Administration and Human Services Committee  
Standing Committee Meeting Agenda  
Monday, May 14, 2012  
5:30 PM  

Location:  
Municipal Office Building  
701 N 7th Street  
Kansas City, Kansas 66101  
6th Floor Training Room  

<table>
<thead>
<tr>
<th>Name</th>
<th>Absent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commissioner John Mendez, Chair</td>
<td>☐</td>
</tr>
<tr>
<td>Commissioner Ann Brandau-Murguia</td>
<td>☐</td>
</tr>
<tr>
<td>Commissioner Angela Markley</td>
<td>☐</td>
</tr>
<tr>
<td>Commissioner Tom Cooley</td>
<td>☐</td>
</tr>
<tr>
<td>Commissioner Butch Ellison</td>
<td>☐</td>
</tr>
</tbody>
</table>

I .   Call to Order / Roll Call  

II .  Approval of standing committee minutes for March 12, 2012.  

III .  Committee Agenda  

Item No. 1 - GRANT: HEALTHY COMMUNITIES WYANDOTTE (HCW)  

Synopsis:  
Requesting approval to submit a $100,000 grant application for Healthy Communities Wyandotte (HCW) to the Robert Wood Johnson Foundation, submitted by Joe Connor, Director of Public Health. The funding is to help design, build and run a community health "Learning Laboratory" to help increase community engagement and participation in health improvement activities and implement recommendations listed in the HCW improvement plan. No matching funds required.  
Tracking #: 120109
Item No. 2 - PRESENTATION: HEALTHY COMMUNITIES WYANDOTTE PLAN

Synopsis:
Presentation of the Healthy Communities Wyandotte community improvement plan by Joe Connor, Director of Public Health.

*For information only.*
Tracking #: 120114

Item No. 3 - TWO RESOLUTIONS: COMMISSIONERS' COMPENSATION

Synopsis:
Requesting approval of two resolutions to amend the salary of the UG Commissioners by amending the Consolidation Study Commission Report, Resolution No. 1, Section 2-59(a) and Section 25-9(b) of the UG Code, submitted by Commissioner Nathan Barnes.
Tracking #: 120116

IV. Goals and Objectives Follow-up

V. Adjourn
The meeting of the Administration and Human Services Standing Committee was held on Monday, March 12, 2012, at 5:30 p.m., in the 6th Floor Human Resources Training Room of the Municipal Office Building. The following members were present: Commissioner Mendez, Chairman; Commissioners Murguia, Markley, Cooley, and Ellison.

Chairman Mendez called the meeting to order. Roll call was taken and all members were present as shown above.

Approval of standing committee minutes for December 12, 2011. On motion of Commissioner Cooley, seconded by Commissioner Ellison, the minutes were approved. Motion carried unanimously.

Committee Agenda:

Item No. 1 – 120046… Request approval of a grant application to Health Care Foundation of Greater Kansas City for 2012 Healthy Lifestyles, submitted by Joe Connor, Health Department Director. The $30,000 grant is for the development of a comprehensive communication plan for Healthy Communities Wyandotte community health improvement plan that has an emphasis on middle and high school age residents.

Action: Commissioner Murguia made a motion, seconded by Commissioner Ellison, to approve and forward to full commission. Roll call was taken and there were five “Ayes,” Ellison, Cooley, Markley, Murguia, Mendez.
**Item No. 2 – 120031...**  An ordinance relating to the qualification of resident commissioners appointed to the Kansas City, Kansas Housing Authority, submitted by Kristen Chowning-Martin, Legal.

**Jody Boeding**, Chief Legal Counsel, said Ms. Chowning-Martin is not able to be here tonight. Kathy Peters represents the Housing Authority and is familiar with this matter and she is attending. I would ask her to give a summary of the issue.

**Kathy Peters**, Kutak Rock. Ms. Chowning-Martin and Ms. Boeding had asked me to review the ordinance. Also with me is Tom Scott, the acting executive director of the Housing Authority. I’m here to tell you what the changes are and to tell you that this has the approval of HUD and the Housing Authority.

There are two basic changes to this ordinance. First, the prior ordinance said that the resident commissioner had to live in managed properties. That means someone who lives in a facility that’s managed by the Housing Authority. However, the HUD regulations say it can be someone who is directly assisted by a public housing authority and that includes recipients of Section 8 vouchers whether it’s a project voucher or a standalone voucher. One change is to expand this to allow the resident commissioner to be a person who is directly assisted by the Housing Authority which then accords with the HUD regulations, so it can be somebody who lives in a managed facility or somebody who receives a Section 8 voucher.

The second change is to put into the ordinance something that had been done in any event. The Housing Authority had been holding elections for the resident commissioner then the Mayor would appoint the resident commissioner based on who won the election. Now the ordinance says that the resident commissioner will be selected in an election held by the Housing Authority. It also goes on and says it will be fairly held and that the people who can vote will be eligible residents. An eligible resident has the same definition as the person who can be a commissioner. In other words, they can live in managed properties or they can receive direct assistance. Because there had been somewhat of a controversy over how the election would be held, HUD first said you don’t have to have an election but if you have an election, it needs to be fair. We sent the form of the ordinance over to the HUD executive director, Frances Cleary. After I talked with their counsel, they said normally we don’t weigh-in on this kind of thing, but because there’s been some controversy, we’re happy to look at it. Ms. Cleary responded and said

March 12, 2012
they had no issues with the form of the ordinance. Mr. Scott has indicated that it’s fine with the Housing Authority Board as well.

**Commissioner Ellison** asked do you have any mechanism setup for voting. **Ms. Peters** said at this point, I don’t think that the mechanism has been setup. **Mr. Scott** said there’s a Board appointed committee reviewing the election process and it would come back with recommendations to the Board.

**Ms. Boeding** asked do you have a letter from HUD. **Ms. Peters** said I do have. I sent an email explaining the differences and then asked her to respond and then thanked her.

**Action:** **Commissioner Cooley** made a motion, seconded by **Commissioner Ellison**, to approve and forward to full commission. Roll call was taken and there were five “Ayes,” Ellison, Cooley, Markley, Murguia, Mendez.

**Commissioner Ellison** said the election process; we approved this. The election process is being setup. Who approves that election process? **Ms. Peters** said the Housing Authority Board.

Adjourn

**Chairman Mendez** adjourned the meeting at 5:35 p.m.

cg
Item Description:
A grant application is being submitted for Healthy Communities Wyandotte (HCW) to the Robert Wood Johnson Foundation in the amount of $100,000.00. The funding is to help design, build and run a community health "Learning Laboratory" with the expectation that it will increase community engagement and participation in health improvement activities as well as to begin implementing recommendations as listed in the HCW improvement plan.

The funding if granted will go toward establishing a full time Program Coordinator in the Public Health Department. This position will be funded for one year with a combination of grant proceeds and is subject to continued grant funding/renewal.

Action Requested:
Approval of grant application.

Publication Required

Budget Impact: (if applicable)

Amount: $
Source:

- Included In Budget
- Other (explain)
**Project Title:** Healthy Communities Wyandotte County, KS  
**Proposal I.D.:** 12761  
**Applicant Name:** Joseph M. Connor  
**Legal Name of Applicant Organization:** Unified Government of Wyandotte County/Kansas City, KS

<table>
<thead>
<tr>
<th>Category</th>
<th>Narrative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personnel</td>
<td>Note: You must include base annual salary and full time equivalent (FTE) information for each person/role where funds are being requested in this category. We recommend you insert a table with this information. See Personnel section of Budget Preparation Guidelines for complete instructions.</td>
</tr>
<tr>
<td>Project Director/Principal Investigator</td>
<td></td>
</tr>
<tr>
<td>Project Staff</td>
<td></td>
</tr>
<tr>
<td>Administrative Staff</td>
<td></td>
</tr>
<tr>
<td>Other Staff</td>
<td></td>
</tr>
<tr>
<td>Fringe Benefits</td>
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**Other Direct Costs**

<table>
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<tr>
<th>Category</th>
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</thead>
<tbody>
<tr>
<td>Office Operations</td>
<td>Miscellaneous office supplies @ $253</td>
</tr>
<tr>
<td>Surveys</td>
<td></td>
</tr>
<tr>
<td>Communications/Marketing</td>
<td></td>
</tr>
<tr>
<td>Travel</td>
<td>American Public Health Association Annual Conference, October 27-31, 2012 in San Francisco, CA. Registration costs for Principal Investigator and Co-Principal Investigator @ $1,000. Three night stay expenses @ $1,525 per person for a total of $4,050. Local travel expenses reimbursed at the IRS allowed reimbursement rates. Current rate is $.555 per mile. Monthly mileage budget is 250 miles per month. Total budget for local travel expenses is $1,665. Kansas Public Health Association Annual Conference, October 1-3, 2012 in Wichita, KS. Registration costs for Co-Principal Investigator @ $300. Two night stay expenses @ $675 for a total of $975.</td>
</tr>
<tr>
<td>Meeting Expenses</td>
<td>Steering Committee meals/refreshments for monthly meetings. $50 per month for a total of $600.</td>
</tr>
<tr>
<td>Equipment</td>
<td>Lap top computer for Program Coordinator. Dell Latitude E6520 (4GB memory, 15.6” screen, 250 GB hard drive, Intel Core i5 processor) $1,457.</td>
</tr>
<tr>
<td>Project Space</td>
<td></td>
</tr>
<tr>
<td>Other</td>
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**Purchased Services**

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<tr>
<th>Category</th>
<th>Narrative</th>
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</thead>
<tbody>
<tr>
<td>Consultants</td>
<td></td>
</tr>
<tr>
<td>Contracts *</td>
<td>Contracted services for Program Coordinator and communication plan development. Total budget is $91,000.</td>
</tr>
</tbody>
</table>

**Indirect Costs**

<table>
<thead>
<tr>
<th>Category</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Indirect Costs</td>
<td></td>
</tr>
</tbody>
</table>

**In-kind Support**
If contracts are a part of your proposed budget, you must complete one Contract Budget and Fact Chart for each contract. Copy and paste the chart below if there are multiple contracts. Enter "TBD" when information is not yet known. See Glossary & Instructions, Contracts and Deliverables sections for additional information. If there are no contracts, delete these instructions and chart shown below before uploading to the online system.

### Contract Budget and Fact Chart

<table>
<thead>
<tr>
<th>Contractor Name</th>
<th>Kansas Health Institute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contract Start Date</td>
<td>June 18, 2012</td>
</tr>
<tr>
<td>Contract End Date</td>
<td>June 17, 2013</td>
</tr>
<tr>
<td>Scope of Work</td>
<td>Program Coordinator for HCW</td>
</tr>
<tr>
<td>Deliverables</td>
<td>Community engagement, implementation of improvement strategies, reporting and communications with UWPHI.</td>
</tr>
<tr>
<td>Total Cost</td>
<td>$69,000</td>
</tr>
<tr>
<td>Cost Justification</td>
<td>Kansas Health Institute (KHI) staff consulted with the Unified Government in developing the community health improvement plan. This staff member would be the Program Coordinator for this project through a contractual agreement with KHI.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Contractor Name</th>
<th>TBD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contract Start Date</td>
<td>TBD</td>
</tr>
<tr>
<td>Contract End Date</td>
<td>June 17, 2013</td>
</tr>
<tr>
<td>Scope of Work</td>
<td>HCW Communications Plan Development</td>
</tr>
<tr>
<td>Deliverables</td>
<td>Communications Plan</td>
</tr>
<tr>
<td>Total Cost</td>
<td>$22,000</td>
</tr>
<tr>
<td>Cost Justification</td>
<td>Contract firm to be engaged in the research, development and publication of a comprehensive communications plan for use by HCW. No bids have been solicited to date.</td>
</tr>
</tbody>
</table>
Abbreviated Proposal Narrative

• What is the problem your project is trying to address?

  According to the 2012 *County Health Rankings* Wyandotte County, KS has the worst health factors in the state of Kansas. The Healthy Communities Wyandotte (HCW) coalition was formed in February, 2010 by the Mayor/CEO of the Unified Government Joe Reardon. The goal of the coalition was to engage the community, study health issues of concern in Wyandotte County and produce an actionable community health improvement report.

  The Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin-Population Health Institute (UWPHI) solicited a statement of work from (HCW) as part of an invited grant to help design, build, and run a community health “Learning Laboratory.”

• What are the key project components or activities?

  We expect the Learning Laboratory to increase community engagement and participation in health improvement activities, and provide the coalition with the funding and momentum it needs to begin implementing recommendations as listed in the HCW improvement plan titled “Recommendations for a Better Future”. Advancing the work of HCW in this manner increases its capacity to serve as a replicable model for other communities around the country.

  We also expect to bolster the expertise of UWPHI’s technical assistance team by providing staff with the opportunity to actively share with, learn from, and participate in HCW’s local health improvement initiatives with a particular focus on testing the tools and resources in the Choose, Act, and Evaluate sections of the Roadmaps to Health Action Center.

• What are the intended results or products?

  HCW will reconstitute its structure for community engagement and expand participation to include organizations and individuals that have not previously participated. Representation from neighborhood leadership, designated neighborhood redevelopment associations and local businesses are examples of the targeted groups for participation.

  HCW’s sustainability plans include demonstrating a greater presence and awareness of health in the community through communications outreach efforts. The initial awareness and outreach efforts will focus on the pending decision of the Unified Government to designate community contribution funds from the recently opened casino for HCW. This communication also extends to UWPHI to share lessons learned and community action strategies.
• Who is the intended audience for this project? How will results be shared with this audience?

HCW intends to serve as a demonstration site for a national audience. Primarily, we would like to focus on helping other communities understand what it takes to go from receiving a troubling score on the County Health Rankings to implementing change and health improvement actions at a local level.

• If this is a research or evaluation project, what methodology will be used?

This project will be neither a research nor evaluation project.

• How would you define success for this project?

We would consider this project successful if HCW:
1. Engages new partners in the coalition;
2. Selects an implementation priority, using a community forum approach, and documents improvements;
3. Increases awareness of health and coalition activities in the community;
4. Shares its lessons learned with UWPHI’s technical assistance team in a manner that helps new communities begin their own health improvement processes.

• Do you anticipate other funding sources?

Yes, through additional funding HCW hopes to make the learning laboratory a two-year effort. There have been discussions with the Health Care Foundation of Greater Kansas City and an application for special initiative funding will be submitted in May 2012. The Wyandotte Health Foundation and the Unified Government are also potential additional funding sources.

• How does your project fit with the specific strategy of the team to which you are applying?

HCW is applying for funding from RWJF’s Public Health Team, upon the invitation of Program Officer, Abbey Cofsky, and County Health Roadmaps Deputy Director, Julie Willems Van Dijk. We believe our project fits with the strategy of the team because the County Health Rankings report has been the catalyst for raising awareness and engaging the community around community health issues in Wyandotte County.

• In addition, please use your best judgment when projecting the project’s timeline. While it is possible to request a no-cost extension if unforeseen circumstances cause you not to meet the original timeline, we expect that you will make every effort to complete the project on time.

We anticipate the project beginning on June 18, 2012 for a period of one year unless additional funding sources become available. The program coordinator will be in place on the first day of the project.
# RWJF Proposal

## Applicant Organization & Tax Verification *

* Indicates required

Provide the following information about the applicant organization. Include the formal legal name of the organization that, if awarded, will receive grant funds.

**Note:** If the Applicant Organization is a college or university, include the appropriate School, Department or Unit.

<table>
<thead>
<tr>
<th>Category</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Applicant Organization</td>
<td>Unified Government of Wyandotte County/Kansas City, KS</td>
</tr>
<tr>
<td>School/Department/Unit</td>
<td>Public Health Department</td>
</tr>
<tr>
<td>Address</td>
<td>619 Ann Avenue</td>
</tr>
<tr>
<td>Address (line 2)</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td>Kansas City</td>
</tr>
<tr>
<td>State / Territory</td>
<td>Kansas</td>
</tr>
<tr>
<td>Zip + 4-digit extension</td>
<td>66101</td>
</tr>
<tr>
<td>Main Phone Number</td>
<td>913-573-6704</td>
</tr>
<tr>
<td>Fax Number</td>
<td>913-321-7932</td>
</tr>
<tr>
<td>Web site</td>
<td><a href="http://www.wycokck.org/health">http://www.wycokck.org/health</a></td>
</tr>
</tbody>
</table>

## Applicant Organization Tax Status

1. Applicant Organization Tax ID (Employer ID Number): 48-1194075

2. Is the applicant organization tax-exempt under section 501(c)(3) of the Internal Revenue Code, or a state university, or a governmental entity? *
   - Yes
   - No

3. Is the applicant organization a private foundation, or a Type III supporting organization? *
   - Yes
   - No

**NOTE:** Preference is given to tax-exempt organizations that are not private foundations or Type III supporting organizations. The Foundation may require additional documentation.
**RWJF Proposal**

### Key Contacts *
* Indicates required

- To save your partially completed page, scroll to the bottom of this page and select "Save, continue editing" or "Save, return home".
- Use the "Copy feature" to copy completed organizational and address information to a new contact. Choose a role from the drop-down menu and select the "Copy" button.
- If the Key Contact Organization is a college or university, include the appropriate School, Department or Unit.

### Project Director/Principal Investigator *
This is the person with the responsibility for carrying out the project. This person will be the primary recipient of all key Foundation correspondence: copy of award notice, post-award financial and monitoring and grant closure.

<table>
<thead>
<tr>
<th>Field</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-mail</td>
<td><a href="mailto:jconnor@wycokok.org">jconnor@wycokok.org</a></td>
</tr>
<tr>
<td>Confirm E-mail</td>
<td><a href="mailto:jconnor@wycokok.org">jconnor@wycokok.org</a></td>
</tr>
<tr>
<td>Prefix</td>
<td>Mr.</td>
</tr>
<tr>
<td>First Name</td>
<td>Joe</td>
</tr>
<tr>
<td>Middle Name</td>
<td></td>
</tr>
<tr>
<td>Last Name</td>
<td>Connor</td>
</tr>
<tr>
<td>Suffix</td>
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</tr>
<tr>
<td>Degree(s)</td>
<td>MBA</td>
</tr>
<tr>
<td>Organization</td>
<td>Unified Government of Wyandotte County/Kansas City, KS</td>
</tr>
<tr>
<td>Position</td>
<td>Director</td>
</tr>
<tr>
<td>School/Department/Unit</td>
<td>Public Health Department</td>
</tr>
<tr>
<td>Address</td>
<td>619 Ann Avenue</td>
</tr>
<tr>
<td>Address (line 2)</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td>Kansas City</td>
</tr>
<tr>
<td>Country</td>
<td>United States</td>
</tr>
<tr>
<td>State/Territory</td>
<td>Kansas</td>
</tr>
<tr>
<td>Zip or Postal Code</td>
<td>66101</td>
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<tr>
<td>Office Phone Number</td>
<td>913-573-6704</td>
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<tr>
<td>Cell Phone Number</td>
<td>913-568-1709</td>
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<tr>
<td>Fax Number</td>
<td>913-321-7932</td>
</tr>
<tr>
<td>Phone Extin</td>
<td></td>
</tr>
</tbody>
</table>
### Co-Project Director/Principal Investigator

If applicable, provide the following information for the co-project director/principal investigator who will share responsibility for this project.

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-mail</td>
<td><a href="mailto:omcmurtry@khi.org">omcmurtry@khi.org</a></td>
</tr>
<tr>
<td>Confirm E-mail</td>
<td><a href="mailto:omcmurtry@khi.org">omcmurtry@khi.org</a></td>
</tr>
<tr>
<td>Prefix</td>
<td>Ms.</td>
</tr>
<tr>
<td>First Name</td>
<td>Caitlin</td>
</tr>
<tr>
<td>Middle Name</td>
<td></td>
</tr>
<tr>
<td>Last Name</td>
<td>McMurtry</td>
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<td>Organization</td>
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<td>Position</td>
<td>Program Coordinator</td>
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<td>School/Department/Unit</td>
<td>Public Health Department</td>
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<td>Address</td>
<td>619 Ann Avenue</td>
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<td>Address (line 2)</td>
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<td>City</td>
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<td>United States</td>
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<tr>
<td>State / Territory</td>
<td>Kansas</td>
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<td>Call Phone Number</td>
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</tr>
<tr>
<td>Fax Number</td>
<td>913-321-7932</td>
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### Financial Officer *

This is the person who will receive all payments for this award.

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
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<tbody>
<tr>
<td>E-mail</td>
<td><a href="mailto:jwerner@wycokck.org">jwerner@wycokck.org</a></td>
</tr>
<tr>
<td>Confirm E-mail</td>
<td><a href="mailto:jwerner@wycokck.org">jwerner@wycokck.org</a></td>
</tr>
<tr>
<td>Prefix</td>
<td>Mr.</td>
</tr>
<tr>
<td>First Name</td>
<td>John</td>
</tr>
</tbody>
</table>
Authorized Official *
This is the person who receives the Letter of Agreement for a project and whom the applicant organization has designated as being authorized to sign contracts on behalf of the organization. This person will receive a copy of the award notice.

E-mail*  dhays@wycokck.org
Confirm E-mail* dhays@wycokck.org
Prefix*  Mr.
First Name*  Dennis
Middle Name
Last Name*  Hays
Suffix
Degree(s)
Organization*  Unified Government of Wyandotte County/Kansas City, KS
Position*: County Administrator
School/Department/Unit: County Administrator's Office
Address*: 701 North 7th Street
City*: Kansas City
Country: United States
State / Territory*: Kansas
Zip or Postal Code*: 66101
Office Phone Number*: 913-573-5030
Cell Phone Number
Fax Number

Highest Ranking Official *
This person is generally the highest ranking individual of the applicant organization (e.g., CEO, president, chancellor or similar officer). The award notice is addressed to this person.

E-mail*: jreardon@wycokck.org
Confirm E-mail*: jreardon@wycokck.org
Prefix*: Mayor
First Name*: Joe
Middle Name
Last Name*: Reardon
Suffix
Degree(s)
Organization*: Unified Government of Wyandotte County/Kansas City, KS
Position*: Mayor/CEO
School/Department/Unit: Mayor's Office
Address*: 701 North 7th Street
City*: Kansas City
**RWJF Proposal**

**Project Title & Summary Information**

Provide the following information specific to the proposed project:

- Project Title (maximum 150 characters)
- Requested Amount (up to $200,000)
- Proposed Start Date
- Duration

<table>
<thead>
<tr>
<th>Item</th>
<th>Information</th>
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</thead>
<tbody>
<tr>
<td>Project Title</td>
<td>Healthy Communities Wyandotte County, KS</td>
</tr>
<tr>
<td>Requested Amount $</td>
<td>100,000</td>
</tr>
<tr>
<td>Proposed Start Date</td>
<td>06/18/2012</td>
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<tr>
<td>Duration</td>
<td>12 months</td>
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</table>
**Staff Request for Commission Action**

- **Type**: Standard
- **Committee**: Administration and Human Services Committee

**Date of Standing Committee Action**: 5/14/2012

(If none, please explain):

Proposed for the following Full Commission Meeting Date: 5/31/2012

**Confirmed Date**: 5/31/2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Contact Name</th>
<th>Contact Phone</th>
<th>Contact Email</th>
<th>Ref</th>
<th>Department / Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/9/2012</td>
<td>Joe Connor</td>
<td>573-6704</td>
<td><a href="mailto:ljnicke@wycokck.org">ljnicke@wycokck.org</a></td>
<td></td>
<td>Public Health</td>
</tr>
</tbody>
</table>

**Item Description**:
Healthy Communities Wyandotte has completed its community improvement plan. The Kansas Health Institute has generously produced a condensed version of the report for distribution in the community. This report is being presented to the commission for review of the recommendations.

**Action Requested**:
For information only - no action needed.

- Publication Required

**Budget Impact**: (if applicable)

- **Amount**: $
- **Source**:
  - Included In Budget
  - Other (explain)

- File Attachment
- File Attachment
- File Attachment
Steps Toward Health

Recommendations for a better future in Wyandotte County and Kansas City, Kansas

May 2012
Acknowledgments

Healthy Communities Wyandotte would like to thank the following organizations and programs that provided valuable input and resources to these recommendations:

- Academic Programs for EXcellence – GEAR UP
- Archdiocese of Kansas City in Kansas
- Baptist Ministers’ Union
- Caritas Clinics, Inc.
- Children’s Mercy Hospital
- Community Health Council of Wyandotte County
- Cultivate Kansas City
- Douglas County Dental Clinic
- Downtown Shareholders – Kansas City, Kansas
- El Centro, Inc.
- Episcopal Community Services
- The Family Conservancy
- Glenn Hemberger Dentistry for Children and Adolescents
- Greater Kansas City Affiliate of Susan G. Komen for the Cure
- Greater Kansas City Food Policy Coalition
- Health Care Foundation of Greater Kansas City
- Heartland Regional Alcohol & Drug Assessment Center
- Indian Springs Dental Clinic
- iSmile kck
- Jenkins & LeBlanc Dentistry for Children
- Juniper Gardens Children’s Project
- Kansas City Community Gardens
- Kansas City, Kansas, Area Chamber of Commerce
- Kansas City, Kansas, Community College
- Kansas City, Kansas, Housing Authority
- Kansas Health Institute
- Kaufmann Scholars, Inc.
- KC Healthy Kids
- K-State Research and Extension
- Lina Burnett
- Livable Neighborhoods
- Mental Health America of the Heartland
- Mt. Carmel Redevelopment Corporation
- Oak Grove Neighborhood Association
- Operation Breakthrough
- Organization for Community Preservation
- Parents as Teachers
- Project EAGLE
- Providence Medical Center
- REACH Healthcare Foundation
- Riverview Health Services
- Rosedale Development Association
- Rosedale Healthy Kids Initiative
- Society of St. Andrew – West
- Southwest Boulevard Family Health Care
- Strong Ave. Studios
- Strugglers Hill / Roots Neighborhood Group
- Turner Recreation Commission
- Unified Government of Wyandotte County and Kansas City, Kansas
- United Way of Wyandotte County
- University of Kansas
- University of Kansas Medical Center
- USD 202 – Turner School District
- USD 203 – Piper School District
- USD 204 – Bonner Springs / Edwardsville School District
- USD 500 – Kansas City, Kansas, Public Schools
- Wyandot, Inc.
- Wyandotte Health Foundation
- YMCA of Greater Kansas City
Healthy Communities Wyandotte (HCW) is a countywide initiative to involve local leaders and citizens in improving the health of people in our community.

While many factors affect our health, the place that we call home may be the most important.

HCW got its start in 2009 when Mayor Joe Reardon and Joe Connor, director of the Unified Government’s Public Health Department, gathered a group of community leaders and researchers to discuss health data that ranked Wyandotte County last in the state for overall health.

Since November 2010, community leaders and residents have been working together to tackle the health concerns of people who live, work, play, learn and operate businesses in Wyandotte County. Committee members from government, health care, education, community development, faith-based programs and nonprofit organizations form the backbone of the initiative.

More recently, residents, experts and community leaders on five Action Teams — communications, education, infrastructure, nutrition and health services — have united to brainstorm ideas for local improvements in each area. Their recommendations in this booklet are meant to provide a guide for how Wyandotte County residents can address issues that affect their well-being.
Goals

Each Action Team created a goal:

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

- **Education**
  Ensure that all students and their families have access to quality education and support services that promote readiness for school, future education and subsequent careers.

- **Infrastructure**
  Build, redesign and better utilize Wyandotte County’s environmental infrastructure to provide opportunities for healthy and active living.

- **Nutrition**
  Improve Wyandotte County’s food environment so that all residents can and want to eat healthy food.

- **Health Services**
  Increase access to quality, affordable mental and oral health services in Wyandotte County.
<table>
<thead>
<tr>
<th>Section 1:</th>
<th>Communications Changes for a Better Future</th>
<th>page 5</th>
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<tr>
<td>Section 2:</td>
<td>Education Changes for a Better Future</td>
<td>page 7</td>
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<td>Section 3:</td>
<td>Infrastructure Changes for a Better Future</td>
<td>page 11</td>
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<td>Section 4:</td>
<td>Nutrition Changes for a Better Future</td>
<td>page 15</td>
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<tr>
<td>Section 5:</td>
<td>Health Services Changes for a Better Future</td>
<td>page 19</td>
</tr>
<tr>
<td>Section 6:</td>
<td>Your Better Future: Food and Exercise Journal</td>
<td>page 21</td>
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</tbody>
</table>
Healthy Communities Wyandotte, the group that created the information in this booklet, knows that small actions can add up to big changes. That's why the information contained here includes opportunities to change your day-to-day habits and recommendations for how to help change your community.

Throughout these pages you’ll find lots of ideas and suggestions, big and small, to improve the health of people in Wyandotte County. Some of the recommendations are meant to inform the politicians you elect or the administrators who run your neighborhood schools. Others are meant to help you lead a healthier life.

It’s one thing to read these ideas, but it’s a different thing to act upon them. Action, however, is what’s needed to make Wyandotte County a healthier place.

Here are a few ways to get started:

- Use the back section of this booklet as a journal to record the time you spend moving — walking, biking, swimming, dancing — and the healthy foods you eat each week.

- Set realistic goals. Go out for a 30-minute walk five days a week. Eat a piece of fruit at breakfast. Switch from soda to milk or water.

- Look for ways you can help change the health of your community.
  - Some of these steps can be small: reading to your children, starting a walking club at your place of worship or helping an elderly neighbor get to the grocery store.
  - Other actions can be bigger and help to make larger changes where you live: join your neighborhood association, organize a service day in your community or sign up to volunteer at a local event.
Communications Changes for a Better Future

Illustration by Strong Ave. Studios
Communications Changes for a Better Future

Photo courtesy of Heidi Holliday
Communications Goal: *Create a healthier Wyandotte County by sharing information and stimulating discussion to change behavior.*

There are several reasons why people in Wyandotte County have a hard time finding information that could improve their health:

- No daily newspaper, TV station or other easily accessible media source focuses exclusively on Wyandotte County. As a result, residents have no streamlined way to access reliable information.

- Shrinking media coverage makes it difficult for the county’s residents to stay informed about events and trends that could affect their health. It’s also challenging for community organizations to effectively share information about ways to improve residents’ health.

- Due to differences in language, knowledge, culture, education level and access to technology among Wyandotte County residents, information must be communicated in several ways to meet the needs of each audience.

Effective communication plays a large role in the overall health of Wyandotte County residents. Information about medical care and health providers, for example, may help people looking for a doctor. Learning about healthy opportunities could help people adjust their lifestyle.

---

Participants race for the finish line in the Cliff Hanger Run with Girls and Moms on the Move. The pilot program is designed for mothers and daughters (ages 8–12 years) to get healthy, be active and have fun together. It offers weekly sessions for an hour and a half that include short presentations and hands-on learning activities, followed by a group physical activity session. The six-week program concludes with a 5K walk or run. The Frank Rushton Girls and Moms on the Move program is the only one in Wyandotte County.

For more information, visit www.girlsandmoms.org.
Healthy Communities Wyandotte recommends:

1. **Creating a healthier community by sharing information and stimulating discussions to change behavior.**
   - Tailor information about what it means to live in a healthy community to each of the county’s audiences.
   - Encourage individual actions that are part of healthy lifestyles, such as participating in a 5K run or walk.

2. **Positioning HCW as the ultimate resource for advancing health among all community members.**
   - Create a searchable online clearinghouse of policies, programs, services and other information that relate to or influence health in Wyandotte County.
   - Register and train community leaders to use the online database and encourage them to keep the database current.

3. **Coordinating efforts among HCW work groups.**
   - Create a marketing and communications office staffed by paid employees and interns to organize HCW communications activities.

Photo courtesy of Heidi Holliday
Education Changes for a Better Future
Education Changes for a Better Future
Education Goal: Ensure that all students and their families have access to quality education and support services that promote readiness for school, future education and subsequent careers.

Going to school — and staying in school — makes a difference.

The 2012 County Health Rankings indicate that only 80 percent of students in Wyandotte County graduate from high school on time and only 44 percent of adults in the county have some education beyond high school. These rates mean Wyandotte County residents are more likely to experience poor health and die prematurely.

In addition to death and illness, education affects other factors that influence health, such as the number of people who are unemployed, the proportion of children who live in poverty and the amount of violent crime. Overall, a better education helps everyone live a healthier, longer life.

Educators, community members, community organizations, parents and students all play crucial roles in each piece of these recommendations.
Healthy Communities Wyandotte recommends:

1. Integrating health and well-being into education.
   - Offer health screenings at schools and develop easy-to-understand health “report cards” for children and their families.
   - Improve health education, physical education and nutrition in schools so that they meet the state’s “exemplary” standards.
2. Constructing a comprehensive system to support quality education and high achievement.
   - Provide support services for children and families that meet their short- and long-term needs.
   - Explore the use of technology inside and outside of classrooms through Google Fiber to support learning throughout the community.

3. Recognizing and rewarding quality education and high achievement.
   - Create an incentive program that helps high school graduates pursue additional education.
4. **Creating pathways to careers and post-secondary education.**
   - Introduce potential careers as early as middle school by featuring role models or apprenticeship programs that show how education relates to future jobs.

5. **Establishing roles, responsibilities and expectations to promote quality education and high achievement.**
   - Help everyone — students, parents, community members, community organizations and educators — understand how they influence education and achievement.
Infrastructure Changes for a Better Future
Infrastructure Goal: Build, redesign and better utilize Wyandotte County’s environmental infrastructure to provide opportunities for healthy and active living.

In neighborhoods with crumbling sidewalks or no sidewalks at all, going for a walk sometimes is easier said than done. A lack of sidewalks in high-traffic areas also makes it harder for people to walk or bike to community centers, schools or public parks.

Maintaining, repairing or building sidewalks, fitness trails and parks in Wyandotte County could help improve residents’ health in several areas that factor into the County Health Rankings. These areas include child and adult obesity rates, number of poor physical health days and rate of inadequate social support.

The route for Frank Rushton’s International Walk to School Day is marked by chalk paint advertising the “I Need A Sidewalk” campaign. West 42nd Avenue in Rosedale, where the photo was taken, is one of many Wyandotte County streets with no sidewalks and many pedestrians.
Healthy Communities Wyandotte recommends:

1. Providing physical activity opportunities throughout the county.
   - Use “complete streets” concepts when building and redesigning streets in Wyandotte County. This would provide additional opportunities for active living through sidewalks, bike lanes and multi-use trails and better use of existing public buildings like parks, playgrounds and community centers.
   - Approve and implement the Unified Government’s Sidewalk and Trail Master Plan that is currently under development.
2. **Improving neighborhood safety through infrastructure developments.**
   - Add traffic-calming features, wider sidewalks and high-profile crosswalks on busy streets.
   - Increase the safety of bus stops.

3. **Creating stronger neighborhoods through infrastructure developments that promote social connectedness.**
   - Develop neighborhoods that have an educational, commercial or public destination within half a mile of people’s homes.

Photo courtesy of Bonner Springs / Edwardsville USD 204

Photo courtesy of Heidi Holliday
4. **Pursuing policy changes that ensure improvements to environmental infrastructure.**
   - Encourage partnerships between government and private businesses to create and improve community centers.
   - Create a system of prioritizing improvements based on the number of people served, safety concerns and the needs of vulnerable populations.

5. **Informing residents about infrastructure improvements and strategies to lead an active life.**
   - Educate residents about the benefits and ease of leisure-time physical activity.
   - Promote the use of public facilities in Wyandotte County.
Nutrition Changes for a Better Future
Nutrition Changes for a Better Future

Photo courtesy of Susan McSpadden
About 32,000 people (20.4 percent of Wyandotte County’s 157,500 residents) have low access to food. That means they live more than a mile from a supermarket or large grocery store. These communities are referred to as “food deserts.”

But distance is only one barrier to eating healthy food. Other challenges include busy lifestyles that limit healthy food intake and cultural norms that do not incorporate foods typically grown in Kansas.

People who don’t have the time or don’t know how to prepare healthy food at home often think fast-food meals are easier and cheaper.

Eating healthy doesn’t have to be difficult or expensive, though. Improvements to the affordability and accessibility of nutrient-rich food in Wyandotte County can mean decreases in diabetes, heart disease and obesity — diseases and conditions that can make people lead shorter, sicker lives.
Healthy Communities Wyandotte recommends:

1. **Promoting healthy eating through school food policies and programs.**
   - Encourage schools to create gardens so that students learn how to grow healthy food and why it’s important to eat healthy food.
   - Create farm-to-school programs to supply all school food programs with fresh, local fruits and vegetables.

2. **Launching a culturally sensitive healthy lifestyle campaign that focuses on good nutrition.**
   - Encourage healthier food at community events.
   - Show how healthy eating can be affordable — and actually save money.

Photos courtesy of Ami Freeberg
3. **Increasing physical access to healthy foods.**
   - Change zoning codes and inspection rules to make it easier for residents and producers to grow and distribute healthy food where they live.
   - Encourage more vendors to sell fruits and vegetables in underserved neighborhoods.

4. **Making nutritious food more affordable.**
   - Support community garden programs that involve neighbors.
   - Expand nutrition assistance programs to help all residents purchase affordable foods.
5. Launching an education, marketing and policy campaign to counter the influence of unhealthy food.

- Provide tax incentives to encourage more locally owned, healthy restaurants.
- Limit the advertisement of unhealthy foods around playgrounds, schools and places of worship.
Health Services Changes for a Better Future

Illustration by Strong Ave. Studios
Health Services Changes for a Better Future
In 2010, one out of every four adults in Wyandotte County had not visited the dentist or had their teeth cleaned for more than a year. This may contribute to the 40.9 percent of adults who also reported that one or more of their permanent teeth had been removed due to tooth decay or gum disease.

Oral health isn’t Wyandotte County’s only area for improvement in health services, though. The county also has room for improvement in mental health and cultural competency — a measure of how well people from different cultures interact. The 2012 County Health Rankings show that the number of adults who report having “poor mental health days” per month is almost a third higher than the state rate (3.7 days for Wyandotte County residents versus an average of 2.8 of every 30 days for all Kansas residents).

Residents say that people don’t seek care because of the negative perception of mental health issues and mental illness. They also don’t like how they sometimes are treated when seeking health services in Wyandotte County. They tell of being belittled and harassed by clinicians and administrative staff. Those who aren’t fluent in English also say it’s hard to understand the medical recommendations they receive.

Health Services Goal: Increase access to quality, affordable mental and oral health services in Wyandotte County.

A student from Oak Grove Elementary is one of many from Turner schools that benefit from the district’s association with Big Smiles Mobile Dentistry. Recognizing the serious distraction that poor oral health can have on student learning, the district arranges for Big Smiles to travel to each school and provide dental services to qualified students. The program has been active in the district for more than five years and serves students who are eligible for Medicaid.
Healthy Communities Wyandotte recommends:

1. **Increasing oral and mental health awareness and education.**
   - Partner with community organizations to promote better dental care and prevention.
   - Build upon existing mental health efforts with faith-based organizations and the court system.

2. **Improving access to mental and oral health by increasing and enhancing advocacy and policy efforts.**
   - Establish dental homes and mental health homes, which coordinate patient care.
   - Advocate for the establishment of a mid-level dental practitioner position.

3. **Building the county’s oral health workforce.**
   - Provide scholarships or loan forgiveness programs for people studying to become dentists, hygienists and other oral health workers in Wyandotte County.
   - Research and support other policies and programs that increase access to oral health care.

4. **Creating a system of oversight and evaluation to ensure cultural competence within and equitable access to health services.**
   - Ensure that all health care employees provide patients with effective, understandable and respectful care that reflects their cultural health beliefs, practices and preferred language.
Your Better Future: Food and Exercise Journal
Your Better Future: Food and Exercise Journal
Previous sections of this book focus on changes that Wyandotte County as a community can engage in to improve overall health. But here’s your chance to do your part. This section of the workbook will help you track exercise and food intake so you can live a healthier life. Don’t worry about writing in the book — if you run out of room, stop by the Wyandotte County Public Health Department, 619 Ann Ave., and pick up extra journal pages.

Exercise

According to the Centers for Disease Control and Prevention, getting regular physical activity is “one of the most important things you can do for your health.” It helps to:

- Control your weight.
- Reduce your risk of heart disease, diabetes and some cancers (such as colon and breast cancer).
- Strengthen your bones and muscles.
- Improve your mental health and mood, and your chances of living longer.

Write in Your Goal: _____________________________________________________
______________________________________________________________________

Members of Cultivate Kansas City’s Healthy Food Team cook up succotash using fresh okra, corn and summer squash from farmers at the Juniper Gardens Farmers’ Market. The goal of the team is to demonstrate and educate local residents about new, delicious and nutritious ways to prepare fresh vegetables.
## Physical Activity Guidelines

<table>
<thead>
<tr>
<th>Children (6–17 years old)</th>
<th>Adults (18–64 years old)</th>
<th>Older Adults (65 years or older)</th>
<th>Pregnant Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children and teenagers should do 60 minutes or more of physical activity every day.</td>
<td>Adults need at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week AND muscle-strengthening activities at least two days per week.</td>
<td>Older adults need at least 150 minutes of moderate activity or 75 minutes of vigorous activity per week AND muscle-strengthening activities at least two days per week, unless they have limiting health conditions.</td>
<td>Physical activity is good for the health of women who are pregnant or recently had a baby. In addition to keeping healthy during the pregnancy, activity helps weight loss after delivery.</td>
</tr>
<tr>
<td>Most of it should be moderate aerobic activity like fast walking, but at least three days per week should include vigorous activity like running or jumping rope. These vigorous activities also help to strengthen children's bones.</td>
<td>Moderate activities are ones where you’re working hard enough to raise your heart rate and break a sweat. You should be able to talk but not sing the words to your favorite song. Some examples include walking fast, riding a bike on level ground or pushing a lawn mower.</td>
<td>Older adults can engage in moderate-intensity physical activity by going for brisk walks, playing tennis, swimming, gardening or dancing.</td>
<td>Healthy pregnant women should get at least 150 minutes per week of moderate-intensity activity such as brisk walking. This is beneficial during and after pregnancy.</td>
</tr>
<tr>
<td>At least three days per week should include activities, such as push-ups or sit-ups, that strengthen muscles.</td>
<td>Vigorous activities make you breathe hard and fast and raise your heart rate. You will be sweating and shouldn’t be able to say more than a few words without taking a breath. Here are some examples: running, swimming laps, playing basketball.</td>
<td>Vigorous-intensity physical activity includes running, bicycling up hills, participating in aerobic dances like Zumba or doing challenging calisthenics.</td>
<td>Pregnant women should avoid activities where they lie on their backs or run the risk of falling.</td>
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</table>

Muscle-strengthening activities should work all of the major muscle groups in your body — legs, hips, back, chest, abdomen, shoulders and arms. You should be able to do 8–12 repetitions (one complete movement of an activity) for two or three sets. Lifting weights; using resistance bands; doing yoga, push-ups or sit-ups; and working hard in the garden all fall into this category.
Weekday Personal Exercise Chart

If 150 minutes of activity seems like a lot of time, break it into 10-minute chunks and spread it throughout the week. Using the exercise log below (from the President’s Active Lifestyle Challenge) can help you remember how much time you exercise each day. Just remember: Sometimes exercise can be as easy as deciding not to use a car. In case you don’t feel comfortable walking or exercising alone, gather some friends or family and make it a group activity! This makes it more safe and fun.

### Key to Healthy Eating
- I made half my plate fruits and vegetables.
- At least half of the grains I ate were whole grains.
- I chose fat-free or low fat (1%) milk, yogurt or cheese.
- I drank water instead of sugary drinks.
- I chose lean sources of protein.
- I compared sodium in foods like soup and chose foods with less sodium.
- I ate seafood.
- I ate smaller portions.

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<thead>
<tr>
<th>Day</th>
<th>Physical Activities</th>
<th># of Minutes or Pedometer Steps</th>
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Healthy Eating – Select a goal for this week.

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Healthy Eating – Select a goal for this week. Continue with your previous goal.

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</table>

Healthy Eating – Select a goal for this week. Continue with your previous goals.
Eating well doesn’t have to be difficult or expensive. It may take a little more time than stopping by a fast-food restaurant, but cooking can be a way for your family to spend time together and save money.

To save money on fruits and vegetables:

- Plant your own garden to make sure that you have fresh, inexpensive vegetables on hand throughout the growing season. If you can’t grow your own, select items that are likely to be low-cost year-round like carrots, leafy greens, potatoes, apples and bananas.

- Shop at local farmers’ markets. The Beans&Greens match increases the value of SNAP dollars and Kansas Senior Farmers’ Market Nutrition Program coupons at the KCK Greenmarket at Catholic Charities, the KCK Greenmarket at Juniper Gardens, the KCK Greenmarket at Strawberry Hill and the Rosedale Farmers Market (see chart on page 25 for locations and details).

- Try canned or frozen foods, but look for those that are low in sodium, have no salt added or are preserved in their natural juices. Also, check for coupons and sales.

To eat better on a budget:

- Have a plan. Before going to the grocery store, plan your meals for the week. Consider making stews, casseroles or stir-fries that “stretch” expensive items into more portions.

- Look for the “unit price” for each item: how much an item costs per bundle or ounce or pound. Use it to compare brands and packaging sizes.

- Use your freezer. Whether you’re making a big batch and freezing some for later or buying in bulk and freezing food to store it for a while, a freezer can help make the most of sales and prevent food waste.
## Local Farmers’ Markets

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Hours/Dates of Operation</th>
<th>SNAP and SFMNP coupons accepted?</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>KCK Greenmarket at Catholic Charities</td>
<td>2220 Central Ave.</td>
<td>June 5 to end of September 2012 Tuesdays, 9:30 a.m.–1 p.m.</td>
<td>Yes, with a Beans&amp;Greens match for Vision cards and Kansas Senior Farmers’ Market Nutrition Program coupons.</td>
<td>Rachel Pollock (913) 909-1027</td>
</tr>
<tr>
<td>KCK Greenmarket at Juniper Gardens</td>
<td>Third Street Church of God Parking Lot, Third Street and Richmond Avenue</td>
<td>June 4 to end of September 2012 Mondays, 9:30 a.m.–1 p.m.</td>
<td>Yes, with a Beans&amp;Greens match for Vision cards and Kansas Senior Farmers’ Market Nutrition Program coupons.</td>
<td>Rachel Pollock (913) 909-1027</td>
</tr>
<tr>
<td>KCK Greenmarket at Strawberry Hill</td>
<td>Downtown KCK, Sixth Street and Ann Avenue</td>
<td>June 6 to end of September 2012 Wednesdays, 8 a.m.–1 p.m. Saturdays, 9 a.m.–1 p.m.</td>
<td>Yes, with a Beans&amp;Greens match for Vision cards and Kansas Senior Farmers’ Market Nutrition Program coupons.</td>
<td>Rachel Pollock (913) 909-1027</td>
</tr>
<tr>
<td>Rosedale Farmers Market</td>
<td>Southwest Boulevard Family Health Clinic, 340 Southwest Blvd.</td>
<td>May 6 to end of September 2012 Sundays, Noon–3 p.m.</td>
<td>Yes, with a Beans&amp;Greens match for Vision cards and Kansas Senior Farmers’ Market Nutrition Program coupons.</td>
<td>Joe Heide (913) 645-7826</td>
</tr>
<tr>
<td>Grinter Friends Farmer’s Market</td>
<td>1400 S. 78th St., (78th and Kansas Highway 32)</td>
<td>April 14–October 20, 2012 Saturdays, 7 a.m. – noon</td>
<td>Not yet, but they’re working on it.</td>
<td>Lou Braswell (913) 220-8266</td>
</tr>
</tbody>
</table>

Farmers’ markets are a great way to buy local, fresh food at affordable prices. Here are the locations, hours, points of contact and dates of operation for five markets that operate in Wyandotte County during the growing season. If you receive supplemental nutrition assistance benefits (such as a Vision card) or benefits through the Senior Farmers’ Market Nutrition Program, be sure to check column four to see which markets double your spending power.
My Plate Guide

Need an easy way to think about what foods you should eat? Here’s a guide from the U.S. Department of Agriculture:

- Fill half of your plate with fruits and vegetables. Focus on red, orange and dark green fruits and vegetables, which have some of the best nutrients. And think about treating fruits as desserts — all the flavor and sweetness with only a fraction of the calories.

- Enjoy your food, but eat less. Take your time while you eat and pay attention to when you’re hungry and when you feel full. Listening to your body can prevent you from eating too many calories.

- Here’s a daily calorie guide for those who are not physically active:

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<td>1,000 calories</td>
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<td>1,600 calories</td>
<td>Kids 4–8</td>
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<td>2,000 calories</td>
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- Make half of your grains whole grains. Try whole wheat bread instead of white bread or brown rice instead of white rice. Not only are these foods better for your body, they help you stay fuller longer.

- Stay away from sugary drinks like soda, energy drinks and sports drinks. Instead, try drinking water, unsweetened tea or low-fat milk.

- Cut back on fatty meats like ribs, sausages, bacon and hot dogs. Instead, look for skinless chicken breasts or low-fat ground turkey and beef.
Contact Information

Unified Government of Wyandotte County and Kansas City, Kansas, Public Health Department
619 Ann Ave.
Kansas City, KS 66101
(913) 321-4803
www.wycokck.org

Healthy Communities Wyandotte
www.facebook.com/HCWyco

Kansas Health Institute
212 SW Eighth Ave., Suite 300
Topeka, KS 66603
(785) 233-5443
www.khi.org

For more information about this publication, contact Healthy Communities Wyandotte via Facebook.
Type: Standard
Committee: Administration and Human Services Committee

Date of Standing Committee Action: 5/14/2012
(If none, please explain):

Proposed for the following Full Commission Meeting Date: 6/7/2012
Confirmed Date: 6/7/2012

Changes Recommended By Standing Committee (New Action Form required with signatures)

<table>
<thead>
<tr>
<th>Date</th>
<th>Contact Name</th>
<th>Contact Phone</th>
<th>Contact Email</th>
<th>Ref</th>
<th>Department / Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/9/2012</td>
<td>Nathan Barnes</td>
<td>573-5040</td>
<td><a href="mailto:nbarnes@wycokck.org">nbarnes@wycokck.org</a></td>
<td>jb</td>
<td>Commission</td>
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</table>

Item Description:
Two resolutions to amend the salary of Unified Government Commissioners by amending the Consolidation Study Commission Report, Resolution No. 1, and Section 2-59 of the Unified Government Code. Also attached is an Executive Summary prepared by Jody Boeding of the Legal Department.

Action Requested:
Discuss and make recommendation to Full Commission.

If forwarded to Full Commission, the vote should be:
- First, on the resolution to repeal Section 2-59(b) concerning timing, and
- Second, on the resolution to amend the Study Commission Report, Resolution No. 1, and Section 2-59(a) concerning the amounts of the salaries of the Commissioners.

Publication Required

Budget Impact: (if applicable)

Amount: $27,600
Source:
- Included In Budget
- Other (explain) Annual budget impact of approximately $27,600 including salary, KPERS, FICA, and unemployment compensation.
Municipal Office Building – Room 961
701 North Seventh Street
Kansas City, Kansas 66101
Phone (913) 573-5060
Fax (913) 573-5243

Assistants:
Henry E. Couchman, Jr.
Patrick Waters
Misty Brown
Brandelyn K. Nichols
Kristen Chowning-Martin
Ryan Carpenter

LEGAL DEPARTMENT of the UNIFIED GOVERNMENT OF
WYANDOTTE COUNTY/KANSAS CITY, KANSAS

Chief Counsel
Jody Boeding

Deputy Chief Counsel
Kenneth J. Moore
Delia M. York

MEMORANDUM

TO: Mayor Reardon
Board of Commissioners

FROM: Jody Boeding
Chief Counsel

DATE: May 8, 2012

RE: Attached Commission Salary Resolutions

Executive Summary

• The Legal Department has been asked to prepare for your consideration the attached resolutions amending the salary for Unified Government Commissioners.

• In 1997 the Consolidation Study Commission recommended, and the Wyandotte County voters adopted, certain provisions for the new consolidated form of government, including the following compensation for Commissioners.

  ➢ At-Large Commissioners -- $1,200 a month
  ➢ District Commissioners -- $1,000 a month

• The method of amendment of the Consolidation Study Commission Report is by a vote of not less than 8 of 10 Commissioners voting for amendment. The Report also may be amended by a petition for amendment and a referendum under state law.

• In 1997 the Commission adopted a provision regarding the timing during which the Commission may increase or reduce the annual salary of Commission members, which states that any such action cannot be taken closer than 120 days before the general election of Commissioners and that such action will not take effect until the new Commission is sworn in the following April. That provision is contained in Resolution No. R-1-97 and Section 2-59(b) of the Unified Government Code.
The method of amendment of such timing provision is by a vote of at least six Commissioners.

Because there is a desire to take action to amend the salary as soon as the resolution becomes effective, the timing provision must be repealed before any new salary provision is adopted.

Attached are the two resolutions as follows:

1. Amending Section 2-59(b) of the Unified Government Code by repealing the provision regarding the timing of any Commission salary change.

2. Repealing the provisions of the Consolidation Study Commission Report setting the salary for Commissioners at $1,200 per month for At-Large Commissioners and $1,000 per month for District Commissioners. This action takes 8 votes, not including the Mayor.

This resolution also contains amendments of the sections of the Unified Government Code in which the Commission salaries are set forth, changing the amounts as follows. This action takes only 6 votes.

- At-Large Commissioners -- $1,200 1,400 a month
- District Commissioners -- $1,000 1,200 a month

Please let me know if you have questions.

Attachments

Cc: Dennis Hays, County Administrator
RESOLUTION NO. ____________________

A RESOLUTION amending Section 2-59(b) of the Unified Government Code, concerning the time during which the Unified Government Commission may increase or reduce the annual salary of the Commission members, and repealing original Section 2-59(b) of the Unified Government Code.

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF COMMISSIONERS OF THE UNIFIED GOVERNMENT OF WYANDOTTE COUNTY/KANSAS CITY, KANSAS:

Section 1. That Section 2-59(b) of the Unified Government Code, be and the same is hereby amended to read as follows:

Sec. 2-59. Compensation, benefits and expenses of Commission.

* * * *

(b) The Commission may increase or reduce the annual salary of the district and at-large Commission members by legislative action of the Commission, provided that the general election of the Commission members follows the adoption of the ordinance by at least 120 days. No such ordinary ordinance increasing the salary of the district Commission members shall become effective until the date of commencement of the terms for the district Commission members elected at the next general Unified Government election.

Section 2. That said original Section 2-59(b) of the Unified Government Code be and the same is hereby repealed.

Section 3. This resolution shall take effect and be in full force from and after its passage, approval, and publication in the official Unified Government newspaper.

ADOPTED BY THE BOARD OF COMMISSIONERS OF THE UNIFIED GOVERNMENT OF WYANDOTTE COUNTY/KANSAS CITY, KANSAS,

THIS _____ DAY OF ______________ 2012.

Mayor/CEO Joe Reardon
Attest:

Unified Government Clerk

Approved As To Form:

Unified Government Counsel
RESOLUTION NO. __________________________

A RESOLUTION amending the Wyandotte County/Kansas City, Kansas Consolidation Study Commission Report dated January 13, 1997, concerning the compensation, benefits and expenses of Commission members, Section 3.08(a) of Resolution No. R-1-97, and Section 2-59(a) of the Unified Government Code, and repealing that portion of the Wyandotte County/Kansas City, Kansas Consolidation Study Commission Report concerning the amount of compensation of the Commission members, repealing original Section 3.08(a) of Resolution No. R-1-97, and repealing original Section 2-59(a) of the Unified Government Code.

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF COMMISSIONERS OF THE UNIFIED GOVERNMENT OF WYANDOTTE COUNTY/KANSAS CITY, KANSAS:

Section 1. That Section 2-59(a) of the Unified Government Code, be and the same is hereby amended to read as follows:

Sec. 2-59. Compensation, benefits and expenses of Commission.

(a) District members of the Commission shall receive $1,000.00 $1,200.00 per month as compensation. The two Commissioners elected from at-large districts shall receive $1,200.00 $1,400.00 per month. The Commission members shall receive an annual cost of living increase based on the average of the Consumer Price Index and the average annual increase provided under collective bargaining agreements to which the Unified Government is a signatory party for the year prior to January 1 of each calendar year. District Commission members shall receive payment for actual and necessary expenses incurred in the performance of the duties of their office in such form and manner as the Commission may authorize. All Commissioners are eligible to receive at no cost individual medical and dental insurance and participate in KPERS at their option. Additionally, the Commissioners may participate in a life insurance program or other voluntary supplemental employee benefit programs and options at their own expense. All Commissioners will be reimbursed for car expenses by a per mile rate equal to that established annually by the Internal Revenue Service of the United States.

Section 2. That such portion of the Wyandotte County/Kansas City, Kansas Consolidation Study Commission Report, dated January 13, 1997, concerning the compensation of Commission members, said original Section 3.08(a) of Resolution No. R-1-97, and said original Section 2-59(a) of the Unified Government Code, be and the same is hereby repealed.
Section 3. This Resolution shall take effect and be in full force and effect after its passage, approval, and publication in the official Unified Government newspaper.

ADOPTED BY THE BOARD OF COMMISSIONERS OF THE UNIFIED GOVERNMENT OF WYANDOTTE COUNTY/KANSAS CITY, KANSAS, NOT LESS THAN EIGHT OF TEN COMMISSIONERS VOTING IN FAVOR THEREOF

THIS _____ DAY OF _____________ 2012.

____________________________________
Mayor/CEO Joe Reardon

Attest:

____________________________________
Unified Government Clerk

Approved As To Form:

____________________________________
Unified Government Counsel