

Welcome

Weighing In
Quarterly
Meeting



Thursday, June 10, 2021

9:00am Login

9:05am Start

Welcome!

Agenda

- Presentation:

“The Mental and Physical Health Benefits of Exposure to Nature and Nature Based Physical Activity”

- KCPA Plan Sector Updates

- Other Updates

- Weighing In
- Partner updates

- Breakout rooms

- Next Meeting:

- September - TBD



The Mental and Physical Health Benefits of Exposure to Nature and Nature Based Physical Activity

Gina Besenyi, MPH, PhD

Associate Professor

Director, Physical Activity Research in
Community Settings (PARCS) Lab

Kansas State University



HEALTHY SCHOOLS



EARLY CHILDHOOD



INFRASTRUCTURE



PARKS AND RECREATION



FAITH-BASED



HEALTHCARE

KCPA Plan Sector Updates

- Healthy Schools
- Early Childhood
- Infrastructure
- Parks and Recreation
- Faith-Based Settings
- Healthcare
- Sport - NEW
- Mass Media – NEW

Kansas City Physical Activity
Plan

kcphysicalactivityplan.org

Healthy Schools

- Bike to school
- School engagement



Early Childhood

- Early childhood leadership group
- MOve Smart

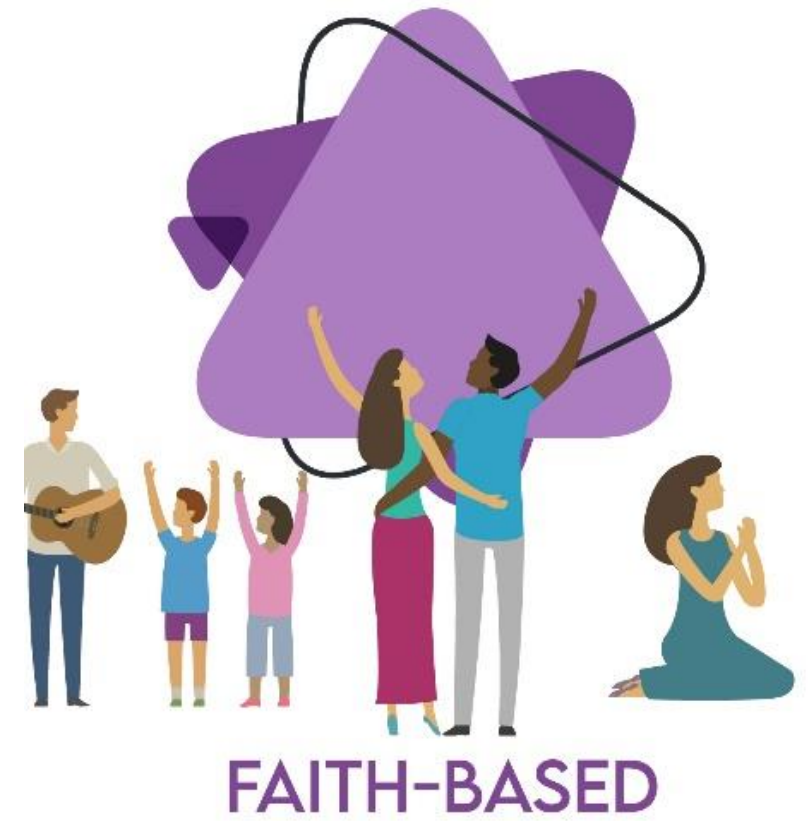


Parks and Recreation & Infrastructure

- Proposed new criteria for STP used by MARC
- HEI grant projects
- Upcoming meetings - community recreation & accessibility



Faith-Based Settings



LOVE WILL.

Healthcare

- Walk with a Doc/healthcare professional
- Reimbursement for physical activity counseling
- Including physical activity in curriculum/lectures for medical students



New sectors starting



SPORT



MASS MEDIA

Partner Updates



Weighing In Reminders

Conversations with Community Partners

Follow us on Social Media

- Twitter, Instagram, Facebook: @12345FitTastic
- YouTube: FitTastic

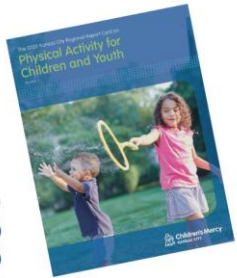
Sign up for newsletters using QR code
– Schools, Early Childhood, PA/PI





THE RESULTS ARE IN

	RANK	GRADE
Overall Physical Activity	C	A
Sedentary Behaviors	C	A
Active Transportation	F	C
Organized Sport Participation	B+	A
Active Play	INC	INC
Physical Fitness	INC	F
Family and Peers	INC	INC
School	INC	F
Community and Built Environment	C-	B



Click here for the full 2020 Kansas City Regional Report Card on Physical Activity for Children and Youth

We will miss you!!

LOVE WILL.

Breakout rooms

Healthy Schools – Bryce Miller

Early Childhood – Emily Meissen-Sebelius

Physical Activity in Parks & Infrastructure – Matt Kleinmann

Healthcare – Shelly Summar

Faith-Based Settings – Elizabeth Wilson

Sport – Robin Shook

Thank you for joining us today!

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility and pushing their luck!

Let's be different!

Next WI Quarterly Meeting:

September, 2021

Don't forget to complete your evaluations







Kansas City Physical Activity Plan

kcphysicalactivityplan.org

LOVE WILL.