

## 2024 ANNUAL LESSON SERIES

### **\* Make Active Habits Stick** – *Sharolyn Jackson, Regional Specialist; Ashley Svaty, Regional Specialist*

We can all list reasons why regular physical activity is good for our health. Along with that, we can probably come up with an even longer list of barriers to exercise.

In this lesson, we start by helping you identify your “why” for physical activity – what drives you to want to be more active? Then, we’ll tackle some of those barriers while helping you create new habits and routines to make change stick. Learn to love an active lifestyle knowing that the best physical activity is the one you will actually do!

### **+ Community Health Corner: Leading for Well Women** – *Elaine Johannes, PhD, Kansas Health Foundation Distinguished Professor in Community Health, State Specialist / Family and Youth Development; Stephanie Gutierrez, Extension Program Coordinator, College of Health and Human Sciences*

Adult women are 37.3% of the Kansas population, and 61.7% are in the labor force compared to 58.8% of women in the U.S. In the nation, women working full-time, year-round earn 82 cents for every dollar of male earnings, but in Kansas women earn 78 cents and are more likely, than men, to live in poverty in our state.

Associated with lower income and limited health insurance coverage, the percentage of women accessing preventative health screenings of mammograms and pap tests is lower in Kansas than the U.S. Consequently, activating Kansas women to improve health for themselves, their families and communities is the goal of the *Community Health Corner: Leading for Well Women* (a series of 5 newsletters with leaders guide).

The development of the newsletter series was supported by a grant from the Immunize Kansas Coalition (IKC), with contributions from three students in K-State’s Masters in Public Health program and final review and editing by Stephanie Gutierrez and Elaine Johannes. Each 2-page, color newsletter is in English or Spanish language and features an article on:

- a) women health issues
- b) vaccination facts and resources
- c) actions to address a social determinate of health.

The leaders guide focuses on the use of the newsletters to engage women and families for community health improvements.

### **Community Health Corner: Leading for Well Women**

#### **TOPICS for EACH NEWSLETTER ARE:**

**Issue 1:** Well Women – Invitation to be a health promoter; overview of social determinates of disparities and health.

**Issue 2:** Well Women – Heart health: Hypertension prevention and early warning

**Issue 3:** Well Women – Self-care and stress management, coping

**Issue 4:** Well Women - Access to early detection screenings (e.g., cervical cancer, mammogram, A1C, blood pressure)

**Issue 5:** Well Women – Dental care means for health

**\* Managing the Strain of Stress – Rachael Clews, Regional Specialist**

This is a lesson on general stress that agents can use to educate their audiences on the symptoms, signs, and effects of general stress on a person as well as tools for dealing with and managing one’s personal stress.

**\*Social Determinates to Health – Why they matter - Chuckie Hessong, SNAP Ed Specialist**

This is a lesson introducing the Social Determinates of Health and why they matter to communities.

**Understanding Social Security – Elizabeth Kiss, Associate Professor and State Specialist, Personal Financial Planning; Joy Miller, Agent**

Social Security benefits can be one source of retirement income. They are also part of the social safety net. Test your understanding of Social Security and learn how to determine what benefits you might be eligible for.

\* FCE Selection

+ FCE Alternate

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