



# The Kansas City Physical Activity Plan



# The 2022 Kansas City Physical Activity Summit

## Program and Agenda

September 29, 2022  
9:00 a.m. - 12:00 p.m.

# WELCOME!

On behalf of Children's Mercy, Weighing In, and the Kansas City Physical Activity Plan Core Work Group, I am pleased to welcome you to the 2022 Kansas City Physical Activity Summit. This Summit brings together parents, teachers, health professionals, community leaders, and policy makers to collectively make our region a safe and healthy place to live. Our goal today is to share with you our progress in developing the first ever comprehensive Kansas City Physical Activity Plan and gather your input on how to create safe and equitable opportunities for all residents in our region.

Given the many challenges facing our region and our country, now may not seem like the right time to devote energy and resources to an issue to like physical activity. However, many of the same factors that influence opportunities for physical activity also influence access to healthcare, neighborhood safety, and educational opportunities, just to name a few. Only by addressing these factors from a systematic perspective can we improve the lives of our children.

We are thankful that you have joined us today and are excited to hear your comments around the implementation of strategies and tactics in the Kansas City Physical Activity Plan. Thanks for joining us in this movement and for all you to do to make Kansas City a great place to live!

**Robin Shook, PhD**  
**Director, Weighing In, Children's Mercy**  
**Chair, Kansas City Physical Activity Plan Core Work Group**



**The Kansas City Physical Activity Summit is generously supported by the Enid and Crosby Kemper Foundation and the Health Resources and Services Administration Region 7.**

# AGENDA

The Kansas City Physical Activity Summit will be hosted online. Important materials, links, and other related resources will be made available prior to the KCPA Summit via email and on the KCPA Plan website.



START	PRESENTER	TOPIC
9:00 a.m.	Dr. Robin Shook	Welcome & Introduction to Physical Activity Summit
9:10 a.m.	Dr. William Kohl III	Chair of the National Physical Activity Plan and Professor at University of Texas
9:50 a.m.	Sector Work Groups	Highlights of KCPA Month sector special events
10:00 a.m.	Breakout Session # 1 (see footnote)	Strengths and Opportunities, facilitated by the Wichita State Community Engagement Institute
10:50 a.m.	Physical Activity Break	Get up and move around!
11:00a.m.	Breakout Session # 2 (see footnote)	Aspirations and Results, facilitated by the Wichita State Community Engagement Institute
11:40 a.m.	Various	Breakout session recap conversations
11:55 a.m.	Dr. Robin Shook	Closing remarks

Breakout groups will be pre-assigned based on interests noted during registration across the following themes: Access to Physical Activity, Physical Activity Policy, Physical Activity Programming, & Physical Activity Professional Development/Education

For links to information, please visit:

[kcphysicalactivityplan.org/KCPASummit](https://kcphysicalactivityplan.org/KCPASummit)



# The Kansas City Physical Activity Plan

## THE KANSAS CITY PHYSICAL ACTIVITY PLAN

The Kansas City Physical Activity Plan (KCPA Plan) is a comprehensive, multi-sector collaboration working to foster a culture of active living in Kansas City. **Our goal is to create safe and equitable opportunities to live an active lifestyle in our region.**

The KCPA Plan is evidence-based and draws from local research studies, community recommendations on physical activity, and national physical activity reports, including the National Physical Activity Plan and the United States Report Card on Physical Activity for Children and Youth.

Since the start of the KCPA Plan in 2020, we have hosted nearly 200 meetings with community partners to develop 34 strategies and over 75 tactics across eight societal sectors: Early Childhood, Schools, Healthcare, Infrastructure/Built Environment, Parks and Recreation, Sport, Faith-based Settings, and Mass Media, with Public Health and Business to begin in 2022/23. We believe, if implemented, these strategies and tactics would create safe and equitable opportunities for Kansas City residents to be active.

Read the plan at

[kcphysicalactivityplan.org](https://kcphysicalactivityplan.org)

## 2022 KANSAS CITY PHYSICAL ACTIVITY SUMMIT

The Kansas City Physical Activity Summit (KCPA Summit) brings together community leaders and partner organizations from a variety of societal sectors to learn how we can collaborate to improve rates of physical activity across the Kansas City region.

The 2022 KCPA Summit is focused on putting the KCPA Plan into action by developing local action plans for increasing levels of physical activity for all ages.

With two breakout sessions and five thematic groups led by the Wichita State University Community Engagement Institute, the Summit is designed for community partners to identify actionable steps to make our region a healthier place to live.

# KEYNOTE SPEAKER

## DR. HAROLD W. (BILL) KOHL, III, PHD



**Dr. Harold W. (Bill) Kohl, III, Ph.D., MSPH, FACSM, FNAK**

The Kansas City Physical Activity Summit is excited to have Dr. Harold W. (Bill) Kohl, as Keynote Speaker. Dr. Kohl is the Chair of the National Physical Activity Plan and Professor of Epidemiology and Kinesiology at the University of Texas Health Science Center – Houston School of Public Health and the University of Texas, Austin.

From 2002-07, Dr. Kohl was the Lead Epidemiologist/Team Leader at the Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity, Physical Activity and Health Branch. In his recent efforts, Dr. Kohl has concentrated on national and international physical activity surveillance and epidemiology issues, as well as program development and evaluation studies for the promotion of school-based physical activity for children and adolescents. He initiated Active Texas 2020 (and is developing the 2030 version), a state physical activity plan for Texas. He has served as an elected Trustee and is a Fellow of the American College of Sports Medicine and is a Fellow in the National Academy of Kinesiology.

Dr. Kohl is the founder and past-president of the International Society for Physical Activity and Health and currently serves as the chair of the US National Physical Activity Plan and the Board of the US Physical Activity Alliance. He has served in an editorial capacity for several scientific journals and is currently Editor Emeritus of the Journal of Physical Activity and Health. He has published more than 270 papers, chapters and monographs in the scientific literature and in 2012 co-authored the seminal textbook Foundations of Physical Activity and Public Health now in its second edition. In 2018, he co-authored the textbook Foundations of Kinesiology. **Dr. Kohl has been a tireless supporter of the Kansas City Physical Activity Plan since its inception.**

# SECTOR WORK GROUPS

## GET CONNECTED

The following Sector Work Groups are working toward achieving the strategies of the KCPA Plan. Each Sector Work Group has finalized their respective priorities for the KCPA Plan, and will share their progress during the KCPA Summit. Interested in joining a group? Sign up at:

[kcphysicalactivityplan.org/sector-work-groups](http://kcphysicalactivityplan.org/sector-work-groups)



### Schools

The Schools Sector focuses on increasing physical activity through school policy and environmental changes. This group is led by Robyn Stuewe from Midwest Dairy and Christine Scharenberg from Kansas City, Kansas Public Schools.

*Listed below are the Implementation Groups the Schools Sector has introduced as a way to achieve their strategies and tactics:*

- Professional Development (Strategy 2)
- Advocacy (Strategy 3)



### Early Childhood

The Early Childhood Sector prioritizes standards, best practices, and training for physical activity within early care and education settings, as well as engagement with families on physical activity. The group is led by early childhood consultant Rhonda Erpelding.

*Listed below are the Implementation Groups the Early Childhood Sector has introduced as a way to achieve their strategies and tactics:*

- Policy and Practice (Strategy 4)
- Professional Development (Strategy 5)
- Tracking our Impact (Strategy 6)
- Resources (Strategy 7)

# SECTOR WORK GROUPS



## Healthcare

The Healthcare Sector works to increase the priority of physical activity assessment and counseling in clinical settings, physical activity education in healthcare professional schools, and physical activity related programs in the community. This group is led by Jodi Dickmeyer, MD, from Children's Mercy Kansas City.

*Listed below are the Implementation Groups the Healthcare Sector has introduced as a way to achieve their strategies and tactics:*

Curriculum (Exercise is Medicine)

Reimbursement for physical activity counseling

Walk with a Doc/ Just Walk



## Parks and Recreation

The Parks and Recreation Sector works to align efforts that prioritizes equitable access to parks and trails through ongoing community health initiatives. This group is led by Jen Jutte from KCMO Parks and Recreation and Alison Smith from Johnson County Parks and Recreation.

*Listed below are the Implementation Groups the Parks & recreation Sector has introduced as a way to achieve their strategies and tactics:*

Empowerment, Education, and Engagement ( Strategy 8, 9, 11, 12, 13)

Policy (Strategy 10)

Design (Strategy 10)

Programming (Strategy 9,11)

# SECTOR WORK GROUPS



## Infrastructure

The Infrastructure Sector focuses on how the built environment impacts physical activity, including policies related to active transportation, land use, and community design. This group is led by Laura Steele from BikeWalkKC.

*Listed below are the Implementation Groups the Infrastructure Sector has introduced as a way to achieve their strategies and tactics:*

- Empowerment, Education, and Engagement ( Strategy 8, 9, 11, 12, 13)
- Policy (Strategy 10)
- Design (Strategy 10)
- Programming (Strategy 9,11)



## Sport

The Sport Sector strives to increase access to sport programming through policy implementation, removing barriers to play, and creating equitable opportunities. This group is led by Pastor Adrion Roberson from KC United and Bill Brandmeyer from Sharewaves, Inc.

*Listed below are the Implementation Groups the Sport Sector has introduced as a way to achieve their strategies and tactics:*

- Alliance (Strategy 26,27,29)
- Access (Strategy 23)
- Advocacy (Strategy 24,25,28)



# SECTOR WORK GROUPS



## Faith-Based Setting

The Faith-Based Setting Sector resolves to increase physical activity through faith-based unique social systems that promote physical activity resources and programs. This group is led by Reverend Eric Williams from the Calvary Community Outreach Network and Carole Bowe Thompson from the Health Equity Institute at UMKC.

*Listed below are the Implementation Groups the Faith-Based Setting Sector has introduced as a way to achieve their strategies and tactics:*

Walk with a Doc/ Just Walk



## Mass Media

The Mass Media Sector aims to develop mass communication messages that educate individuals about effective behavioral strategies for increasing physical activity. This group is led by Malenda Shahane from UMB Bank and Toriano Porter from the Kansas City Star.

*Listed below are the Implementation Groups the Mass Media Sector has introduced as a way to achieve their strategies and tactics:*

Implementation groups forming now!

Interested in joining a sector group? Sign-up at  
[kcphysicalactivityplan.org/sector-work-groups](https://kcphysicalactivityplan.org/sector-work-groups)

## **PUBLIC HEALTH OVERVIEW FROM THE NATIONAL PLAN:**



The goals of the Public Health Sector, which includes local health departments as well as non-profits and higher education, are to promote, protect, and maintain health to prevent disease in the population. Evidence links physical activity to a reduction in chronic disease risk, indicating that public health organizations should increasingly focus on promoting physical activity.

**Dr. Joseph Lightner from UMKC will lead this group.**

The National Plan includes six recommendations for the Public Health Sector to follow as they promote physical activity:

- **Develop a diverse workforce that has expertise in physical activity;**
- **Create cross-sectoral partnerships to implement evidence-based strategies;**
- **Engage in policy and advocacy to elevate the priority of physical activity;**
- **Expand monitoring of physical activity rates in communities;**
- **Disseminate tools and resources to promote physical activity; &**
- **Invest equitably in physical activity, understanding its impact on disease prevention and health promotion.**

## **BUSINESS OVERVIEW FROM THE NATIONAL PLAN:**



Healthy people are an essential asset to a successful business, and businesses benefit from workplace programs that reduce health risks. However, a lack of physical activity represents an important underlying risk that is associated with poor work performance.

**Interested in leading this group? Contact Weighing In!**

To improve rates of physical activity among individuals and organizations in the Business Sector, the National Plan includes recommendations to:

- **Provide employees opportunities and incentives to maintain a physically active lifestyle;**
- **Promote physical activity within the workplace and local community;**
- **Develop the business case for investing in increased levels of physical activity; &**
- **Monitor physical activity efforts in the workplace.**

# KC PHYSICAL ACTIVITY PLAN.ORG



The KCPA Plan is led by Kansas City organizations coming together across different sectors.

The KCPA Plan is coordinated by Weighing In, a program of the Center for Children's Healthy Lifestyles & Nutrition, supported by Children's Mercy Kansas City.

The KCPA Plan is supported by the Enid and Crosby Kemper Foundation and the Health Resources and Services Administration.