

## *Health Colloquium*

*We were proud to sponsor an afternoon colloquium to highlight K-State's work in improving the health of fellow Kansans and citizens worldwide. The Flint Hills Room in the student union was filled with students, faculty and community members from 1 p.m. to 5 p.m. on October 29th, as various speakers presented current health issues and programs. Please read on for more detailed information on these presentations.*

### **A message from our director, Dr. David Procter**

2009 may be recorded as the year Americans tackled health care. Whether or not, health care is actually reformed, Americans are certainly talking about their health and health care. The health care town halls, the Obama administration's push for health care reform and the Congressional debates have all served to highlight discussions about American's health and the health care system.

Kansas State University has consistently and significantly engaged the health issue. KSU faculty and staff from diverse disciplines are working in a variety of ways to improve the health of Kansans and citizens worldwide. On October 29, 2009, K-State's Center for Engagement and Community Development hosted a half-day colloquium highlighting K-State's work in the health arena. This newsletter highlights the work and presentations of our speakers at this fall engagement health colloquium.



#### **Projects Featured**

*Critical Health  
Issues Facing  
Kansas*

*Public Health  
Work at K-State*

*One Health  
Kansas*

*Healthy Snacks*

*...and more!*



## Engaging Health, Changing Lives

by Nicole Baxley



**Dr. David Procter**, director, opened the colloquium.

The Center for Engagement and Community Development, CECD, sponsored a colloquium entitled “Engaging Health, Changing Lives” on October 29th. Held in the K-State Student Union, this forum was attended by K-State faculty, students and the surrounding community. Focused on improving the health of Kansans and citizens nationwide, this forum’s goal was to bring education and awareness to an important issue.

Dr. David E. Procter, director of CECD, opened the forum by welcoming the audience and thanking them for their participation. Procter told the audience the goal of the colloquium was to connect the resources at K-State with the significant need throughout the state.

Mr. Jim McLean, vice president for public affairs at the Kansas Health Institute then presented his non-partisan work entitled “Critical Health Issues Facing Kansas and the United States.” McLean surveyed the audience regarding their goals for the forum by asking the audience “if they were in attendance to purchase the best health care or to create the best health for citizens.” Unanimously, participants agreed that good health was the overall goal. McLean informed the audience that the most significant causes of death are due to behaviors, lifestyles and personal choices. His presentation was an informative and effective way to begin the discussion on improving health of Kansans and citizens worldwide.

## Public Health Work at K-State

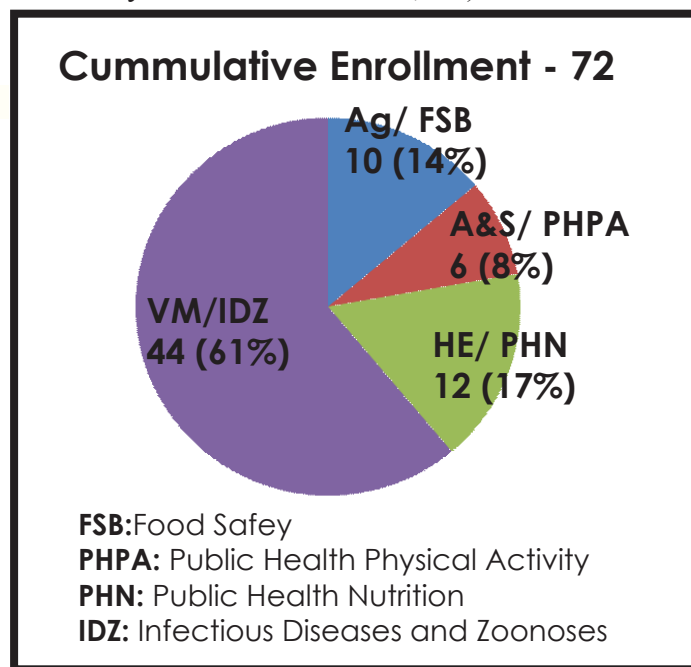
by Alexa Hodes

The Master of Public Health (MPH) program is an interdisciplinary graduate degree program that started in the fall of 2003. The objective of the MPH degree is to prepare individuals to better address human, animal and community health issues on local, state, national and international levels. Dr. Michael Cates serves as director of the program.

There are four supporting colleges throughout the university that are a part of the public health program: Veterinary Medicine, Agriculture, Human Ecology and Arts and Sciences.

The core classes for the graduate degree are epidemiology, biostatistics, health policy and leadership, social and behavioral health and environmental health. The program’s unique combination of varied areas of emphasis help build on the strengths of K-State. These areas include food safety and biosecurity, public health, physical activity, public health nutrition and infectious diseases and zoonoses.

The MPH program has many opportunities for engagement with the pathways to public health and the One Health Kansas program, the state of Kansas in general and groups that work within our nation (One Health Commission, American Veterinary Medical Association, etc).



**Cummulative Enrollment for the MPH program**

Cates presented the future visions for the graduate program, “We hope to have even more multidisciplinary approaches to health including education, research and practice. We also plan to have more partnerships that span across a broad spectrum of expertise.” These partnerships would include colleges and universities; local, state and federal agencies; foundations; public health, animal health industry, and other organizations across our country. For more information please visit [www.k-state.edu/mphealth](http://www.k-state.edu/mphealth).

## Promoting Healthy Lifestyles through Community Capacity Building

by Rachel Richardson

“Engage, retain, while having fun” is the mission Dr. Elaine Johannes, K-State Research and Extension and assistant professor of family studies and human services, tries to implement as she strives to engage the community in finding solutions to health issues within the state of Kansas. It has been found that “whole community efforts that include informational, behavioral-social, environmental and policy approaches have been found to be effective in increasing the physical activity levels.” (CDC, 2006). That is why Johannes works with the help of the Get it - Do it! grant which is funded by the USDA to encourage small town communities to adapt the following corner stones: access to healthy places, collaboration to organize and sustain projects, science and research to ground projects, prepare workforce to build capacity and lastly, work on communications to promote and motivate change.

Johannes works to fulfill those corner stones by working with both the youth of the community and the adults. For the past three years there have been workshops at Rock Springs that train teams of adults and youth. “We strive to have these sessions be both informative and fun,” says Johannes “it’s important to remember adults need to have fun too.” Other workshops are held to help increase capacity building by creating needs assessments and grant proposals. The communities have then used their grant money to enhance their community by improving facilities, creating health and wellness centers or by planning events that will bring money to their towns. These training sessions assist youth to increase their personal and social development, sense of responsibility and instill in them the confidence that they can make a difference.

## Promoting Civil Citizen Participation In Health Care Deliberations

by Kara Dillard

The shouting, discouraging and uncivil discussions on health care reform in Congressionally sponsored town hall meetings this summer did not come as a surprise to Erika Imbody, project coordinator for the Institute for Civic Discourse and Democracy (ICDD). Results from nine Kansas-based

National Issues Forums (NIF) public deliberations indicated that the public, as of the spring and early summer was not ready to move forward with health care reform.

According to Imbody, Kansans expressed the feeling that they did not have enough information on health insurance costs, why the costs of medical care continue to increase and possible challenges and benefits of proposed solutions in order for them to support change. Imbody argued the negatively charged political discourse from Congressional town hall meetings was predictable, because national leaders choose to ignore deliberative results from ICDD and other Kettering Foundation partners. During Imbody’s presentation, she contrasted the negative political discussion on health care reform captured by the media with that of NIF and ICDD sponsored public deliberations. The NIF method involves not just talking or discussing ones opinion of the subject, but involves choice work – discussing the trade-offs of making change and whether those trade-offs are acceptable to the public. This model diffuses negative discourse while encouraging thoughtful, passionate and civil deliberation.

Imbody closed by noting that had more public deliberation preceded Congressional discussions and the strategy of “tell and sell,” Congress and President Obama may have had an easier time passing necessary changes to the U.S. health care system.

## CECD Mission & Vision

To promote engagement across the breadth of Kansas State University - in teaching, research and outreach - and to connect the vast resources of KSU to the significant issues of public need facing Kansas and communities worldwide.

*Engagement occurs when collaborative partners — both on and off-campus stakeholders — work together to address a public need in a way that is both reciprocal and mutually beneficial. Through engagement, K-State endeavors to fulfill its historic land grant mission.*

*— Dr. David E. Procter, CECD director*

## Improving Kansas Health Clinics

by Aly Rodee, AmeriCorps\*VISTA

Dr. David Ben-Arieh, professor, industrial and manufacturing systems engineering addressed a K-State audience on Thursday, October 29, where he demonstrated the use of the Data Envelopment Analysis (DEA) for measuring the input and output methodology for Kansas health clinics. Ben-Arieh's work is a partnership with the Kansas Association for Medically Undeserved (KAMU). One of KAMU's objectives is aimed at growing, strengthening and sustaining the primary health care safety net in Kansas.

The DEA gives each clinic a rated score of efficiency and also assists in identifying how clinics can improve. The DEA categorizes key clinics and patients that require special attention. This attention can include the resources consumed by the clinics or the needs of the patient. The DEA provides benchmarks to help the clinics improve and provides guidelines and a databank to track the clinics improvement. The methodology gives exact improvements for each clinic. Ben-Arieh's initiative started as a need for assessing Kansas clinic practices. His work with KAMU is to address the development needs for clinics and provide them with the means necessary to improve upon their current system. His research is partially funded through a Center for Engagement and Community Development engagement incentive grant.

## One Health Kansas

by Alexa Hodes

Lisa Freeman is the associate vice president for innovation at the K-State Olathe Innovation Campus and a professor of pharmacology in anatomy and physiology at K-State's College of Veterinary Medicine. Freeman co-directs a project that is focused on developing the public health workforce. One Health Kansas was developed by Kansas State University in 2008 and is funded by a three-year grant from the Kansas Health Foundation. The program promotes awareness and understanding of the relations among human, animal and environmental health. These initiatives will strengthen the public health system by enhancing educational opportunities and engaging Kansans

to become more aware of critical issues impacting their health.

One Health Kansas has several goals. First, to develop outreach programs for the general public, K-12 students and their teachers. Second, to develop an introductory survey course focused on public health topics. This course is offered jointly by K-State and Kansas community college partners and became available this fall. Finally, One Health Kansas plans to develop new courses and modules to infuse One Health concepts into existing public health classes and curriculum.



**One Health Kansas** offers hands-on interactive programs targeted to K-12 students and educators.

The program is offering continuing education classes to provide training for workers in health professions through K-State's Continuing Education program, the Olathe Innovation Campus and participating community colleges such as Johnson County Community College and Dodge City Community College.

For more information, visit One Health Kansas at [www.onehealthkansas.k-state.edu/](http://www.onehealthkansas.k-state.edu/)

## Promoting Healthy Snacks Among School Children

by Alexa Hodes

Dr. Sajid Alavi, associate professor in grain science and industry, perhaps better known as, “Corn-puff Guy,” along with Dr. Tandolayo Kidd, K-State Research and Extension and assistant professor of human nutrition presented their project about promoting healthy snacks among school children. The presenters then showed a video that explained their proposal of the development of healthy snacks for school children. The availability of high calorie snacks and beverages were what interested Alavi in this project. The four main objectives are to determine the attitudes of children towards healthy foods, develop grain-based healthy snacks, perform an evaluation of the snacks created and finally, to create an outreach program with industries and middle schools.

“Our idea was to visit with these schools and work with the health and PE teachers to be able to interact with kids and tell them about the snacks and how they are processed,” explains Alavi, “if they know how these snacks are made then they will understand the idea of healthy snacks better.”



**Aly Rodee**, AmeriCorps\*VISTA for ICDD and CECD, enjoyed some specially formulated nutritious snacks.

Included in the video presentation were Alavi’s partners Dr. Koushik Adhikari, assistant professor in human nutrition, Dr. Tandolayo Kidd, Dr. Mark Haub, associate professor in human nutrition and Elisa Karkle, graduate student in the department of grain science.

A video is available on YouTube explaining the healthy snacks program titled, “Healthy Snack Products for Children.”

## Kansas Health Care Professionals: Counseling For Lifestyle Behaviors

by Rachel Richardson

Elizabeth Fallon, PhD, professor in kinesiology at Kansas State University started her lecture on “Counseling for Lifestyle Behaviors” by providing basic definitions for *Kinesiology* and *Public Health*. Public Health was defined as the science and art of promoting health, preventing disease and prolonging life through organized efforts of society, while Kinesiology was defined as the study and application of physical activity for optimum health. Once everyone in the audience was given a basic foundation in health terms, Fallon then began to go into detail about lifestyle behaviors, the role of health care professionals in chronic disease prevention and share some data from Kansas Health Care Professionals surveys.

The data gathered for the Kansas Health Care Professionals surveys mirrored a majority of the audience view that health care professionals are not doing enough, if any, counseling for physical activity, diet and weight management during regular doctor’s visits. An unfortunate piece of information when paired with the data that states that their is a modest but statistically significant positive effect on physical activity, body weight, dietary fat, S/D BP and LDL cholesterol when health care professional do provide counseling (Wilcox et al., 2001). “People are more open to health advice when at the doctor’s office” says Fallon “they are also more likely to actually take that advice if it’s given by a doctor.”

When less than 50% of the US is meeting their physical activity requirement (BRFSS, 2008) and obesity trends only increasing as the years go on it is time that people get serious about their health and the health of their neighbors. There is hope, however, the survey stated that when asked about lifestyle behaviors doctors are more likely to give advice on such matters. “People need to start changing their lifestyle behaviors and demanding counseling from their health care professionals.”

UPCOMING  
EVENTS

## Community Development Academy

The Community Development Academy is a series of workshops that will provide community leaders the assessment and strategic planning information necessary to devise participatory community development plans and strategies. Participants will gain the information, resources and processes needed to guide planning to create quality sustainable communities.

Dates	Location
February 24* & 25, 2010	Memorial Hall
March 3 & 4, 2010	410 N Penn Ave.
March 10 & 11*, 2010	Independence, KS

*\*indicates dates for community coaches only*

For more information or to register a team visit [www.k-state.edu/cecd/cda/](http://www.k-state.edu/cecd/cda/)

## Facilitation Workshop



### Workshop highlights:

- How to set up public forums
- The role of the facilitator
- Best practices for facilitators
- Evaluating public issue forums
- Participation in different forms of public conversation
- Individual practice/coaching sessions

For more information, please visit: [www.k-state.edu/icdd/Facilitation](http://www.k-state.edu/icdd/Facilitation)

## Contact us at:

Center for Engagement and Community Development  
202 Ahearn Field House, Kansas State University, Manhattan, KS 66506-0307

Phone: 785.532.6868  
Web: [www.k-state.edu/cecd](http://www.k-state.edu/cecd)

E-mail: [cecd@k-state.edu](mailto:cecd@k-state.edu)  
Fax: 785.532.6808