

# K-State's Engagement E-News

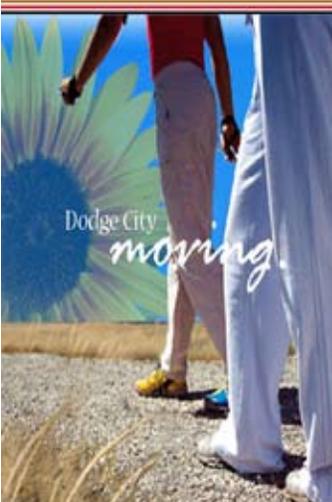
Connecting K-State to Kansas  
and Communities Worldwide

## A Look Back at CECD Engagement Incentive Grants

*Each semester K-State's Center for Engagement and Community Development offers incentive grants to foster engaged work. This issue of Engagement E-News takes a look back at the first set of grants awarded in the 2006-2007 academic year. Look inside for complete stories.*



Physical Activity and Nutrition Guide



Page 2

"Community-based Participatory Research for Obesity Prevention and Management in Rural Kansas Latinos"

"Partnerships for Healthier Kansas: Making Theory-Based Health Promotion Accessible to Community Leaders"

Page 3

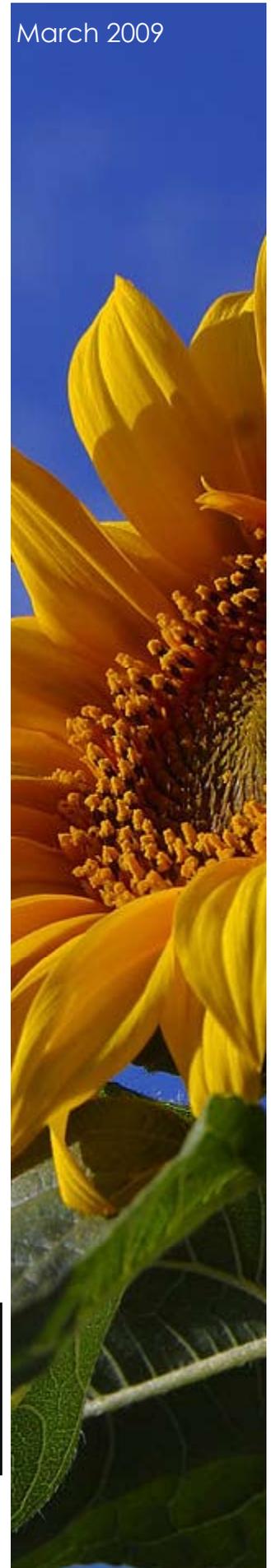
"Technical Assistance to Urban Core Communities"

"Engaging the Military Student Community in the K-State Academic Culture"

Page 4

Bios of the most recent projects awarded CECD grants

Photos. **Top.** A group exercise initiative associated with "Partnerships for Healthier Kansas." **Middle.** Front cover of resource guides created for obesity prevention in rural Kansas Latinos. **Bottom.** Soldiers at an event connecting them with K-State students.



# Kinesiology Professors Investigate Latino Health in Southwest Kansas

by Jenny Barnes

The largest and fastest growing ethnic minority in the United States is the Hispanic/Latino population. In Kansas, they make up about eight percent of the total population of the state with the majority living in southwest Kansas.

Kansas Latino adults tend to be more overweight and obese compared to the national average. This leads to diabetes and other health problems for the Latino communities. In an attempt to understand and help this issue, two professors in the kinesiology department at Kansas State University, Elizabeth Fallon and Melissa Bopp, developed the project, “Community-based Participatory Research for Obesity Prevention and Management in Rural Kansas Latinos.”

After receiving a grant from CECD, the two professors began their approach. Their main goals were to engage community members in southwest Kansas in obesity prevention and Latino health, and to educate students on the Community Based Participatory Model of doing research.

Bopp and Fallon targeted three of the larger communities in the area with significant Latino populations: Liberal, Garden City and Dodge City. They made contact with extension offices in Ford, Seward and Finney County in order to get started.

“The extension offices were our initial contacts in the communities,” Bopp said. “They were the most helpful

individuals to help us navigate.”

As a result of the research done in these areas, Bopp and Fallon created physical activity and nutrition resource guides tailored to the specific needs and services in each community. The bilingual guides contain information on foods to eat and where to get them, parks and recreation facilities in the area, maps, and even a highlight on a unique component in the community like the International Pancake Day festivities in Liberal.

Approximately 800 guides were delivered to community leaders and health departments. They are intended to be informational tools that will also be available in electronic form to communities for modification as things change.

Fallon and Bopp both commented that the communities were receptive to their research.

“It is important to have community support and buy in,” Fallon said. “Then it’s just people filling in a piece of the pie.”

The next steps of the project are to compile information gathered from community leaders to develop a report and programs appropriate for the diverse populations.



*Two women walk at an event sponsored by the program.*

# Partnerships for Healthier Kansas Encourages Health Education

by Jenny Barnes

It is evident that there is an increasing number of overweight and obese people in the United States. The 2005 Kansas Behavioral Risk Factor Surveillance Survey showed that 60.7 percent of adult Kansans are overweight or obese. These numbers lead to problems such as hypertension and diabetes. This is setting a trend for young people to follow in those footsteps.

Kansas State University professors Elaine Johannes and Mike Bradshaw, both of Family Studies and Human

Services, designed and implemented a project to help combat those rising statistics.

“Partnerships for Healthier Kansas: Making Theory-Based Health Promotion Accessible to Community Leaders,” utilized training, technical assistance and internal capacity-building strategies

among extension agents, school teachers and community PRIDE groups.

In her project report, Johannes listed the long-term aims of the project as, “Improve population-based health practices, improve overall health of community residents and build capacity in Kansas communities to collaboratively address social, behavioral, environmental health with quality, relevant, proven and sustained strategies.”

The project developed several training modules and also generated six community grants which led to the Get It – Do It projects. Glasco, Kinsley, Melvern, Olsburg, Portis and Stafford designed individual projects for their community. Overall, the projects reached 988 Kansans and generated more money to support the projects.

A member of Glasco PRIDE, Joan Nothern, wrote in her report, “The Get It – Do It concept of each community building its own project to meet its own defined needs conveys a respect that really promotes the will to deliver.”

Johannes wrote in her final report, “Partnerships for Healthier Kansas has improved the understanding and application of health promotion theory among community leaders.”



*This photo was taken at a “Partnerships for Healthier Kansas” Training Conference.*

## Professor Offers Technical Assistance to Urban Core Community

by Jenny Barnes

The neighborhood Washington Wheatley, Kansas City, Mo., needed assistance. The neighborhood had problems with housing possession, crime and availability of jobs.

Smith used the funds from a CECD grant to reach out to the Wheatley community, located between 18th and 27th Street, and Prospect Avenue and Interstate 70.

Smith reached out to this community because she saw its need for momentum, and she wanted to provide technical assistance to the neighborhood association in the process of community development.

The community had issues with housing possession when the owner would pass. Therefore, the focus was to educate the citizens so they didn't lose the homes that had been in their families. Smith worked with the president of the neighborhood, Marlon Hammons, to keep the people of Washington Wheatley in those homes.

Another goal was to create more jobs so the residents had money to pay for property taxes. The neighborhood needs its citizens to be incorporated in all aspects. For example, Smith said if a new store or housing unit is going in, citizens could be hired to help with those

projects. She also said it could be something as small as starting a micro business for mowing lawns. Smith and her colleagues sought little ways to get the community members involved and improve the neighborhood.

Smith said, "While the Wheatley community has a long road ahead of them, they have made significant strides."

They created a newsletter to help inform citizens of issues like property taxes, and to highlight companies committed to the neighborhood. The community also enlisted the help of some outside organizations. The city council, the Kansas City Police Department and University of Missouri Kansas City, all helped with the project.

Smith also said the focus of redeveloping the community was not the physical aspect. It was keeping the residents in their homes, and preserving the history the neighborhood represents.



## Project Engages Fort Riley Community with Kansas State University

by Jenny Barnes

Located a mere 20 miles outside of Manhattan and Kansas State University is the home of the 1st Infantry Division, or the Big Red One. Although relations between the campus and military cultures have sometimes been strained or nonexistent, two K-State faculty members sought out to engage each of those groups of citizens and bring them together.

Daryl Youngman and Donna Schenck-Hamlin, both Assistants to the Dean of K-State Libraries, became increasingly interested in this issue after the influx of soldiers several years ago. They saw many opportunities for educational and cultural programs for soldiers and their families that were offered through K-State and weren't being utilized.

"Just a few miles apart from each other were two very different cultures, the campus culture and the military culture," Youngman said.

After receiving a grant from CECD, Youngman and Schenck-Hamlin started mapping out their plan. As they began working on the project, they realized that many programs already existed. The problems were awareness, permission and transportation.

First, people at K-State and Fort Riley were not aware of programs and opportunities. Youngman commented how in one study soldiers stated they "didn't know there was anything to do at K-State besides go to Aggieville." Parties on both sides were also unaware they had permission to participate in activities at the other community, and

although there is currently a shuttle system from Fort Riley to Manhattan, transportation lacks because of the limited hours of operation.

In an attempt to address these issues, the project produced several outcomes. Through distribution of soldier-oriented library information brochures and news materials, the Fort Riley population was made more aware of K-State Libraries and their services. There was also a joint partnership in developing campus and military appreciation days, a monthly book club, two 30-second public service announcements and a new Web site: [www.ksu.edu/takepart](http://www.ksu.edu/takepart) in order to inform and generate awareness.

Although Youngman said he felt the project was a success, he recognized there is still more work to be done. He would like to see the shuttle service enhanced to accommodate soldiers and their families wanting to attend events earlier in the evenings.



*Daryl Youngman, a principle investigator, pictured here with military personnel at an event.*

Youngman said he felt that the library was the perfect and best organization to facilitate this project.

"Individual departments cannot do what the library can," Youngman said. "The library is the cultural crossroads of campus."

# CECD Sponsors Engagement Incentive Grants, Helps Kansans

by Jenny Barnes

For the last five semesters, CECD has sponsored engagement incentive grants. “These incentive grants are intended to increase collaborations between the K-State campus and communities on public issues of need around Kansas and throughout the world,” said David Procter, center director. Incentive grants can serve as a stimulus that moves a great idea to action. In fall 2008, four proposals received funding. A summary of each project is listed below.

## “Summer Institute for Teaching: Camp Shakespeare”

This project will create a weeklong workshop on Shakespeare for eight to ten Kansas high school teachers. It is designed for teachers to learn new strategies and tactics for teaching Shakespeare. Faculty from Manhattan High School as well as Kansas State University will work together to conduct this workshop.

Principle Investigator: Donald Hedrick

## “Development and Promotion of Healthy Snack Products for School Children”

This project will address obesity and lack of fiber in the diets of middle school children. After determining students’ opinions towards nutritive snacks, investigators will develop grain-based snacks and also develop an outreach program with the snack processing industry.

Principle Investigators: Sajid Alavi, Koushik Adhikari, Tandalayo Kidd and Nancy Muturi

## “Design Development of the Northview Elementary Learning Garden”

The principle investigators will work with Northview Elementary to develop plans for a new, child-friendly, learning garden at the school. Research demonstrates positive experiences with nature have profound effects on the health and well-being of children.

Principle Investigators: Katie Kingery-Page and Jon D. Hunt

## “Measuring and Analyzing Efficiency of Safety Net Clinics”

This study will utilize information collected by the Kansas Association for the Medically Underserved and then provide an analysis of the strengths and weaknesses of each clinic. The results will be used to help start an improvement cycle for participating clinics.

Principle Investigators: David Ben-Arieh and Jon Wu

## **CECD Mission & Vision**

Contact us at:

Center for Engagement and  
Community Development

202 Ahearn Field House  
Kansas State University  
Manhattan, KS 66506-0307

Phone: 785.532.6868

Fax: 785.532.6808

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

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

**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.*

*– David E. Procter, CECD director*