

MAKE HEALTHY EASY:

Shaping the food and beverage environment in Kansas

The growing problem of obesity in Kansas

Nearly one in three Kansas children is overweight or obese, and two in three adults in Kansas are overweight or obese.

In the latest America's Health Rankings, released in December by the UnitedHealth Foundation, Kansas was named the 27th healthiest state. This drop in rank is in large part due to the state's high rate of obesity – 30 percent of adults – *which makes Kansas the 14th most obese state in the country.*

The consequences of being overweight or obese include educational and social problems, poor self-esteem, Type 2 diabetes, high blood pressure, asthma and sleep apnea. Children who are overweight or obese are more likely to be overweight or obese as adults.

Making healthy options the routine, easy choice

Shaping the food and beverage environment to ensure healthy options are the routine, easy choice is emerging as a top priority in our state. As the first step in a long-term effort, organizations across the state have joined forces to make healthy food and beverages more accessible so that individuals can make better choices for their health.

KAC will focus its efforts on early care and education settings to reduce the rate of childhood obesity in Kansas and improve the health of all Kansas children.

Pass on Pop: The Soda-Free Sundays campaign

As part of KAC's work to improve the food and beverage environment, we are leading a statewide initiative to encourage individuals, families, organizations and businesses to take the Soda-Free Sundays pledge and to "Pass on Pop" each Sunday in 2014. This campaign will help Kansans to recognize the impact of soda and other sugar-sweetened beverages on their health.