achieving similar results during the grant period. This year, KCCG provided garden supplies and technical assistance to 1,113 low-income households throughout the metropolitan area, for a total of 2,083 individuals. In addition, KCCG assisted 136 schools through the Schoolyard Gardens program and 203 garden projects at Community Partner Garden agencies, including Latino Health for All Coalition, Mattie Rhodes Center, Rosedale

Congregational Church, and many others. Of the 136 schools served and 203 community agencies served during the past year, 25 schools and 24 Community Partner Gardens were located in Kansas City, KS. These include: Cross-Lines, Hillcrest Transitional Housing, Kansas Bhutanese Community Garden, John Fisk Elementary School, and Sumner High School.

In addition, 73 low-income gardeners enrolled in KCCG's Self-Help Gardening program resided in Kansas City, KS. These individuals improved nutrition and reduced food costs by growing their own healthy food in backyard and community gardens, receiving tilling, garden space, seeds, education, and other resources from KCCG.

The Giving Grove was recently contacted by two Wyandotte County groups (Wyandotte Countians Against Crime and Catholic Charities/KC Bhutanese Garden) to create edible tree gardens in 2013 that will provide produce for these neighborhoods.

## **SUSTAINABILITY**

KCCG has active funding from the Health Care Foundation of Greater Kansas City for the Schoolyard Gardens program and Get Growing KC initiative in partnership with Cultivate Kansas City and Lincoln University. These funds support gardens on both sides of the state line, and The Giving Grove and KCCG currently have additional pending requests with the Foundation to serve the entire metropolitan area. In 2012, the Wyandotte Health Foundation awarded KCCG a new grant to conduct outreach and expand services to Wyandotte County residents. In addition, KCCG has requested support from the Kansas Health Foundation to target services to low-income individuals, students, and communities in Wyandotte and Johnson Counties. KCCG has also been awarded a \$5,000 from the Latino Health for All Coalition to create a community garden on municipal land in Kansas City, Kansas, in partnership with the Unified Government Parks and Recreation Department.

KCCG's annual Adopt-a-Garden individual donor program increases food security for low-income families, community gardeners, and neighborhood groups by supporting gardeners working to grow their own healthy food. Contributions provide essential donor support for core KCCG programs and administrative costs. Meanwhile, KCCG staff and Trustees are proactively working to ensure that funding levels are increasing to keep pace with rapid organizational growth. Finally, program income generated from plant and seed sales and other resources to non low-income members, as well as private and public donor support, helps to provide resources to gardeners with extremely limited incomes through the Self-Help Gardening program at a greatly reduced cost.

**KANSAS LEGAL SERVICES, INC.**  
*Rehabilitate Abandoned Property Program*

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Rehabilitate Abandoned Property Program  
\$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

The purpose of the Rehabilitate Abandoned Properties (RAP) Program for Wyandotte County is to facilitate the acquisition of underperforming, blighted and unoccupied properties that are in neighborhoods identified by the Unified Government of Wyandotte County/KCK and the partners allied for this project as a focus for revitalization. The goal is to develop dilapidated, vacant houses into community-contributing property that is safe, decent and sanitary. Vacant property will be maintained and held for development by utilizing an established non-profit holding entity.

## **FUND ALIGNMENT**

The Board of Commissioners' Strategic Plan includes Housing -- Neighborhood/Community Development with the goals to "grow neighborhoods to their maximum potential; make property owners accountable for their property, and foster a diverse housing stock." This program will contribute to the building of safer and more stable neighborhoods and will encourage home ownership. Neighborhoods with abandoned, dilapidated properties have been shown to have more crime, less community socialization and highly transient populations. A recent study in Austin, Texas found that "blocks with unsecured [vacant] buildings had 3.2 times as many drug calls to police, 1.8 times as many theft calls, and twice the number of violent calls" as blocks without vacant buildings. A strategy that prioritizes vacant properties -- either vacant lots or abandoned houses -- can be an effective means of bringing neighborhoods back, restoring residents' faith in their community and turning around long-term decline in property values. Healthy individuals, families and neighborhoods are the ultimate goals of the Board of Commissioners' Strategic Plan and healthy families cannot thrive in a neighborhood with blight.

## **RESULTS**

Similar programs that have seen success include a very popular program directly across the state border in Missouri. Legal Aid of Western Missouri (LAWMo) has partnered with non-profit and for-profit housing rehabilitation entities, Kansas City government and neighborhood leaders to reclaim some of the approximately 3,000 abandoned and foreclosed homes that flooded parts of the city after the recession and mortgage crisis hit. The program has experienced enough success to make it lauded as a model of city revitalization and neighborhood renewal. Other programs such as the U.S. Department of Housing and Urban Development (HUD), U.S. Department of Transportation (DOT), and the U.S. Environmental Protection Agency (EPA) partnership for Sustainable Communities has "to promote equitable and affordable housing" as one of its "livability principles." This principle includes eliminating blight and reclaiming abandoned properties to contribute to the pool of affordable housing. The partnership has seen widespread success over four years. Topeka, Kansas, received a Community Block Grant from Housing and Urban Development to resolve abandoned housing and make them affordable for low income families. Many major metropolitan areas across the country have programs in place that focus on rehabilitating neighborhoods and using a holistic approach that combines public health, wellness, food security, economic recovery, transportation and safety and some also include a stress on green building/green space initiatives. This proposed program will be a component of the Unified Government's larger effort to address the health and well-being of families in Wyandotte County, in the context of safe and affordable housing.

## **RESULTS VERFICATION**

In the first project year, the program's measurable outcome will be achieved by identifying and taking legal action on up to 25 dilapidated, abandoned properties. Once ownership is resolved through legal action, the properties will be placed in receivership for rehabilitation or if appropriate, demolition. The properties will be scattered through eight to ten neighborhoods to start a ripple effect of blight relief across the city. Throughout the second year of the program, the properties, whether rehabilitated or with new construction, will be offered for sale to up to 25 low income families which consequently will increase property values of surrounding real estate. The increased values will benefit a significant number of persons in those neighborhoods. Also in the second project year, up to 25 more abandoned properties will go through the legal process to remedy the neglect or deterioration, thereby affecting eight to ten more neighborhoods, more families and more neighbors.

## **PAST RESULTS**

Kansas Legal Services is the only non-profit poverty law firm in the state of Kansas and has operated for over 35 years statewide. Serving 25,000 to 30,000 individuals per year, one mission of Kansas Legal Services is to provide equal access to justice for persons not able to pay for legal and other essential services. Kansas Legal Services is also a vehicle for keeping many low income people from falling permanently into the category of chronically poor. It serves as a conduit by which many low income people successfully get back on their feet and become self-sustaining. Kansas Legal Services is dedicated to helping low income Kansans meet their basic needs through the provision of essential legal, mediation and employment training services. The biggest demand for services from KLS is for family law, including cases of domestic violence. Children benefit as KLS strives to stabilize their families through representation on the issues of custody, child support and divorce. KLS also represents the elderly and disabled seeking social security or other public benefits and in helping the elderly resolve end of life (non-financial) issues. KLS helps individuals faced with losing their housing through evictions or mortgage foreclosures and with cases involving Medicare, Medicaid, and other health care problems. In 2011, KLS served over 3,500 individuals in consumer law/finance cases and over 1,500 persons in housing-related cases. Many of the outcomes related directly to assisting clients with obtaining income stability and housing security.

## **SUSTAINABILITY**

The proposed activities in this project will result in long-term benefits that will continue for years after the legal activities are conducted and rehabilitated homes are bought. The ultimate goal of the project, home ownership for low income families, will lead to putting forces into play that naturally lead to better outcomes: Research shows home ownership is a reliable indicator of commitment to the community, higher level of quality of life and life satisfaction, healthier socialization and cleaner, safer neighborhoods. Returning land to tax-paying property will also have a long-term benefit for Wyandotte County and benefit all taxpayers. Families will enjoy supportive resources from Habitat for Humanity and be able to participate in positive initiatives sponsored and promoted by the Unified Government of Wyandotte County and other partners to improve family health and well-being. Kansas Legal Services has been providing civil legal assistance to low income persons in Kansas for over 35 years to resolve barriers to self sufficiency and will continue its work for many years to come.

**KANSAS UNIVERSITY ENDOWMENT ASSOCIATION**  
*KCK Organic Teaching Gardens*

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KCK Organic Teaching Gardens  
\$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

The KCK Organic Teaching Gardens are living laboratories for science, healthy lifestyles, nutrition, land use and environmental awareness. The Teaching Gardens provide 130 raised bed gardens for three middle school and four elementary school communities in the urban core of Kansas City, Kansas. The Teaching Gardens program offers workshops with 21 different topic modules.

## **FUND ALIGNMENT**

Recommendations for a Better Future involve the following areas of our garden initiative:

1. Initiating a shared conversation on changing behavior through healthy eating and land use for healthy exercise. Currently, the KCK Organic Teaching Gardens provide the only teaching garden workshops in Kansas.
2. Food use is important, as most garden projects say, but teaching children and their families about growing food, taking care of the environment and the cultural history connected to agriculture ensures a healthy future for generations in Wyandotte County.
3. The garden project engages students in the "Slow Food" movement. As shown in the County Health Ranking and Roadmaps, Wyandotte County is 26% higher in fast food restaurants than the national benchmark for fast food establishments. Wyandotte County comes in at 51% in fast food restaurants and the national benchmark is 25%.
4. The KCK Organic Teaching Gardens is a program of the University of Kansas School of Medicine, Kansas City. Kansas Public Schools, KKFI Community Radio and neighborhood groups in the school communities are also involved. In the 2012-2013 school year, a new collaboration began with the UMKC Theatre Department. UMKC students visited the garden workshops to add rich text and imagery to a script that later became a play called "Eat This! KC Chews on the Politics of Food." The location of the gardens is critical to the health of Kansas City, Kansas. Banneker, M.E. Pearson, Cauthers, Quindaro, Northwest and Argentine Schools are all in the heart of crime and poverty.

## **RESULTS**

The KCK Organic Teaching Gardens project provides an evidence-based approach to participatory and interactive learning.

1. Evidence suggests that gardening not only fosters outcomes for students but contributes to the larger social ecological system. In this way, gardens are a means to community sustainability and support resilience of urban social-ecological systems.

2. Students who participate in garden-based nutrition education show a higher preference for a larger number of vegetables than students exposed to nutrition education in the classroom alone. A study of kindergarten children concluded that as little as 30 minutes each week in a vegetable garden improved vegetable and fruit identification, identification of 'best' snack choices and increased willingness of children to taste new vegetables and fruit.
3. Researchers have shown that programs which integrate the knowledge of parents and other local adults into science education serve as a means for immigrant and other youth who may not be exposed to western scientific ways of thinking at home to "cross borders" between the subcultures of family/community and western science/ science education. Through integrating the knowledge of community members, educational activities may become more relevant and more readily understood and thus may reduce a feeling of alienation among minority and immigrant students, and in turn promote better health in the community.

## **RESULTS VERIFICATION**

1. Increased consumption of fruit and vegetables, as measured through comparison of the number of servings of fruits and vegetables each student ate during the day prior to participation in the Salsa or Seed Workshop and the number of servings eaten in one day during the week after the workshop. All data will be collected by the project staff. Students will record number of servings consumed on the day prior to the workshop on an index card and place in an envelope. Sealed envelopes will be labeled with student's and teacher's names. Project staff will redistribute the envelopes a week later. Students will write on the outside of the sealed envelopes the number of servings of fruits and vegetables consumed the previous day. Project staff will enter the de-identified data into a project database. It is expected that 26 Salsa and 26 Seed workshops will be conducted, reaching 1,300 students.
2. Increased knowledge about plants, insects, and the environment, as measured through the number of students who demonstrate their knowledge. Project staff will poll the students and record.
3. Increased student involvement in gardening, as measured through the number of students actively gardening. Project staff will determine via record review and record.
4. Increased physical activity of participants, as measured through the number of students actively gardening. Project staff will determine via record review and record.
5. Increased student knowledge of historical and cultural foods and traditions. Project staff will poll participants and record.
6. Increased resources for Kansas standards-based instruction. Project staff will determine via record review the number of classrooms, students, and schools provided with increased resources and record. All data will be entered by project staff, de-identified, and transferred to an external evaluator for analysis. Descriptive statistics will be used with all results. A comparison of means (paired-sample t-test) will also be used to analyze Salsa and Seed Workshop data. A six-month meeting between project staff and the evaluator will identify emerging trends. Necessary programming adjustments will be made at that time. Year-end results will be presented to project staff in a fact sheet for dissemination.

## **PAST RESULTS**

The seven gardens have provided over 900 (300 per year) workshops with 21 different workshop topics. More than 3,500 students have been served through the garden program initiative. For instance, teaching students the importance of African Americans in the history of agriculture in the United States was met through growing cotton and using picture books to help tell the story. Teachers and students were guided by the Garden Coordinator, who utilized the gardens to share history, land use, cultural contributions and social relevance by developing an innovative curriculum and growing a product.

1,300 students are served per year. 300-320 workshops are provided per year.

The KCK Organic Teaching Gardens have provided a social focus for participating children and families. This ongoing garden experience is an essential component of making long lasting health changes.

## **SUSTAINABILITY**

The loss of the HRSA Health Communities Opportunity Program grants (via KUMC K-12 Initiative) in the federal budget has left the Teaching Gardens without funding for the new fiscal year. The 13 year progress on garden building, workshops and growing interest in healthy lifestyles needs the UG/Hollywood Casino Wyandotte Grant to use as bridge funding for the new fiscal year. KU Endowment continues to look for future donors as sponsors of the gardens. Receiving the Hollywood Casino Wyandotte grant would allow the gardens, along with the KUMC K-12 Initiative, to write new grants for the future. The garden program, through the activism of the Garden Coordinator, has secured a feature in the KU Alumni Magazine and fundraising assistance from a national recording artist, Iris Dement. An event will be scheduled to take place during February 2014.

**LOCAL INITIATIVES SUPPORT CORPORATION**  
*LISC Healthy Lifestyles Support Program*

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LISC Healthy Lifestyles Support Program  
 \$49,843

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## **PROJECT/PROGRAM DESCRIPTION**

Greater Kansas City LISC proposed Healthy Lifestyles Support Program will provide assistance and expertise to four farmers markets in Wyandotte County and to the Unified Government's (UG) Land Bank.

By providing assistance and expertise to the farmer's markets and the land bank, LISC hopes to strengthen farmers markets to help increase their usage by residents of under-served neighborhoods, increasing residents' exposure to healthy food, and to promote expansion of local gardening.

## **FUND ALIGNMENT**

Farmer's Markets provide directly impact the health and living conditions of Wyandotte County residents by providing those most at risk with access to fresh and healthy foods in the absence of grocery stores. The current four locations of the Markets meet the needs of a population who live at least 10 miles from a grocery store. The KCK Farmers Markets promote healthy community/recreation by offering healthy food choices for a population whose adult population is 38 percent obese. With LISC expertise, we hope to achieve Healthy Communities Wyandotte's goals of increasing physical access to healthy foods in Wyandotte and to make them more affordable.

This will be achieved through marketing opportunities such as:

- Outreach to new and existing farmers – encourage more vendors to produce and sell healthy food at the market
- Outreach to low-income residents – all of the targeted markets accept food stamps, Seniors Farmers Market Nutrition Program vouchers and provide a 1:1 match for benefits through the Beans & Greens program, but this is widely unknown.
- Improved marketing of the markets – increasing market traffic of both underserved and full-income populations benefits everyone by attracting more vendors
- With LISC guidance, land bank policies can be modified to have the ability to target and repurpose underutilized lots and return them to productive reuse in the urban core.

These actions directly address Healthy Communities Wyandotte's recommendation to increase the ease of leasing or purchasing property from the UG Land Bank, especially in high-poverty areas.

## **RESULTS**

The four farmers markets are currently operated on a "bare bones" budget and dependent on a heavy amount of volunteer work. Other markets in the region, such as the Overland Park Market and the City Market in Kansas City, MO, have funding available for professional staff, marketing, data tracking and a permanent location. The proposed program would help the markets reach a wider constituency of Wyandotte County residents through a professional branding strategy and marketing/advertising, thereby driving new traffic and increasing the access to healthy food. In addition, grant funding will provide the resources to consistently collect the data needed to manage market growth and demonstrate results.

As required for state and federal recording measures, SNAP amounts are printed at the end of each market day from the wireless terminal that processes benefits. SFMNP vouchers are presented to the market coordinator when the customer enters the market for recording and tracking. With grant funding, dedicated market staff will be able to work directly with farmers to track cash sales, which are not currently recorded, as well as foot traffic generated at each market. The ability to have and share this traffic and sales volume data will improve marketing efforts and help attract more vendors who are interested in reaching this underserved – yet high user – population.

## **RESULTS VERIFICATION**

Data collected by the KCK Farmer's Markets:

- Redemption of SNAP and Senior Farmers Market Nutrition Program (SFMNP) vouchers
- Number of farmers/vendors at market
- Market customers

These statistics will be compiled weekly for all four markets.

As a result of LISC technical and marketing assistance, we project the following in SNAP/SFMNP/Beans and Greens sales for the upcoming 2013 market season:

- KCK Greenmarket at Juniper Gardens: \$26,000.00
- KCK Greenmarket at Central Avenue: \$15,000.00
- KCK Greenmarket at Downtown: \$20,000.00
- Rosedale: \$12,500.00

Success Measures for the Land Bank:

- Track the number of properties available in the Land Bank for productive reuse - Currently, there are 2,000 parcels in the UG Land Bank and 6,400 delinquent properties with structures on them that could be in the land bank if the land bank had the ability to accept them.
- Education of community members and stakeholders about the issues and solutions associated with vacant and abandoned property. LISC will host a symposium for county staff, community organizations and stakeholders on effective land bank policies that will feature nationally-recognized experts to highlight best practices. We project the symposium will reach at least 75 community members and stakeholders.
- Modification to Land Bank policies enabling better utilization of vacant/abandoned property in Wyandotte County for food production and other productive reuse.

## **PAST RESULTS**

Greater Kansas City LISC has a strong track record of success in both Kansas and Missouri which includes completing two-year Health Advocacy Initiative that demonstrated the correlation between comprehensive community development efforts and resident health.

LISC has been providing limited technical assistance to the markets over the last two years; most significant in our intervening to save the SFMNP in Kansas. Since that time, the farmers markets in KCK have doubled their sales and number of farmers/vendors. This growth has happened organically, and the markets and their board members are experiencing growing pains. A grant providing outside expertise and professional marketing assistance will enable the markets to respond to this growth, prepare itself for future expansion, and allow the markets to be sustained into the future.

We have the opportunity to address both the abundance of vacant parcels in Wyandotte County with the need for additional vendors at the markets to meet current demand. It is our goal to help inform, educate and excite neighborhood residents about opportunities for community gardens and participation in the farmers markets.

From a policy standpoint, LISC Health Advocacy Initiative resulted in passage of a Livable Streets Resolution in Kansas and new land bank legislation in Missouri, that enabled the creation of the Kansas City, Missouri land bank. With LISC's guidance, the KCMO Land Bank now has the most responsive and "up-to-date" land bank guidelines in the country.

**SUSTAINABILITY**

This grant will leverage public, private and LISC funding to ensure success. Beans and Greens, a matching program operated by Menorah Legacy Foundation, has already committed between \$1,000.00 and \$4,000.00 to the four farmers markets. In addition, the markets will be looking for additional grant opportunities through the Greater Kansas City Healthcare Foundation. The goal will be to create an environment where the land bank assist and farmers markets are self sustaining and fully operational.

**LOVE OUTREACH INTERNATIONAL MINISTRIES, INC.**  
*The Whole Person (Healthy Food-Healthy Life)*

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 http://In development paid for by Urban League of Greater KC

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The Whole Person (Healthy Food-Healthy Life)  
 \$50,000

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### **PROJECT/PROGRAM DESCRIPTION**

The program will provide citizens of Wyandotte County the opportunity of traditional medicine in combination with naturopathic medicine. Citizens will have the option of traditional medical treatment and prescribed medication combined with naturopathic treatment and an all natural diet with moderate exercise to address a wide range of physical and mental ailments.

This program will leverage previous funding to launch and sustain culturally sensitive healthy lifestyle campaigns that focus on good nutrition, increase physical access to healthy foods in Wyandotte County, make nutritious food more affordable, and also launch classroom training curriculum for citizens to learn how to prepare healthy food along with marketing and promotional programs against consumption of unhealthy food. Lastly to implement an exercise program twice a week that implements bike riding and light exercise.

### **FUND ALIGNMENT**

The Whole Person -- Healthy Food/Healthy Life program aligns with:

- Social services through mental health counseling and prescription support; health and wellness as a cornerstone for Wyandotte healthy communities, serving the uninsured and underinsured by providing alternative options for prevention and treatment that is not commonly available to this population.
- Community House of Wellness and Village Clinic providing a high level of continuity and continuum of primary medical care through services available less than one mile from Love Outreach shelter. (Other safety net options are available within three miles of the shelter.) This convenience will reduce inappropriate use of emergency room services as a tool for primary care.
- Promotion of healthy lifestyles results in healthier citizens and a healthier community. These newly empowered individuals will experience fewer doctor visits due to intense short-term health and wellness education and medical care. Participants will have the option of a six-month follow-up at no cost. In addition, long-term care available through Village Clinic and Community House of Wellness.
- Potentially fewer emergency room visits and fewer ambulance rides that will allow tax dollars to be applied elsewhere to improve other existing services

### **RESULTS**

Evidence based tracking and monitoring tools listed above will provide data on:

- Participant satisfaction with overall program effectiveness
- Participant satisfaction with increased knowledge base for healthy lifestyle choices and sustainable decision making tools
- Decrease in repeat residential status in homeless shelters through ability to exercise empowerment tools for making sound lifestyle decisions

- Decrease in repeat arrests with longer intervals between jail times with a goal of zero percent recidivism in program participants.
- Sustained positive changes in decision making and behavior, based on activating thought processes centered around the need for self preservation through the goal of optimal health and well-being shaped by an individual's self perception, past experience and future goals
- Improved baseline laboratory values
- Increased medication compliance
- Increased and sustained selection of healthy food choices by participants based on their 90-day stay with Love Outreach Shelter.

## **RESULTS VERFICATION**

We are committed to achieving the following measureable outcomes:

- Mental Health -- Increased medication compliance
- Physical Ailments- decreased emergency room visits per person with increased personal satisfaction in overall health and well-being.
- Healthy Lifestyle Satisfaction survey
- Substance abuse clients Satisfaction Survey
- Improvement in baseline laboratory values reflective of improved overall health and well-being thereby decreasing the risk for development of chronic disease.

## **PAST RESULTS**

- Dr. McIntosh has been a practicing M.D. for many years and is committed to offering his skills to the community of K.C., KS. The Community House of Wellness has over 1,000 patient visits annually
- Dr. Blankinship, a Kansas City, Missouri native received the majority of her clinical training in underserved communities in Portland, Oregon. For the past two years she has been in private practice in Kansas City, Kansas; fulfilling her commitment to provide low-cost natural medicine to urban communities. Dr. Blankinship is licensed to practice naturopathic medicine in the state of Kansas and is a Robert Wood Johnson Fellow (Ladder to Leadership - emphasizing the social determinants of health and well being in the medical model).

Village Clinic and Community House of Wellness collaborate to provide quality integrative medical care. Both doctors are committed to serving the urban core by providing high quality, low cost medical care to the uninsured and underserved in Wyandotte County.

Exec. Director Charles Bailey, Sr. has ten (10) years experience operating Love Outreach Shelter. Dir. Of Operations Guy Ellison has served the community for a total of fifteen years as a probation officer, kck parole office contractor and UG WyCO/KCK Planning and Zoning Commissioner. Operating as a transitional shelter since October 2012, the facility has served 152 Wyandotte County citizens. Seventy-two citizens obtained employment enabling them to pay for healthcare on an income adjusted scale, obtained disability or medicare/medicaid to obtain treatment. Forty seven percent have been successful in obtaining medical care.

## **SUSTAINABILITY**

Key drivers for the future success and sustainability of this pilot program include:

- Enthusiastic participation by residents of Love Outreach emergency shelter to become empowered to correct health and lifestyle deficiencies and maintain healthy lifestyle choices
- On-going support of natural medicine clinic by local and non-local entities: Emerson Ecologics, Stark Pharmacy, Your Wellness Connection, for donation of vitamins and supplements in supporting Village Clinic (these relationships have been in place for three years) Minimum \$1500 annually, maximum \$5000 based on need of this outreach project.

- Continued commitment from Community House of Wellness and Village Clinic as collaborating partners in providing high quality, low cost integrative medical care to Wyandotte county: \$3,900 in services donated annually
- In-house fund-raising efforts by Love Outreach and community partners with a goal of raising a minimum of \$2000 annually.
- Approximately \$11,000 of proposed budget includes one-time cost for providing training and support to food preparer (12 months) for Love Outreach Shelter and implementing Healthy Lifestyle classes for residents delivered by contracted staff after one year pilot.
- Grant funding as available, through aggressive, creative community partnerships and collaborative efforts for added sustainability.
- The goal of our pilot program is to determine whether residents will embrace a "different type of program" based on their receiving expanded knowledge and skills directed toward self-empowerment thereby 1) decreasing reliance on more traditional and costly services; 2) reducing their risk of long-term chronic health care concerns and 3) increasing their quality of life.

***METROPOLITAN LEADERSHIP INSTITUTE FOUNDATION, INCORPORATED***  
*Partnership with Hillcrest Transitional Housing Program*

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Partnership with Hillcrest Transitional Housing Program  
 \$10,000

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### **PROJECT/PROGRAM DESCRIPTION**

The Metropolitan Leadership Institute, Inc. through the Mu Omega chapter will provide assistance to 15 families being served by Hillcrest Transitional Housing. Services that will be provided will include, preparation of apartments for families to move in after graduation from the Hillcrest program, conduct and facilitate workshops on life skills, community living, healthy life styles, and household budgeting.

### **FUND ALIGNMENT**

The Metropolitan Leadership Institute, Inc. through the Mu Omega Chapter of Alpha Kappa Alpha emphasizes education, health, economic empowerment, and the family. Through the collaborative relationship with Hillcrest Transitional Housing, all of these goals would be met. The members of the Metropolitan Leadership Institute, Inc. are college educated with various backgrounds, skills and talents that will be offered as resources in achieving these goals. By equipping the families served by this project in techniques like budgeting, emphasizing and assisting with educational opportunities and other life skills, we can ensure that they will go from homelessness to home owners and productive contributors to the Kansas City, Kansas community. Through workshops that the Metropolitan Leadership Institute, Inc. propose to implement, we will promote healthy life styles and stable living conditions for young families who are at risk being served by this program. This is a project that uplifts those being served, the community as a whole and will increase the potential of safe places to live, work and play in Wyandotte County. We believe that by instilling these values, lives and mental attitude can be changed from hopelessness to hopefulness. The change in mental attitude is essential to the success of this type of project and by equipping those we will serve with the tools to sustain a positive life style, will enable them to give back to their communities in positive ways.

### **RESULTS**

Alpha Kappa Alpha is a 105 year old organization that is well established around the world. Mu Omega Chapter has been an integral part of Kansas City, Kansas and Wyandotte County since 1924. The Metropolitan Leadership Institute, Inc. received its 501 (c) 3 status in 2012. Alpha Kappa Alpha requires all chapters to utilize a series of evaluations and surveys to measure outcomes for services provided to the community. The results are electronically input into our international data base and which measures volunteer hours, number of participants, number of individuals served, type of project, type of services rendered, budgetary items such as income and expenditures, and information regarding community and corporate partnerships. Among other things, this information is used to provide reports to our community and corporate sponsors as well as using it as a tool to measure successes and to build upon for improvement. Mu Omega has served the Kansas City, Kansas and Metropolitan Kansas City Area for nearly 90 years with a focus on those things that positively impact our communities. We have awarded more than \$1 million in scholarships through our Debutante Ball Program and Kansas City, Kansas area scholarship. We have current partnership with the Vernon Center where we serve the senior citizens of the community, have implemented, participated in and supported activities for the Kansas State School for the Blind, MLK Day Initiatives, Wyandotte County Schools, Voter Registration Drives, Life Membership in the Kansas City, Kansas NAACP and continue to provide services throughout Wyandotte County.

## RESULTS VERFICATION

With the partnership we have with the Hillcrest Transitional Housing Project, we will measure outcomes by utilizing evaluations completed by participants and the project director. The measures will be done on a quarterly basis and be reported to the Metropolitan Leadership Institute, Inc., the Mu Omega Chapter Program Chairman, and committee, the Director of Hillcrest Transitional Housing Project. Utilizing evaluations will assist in determining what our services are accomplishing or not accomplishing and will be used as a tool for improvement and reporting. This type of tool is always helpful in assisting our organization to constantly improve and build on successes. We are committed to achieving 100% success in our partnership with this project and the person we serve through the program. We expect an overall success rate to align with the project's current success rate of 90-95%.

## PAST RESULTS

The program most like Hillcrest Transitional Housing is our partnership with the Central Avenue of Hope. For the past three years, we have supplied this project with donations of food and clothing. We have prepared and served meals, adopted families for Christmas, and donated not just clothing, but toiletries and paper products. We regularly check with the program director to ascertain the specific needs for the month and ensure that our organization meets those needs. Mu Omega implements an annual activity in partnership with the Vernon Center by promoting healthy life styles where senior citizens are encouraged to participate in an afternoon of socializing, healthy exercise and healthy refreshments. This is an activity we have been proud to implement for the past 6 years. In 2006, Mu Omega was instrumental in assisting with refurbishing and remodeling Vernon Center through a grant received as part of an effort to promote volunteerism from the Points of Light Foundation.

## SUSTAINABILITY

Metropolitan Leadership Institute, Incorporated  
P.O. Box 171253  
Kansas City, Kansas 66112

### Budget for Metropolitan Leadership Institute Hillcrest Two Year Project (2013-2014)

<i>Income</i>	<i>\$30,000</i>
Potential Grant from Black Community Fund	\$10,000
Potential Grant from Wyandotte County	10,000
In-Kind Donation from Mu Omega Chapter	10,000
<i>Expenditures</i>	<i>\$30,000</i>
Sponsorship 30 Apartment Refurbishing @ \$250.00 each	7,500.00
Gift Cards for 30 Families for Move-In @ \$150.00 each	4,500.00
Supplies and Equipment	1,500.00
Administrative Expenses (Printing Materials, Packaging, Reporting, Evaluations, etc.)	3,000.00
Escrow for Future Program Activities	5,000.00

Educational Workshops and Materials (In-Kind Donation)	4,500.00
Volunteer Mileage (In-Kind Donation)	3,750.00
<i>Other Volunteer Services (In-Kind Donation)</i>	<i>250.00</i>
<b>Total Expenses</b>	<b>\$30,000.00</b>

***METROPOLITAN LUTHERAN MINISTRY***  
*MLM Healthy Living of Wyandotte County*

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**Mr. Jim Glynn**  
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MLM Healthy Living of Wyandotte County  
 \$46,435

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## **PROJECT/PROGRAM DESCRIPTION**

The Metro Lutheran Ministry(MLM) Healthy Living of Wyandotte County Initiative will specifically address the problem of obesity through the promotion of healthier eating choices and exposure to information on healthy living choices for low-income households in Wyandotte County.

Obesity is a major risk factor for many diseases. According to the County Health Rankings, 38% of Wyandotte County residents are obese as compared to 25% in the overall Kansas population. Poverty is a risk factor for obesity. The highest rates of obesity occur among populations with the highest rates of poverty. 35.3% of adults earning less than \$15,000 per year were obese compared with 24.5% of adults earning \$50,000 per year. (2010 F as in Fat). The US Census Bureau reports that 22% of the Wyandotte County population is below the poverty level and the County Health Rankings state that 35% of the children are in poverty. MLM Healthy Living will combat the rampant obesity plaguing Wyandotte County by giving the families that visit MLM-Wyandotte's Community Support Services (WCSS) located at 722 Reynolds Avenue, Kansas City KS access to fresh fruits and vegetables and other healthy foods. Volunteers will also deliver food to homebound seniors and persons with disabilities.

MLM Healthy Living will also produce a monthly newsletter (in Spanish and English) to be distributed with healthy recipes and heart healthy tips for incorporating movement and exercise into busy schedules. A "children's corner" with healthy tips and activities geared to children in the family will be part of the newsletters.

MLM Healthy Living of Wyandotte County will also have an educational component. At least once a week, MLM Healthy Living will host a Healthy Living class. This facility has a large fellowship area and also a commercial kitchen. These classes will have a healthy living focus ranging from nutritious cooking choices (with cooking demonstrations), backyard gardening, or the benefits of an exercise routine. Anyone who comes to the class will receive a bag of groceries containing nutritious food alternatives. So, healthy food choices will be available both in the food pantry and in the classes.

## **FUND ALIGNMENT**

MLM Healthy Living aligns perfectly with the Board of Commissioner's (BOC) Strategic plan as follows:  
 BOC Goal- Promote Social Services to "improve the life, health and living conditions of WY County citizens, targeting the most at risk."

This initiative will focus on nutritional education and providing good nutritional food and active living opportunities for low income families in WY County. Since 92% of the food pantry visitors to MLM-WCSS are WY County residents, this translates to over 2,000 households that are WY County residents who will be impacted by this program. As Far as Healthy Communities WY Improvement Plan, this initiative corresponds with the Unified Government Steering Committee's focus for 2013 on nutrition and active living as follows:

1. Launch a culturally-sensitive healthy lifestyle campaign focusing on good nutrition-MLM Healthy Living will promote nutrition education classes that will be culturally sensitive taking into account the large population of

Hispanic and African American individuals in the surrounding community. The newsletters will be printed in Spanish and English.

2. Increase physical access to healthy foods-This initiative will give low-income WY County resident's the opportunity to experience healthy food choices. This initiative will also educate resident's on the benefits of making healthy food choices and to make healthy food choices over the long term.
3. Make nutritious food more affordable-This initiative will distribute healthy food to low income residents. The newsletter and classes will incorporate discussions on how to serve nutritious food on a budget and stretch WY County resident's food resources.

## **RESULTS**

The article "Nutrition Education: Linking Research, Theory and Practice" by Dr. Isobel Contento of Columbia University (<http://apjcn.nhri.org.tw/server/apjcn/volume17/vol17suppl.1/176-179S10-1.pdf>) States that research shows that nutrition education is most effective when it focuses on behavior and action rather than just knowledge and it "systematically links theory, research and practice." (Nutrition Education: Columbia University). Nutrition education must focus on why to make the change, how to make the change and there must be environmental supports for changes in action involving food consumption. MLM Healthy Living will address these factors by ensuring that the knowledge imparted in the classes can be instilled into practice. The cooking classes will have hands on demonstrations of cooking techniques. There will be discussion on how to feed a family on a tight budget, and how to stretch the household's food budget and still eat a healthy meal. Further encouragement to take action will include helping the participants set specific goals to eat healthy meals. If people make specific goals, they are more likely to carry out these actions (Nutrition Education: Columbia University).

Some other environmental supports would include not only taking into account cultural diversity, but also providing the access to nutritious food. Nutritious food will be provided in the MLM-WCSS food pantry as well as part of the classroom experience. MLM Healthy Living will lay the groundwork for these families to change their behaviors to a healthier lifestyle that will influence their food and lifestyle choices in years to come.

## **RESULTS VERIFICATION**

Over the grant period, MLM Healthy Living of Wyandotte County will offer approximately 4,400 individuals and 2,200 (2,750 visits to the MLM-WCSS food pantry) low income households access to fresh fruits and vegetables and other healthy foods. All of these services will be tracked by MLM-Wyandotte's Community Support Services (WCSS) because MLM-WCSS is part of the Mid America Assistance Coalition (MAAC Link). MAAC Link is a community-wide database which tracks services provided to low income individuals across the Kansas City community. As part of this system, MLM-WCSS will track the nutritious food provided to families. Each family that receives this food will also receive a newsletter full of healthful tips and recipes.

Further, MLM Healthy Living will offer a weekly class on healthy living at their KCKS location. MLM-WCSS will advertise these classes amongst the families that they serve as well as amongst partner organizations. Posters and flyers will be developed advertising the MLM Healthy Living classes. It is projected that approximately 8-15 persons will attend each class session. Each person attending these class sessions will also receive a bag of groceries with food items and healthful recipes (some of which were covered in the classroom session). It is projected that 500 people will attend these classes and be exposed to healthy educational practices ranging from nutritious cooking to backyard gardening tips during this classroom experience. At the end of each class session, a short survey will be given to the participants asking them what they enjoyed most about the class, what they thought they could put into practice and what other topics they want to cover in future classes. There will also be a question or two regarding what other MLM Healthy Living classes they had attended and if they had put into practice anything they had learned in prior classes. These survey results will be tallied weekly and evaluated to determine the effectiveness of the MLM Healthy Living classes.

## **PAST RESULTS**

A 501(c)(3) nonprofit social service agency, Metro Lutheran Ministry (MLM) helps disadvantaged people of all races, religions and nationalities in the urban areas of Jackson, Clay and Platte counties in Missouri and Wyandotte and

Johnson counties in Kansas. MLM uses a holistic approach with strengths and outcome-based counseling and case management, which guide receptive clients toward greater independence and self-reliance.

As one of MLM's locations, MLM-Wyandotte's Community Support Services (WCSS) has served thousands of families in its 39 years of existence. MLM-WCSS serves low income, disadvantaged people with rent, utility and food assistance

Throughout its history, MLM has been one of Kansas City's pioneering social service agencies, organizing innovative and effective social service and emergency assistance programs to meet the needs of the poorest of the poor. For example, when MLM-Wyandotte's Community Support Services (WCSS) saw the hunger in the area surrounding St Luke's, MLM launched a Breakfast Ministry on Saturday mornings. Beginning in April 2012, MLM launched this new Saturday morning breakfast ministry in partnership with St. Luke's Lutheran Church to serve breakfast to up to 100 hungry people in Wyandotte County. This breakfast is staffed by 10-12 volunteers from area congregations and service organizations to cook and serve the breakfast each week.

As such, , MLM-WCSS has the desire to serve, background and skill set to design a positive curriculum for the MLM Healthy Living Initiative to encourage positive change to more healthy living amongst the low income families that they serve.

## **SUSTAINABILITY**

Metro Lutheran Ministry is committed to MLM Healthy Living to empower the families that MLM-WCSS serves in Wyandotte County. As such, Metro Lutheran Ministry (MLM) has in place two Americorps VISTA volunteers (a governmental anti-poverty program that places talented individuals in social service agencies to aide in capacity building). MLM will utilize this talent to help design and implement the MLM Healthy Living classes and write the MLM Healthy Living newsletters. As far as providing the nutritious food items as part of the MLM Healthy Living Initiative, MLM will continue to search for other funding from other sources dedicated to poverty eradication and nutritional education. MLM receives food donations from churches and individuals, as well as buying food from Harvesters Food Bank to keep its food pantry shelves stocked. Much of the donated food is packaged because it is easier to store. And Harvesters usually doesn't have more healthy food choices available at low cost (though MLM will choose these healthy items if available). MLM will continue to seek out other funding sources to supplement the funding MLM already receives to stock its food pantry with healthy food choices.

**MO KAN 20-20 VISION, INC.**  
*The Harmon HUB*

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**Ms. Marilyn Alstrom**  
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The Harmon HUB  
\$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

Students participating in 20/20 Leadership created the "Harmon HUB" with students designing the exercise trail to be located on the 10-acre campus.

The "Harmon HUB" will be completed in three phases. This application will focus on Phase 1 which will include the following:

1. The Exercise Trail will be equipped with exercise obstacles and benches along the path
2. Organized and planned HUB activities will include flag football, dancing, volleyball, dodge ball, football and soccer alongside the HUB Trail
3. "HUB Carts" will be available to sell fruits, vegetables, water and juice
4. Security cameras, trash containers and planting of trees will be included in this phase.

## **FUND ALIGNMENT**

The Harmon HUB aligns in the following areas:

- Education/Workforce Development
- Social Services
- Healthy Community/Recreation
- Economic Development

Of the nine high schools in Wyandotte County no other high school proposes a project that is student driven. And, this is a school with more than 92% of its students identified as economically disadvantaged! The Harmon HUB not only deals with health but also emotional and behavioral issues of teenagers. This project establishes connections to life outside the classroom, addresses real concerns and develops real skills. Skills learned are those desired by today's employer, including ability to work well with others, make thoughtful decisions, take initiative and solve complex problems.

To ensure that students fully understand social issues, 20/20 partners with the Good Samaritan Project to educate teens about STD's, HIV/AIDs, sex/pregnancy, and sexual permissiveness. Students learn "Personal Choice" is their responsibility and visits with male/female prisoners at Leavenworth Detention Center brings a sense of reality to their choice of friends, while drugs/drinking can lead to their demise. Facebook can become Fedbook" for them too.

The mere fact that the Argentine community is hilly provides reason why the Harmon trail will allow everyone, regardless of their physical ability to enjoy. Hispanic families are a tight knit community and the Harmon HUB will provide a healthy area for exercise, provide a venue for students to raise money for music, sports, arts while building relationships with the 19 churches surrounding Harmon High School within a 5-mile radius.

## **RESULTS**

Dr. Jerry Greene and Cheryl Gibson, Ph.D., an Associate Professor in the Department of Internal Medicine at the University of Kansas Medical Center and the Director of Community Education and Training at the Center for

Physical Activity, Nutrition, and Weight Management at Children's Mercy Hospital will work with us to measure outcomes.

#### Physical Activity Levels

Observation of the physical active experiences will be monitored by the System for Observing Fitness Instruction Time (SOFIT, which is a validated time-moment sampling instrument. The coding of the activity portion is a Likert scale from 1 to 5 with 1=lying down, 2= sitting, 3=standing, 4=walking, 5=jogging/running.

#### FITNESSGRAM Measurements

The Fitnessgram sub-tests used for the trail will include aerobic capacity, body composition, and endurance. These tests will be used to determine whether or not physical activity levels have increased during each year of the project.

#### Aerobic Capacity (Pacer)

The PACER will be used to measure aerobic capacity.

#### Body Composition

Percent body fat will be calculated from tricep and mid-calf measurements, using the Skyndex Skinfold Calipers, System 1.

#### Enjoyment and Value Questionnaire

This is a two item questionnaire that will be given to all participants at the beginning and ending of each year from baseline. This is an attempt to assess the enjoyment and value that participants place on the physical activity experiences of the program.

### **RESULTS VERIFICATION**

#### **Phase I**

Public schools are an ideal site for interventions designed for the primary prevention of obesity in students and whole school community. Schools can easily provide a mechanism for successful interventions to offset weight gains and obesity in the students, parents and other members of the school community.

Jerry L. Greene, Ph.D., Program Director for Health in the Health, Sport, and Exercise Sciences Department at the University of Kansas will work with us to evaluate the Harmon HUB.

#### Primary Objectives of the Program Evaluation

1. To determine if students and family members who participate in the physical activity experiences provided by the Harmon HUB will have higher levels of physical activity from baseline to year 2 of the study.
2. To determine if the participants will have better physical fitness (selected components only) scores from baseline to year 2 of the study.
3. To determine if the participants showed an increase in their levels of physical activity outside of school from baseline to year 2.

#### Process Evaluation

The process evaluation will assess a number of variables related to the implementation of the physically active experiences. We plan to measure the physical and social environment that may promote or restrict levels of physical activity for both students and family members. We will include the use of both direct observation and surveys to collect qualitative and quantitative data on specific project components to document the success of the program implementation. The focus group sessions will be a critical aid in the evaluation.

### **PAST RESULTS**

We share about 20/20 Leadership since 20/20 will drive this project and work with students who complete the Junior and Senior Leaders programs, graduate and enter college, technical school or the workplace.

Accomplishments:

- [www.KCteenlink.org](http://www.KCteenlink.org) is the direct result of 20/20 Olympics. The website began as Schlagle students identified teen issues and homelessness. The creators received:
  - The 2012 KANSAS Young Entrepreneurs of the Year by the Kansas Department of Commerce
  - 2012 Missouri Youth Entrepreneur of the Year by the KCMO Minority Enterprise Development Association
  - 2012 Social Entrepreneur Award (\$5,000) from McPherson College
  - Students received \$30,000 in grants to create website
  - McPherson College, as a result of award, a \$10,000 scholarship given to 20/20 students who attend McPherson College
- MLB-KC Royals pledged \$250,000 in scholarships to students completing the 18-month 20/20 Leadership. Five students receive \$2,500 scholarship annually for 4 years.
- 2012 State Farm "Go to Bat Award" -- Lincoln Academy and William Chrisman High School students, winners of the 2012 20/20 Olympic Gold and Silver received the award in September 2012.
- Congressional Black Caucus and Federal Reserve Bank chose 20/20 to provide "Personal Budgeting for Urban Students"
- Ewing Kauffman Foundation asked 20/20 to submit proposal to study organization since this is our 20th anniversary and 10th year as an independent nonprofit organization. The 2-3 year study was prepared by a number of PhDs including a doctoral student who is an alumni of 20/20 Leadership and Bonner Springs High School.

## **SUSTAINABILITY**

Building this project in phases provides the opportunity to monitor, evaluate and make changes at the onset. Project phases continue to add interest and excitement to activities to prevent exercise from becoming boring. Phase I of the HUB has been strategically planned for easy accessibility and is planned for the most visible area of the Harmon High School campus so students, families and community can enjoy the HUB progress and become actively involved. As the activity and usage of the HUB increases, we look forward to working with the UG Parks and Recreation Department to expand their activities onto the Harmon campus. The stadium will be opened to the public and leased to schools/organizations to provide earned income opportunities. At six week intervals, review of each segment of the HUB will be analyzed and changes made.

20/20 Leadership alumni who graduated from J.C. Harmon High School and currently attending college or working will be paid to work with students at J.C. Harmon High School on the Harmon HUB project. A grant has already been received from the Kansas Health Foundation to make this possible.

**NATIONAL MULTIPLE SCLEROSIS SOCIETY**  
*Walk MS: Greater Kansas City*

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**Ms. Kay Julian**  
Kay Julian  
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Walk MS: Greater Kansas City  
\$15,000

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### **PROJECT/PROGRAM DESCRIPTION**

Walk MS brings together thousands of people: from the individuals living with MS and their caregivers, to the doctors and nurses that treat them. Participants identify Walk MS as an opportunity to exercise, enjoy the company of other walkers and help do something about a difficult disease. Walk MS raises funds to support local programs and services and research as well as raise awareness for the people affected by MS in our area.

### **FUND ALIGNMENT**

MS stops people from moving. The MS Society is dedicated to keeping people active, families together and communities connected. Studies show that activity provides important health benefits for everyone, including persons living with MS. Getting active can:

- Increase range of motion
- Improve coordination and balance
- Relieve stress and improve mood

The MS Society encourages people to get active and stay active. It is through Walk MS that we are able to promote healthy activity while educating participants on the benefits of exercise to improve MS symptoms. Activity is important for not only the person living with MS, but for the entire family. We offer a 1, 3 or 6 mile option during the Walk to ensure everyone is able to participate. All route options are fully accessible so that any person, no matter their mobility, can participate with wheel chairs, scooters, etc. Walk MS also works with local businesses in and around Wyandotte County to include exhibitors as part of our pre-walk that showcase healthy lifestyle for the whole family.

### **RESULTS**

Our Annual Strategic Plan is developed based on the past year's Walk results. We are able to base our goal registration numbers and anticipated dollars raised (both corporate/foundation and walk participant numbers based on past history of this event). Our Chapter has key positions in place to assure we are reaching our goal. Staff includes a Vice President of Development, Bike Development Manager, Corporate Development Manager, Teams Manager, and Marketing Team members who assist with the promotion and execution of marketing materials. Walk Team Captains and key volunteers are instrumental to our Walk MS success. They work throughout the year to recruit walkers and dollars to support our organization and efforts. Our National office also provides guidance and support to assure that we continually grow this annual event.

### **RESULTS VERIFICATION**

The money raised through Walk MS directly correlates with the funds we are able to invest in our local programs and direct services. In 2012, the Mid America Chapter was able to provide the following support to the 55,000 people affected by MS in our area.

### Financial Assistance

- \$100,000 in direct financial assistance to individuals living with MS to help with rent, utilities, home modifications, durable medical equipment and a variety of quality of life needs and leveraged partnership to offset \$14,500 in additional expenses.
- More than 2,000 people living with MS received help from our MS Navigators -- ranging from assistance in registering for programs to identifying community resources to help them continue to live independently.

### Social Support and Programs

- Supported 40 active Connection Groups where a person living with MS can connect, learn and advocate with others
- Supplied 253 Traveling Turkey meals, feeding 1,012 people.
- Couple's Retreat, providing support and education for 20 couples to re-connect and learn how to cope with the effects and impact of MS on their relationship.
- Fall Family Fun Fest offers 380 individuals a fully accessible outing, to enjoy social interaction with their family and others living with MS.
- 393 joined monthly Midwest Teleconference calls providing education on various MS related health and quality of life issues
- Hosted 21 Talk MS programs where individuals were able to attend programs which provide educational information and social support to those living with MS and care partners.

### Professional Outreach

- Reached 70 neurologists and key providers through one-on-one meetings to ensure they have access to the most current information about MS and treatment options.
- Engaged 20 healthcare professionals as speakers or presenters for programs provided to individuals living with MS.
- Connected over 350 healthcare professionals, serving people with MS, to information and resources better equipping them to care for people living with MS.

### College Scholarships

- Provided seven high school seniors (1 living with MS and 6 who have a parent living with MS) with \$7,000 in scholarships to attend accredited colleges this fall.

## **PAST RESULTS**

Over the last three years Walk MS has raised over \$2,744,000 to support local programs and services within our chapter. In that time the Mid America Chapter has provided over \$287,000 in direct financial assistance to individuals living with MS to help with rent, utilities, home modifications, durable medical equipment and a variety of quality of life needs while successfully leveraged over \$23,195 in addition expenses.

Annually the cost to support programs such as Talk MS, Couples Retreat, Connection Groups and other education programs is over \$1.7 million. We continue to seek new partners to cover the rising expenses to increase the quality and reach of our programs and services.

## **SUSTAINABILITY**

The MS Society continually seeks external corporate and foundation funding to support this communitywide initiative. The Senior Director of Donor Development and Corporate Development Manager work continuously throughout the year to seek appropriate funding opportunities and leverage partnerships for Walk MS and other chapter programs. To date Walk MS has \$126,250 in confirmed partnerships (\$28,500 for Walk MS: Greater Kansas City) and \$33,850 in outstanding requests (\$16,700 for Walk MS: Greater Kansas City) to assist in offsetting this year's budget. Our participants themselves make Walk MS and the programs and services we support renewable as they fundraise year after year to increase the quality of resources for these programs. The chapter will continue to increase its financial support in future years as the outlook for general revenue improves.

***NUTRA-ED INCORPORATED***  
*Duchesne Clinic Nutrition in Action*

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Duchesne Clinic Nutrition in Action  
 \$10,150

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## **PROJECT/PROGRAM DESCRIPTION**

This project will enable the Duchesne Clinic of Kansas City, KS to utilize Nutra-Net Registered Dietitians and Nutrition Curriculum to enhance and expand their current health education classes.

Nutra-Net Registered Dietitians will develop a Hispanic Pictorial Cookbook to accompany the current Nutrition Curriculum and English Pictorial Cookbook. Basic cooking equipment will also be purchased for the client to use in health classes and cookbooks for participants. The program will utilize train-the-trainer education conducted by the Nutra-Net Registered Dietitians for the Duchesne Clinic Health Educators.

## **FUND ALIGNMENT**

It is well documented by Healthy Communities Wyandotte and other groups that many citizens in Wyandotte County lack the basic knowledge of food preparation, the education to make informed nutrition decisions, and the comprehension of the relationship between lifestyle behaviors and health consequences. With this project, Nutra-Net and the Duchesne Clinic will partner to "launch culturally sensitive healthy lifestyle campaigns that focus on good nutrition" Healthy Communities Wyandotte recommendation. In developing a Hispanic Cookbook for the curriculum Nutra-Net and the Duchesne Clinic will be able to reach in a more culturally appropriate way health disparities of this large population group. As recommended by the Nutrition Action Team of Healthy Communities Wyandotte it is essential that community partners come together to "assist one another in making Wyandotte County a better place to live." This project intends to do this by providing quality, practical, hands-on nutrition lessons to a very underserved portion of Wyandotte County.

## **RESULTS**

It is well documented that a hands-on approach to learning results in better retention and application of information. Both the training for the health educators and the nutrition lessons for the clients will use hands-on methods for delivery. In addition the Nutra-Net Registered Dietitians will utilize their expertise in nutrition and recipe development to provide recipes for the Hispanic Cookbook that will assist clients in preparing meals and snacks that are in line with healthy lifestyle choices. A volunteer panel will be created by Nutra-Net of those knowledgeable in Hispanic culture will be used for input and review of the cookbook to ensure culture appropriateness. This panel will include members from the Hispanic Health For All Coalition. The current English Cookbook and Nutrition Curriculum has been utilized over the past 25 years with proven positive results.

## **RESULTS VERIFICATION**

Outcomes for this project will include for the Duchesne Clinic Health Educators to..

1. Identify at least 4 nutrition behavior changes needed to take place in the populations served in order for positive health outcomes to occur.
2. Give at least 1 practical solution for each behavior change identified.
3. Demonstrate with 90% proficiency how to carry out a lesson from the Nutrition Curriculum.

4. Name 3 resources clients may use to improve food choices.

For the clients outcomes include...

1. 80% increase in basic nutrition knowledge that leads to positive nutrition behaviors impacting health.
2. 80% increase in skills needed to prepare healthy meals and snacks.
3. 60% increase in improvement in self-efficacy when it comes to making healthy food choices.

Outcomes will be obtained using a pre- and post-test method. A pre-test will be given to the health educators before their training and a post-test at the conclusion. A pre-test will be given to clients before their first health education class and a post-test will be given at the conclusion of their second health education class.

## **PAST RESULTS**

Nutra-Net has provided train-the-trainer education in the Independence School District that provide after-school programming and in Nutra-Net's Teen Health Mentor program in the Hickman Mills School District. Outcomes have been very positive to include; trainers have 95% proficiency in delivering the Nutrition Curriculum lessons, improved nutrition knowledge and participants felt better prepared with skills and knowledge to make healthy food choices. Many participants in the program utilize the cookbook to plan their meals and snacks. The Hispanic Cookbook is a new project and this is launching to specifically meet the need of the Duchesne Clinic and similar clinics in the Wyandotte County area.

## **SUSTAINABILITY**

This grant funding will provide the initial start-up costs to enhance the health education classes at the Duchesne Clinic and develop a Hispanic Cookbook to better meet the needs of the large Hispanic population at the Duchesne Clinic and Wyandotte County. Once completed the Hispanic Cookbook will become a staple to the Nutra-Net Nutrition Education Curriculum and can be used in conjunction with the curriculum for years to come. Once the Health Educators receive initial training, which is more labor intensive for Nutra-Net Registered Dietitians, then these educators will only need yearly updates which will be covered with funding provided by Nutra-Net and the Duchesne Clinic. Other committed funding for this project to date is at a total of \$1,695.00. Funding has come from private sources, Children's Mercy Hospital, KU Healthy Hawks, and American Association of University Women. Nutra-Net seeks funding from organizations on a continuing basis; however, no other sources are known at this time.

**OAK RIDGE YOUTH DEVELOPMENT CORPORATION**  
*Oak Ridge Integrated Health Curriculum (IHC)*

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**Reverend Ricky D. Turner**  
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Oak Ridge Integrated Health Curriculum (IHC)  
 \$50,000

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### **PROJECT/PROGRAM DESCRIPTION**

Oak Ridge has developed an Integrated Health Curriculum (IHC) that will be incorporated into their summer enrichment program. IHC is a partnership between Oak Ridge, and KU's Healthy Hawks Program to provide a comprehensive program to help children, adolescents and their families overcome issues related to obesity. Oak Ridge will provide students (k-12) and their families with information about making healthy changes to eliminate obesity, create better eating habits, increase exercise to at least 60 minutes per day, create healthier, more informed families and improve the mental health and self-esteem of our students.

Oak Ridge will also partner with Oak Ridge Baptist Church in providing a Back to School Health Fair. Students will receive free, back to school sports physicals, backpacks and school supplies. Healthy Hawks will provide BMI screening and educational materials about their program.

### **FUND ALIGNMENT**

Strategic Plan – We developed the Integrated Health Curriculum (IHC) to address the obesity rate in Wyandotte County through a program offering nutritional food full of fruits and vegetables, coupled with a daily exercise program of 60 minutes per day and mental health education. Oak Ridge will "Improve Wyandotte County's food environment so that all residents can and want to eat healthy foods" through our IHC.

Communications Action Team – IHC will create a healthier community through sharing information from Healthy Hawks, our Senior Therapist and from the meals that will be served by our trained professional in food preparation, and USDA food standards.

Environmental Infrastructure Action Team – Oak Ridge will utilize its' facilities to promote healthy physical activity for our students.

Education Action Team – Our Freedom School is used by CDF as a model. The IHC coupled with our reading, science, technology, engineering and math (STEM) curriculum are unparalleled by other summer enrichment program. Our students learn to play chess, promoting concentration and planning, and tai chi and yoga to increase focus. Through STEM we are preparing our students for jobs of the future and preventing the loss of learning during the summer months.

Nutrition Action Team – The IHC and USDA "The School Just Got Healthier Program" and MyPlate curriculum will promote healthy food choices and good nutrition. IHC will serve as an education, marketing, and policy campaign to counter the influence of unhealthy food.

Health Services Action Team – IHC will increase mental health awareness and education through the curriculum being provided by our Senior Therapist.

## RESULTS

Ku will measure outcomes from the BMI screenings taken at the beginning and the end of the program and provide a report. This will not only be an indicator of the success of the exercise program, but of the healthy foods program impact, as well. We will also use surveys taken at the beginning of the program and at the end to determine changes in attitudes about exercise and eating habits from the students. The Fitness Coordinator will provide a report of all of the findings. Our Therapist is conducting pre and posttests for depression. We will use that data to determine if the program is having an impact on our students. In addition to the analysis of the pre and posttest results, the Therapist will provide a report on class attendance, participation in discussions and any referrals made for counseling as a result of the class.

## RESULTS VERIFICATION

Nutrition -- Short term students will identify a variety of fruits, vegetables and grains and calories associated with each. Students will identify healthy entrees and snacks prepared at the site for breakfast, lunch and snack. Students will share the recipes of their favorite school entrée with parents to fix at home, and promote healthy eating with their families. Students will learn to read labels for calories, saturated fats, sodium, and carbohydrates and determine healthy choices. Students will learn to look for the calories in food purchased at fast food restaurants and make healthy choices. Students will learn portion control and how to choose healthy snacks. Long term, students will acquire a taste for healthy food choices and maintain healthy diets. Students will lose weight and maintain healthy eating habits for themselves and later for their families.

Physical Activity - Short term students will learn age appropriate exercises. Students will see a weight loss or loss of inches. Students will be able to see a change in their endurance level. Students will learn warm up exercises and cool down exercises. Students will learn stretching. Students will learn the benefits of exercise on body metabolism. Students will learn team sports and the camaraderie of being a part of a team. Students will learn the benefits of hydrating the body before and after exercise. In the long term students will learn the benefits of an exercise regimen and will make it a part of their daily routine. Long term the students will learn that exercise is a part of good health and promotes wellness, thus avoiding obesity, heart attacks, diabetes and hypertension, all of which affect African Americans disproportionately.

Mental Health - Short term students will learn about teen depression, stress and causes of suicide among adolescents. Students will learn to identify warning signs of depression in themselves and others. Students will learn where to go for help and resources for depression. Long term students will learn not to attach a stigma to mental health issues and to seek help. Long term they will learn techniques to live healthy lifestyles and maintain self-esteem

## PAST RESULTS

- Healthy Breakfast, Lunch and Snacks - plenty of fresh fruits and vegetable served daily. Never any fried foods or sugary snacks.
- Physical Activity Daily including outside play
- Tai Chai and Yoga Classes
- Sean Covey's Seven Habits of Highly Effective Teens classes for teens taught teens leadership, planning skills and raised self esteem. Great mental health enhancement.
- Character Counts Program - taught students the 6 pillars of character which trust, respect, responsibility, fairness, caring, citizenship. Great character builder, self esteem builder and positive mental health builder.
- Integrated Reading Curriculum and Renaissance Accelerated Math Program
- Field Day
- 3 on1 Basketball at Family Fun Night
- Regulation size Basketball and Volley Ball in Family Life Center (2 basketball goals outside)
- Community Service hours for teens toward high school requirement (Mastin House required clean up and painting)

- Annual Family Fun Night - students and their families, friends and community gathered for a giant carnival in the church parking lot. Moonwalks, slides, 3 on 1 basketball, dancing and walking the parking lot provided great exercise and promoted family time and enjoyment, all part of great mental health for everyone.

## **SUSTAINABILITY**

We have operated the Oak Ridge CDF Freedom School since 2008 and a similar summer program called Lift Them Up from 2006-2008 funded by Oak Ridge Baptist Church. We have a proven track record of success. The majority of our students return each year and we always have a Waiting List. We began enrollment in February for a June 17th program start day. We already have a Waiting List. As you will see in the commitment letter from the Healthy Hawks Director, they see our partnership as a potential model for other summer programs and Freedom Schools. We have been licensed by the State of Kansas School Age Program for several years which adds credibility to our operation. Our Board of Directors is filled with educators, administrators, entrepreneurs, attorney and foundation contributors. Each has committed funds, personally to our program and seeks to sustain our program. Our Project Director and Consultant have worked with the program since its' inception in 2006, demonstrating continuity. Each trains Project Directors and Site Coordinators for the CDF. We hire the best and the brightest college students and high school students to serve as interns. Our curriculum is solid.

- KU Healthy Hawks Program - committed
- Sprint Foundation - \$3000 for E-Readers - committed
- Jessica and Matt Brandmeyer Foundation - committed
- Oak Ridge Baptist Church - committed
- Board Member Donation - committed
- Harvester Reimbursement - accepted into program - cash reimbursement projection based on last 2 years reimbursement amounts
- Program Registration and Fees - committed

## **QUINDARO GARDENS INSTITUTE**

*Live-in urban agriculture training program for homeless and others*

455265000  
13624 S Sycamore Street  
Olathe, KS 66062

**Mr. Paul Grahovac**  
Founder  
Phone: 785-393-1816  
grahovac8@gmail.com

Live-in urban agriculture training program for homeless and others  
\$100,000

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### **PROJECT/PROGRAM DESCRIPTION**

This project will work with two residential properties with approximately 3 acres to house and train homeless people and those on the edge of homelessness in urban farming, building repair and maintenance, and kitchen and food establishment operation.

### **FUND ALIGNMENT**

Social services is strained for funding, and one of the fundamental factors that causes health problems is access to and money to pay for the healthy, nutritious food that gardening provides. Gardening is also recognized as one of the best forms of exercise.

### **RESULTS**

Modeling is not relevant to this approach. The measured parameter is not an abstract metric but rather something critical to human existence: food. We will enlist the counsel of the leading urban agriculture consultants and advocates in the Greater Kansas City Area, CultivateKC of Kansas City, Kansas to help us estimate the expected yield given the inputs provided.

### **RESULTS VERIFICATION**

In addition to contributing to a main garden for the benefit of all the enrollees, each enrollee will be given a separate plot on which to demonstrate their capabilities. The inputs provided will be measured, the production estimated, and the actual production measured against the estimated amount.

### **PAST RESULTS**

#### Key partners, continued:

Blooming Hills and Christine Allen are from Wyandotte County and lack the background and resources (such as computer ability and access) to prepare and submit this application. Paul Grahovac, founder of QGI, is a corporate attorney living in Johnson County but very active in Wyandotte County doing this non-profit urban agriculture work. Grahovac and QGI have agreed to apply jointly with Blooming Hills for these funds, so that the funds may become available solely for Blooming Hills as soon as Bloominghills achieves 501c3 status. QGI may also continue to be involved with Blooming Hills through Board membership and otherwise, but the details of that have not been worked out. We would expect to meet any requirements in that regard that the granting authority might require.

#### Past Results:

I am Christine Allen. I am an Executive Sales Director for AMERIPLAN Healthcare, a substitute teacher, I operate a notarization service and boarding house, and I teach a home-based horticulture and poultry class at the public library. I am a Kansas State Agricultural Extension Service Master Gardener program graduate. I have also operated a tutorial service staffed by public school teachers and a homeless residential facility and transportation service.

Volunteering:

- Red Cross Instructor
- Obtained and delivered vegetables to widows as part of the United Way Senior Volunteer Leadership Program
- President, neighborhood action group
- Historic preservation group
- Secretary of Quindaro Town Preservation
- Freelance writer volunteer -- newspaper articles

**SUSTAINABILITY**

This project will build a sustainable basis for food production for those enrolled during the period of their enrollment and for the rest of their lives -- as well as set an example for those who do not participate directly in the program. It is also anticipated there will be an excess production of vegetables, eggs, and other farm products which will be sold to help sustain the organization.

**RESURRECTION CATHOLIC SCHOOL AT THE CATHEDRAL**  
*"Fit For Our Future"*

061816168  
 425 N 15th St.  
 Kansas City, KS 66102  
<http://resurrectionkck.eduk12.net/>

**Mrs. Susan Hagenkord**  
 Physical Education Teacher  
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"Fit For Our Future"  
 \$17,000

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### **PROJECT/PROGRAM DESCRIPTION**

The "Fit For Our Future" project at Resurrection Catholic School will use technology to encourage, promote and track the health and wellness of our students. Technology will be purchased to supply an entire classroom with "FitBits" and laptops that will measure steps, distance and calories burned through exercise. It will also track progress and measure the success of each student's fitness level.

Resurrection will partner with Score 1 For Health who offers free comprehensive health screenings to do pre-health assessments of children and establish a baseline for measurement.

### **FUND ALIGNMENT**

This project aligns with the Board of Commissioner's Strategic plan by promoting quality education and high achievement while integrating health and well-being into education and curriculum content areas. We will create an incentive system that rewards student success and also provide children a means for recreational opportunities. We will create a recognition and reward system for personal action toward good health for all participants. The "Fit For Our Future" program aligns with the Board of Commissioner's Strategic plan by providing a quality and affordable (free) exercise program to children of Wyandotte County and encourages awareness of what it means to live in a healthy community.

### **RESULTS**

We are using a technology approach to measure outcomes. The "FitBit" utilizes the most advanced technology to motivate kids to exercise and stay physically active. Interactive fitness can mobilize students that might not be interested in traditional sports and exercise. Every aspect of the fitness program is tracked and measured. This approach is an evidence based model that has been proven successful based on the number of "exergaming" and "interactive fitness" programs that utilize a computer or video screen. Companies are producing new and exciting technology that encourages children to be more active. We are providing the motivation through the use of computer technology and the means for recreation through the trail around our campus, the physical education class and a before school exercise club.

### **RESULTS VERIFICATION**

All participants will have a free comprehensive health screening provided by Score 1 For Health that will establish a health baseline. The use of "FitBits" by participants will provide a dashboard where students can see a full picture of progress over time and achieve what they set out to do. Information is automatically synced to the computer and students can see real time results and success. They will be motivated to stay active. Students can compete against each other to reach fitness goals and share their success with classmates and family. A quarterly report will be provided to parents so they can see how their child is progressing through the program and how they can offer encouragement at home. Students will be rewarded at the end of the school year at an all school assembly that recognizes health achievement.

## **PAST RESULTS**

A before school exercise program has been established the past 3 years at Resurrection Catholic School to encourage children to be more active. The program has grown in numbers and the students are eager to exercise when fun games are introduced. Students have been wearing pedometers that were donated by Blue Cross Blue Shield and have recorded over 450,000 steps so far this year. Children are eager to see the results of their pedometer and are encouraged to increase their steps each week. The pedometers are plastic and very low quality. They have stopped working or have broken over the school year and students no longer are able to see the results of their exercise.

## **SUSTAINABILITY**

The program will be self-sustaining after the technology is purchased. The outstanding grant request from The Sunflower Foundation and Active Schools Acceleration Project should not affect the success of the "Fit For Our Future" program. These grants will enhance the program but lack of funding from them will not affect the overall success of the program. Because of our aging facility and limited resources, we are always looking for other funding sources and will continue to seek grants and fundraise through many different avenues.

**REVOLVE**  
*RevolveKCK Earn-a-Bike Program*

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Kansas City, MO 64110  
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Executive Director  
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RevolveKCK Earn-a-Bike Program  
\$50,000

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## **PROJECT/PROGRAM DESCRIPTION**

### **PROJECT/PROGRAM DESCRIPTION**

The Revolve KCK Earn-a-Bike currently has a program at 5100 Troost in KC, MO. Revolve seeks to expand their dedicated bike shop program to Central Avenue in KC, KS.

The Revolve Community Bike Shops take their cue from nonprofit bike shops thriving across the nation where those in need of bicycles for fitness and for transportation have opportunity to "earn" donated bicycles that have been refurbished for programs. As Revolve's Co-Founders are League Cycling Instructors of a national bike safety organization, learning bike safety is the primary method whereby would-be bike riders earn the quality used bikes that are going to take them to area parks, places of employment, and farmer's markets.

### **FUND ALIGNMENT**

The RevolveKCK EAB Program alligns with the Board of Commissioner's Strategic Plan in the following areas:

Multimodal Transportation – The EAB Program provides the education and the encouragement for residents to employ a bike and bus option to get to where they need to go.

Healthy Community/Recreation – The EAB Program equips entire families with bikes and safety gear and the riding confidence that sets them on the path to adventure.

Environment – The bike recycling that facilitates Revolve's EAB Programs keeps unwanted bikes out of the landfill and gets residents on earth-friendly forms of transportation.

Public Safety – The EAB Program will help residents feel safe while riding bikes. We can also equip a CID and/or KCKPD Bike Patrol with bike safety know-how.

Healthy Communities Wyandotte – Environmental Infrastructure Action Team: The EAB Program provides physical activity opportunities by removing the fear and affordability factors for those who seek a lifestyle change to meet needs for fitness and for transportation. Many participants start using their bikes in the safe isolation of parks and parking lots, but graduate to taking them to the streets as viable forms of transportation for reasons that usually support the local economy.

### **RESULTS**

The RevolveKCK EAB Program is patterned after the success seen through the RevolveKC EAB Program and its targeted outreaches. We are in the process of sending out our first survey to measure this same outcome among the 250 participants that have completed the EAB Program at our KCMO location.

## **RESULTS VERFICATION**

Of the 200 Wyandotte County residents participating in the EAB Program, 75% will report an increase in physical activity. The Program will send a survey to participating households to measure this outcome.

## **PAST RESULTS**

RevolveKC has seen 250 participants complete the EAB at the KCMO location. We have been in operation for a year and a half at that location, and we took occupancy of 554 Central Avenue in KCK in February.

## **SUSTAINABILITY**

Revolve receives donations of name-brand bikes of higher quality that are in high demand. A review of our financial statement confirms our assertion that the sale of these bikes in combination with successful grant writing has pushed the KCMO location far onto the path of sustainability. We sold 339 bikes in KCMO in 2012. For the KCK location, we have outstanding requests to the Kemper Foundation and to the Latino Health for All Coalition. As a result of the Kansas City Star article we have been invited to apply for funding from the Gould Foundation as well.

**ROSEDALE DEVELOPMENT ASSOCIATION, INC.**  
*Rosedale Healthy Kids*

480886413  
1403 Southwest Boulevard  
Kansas City, KS 66103  
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**Ms. Heidi Holliday**  
Executive Director  
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Rosedale Healthy Kids  
\$19,846

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## **PROJECT/PROGRAM DESCRIPTION**

Rosedale Development Association seeks to expand and continue the bicycle and pedestrian efforts of Rosedale Healthy Kids (RHK), a community-based project to improve access to affordable healthy food and increase opportunities for physical activity for children and their families in Rosedale, a neighborhood of Kansas City, Kansas.

The proposed project will specifically support the work of RDA in promoting and facilitating "safe community routes" (for bicyclists and pedestrians, youth and adults).

## **FUND ALIGNMENT**

This program aligns with the following "Recommendations for a Better Future" designed by Healthy Communities Wyandotte and approved by the Unified Government Board of Commissioners:

- Provide physical activity opportunities throughout Wyandotte
- Build, redesign and better utilize sidewalks, bike lanes, and multi-use trails in Wyandotte
- Build redesign and better utilize existing public facilities while continuing to plan for future needs
- Launch and education campaign to inform the public about infrastructure improvements and strategies to lead an active life.
- Educate the public about the benefits and ease of leisure-time physical activity.

## **RESULTS**

Through its Rosedale Healthy Kids program, RDA will empower Rosedale residents through inclusive community programming opportunities scoped to expand knowledge and activity of area residents; in addition, RDA will:

1. Provide comprehensive public awareness campaigns for two infrastructure projects that provide new accommodations for physical activity: (1) after UG Public Works completes Phase 1 of Southwest Boulevard bike lanes and (2) after RDA & partners complete a multi-use nature trail behind Rosedale Middle School.
2. Conduct community surveys and temporally evaluate pedestrian/cyclist use before/during/after implementation of aforementioned infrastructure projects using bicycle/pedestrian count technology available from MARC.
3. Deliver ten hours/month of new services through a Rosedale community bike workstation providing Wyandotte County residents free labor on repairs, free/low cost parts, and workspace/mechanical equipment by appointment (during dedicated community bike workstation or normal RDA hours).
4. Secure bicycle mechanical tools for community member use by appointment as described above. The tools will also be used by RDA staff/partners to directly support the Rosedale community bike workstation and existing bike repair courses that RDA offers/supports.

5. Acquire bicycle/pedestrian safety items/equipment, including brakes, tubes, helmets, locks, etc. This equipment will directly support the Rosedale community bike workstation and existing RDA bike repair and pedestrian safety courses.
6. Obtain/install resources for indoor bicycle workstation, including workbenches, stands, organizational racks, etc., for community member use by appointment. The indoor bicycle workstation will directly support the Rosedale community bike workstation. Existing space in the RDA offices will be retrofitted to accommodate the community bike workstation.

## **RESULTS VERIFICATION**

Rosedale Development Association (RDA) is committed to achieving a number of measurable outcomes to increase Wyandotte County resident awareness and opportunities for healthy lifestyle choices. RDA will:

1. Educate the public about two infrastructure improvement projects and about area bicycle-pedestrian opportunities through comprehensive public awareness campaigns. Advertisement of completed projects will take place through numerous media forms, including but not limited to: posters to display at area businesses/community institutions, brochures to distribute throughout Wyandotte County, yard signs to be placed along Southwest Boulevard promoting safe driver/pedestrian/cyclist behavior and interactions, and monthly communications through RDA e-mail lists, RDA newsletters, RDA and partner websites, etc.
2. Conduct three bicycle-pedestrian counts apiece along Southwest Boulevard and at the Rosedale Middle School trailhead to gauge usage over time. We will also distribute 300-500 community surveys and aggregate data to gauge feelings about local bicycle and pedestrian infrastructure.
3. Deliver services to 50 area resident's bikes over the course of the grant cycle through a Rosedale community bike workstation providing our Wyandotte County neighbors access to tools, and free or low cost repairs, parts, safety equipment, etc.
4. Procure items for a bicycle tool set to be available for community member use and for use by RDA staff and partners in direct support of the Rosedale community bike workstation and existing bike repair courses that RDA offers and supports. This will include but not be limited to: professional toolkits, portable wheel truing stand, portable bicycle work stands, portable air pumps, and other assorted tools and supplies.
5. Secure bicycle and pedestrian safety items/equipment to directly support the Rosedale community bike workstation and existing bike repair and pedestrian safety courses that RDA offers and supports. This will include but not be limited to: bicycle tubes of various sizes, bicycle tires of various sizes, brakes and brake pads, youth and adult helmets, bike locks, front/rear blinking safety lights, and other safety items and equipment necessary to carry out the program.
6. Obtain/install resources for indoor bicycle workstation, including but not limited to: workbenches, bike stands, organizational racks, large tool box.

## **PAST RESULTS**

RDA has successfully advocated and obtained funding for new infrastructure including two new trails, a new sidewalk section, five new bike racks and a repainted crosswalk.

With funding from the Health Care Foundation of Greater Kansas City, RDA worked with the community to develop the Green Corridor Master Plan for the built and social environments along a 3.9 mile corridor. This plan includes bikes lanes and sidewalk repairs/replacement along the corridor, and was adopted by the UG in 2011; the first phase of construction is scheduled for the spring of 2013.

Advocacy efforts of RDA's RHK, with assistance from KC Healthy Kids and other partners, have also resulted in (a) the UG's passage of a resolution supporting the development of the Turkey Creek Streamway Trail; (b) funding for

the construction of 0.9 miles of dedicated bike lanes on each side of Merriam Lane/Southwest Boulevard (1.8 total miles) (grant-writing provided by KC Healthy Kids and RDA); (c) commitment for another 3.1 miles of bicycle lanes along Merriam Lane/Southwest Boulevard (6.2 total miles); (d) a city-wide Complete Streets Resolution; and (d) a feasibility plan and steering committee for a nature trail and environmental lab behind Rosedale Middle School.

## **SUSTAINABILITY**

The RHK project of RDA will be sustained after HCW funding ends for the following reasons:

1. RHK is a community coalition with a broad community support.
2. RHK coalition members RDA and KUMC have been in existence many years and have demonstrated their commitment to RHK and to improving the lives of Rosedale residents; coalition member KC Healthy Kids has committed itself to RHK initiatives and provides strong support, expertise and funding resources.
3. The partners and supporters of RHK are effective community organizations and enthusiastic in their support of RHK.
4. RHK has built into its goals leadership and volunteer trainings and an intensive community engagement process to give community members the skills to sustain RHK's efforts.
5. RHK has formed Strategy Teams with community members and other volunteers who actively help determine, guide and implement RHK's projects.
6. RHK has a multi-sector Expert Panel available for advice and support.
7. RHK receives funding under the RWJF Bi-State Healthy Kids Initiative, a program administered by KC Healthy Kids; RHK will receive \$50,000 in 2013.
8. RHK is expanding its efforts in community engagement, which will increase recognition in the community and grow support of and participation in its community events, programs, projects and collaborations.
9. The RHK model includes the creation and development of programs which will be replicated, operated or sustained by appropriate partners in the community.
10. RHK has applied for funding from the Health Care Foundation of Greater Kansas City to support RHK through 9/2014.

**SHARING COMMUNITY IN ROSEDALE, INC.**  
*Rainbow Mennonite Freedom School*

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**Ms. Rachel Hostetler**  
Community Service Coordinator  
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rachelh@rainbowmennonite.org

Rainbow Mennonite Freedom School  
\$20,000

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### **PROJECT/PROGRAM DESCRIPTION**

Rainbow Mennonite Children's Defense Fund Freedom School is a six-week enrichment program for 100 children in grades K-8. Rainbow's Freedom School is a full-day summer program for youth and families focused on literacy, leadership development and health/nutrition. The program empowers parents, children, young adults and the community around the daily theme: "I can make a difference" in myself, my family, my community, my country and my world through hope, education and social action.

Health and nutrition is also a significant component of Rainbow Freedom School. A nutritious breakfast, lunch and snack are provided each school day. Culinary staff use produce from the Rainbow community garden, planted exclusively for Freedom School, which provides opportunities for education on healthy eating. In addition, parents help plan a Healthy Kids Carnival.

### **FUND ALIGNMENT**

Rainbow Mennonite CDF Freedom School aligns with Healthy Communities Wyandotte's focus on education. It is a literacy-based program that supports high quality academic enrichment. CDF Freedom Schools program boosts student motivation to read and generates positive attitudes towards learning.

Rainbow Freedom School also aligns with Healthy Communities' nutrition recommendations, by promoting healthy eating through its partnership with the Rainbow community garden. Rainbow Mennonite Church members started the garden in 2009, and in 2012, the Rainbow garden was planted exclusively for Freedom School use. The culinary staff prepared meals for the scholars using tomatoes, broccoli, onions, carrots and potatoes grown in the garden. In addition, scholars in the after-school program helped harvest the produce, and five "vegetable of the week" posters highlighted what the scholars were eating. The garden is an important tool in integrating health into education.

The afternoon activities are focused on the mind, body and soul. Each day the children engage in an organized physical activity and play in Whitmore Park across from the church. This promotes health and well-being in the children.

In 2009, the Healthy Kids Carnival was started in partnership with Rosedale Development Association's Healthy Kids Initiative. Freedom School parents planned the Healthy Kids Carnival with activities and food that reflect healthy living, while also raising money for Freedom School. The carnival provides an opportunity to educate parents and children about healthy foods. In 2012, the Healthy Kids Carnival was recognized by the Kansas Dept. of Health and Environment's "Voices for Equity" program (<http://www.youtube.com/watch?v=Qb1HDnGxImo>).

### **RESULTS**

CDF Freedom Schools use three summer reading components: The Integrated Reading Curriculum, Drop Everything And Read (DEAR), and Read-Aloud (a community volunteer reads to the children every day). These have proved to be beneficial to scholars' academic success in the subsequent school year.

In 2012, CDF conducted a national assessment to measure the impact of the CDF Freedom Schools program in more than 35 program sites across the country. Scholars' reading achievement was measured by the Gates MacGinitie reading assessment, a norm-referenced reading assessment. On average, children demonstrated a one-month gain in reading achievement, effectively stanching summer learning loss. CDF also conducted a survey on scholars' healthy behaviors and attitudes toward reading and education, and it clearly showed children's positive increases during the summer.

In 2013, Rainbow Freedom School plans to participate in the CDF National Assessment of Freedom Schools. This research study will use an instrument called the Basic Reading Inventory (10th Edition), which is an individually administered and multifaceted learning assessment instrument designed to measure a student's reading level. By using grade equivalent reading passages to measure student reading proficiency, the BRI provides pre- and post-test data that can be used to evaluate a student's reading competency level.

In regards to assessing changes in healthy literacy, a pre- and post-test from Kansas City Community Gardens will be administered to scholars who participate in the after-school gardening club. This established instrument measures gains made in knowledge about healthy eating. Their attendance for the gardening club will also be tracked.

## **RESULTS VERIFICATION**

The Rainbow Freedom School program has five measurable outcomes:

1. Provide a safe, structured environment for 100 children during the summer
2. Develop early childhood literacy and prevent summer reading setback
3. Increase enrollment and participation of Rosedale Ridge youth
4. Provide good nutrition and education around healthy eating

These results will be verified or measured by the following:

1. The school will operate Monday-Friday, 8:00 am-3:30 pm. Before-school care (7:00-8:00 am) and after-school care (3:30-5:30 pm) is available to parents for an additional fee. Rainbow Freedom School staff will take daily attendance of its scholars.
2. Rainbow Freedom School will participate in the CDF National Assessment of Freedom Schools in 2013.
3. In 2012, six scholars from Rosedale Ridge attended Rainbow Freedom School for the first time. The goal is to enroll more than ten scholars for the summer of 2013. Participation will be tracked by attendance.
4. Breakfast, lunch and snack will be provided each school day. The produce from the Rainbow garden will be measured before it is used in Freedom School meals. In addition, the Healthy Kids Carnival, a health-focused event, will be organized for the community, and an after-school gardening club will be created.

## **PAST RESULTS**

Rainbow Freedom School has prevented summer reading setback. Based on pre- and post-tests given in 2011, the reading and comprehension test scores of scholars at Rainbow Freedom School either improved slightly or remained the same as a result of Freedom School.

Rainbow Freedom School has made a positive impact in the lives of its scholars, interns, parents and the wider community. Below are two stories that demonstrate this.

A single mother shared that her daughters "became more outgoing and seemed to blossom in just a few short weeks" at Freedom School. Her oldest daughter, who struggled with anxiety, was able to be taken off her anti-anxiety medication. She said, "I feel stronger as a single parent with the support Freedom School has given me and the tools to continue to encourage independence in my daughters."

One scholar applied what he had learned about healthy eating when his mother made a charitable offer to donate a bag of candy for the children participating in the carnival. While the teacher was searching for a tactful way to explain to the parent why her donation was not exactly appropriate for the occasion, her son, quickly shouted: "Mom, this carnival is for healthy foods -- not candy!"

## **SUSTAINABILITY**

Rainbow Mennonite Freedom School has operated under the sponsorship of the Kansas City Freedom School Initiative (KCFSI). Through 2012, KCFSI provided most of the financial support for all Freedom School sites in the KC area, with funding primarily from the Ewing Marion Kauffman Foundation. The Kauffman Foundation's financial support has ended and now much of KCFSI's funding is only available for sites in Missouri. Rainbow Freedom School is raising all of the funds for Freedom School in 2013.

There is a balance on hand of \$20,000. Committed funds include Harvesters (\$10,000); Program Income/ parent fees are based on previous years (\$6170); Events is based on previous income from the Healthy Kids Carnival (\$1,000); Contributions from Rainbow Mennonite Church members is based on previous years of giving (\$10,000). Pending requests include \$20,000 to the Schowalter Foundation; \$3000 to the College Church of the Nazarene; and requests of \$5,000 each are pending to 10 foundations. We should hear in early April about our request to the Schowalter Foundation.

We have identified corporations and foundations that have indicated interest in giving for the summer program in 2014. They were unable to give in 2013 due to the timing of their funding cycles.

***SHEPHERDS CENTER OF KANSAS CITY KANSAS, INC.***  
*Minor Home Repair*

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Minor Home Repair  
 \$20,000

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### **PROJECT/PROGRAM DESCRIPTION**

Shepherds Center's Minor Home Repair program will provide supportive, cost-effective home-based services to isolated older adults (60+) in Wyandotte County so that they may live in their own homes for as long as possible.

With the help of specialized volunteers and community partnerships, the Minor Home Repair program helps older adults who own their own homes in Wyandotte County with repair jobs, including minor electrical and plumbing, general repairs, carpentry, and more.

### **FUND ALIGNMENT**

There are significant gaps in social services for older adults, primarily in the area of housing. Wyandotte County has few opportunities for people in need of downsizing into affordable, accessible housing. For many, this means continuing to live in homes they no longer have the ability to satisfactorily maintain, and others, being forced to move outside of the county to live in areas they are not familiar with, among people they do not know. On both accounts, this causes great feelings of loss and may result in symptoms of depression.

Shepherd's Center's programming allows older adults to continue to living in their own homes longer, and results in safer homes to live in, a more aging friendly community where people feel the support of their neighbors, and fewer code enforcement problems.

Furthermore, coordinating volunteer opportunities such as these is a service for many who want to give back to their communities. Volunteers often include retired persons who have the skills and are looking for ways to continue utilizing them. The Shepherd's Center also works with youth volunteers who want to be involved, or require community service hours.

It is important to note that the volunteer opportunities provided by the Shepherd's Center result in increased physical activity among populations who need it. Studies show that volunteerism can have a lasting positive impact on the health of the volunteer, not only by providing a means for physical activity, but also by improving self-confidence and providing life fulfillment.

### **RESULTS**

Minor Home Repair has been identified by the Older American's Act (passed in 1965 and amended in 2006) as a response to a concern by policymakers about the lack of community social services for older persons. Part B, Section 321 of the Act states the following: The Assistant Secretary shall carry out a program for making grants to States under State plans approved under section 307 for any of the following supportive services:

- A. To assist older individuals to obtain adequate housing, including residential repair and renovation projects designed to enable older individuals to maintain their homes in conformity with minimum housing standards;
- B. To adapt homes to meet the needs of older individuals who have physical disabilities;

- C. To prevent unlawful entry into residences of older individuals, through the installation of security devices and through structural modifications or alterations of such residences; or
- D. To assist older individuals in obtaining housing for which assistance is provided under programs of the Department of Housing and Urban Development;

Shepherd's Center models its minor home repair program in response to supportive services (A) and (B), and has also been involved in projects that would fall under (C). Shepherd's Center is one of few agencies that provide such programming for older adults in Wyandotte County.

## **RESULTS VERIFICATION**

During the 2013-2014 program year, the goal is to provide 65 older adults living in their own homes with major and minor home repairs. Of those 65, 90% or more will report that they are able to remain living in their own homes due to the support of the program.

Program statistics are tracked by the Community Outreach and Program Director, an individual who is extremely familiar with the community and its residents. Evaluations include conversations with each homeowner, as well as the volunteers who completed the task(s). Success is based on whether the homeowner feels that he/she can live in his/her own home longer due to their participation in the program. More than 90% of the homeowners in 2012 felt this to be true.

## **PAST RESULTS**

Program Statistics:

- In 2010, 61 minor home repair projects and three large-scale projects were completed.
- In 2011, 38 minor home repair projects and four large-scale projects were completed.
- In 2012, 22 minor home repairs projects and 15 large-scale projects were completed.

The following is an example of the type of larger-scale projects the Shepherd's Center coordinates that includes an example of how funds are leveraged:

There was a call from a woman who was experiencing electrical problems in her home. The caller's husband was deceased and she lived in a small house in Kansas City, Kansas together with her grown disabled daughter. A Shepherd's Center board member (electrician) was asked to visit the caller's home and look at the problem. When visiting the home, the concern was not only about the electrical box and wiring in the basement, but also the amount of items stored in the basement. It was quickly realized that the issue could not be resolved until the basement was cleaned up.

The home owner knew this was an issue and had tried to address it in the past. However, the stairs were dangerous to climb. Liveable Neighborhoods was able to secure a dumpster donation through Christmas in October, as well as six community service workers through their connections with Community Policing. On an extremely hot Saturday, Shepherd's Center coordinated the group of volunteers at the home and within two hours, had the basement cleaned and sanitized. The electrical issue would soon be resolved.

## **SUSTAINABILITY**

As a core program of the Shepherd's Center, the list of regular supporters gets stronger each year. In 2013, other sources of funding include the Nettleton Foundation, the United Way of Wyandotte County, the Oppenstein Brothers Foundation and the Ira & Florita M. Brady Foundation. The first three are committed, and although the Ira & Florita M Brady Foundation has been funding the program annually for many years, it is not yet committed for 2013.

Other program resources such as volunteers, materials, equipment, etc, are leveraged through Shepherd's Center's partnerships, as described earlier. The Shepherd's Center also calls upon businesses to help with certain projects, which will do the work at little to no cost to the homeowner in return for an in-kind tax receipt provided by the Shepherd's Center.

***THE FAMILY CONSERVANCY***  
*Healthy Parents, Healthy Kids*

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Healthy Parents, Healthy Kids  
 \$18,000

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## **PROJECT/PROGRAM DESCRIPTION**

The Family Conservancy's Healthy Parents, Healthy Kids Program supports parental education to strengthen families and enhance positive growth and development of children at Juniper Gardens and St. Margaret's Park public housing developments in Wyandotte County. Programming focuses on helping parents: manage health and stress, implement appropriate parenting strategies, form connections with other families and gain trusted resources for information and services.

## **FUND ALIGNMENT**

The Healthy Communities Wyandotte 2009 report advocates for a Nutrition Action Team tasked with launching a "culturally sensitive healthy lifestyle campaign that focuses on good nutrition...[Encouraging community members to] support and strengthen partnerships to promote healthier eating". The Family Conservancy partners with K-State to assist families in growing their own produce in Juniper Gardens' community garden. Families are able to use their produce to feed their families and sell at the Juniper Gardens farmers market for extra income. Furthermore, the Nutrition Action Team is encouraged to "increase physical access to healthy foods in Wyandotte County" (Healthy Communities Wyandotte, 2009). The majority of northeast KCK is in a food desert, which causes families to do most of their grocery shopping at their neighborhood convenience store, where food choices are often limited to processed, sugary snacks and sodas. To address this issue, Healthy Parents, Healthy Kids participants are trained to shop online for food using a local grocery store, Hy-Vee. Participants are encouraged to shop at Hy-Vee because it makes choosing nutritious food easier. During class, participants are educated on Hy-Vee's Nuval Nutrition Scoring System. The Nuval System scores food on a scale of 1 to 100; the higher the Nuval score, the higher the nutrition. A grant from K-State enables 30 participants at Juniper Gardens to shop for free and other residents will be able to shop at a 50% discounted delivery cost. Participants are also able to utilize their WIC vouchers and/or food stamps while shopping.

## **RESULTS**

Participants will complete a pre- and post-test after each weekly session to evaluate the amount of knowledge they have retained from the classes as well as identify their readiness to change certain behaviors. To ensure all age groups comprehend what information is being asked, tests are given orally. The Family Conservancy utilizes the "Incredible Years" curriculum for parenting programming, a nationally-recognized curriculum with developed survey tools. Nutrition surveys are formulated and administered by K-State's licensed nutrition education staff.

## **RESULTS VERIFICATION**

- |                   |   |
|-------------------|---|
| Outcome 1:        | Parents and caregivers make healthier food choices for their families                           |
| Measurement Tool: | Increased scores on pre and post surveys  |
| Success Goal:     | 50% increase in the number of participants who report they are eating/serving healthier options |
| <br>              |   |
| Outcome 2:        | Increase physical activity among participants   |

Measurement Tool: Increased scores on pre and post surveys

Success Goal: 75% increase in the number of participants who report an increase in weekly physical activity outside of class; 50% increase in ongoing physical activity

Outcome 3: Participants have access to health services and family support services

Measurement Tool: Number of community partners reporting a participant has followed through on a referral

Success Goal: 50% of consultants report a participant followed-through on a referral

Outcome 4: Decreased social isolation and increased access to support networks among the program's participants

Measurement Tool: Positive responses to pre and post surveys developed and administered by K-State

Success Goal: 75% increase in the number of participants who say they know where to turn in times of need (population size differences from the pre-test and the post-test will be accounted for)

Outcome 5: Pregnant participants attend at least one prenatal doctor's visit

Measurement Tool: Health department records, participant reports

Success Goal: 75% of participants report having at least one prenatal doctor's visit

Outcome 6: Infants born to program participants have positive birth outcomes

Measurement Tool: Health department records of birth weights

Success Goal: 100% of births to program participants have healthy birth weights of at least 5.5 pounds

Outcome 7: Participants who give birth will breastfeed for at least the first month of life

Measurement Tool: WIC records, Survey of the participants at the beginning of programming to ask the following: For those who have children, have you breastfed in the past? For women, who are first-time mothers, are you planning to breastfeed?

Success Goal: 75% of participants who did not intend to breastfeed before the prenatal programming began, will breastfeed for at least the first month

## PAST RESULTS

Successes include:

- A local charitable organization, Project 39, funded the opening of a "Baby Store" in 2012 to serve expecting mothers and families with young children. The store contains items such as clothing, diapers, formula, baby blankets and a variety of miscellaneous baby care items. Parents were able to use their "parenting dollars", which are awarded for good attendance and participation in class activities, to purchase baby care items in the store. Healthy Parents, Healthy Kids was chosen again in 2013 to receive the donations from Project 39 to replenish and expand the Baby Store.
- Healthy Parents, Healthy Kids participants had a bountiful gardening season in 2012 despite unusually dry conditions. For the first time, participants sold bunches of basil for \$5 each at the Farmer's Market. The program was highly successful and basil sold out repeatedly throughout the season.
- While the majority of the Juniper Gardens' population is comprised of single mothers, fathers in the community are becoming increasingly engaged in the parenting and nutrition programming. Beginning in 2011, the fathers of the program requested their own "Conscious Fathering" class which meets 12 times a year. This class is steadily growing.

## SUSTAINABILITY

In partnership with the Kansas City, Kansas Housing Authority, The Family Conservancy has established office space at Juniper Gardens and St. Margaret's Park. Healthy Parents, Healthy Kids has created strong collaborations with other area partners who have a vested interest in serving the residents of both communities. The program partners work together utilizing one another's strength to promote systemic change in the community through commitment to a

long-term presence there. These relationships will strengthen the web of support for residents in this impoverished and underserved community well into the future.

Through effective door-to-door recruitment and on-site program services, the staff has established credibility and trust among the underserved Juniper Gardens and St. Margaret's Park residents. The interest of residents combined with available community resources ensures Healthy Parents, Healthy Kids is here to stay. The most important component of sustainability is through education, participants are driven to make healthy lifestyle changes. This motivation is resonating throughout the northeast Kansas City, Kansas community, continuing that growth.

The Healthy Parents Healthy Kids program; including all program components, partnerships and initiatives; is a key component of The Family Conservancy's 2013 Strategic Plan. The Board of Directors is committed to increasing individual, unrestricted revenue to the agency to support our programs and mission.

Secured funding: Kansas Children's Cabinet & Trust \$20,411; Kansas Health Foundation \$10,780; Menorah Legacy Foundation \$9,465; Health Care Foundation \$17,940; United Way of Greater Kansas City \$29,000. Pending funding: Health Care Foundation \$30,469 and Menorah Legacy Foundation \$15,000.

**UNIVERSITY OF KANSAS CENTER FOR RESEARCH, INC.**

*Wyandotte Health for All: Extending the Reach and Impact of a Successful Coalition in Wyandotte*

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Wyandotte Health for All: Extending the Reach and Impact of a Successful Coalition in Wyandotte  
\$49,527

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**PROJECT/PROGRAM DESCRIPTION**

The University of Kansas' "Health for All" seeks to extend the Latino Health for All (LHFA) Coalition's efforts from one small area in Wyandotte County (zip code 66101) to create environmental change in two other predominantly Latino neighborhoods.

The proposed project seeks to do the following:

- To increase Latino access to healthy foods by changing the capacity of local Tiendas to provide low-cost healthy food choices;
- To improve Latino access to healthy foods by increasing community gardens;
- To improve Latino access to spaces suitable for engagement in physical activity by increasing bike/pedestrian friendly infrastructure and a large-scale community biking event .

**FUND ALIGNMENT**

The LHFA Coalition created a community driven action plan in 2008 that aligns directly with the Healthy Communities Wyandotte Nutrition Action Team and the Environmental Infrastructure Action Team's goals. The LHFA Coalition goals selected for this project are:

1. HCW Goal of increase physical access to healthy foods. LHFA has worked with Tiendas in zip code area 66101 to increase the availability of healthy, low-cost foods - working with shopkeepers to move low-cost, healthy foods to counter fronts and near entries. LHFA has also worked with residents to develop over 40 gardens in the same area.
2. HCW goals of a) Providing physical activity opportunities throughout the county; b) Improving neighborhood safety through infrastructure developments; c) Creating stronger neighborhoods through infrastructure developments that promote social connectedness; and d) Pursue policy changes that ensure improvements to environmental infrastructure. LFHA plans to work with Central Avenue businesses and nearby residents to build support for infrastructure improvements along the avenue for biking/pedestrian activity -- such as bike routes/paths, bike racks and the first Cyclovía event centered on Bethany Park and making Central Avenue open for biking by families and kids during a Sunday in Spring of 2014.
3. HCW goal of creating stronger neighborhoods through infrastructure developments that promote social connectedness. New/expanded partnerships that extend the reach of the Coalition from one target area (currently defined as 66101) to include three additional predominantly Latino neighborhoods. New neighborhood plans that include policy, system, and environmental change strategies that target the project's health promotion goals.

## RESULTS

The approach to be used entails community mobilization, capacity building, and support and Technical assistance for implementation. The LHFA Coalition uses the Health for All Model (H4A) that has been tested. The model includes: creating action committees, developing an action plan, dedicated mobilizer to organize, seed resources to start implementation, and monitoring and feedback for performance evaluation. Descriptions of community changes (e.g., new programs, policies, and practices) were documented by scientific partners. They were additionally characterized by key dimensions including goal targeted, strategy used, and duration. To date, the LHFA Coalition brought about 71 new community changes.

In the three months prior to the H4A Model being implemented; only one community change was implemented for an average of 0.33 community changes per month. After the H4A Model was completely implemented, the Coalition implemented an average of 1.48 community changes per month.

To examine outcomes of the LHFA Coalition effort, we conducted door-to-door surveys of randomly selected households in the project's target area (66101) and a comparison area. The CDC's Behavioral Risk Factor Surveillance System questionnaire was used. The survey was conducted in 2009 to serve as a pre-test and 2012 as a post-test. Analysis of survey findings shows several areas of statistically significant improvement, including a significant improvement in the percentage of adults who reported they did not engage in any leisure time activity. Additionally, a significant improvement in the percentage of adults who had a screening for diabetes within the previous three years was observed.

## RESULTS VERIFICATION

The KU Work Group staff will serve as evaluators of this project, bringing over 30 years of experience in participatory evaluation of community health initiatives.

[Outcomes] {Indicator} (Data Source) Data Collection Method

[Implementation of policy and environmental changes related to retail sales of healthy food.] {Instances of policy and environmental changes (e.g., retail practices in new Tiendas);} (Documented in the ODSS) Reported in the ODSS

[Implementation of policy and environmental changes related to gardening] {Instances of policy and environmental changes (e.g., new gardens started in resident backyard).} (Documented in the ODSS) Reported in the ODSS

[Implementation of policy and environmental changes related to opportunities to engage in biking/pedestrian activities] {Instances of policy and environmental changes (e.g., cyclovía event held, bike lane added to Central Ave)} (Documented in the ODSS) Reported in the ODSS

[Level of community participation] {Counts of purchases and sales receipts of healthy food from Tiendas; counts of participants in gardening or who received produce, and participants using biking infrastructure and active in biking events.} (Observation and questionnaires) Reported in the ODSS

[Knowledge or skills improvement] {Pre-post survey of participants that tests knowledge, skills, and satisfaction using a convenience sample.} (Questionnaire and survey) Reported in the ODSS

## PAST RESULTS

Descriptions of community changes (e.g., new programs, policies, and practices) were documented by scientific partners. They were additionally characterized by key dimensions including goal targeted, strategy used, and duration. To date, the LHFA Coalition brought about 71 new community changes. Examples of these changes include:

- Establishment of several community, school, and residential gardens to promote access to healthy foods;
- Conversion of underutilized park space to a usable soccer space;
- Ongoing provision of translation services to support access to health services for Spanish-speaking Latinos.

In the three months prior to the H4A Model being implemented; only one community change was implemented for an average of 0.33 community changes per month. After the H4A Model was completely implemented, the partnership implemented an average of 1.48 community changes per month.

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## **SUSTAINABILITY**

Sustainability has been identified by the LHFA Coalition as a critical issue, and it has begun a sustainability planning effort. The sustainability of LHFA's efforts is strengthened by several features. Consistent with the Coalition's community change approach, many of the changes in the environment (i.e., changes in programs, policies, and practices) will continue after the funding period. Past research suggests that more than 50% of changes may be maintained by the community. The Community Action Board that oversees the implementation of the project and each of the interventions will ask critical questions about sustaining each of the new interventions. Additionally, the capacity building approach will enhance the skills of Coalition members (including participants from new neighborhoods) in creating and maintaining change, including policy changes that will result in sustained efforts until the goals of healthy eating and active living are achieved. Finally, the KU Work Group, the academic partners) will continue to seek grant funding to continue to provide some support this long-term effort (e.g., documentation and limited evaluation support for a year past the grant). Currently, the LHFA Coalition is supported by grants from the National Institute of Minority Health and Health Disparities grant and the Health Care Foundation of Greater Kansas City.

**YMCA OF GREATER KANSAS CITY**  
*Racial and Ethnic Approaches to Community Health (REACH)*

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Racial and Ethnic Approaches to Community Health (REACH)  
 \$30,100

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## **PROJECT/PROGRAM DESCRIPTION**

YMCA's project seeks to improve health and eliminate disparities related to chronic diseases in African Americans/Blacks and Hispanics/Latinos in Wyandotte County, Kansas by helping to facilitate community-wide interventions and targeted interventions that address the specific needs of this targeted population. Strategies will address critical issues to ensure all community members can achieve access to nutritious foods and are able to be physically active.

Through their initiative, they will address the outcome areas of nutrition and access to physical activity. Considering the Intrapersonal, Interpersonal, Organizational, Community and Public Policy levels of influence and how they are all interconnected will help us develop community-wide intervention strategies that target higher levels of influence to maximize impact.

## **FUND ALIGNMENT**

Our goals for the REACH project align with the two years of work completed by the Healthy Communities Wyandotte Committee committed to addressing obesity-related disparities. Each of the action areas in the HCW Action plan has a specific problem statement that identifies the social determinants that have led to the evolution of the problems. Considering the public health indicators and information gathered through various participatory processes, the teams created recommendations for addressing each goal. Within these recommendations are action steps related specifically to the community and organizational factors that inhibit or promote proper nutrition and physical activity, and these are the primary basis for our REACH proposal.

As acknowledged by the Prevention Institute in their publication *Healthy Eating & Physical Activity: Addressing Inequities in Urban Environments*, strategies that address the outcome measures of nutrition and physical activity work in coordination with one another and are hard to separate. Our vision is that the Y can help the Healthy Communities Wyandotte coalition implement a coordinated and complimentary group of goals and strategies to improve Wyandotte County's outcomes around nutrition and physical activity.

This project leverages federal funding. The YMCA was awarded a grant from the YMCA of the USA as pass-through funding from the CDC.

This project requires collaboration. It will build upon the work done by the Pioneering Healthier Communities and Healthy Communities Wyandotte, allowing us to implement community level and individual level interventions that support the HCW Action Team Recommendations.

## **RESULTS**

Our approach is based upon the socio-ecological model of behavior as a framework to help us better understand the complex interplay between the personal, cultural and environmental factors that impact dietary and lifestyle behaviors. Considering the Intrapersonal, Interpersonal, Organizational, Community and Public Policy levels of

influence and how they are all connected is how we have created and will continue to refine our proposed community wide intervention strategies.

Our strategies include professional development and training of educators, childcare providers and families in evidence based models including Healthy Eating, Physical Activity (HEPA) and/or curriculum like Food and Fun (which is bilingual); Direct Program Delivery of culturally relevant, research based programs to promote healthy lifestyles among Hispanic/Latino families such as Salsa, Sabor y Salud, developed by the National Latino Children's Institute; Public Information campaigns that increase the delivery of messages encouraging healthy lifestyles through safety net clinics utilizing the evidence based 1-2-3-4-5 Fit-Tastic! message being utilized by the Healthy Weight Collaborative.

While the impact of the various strategies will be measured through quantitative and qualitative measures, the overall impact of our effort will also be considered. We will use a community participatory approach to defining and measuring impact led by our partner, the KU Work Group.

## **RESULTS VERIFICATION**

The outcomes that we are committed to achieving are as follows:

- Increase the number of people with access to healthy food and information about proper nutrition
- Increase the number of people with access to physical activity opportunities.

We will work with the KU Work Group to set up and implement an evaluation design that includes process and outcome measures. In addition, the YMCA of Greater Kansas City is one of 13 communities that have been awarded a REACH sub-grant. We will be coached on our outcome measures but anticipate that we will measure the number of people that interact with children and families that have new knowledge and information about nutrition and physical activity concepts as well as the number of people that take advantage of opportunities in the community to eat healthy and recreate. We will also measure the increased positive health behaviors of those individuals that are engaged directly in lifestyle behavior change programs (e.g. Salsa, Sabor y Salud) as defined by their responses to individual program pre/post tests.

Other data gathered may include but may not be limited to:

- The number of afterschool environments serving a high percent of Hispanic and/or African American students that are trained in and adopt Healthy Eating Physical Activity (HEPA) standards;
- The number of farmers markets and community gardens available
- The number of Hispanic/Latino residents participating in culturally relevant family nutrition education programs.
- The number of health clinics/providers in Wyandotte County serving high percentages of Hispanic/Latino and African American communities that are delivering the 1-2-3-4-5 Fit-Tastic! messages.
- The number of parks in urban areas of KCK that are utilized regularly for organized sports activities.
- The number of schools with policies promoting in-class physical activity during the school day.

## **PAST RESULTS**

At the community level, the YMCA received a CDC funded grant for Pioneering Healthier Communities (PHC) for Wyandotte County. This (like REACH) is one of 5 initiatives that make up the YMCA of the USA's Healthier Communities Initiatives. PHC addresses the childhood obesity epidemic through policy and environmental changes with implications for communities. The goals with the PHC project have aligned perfectly with the work of the HCW committee and the results have included a change in the school districts milk policy, and the KCK Community College campus becoming smoke free. The YMCA has also been delivering programming for Hispanic/Latino families in Wyandotte County since 2012 that align with our REACH effort. Salsa, Sabor y Salud is a family lifestyle program that has been delivered to 500 individuals since January 2012. Developed to improve awareness of habits leading to better nutrition and increased physical activity for Latino families with children 12 and younger, families

participate actively in a series of eight sessions that reinforce the importance of achieving "energy balance" through healthier food choices and increased levels of physical activity. There was a waiting list for this program in 2012. The YMCA of Greater Kansas City has certified trainers in the HEPA standards (Healthy Eating Physical Activity) and follows these guidelines in all of our more than 100 afterschool sites serving 4,600 youth across Kansas City. The Y also utilizes, and can train others on evidence-based curriculum like Food and Fun that can be utilized with children.

## **SUSTAINABILITY**

Because our project is about reducing barriers, our strategies are very sustainable. By training people who have access to children and families with curriculum that encourage and foster healthy lifestyles (e.g. afterschool providers, teachers, etc) we are equipping them with the knowledge they need to change their own lives to model the behaviors that they are teaching to children and families. By working with access points like neighborhood associations and the public health department, we believe that we can address barriers in a collaborative way. The REACH Grant is our 2nd grant received in Kansas City as part of the Y-USA's Healthier Communities Initiatives, To achieve the REACH goals, communities will implement community-wide interventions as well as targeted interventions with strategies selected by our community team to address critical issues. The work of the PHC and REACH are related and are meant to complement one another and the learnings and outcomes are meant to help build the capacity of the target community. Several other national organizations are working with YUSA to achieve the goals of the cooperative agreement including the American Psychological Association, National Association for the Advancement of Colored People and National Council of La Raza/California State University at Long Beach Center for Latino Community Health, Evaluation and Leadership Training. We have received funding from the YUSA for our efforts for the time period of April 1, 2013-October 1, 2014, of which approximately \$90,000 of this will support the 12 month time frame between June 1, 2013-May 2014.