

Addressing Obesity with Community Level Intervention
Courtney Koenig & Mende Barnett | Dec. 15, 2023

Objectives

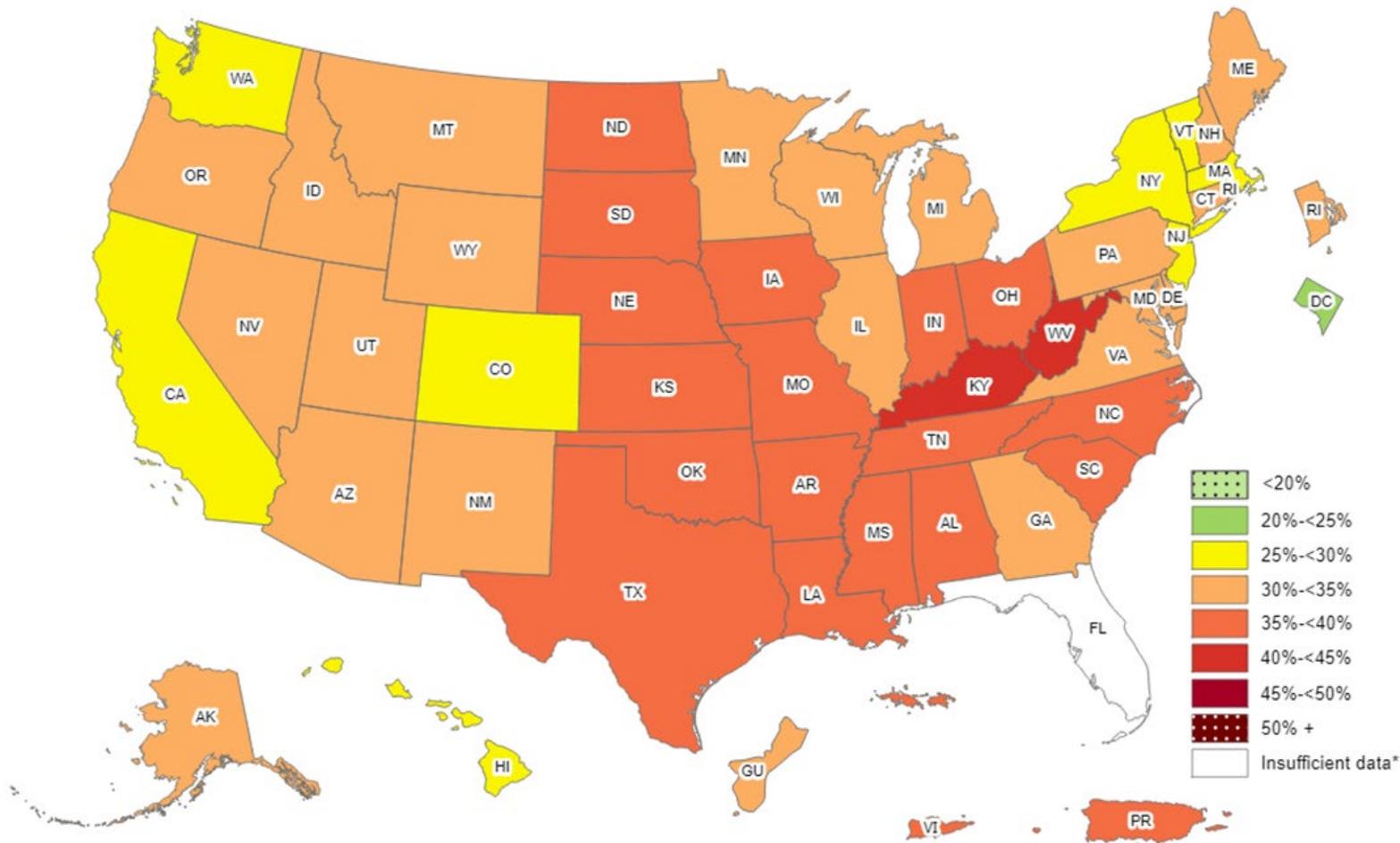
- Provide participants with current obesity related data.
- Participants will understand some strategies to address obesity.
- Enhance participants knowledge about obesity related programs and resources at the Kansas Department of Health and Environment.

What We Know

- Obesity is a common, serious, and costly chronic disease that effects both adults and children.
- Obesity is associated with a range of physical and mental conditions and is associated with the leading causes of death.
- Linked with higher healthcare costs, productivity losses.

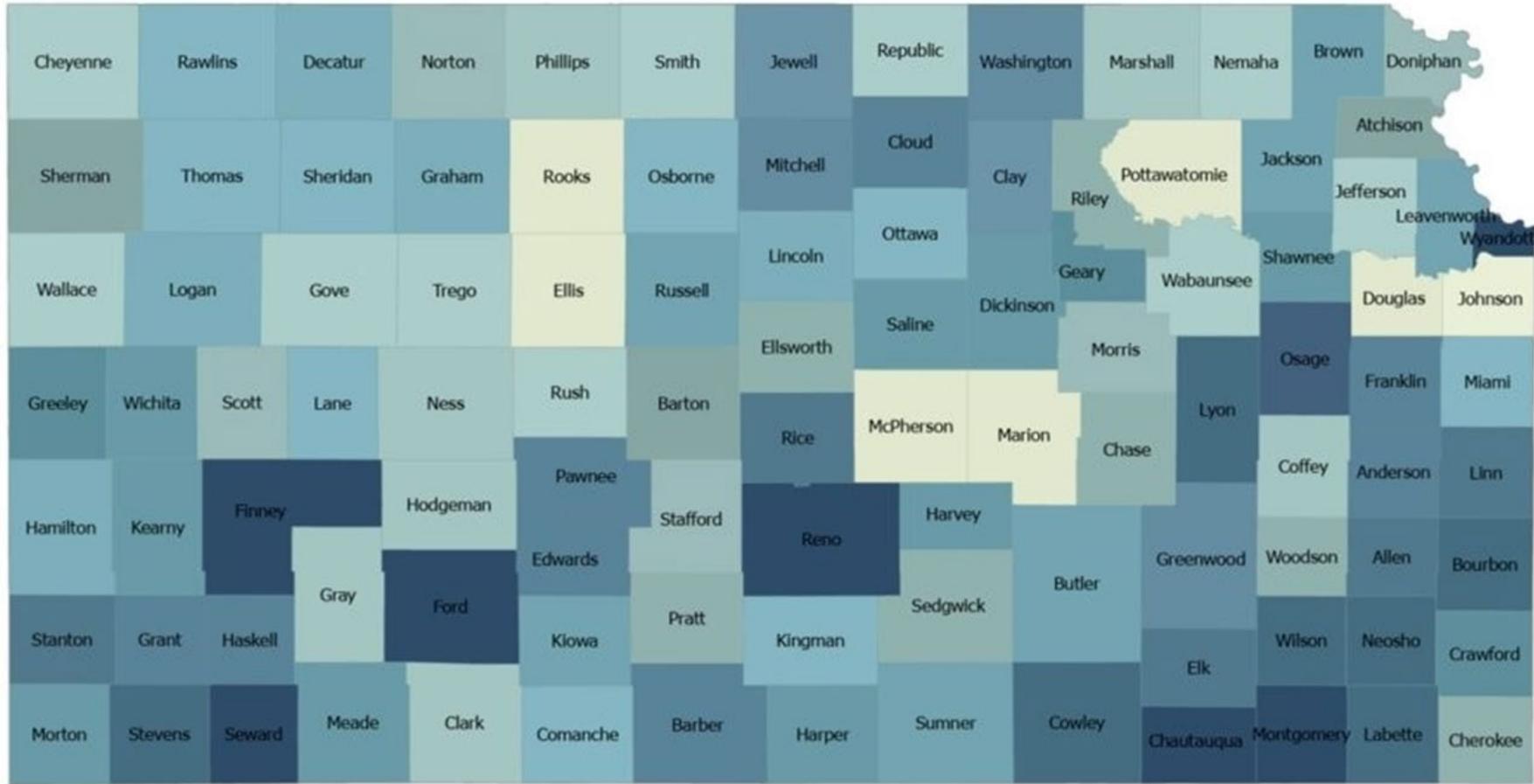
What Does the Data Tell Us?

- Kansas is one of 19 states with obesity prevalence over 35%.
- 2021 Kansas obesity prevalence is 36%.



Source: <https://cdc.gov/obesity/data/prevalence-maps.html>

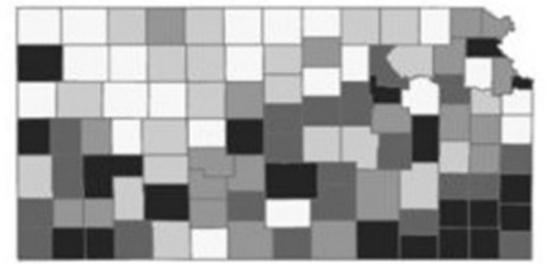
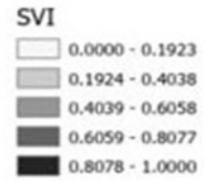
Kansas Heat Map



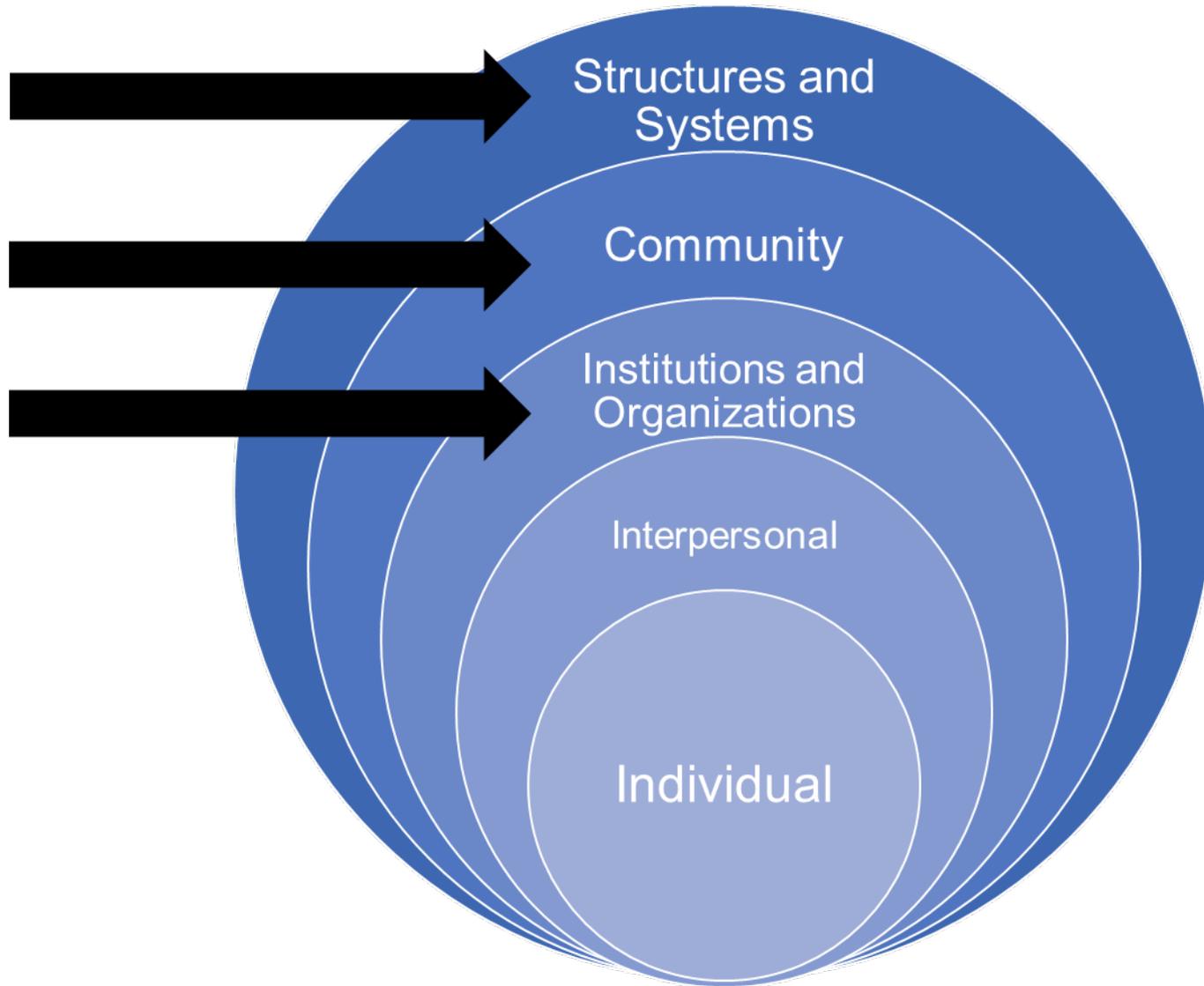
Obesity
Obesity age-adjusted prevalence (%)



Social Vulnerability Index



Social-ecological Model



Policy Change

Laws, regulations, policies,
ordinances

City, County,
or organizational level

Example: Changing local
ordinance to establish
a farmers market

Systems Change

Processes or rules of an
organization, or system

Schools, parks, worksites,
health care, other
community settings

Example: screening for hunger in
health care setting and
developing referral mechanisms

Environmental Change

Physical environment
changes

Physical, social, or economic
environments

Example: Availability of
nutritious food choices in school
vending machine. Wayfinding
signs in a community.

Adapted from the National Association of Chronic Disease Directors

KDHE Initiatives



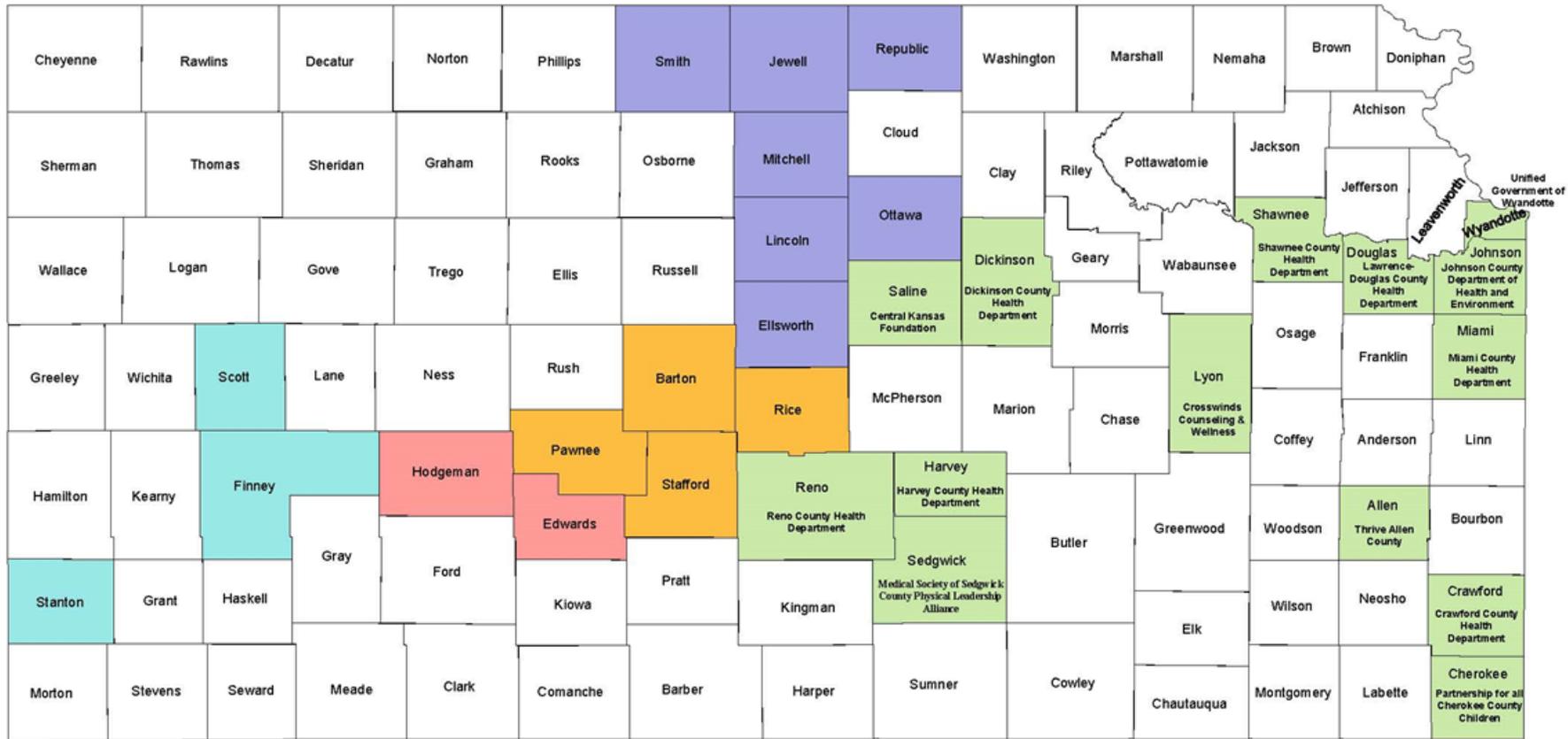
Farmers Markets



Active Transportation



Chronic Disease Risk Reduction Grantees 2023



- Barton County Health Department
- Mitchell County Regional Medical Foundation
- LiveWell Finney County Health Coalition
- Edwards County Economic Development
- Single county CDRR program

The SFY 2023 CDRR program covers:
18 grantees
30 counties
2,033,282 Kansans (69% of the Kansas population)

Source: U.S. Census Bureau, Population Division,
 Annual Estimates of the Resident Population:
 July 1, 2021; v2021



Addressing Obesity in Kansas

City of Wichita /
Sedgwick County
Food System
Master Plan

CITY OF WICHITA
SEDGWICK COUNTY
Health & Wellness
Coalition of Wichita





Contact Information

Courtney Koenig, MPH

Program Manager, Physical Activity & Nutrition

Coordinator, Kansas Senior Farmers Market Nutrition Program

Courtney.Koenig@ks.gov

(620) 235-6157

Mende Barnett, MAOL

Section Director, Community Health Promotion

Mende.Barnett@ks.gov

(785) 296-6801

