

Data at your fingertips on Kansas Health Matters

The *Kansas Health Matters* website is intended to help hospitals and others learn about the health of the community and how to improve it. It provides local, state and regional health data, demographics, promising practices and other resources.

The *Kansas Health Matters* website brings community health-related statistical data, local resources and a wealth of complementary information into a user-friendly location. The data are obtained from multiple sources and are updated frequently, providing the most up-to-date information of its kind. Most information is available on the state, county, district and zip code level.

The evolving nature of this website allows users to contribute information as well. The Promising Practices section highlights exemplary programs and successes at local, state and national level; it also allows individuals to search for information on specific community health topics ... such as healthy food and beverages.

For more, go to *Kansas Health Matters* at: www.kansashealthmatters.org.



KANSAS HEALTH Matters

View this site in Spanish/Español or other language | Powered by The Healthy Communities Network

Home > Community Dashboard

Percent of Adults Who Reported Consuming Vegetable Less than 1 Time Per Day

This indicator shows the percentage of adults who consume vegetables less than 1 time per day.

Value

22.6
22.3
22.3
Comparison: U.S. Value

22.3
Percent

Measurement Period: 2011

State: Kansas
View All Location Types

Data Source: Kansas Department of Health and Environment

Categories: Health / Exercise, Nutrition, & Weight

Technical Note: The Kansas State value is compared to the United States value. Confidence intervals were not taken into account while making this comparison.

Maintained By: Kansas Department of Health and Environment
Last Updated: February 2014

Why is this important?
Fruit and vegetable intake (at least 2 ½ cups) is associated with reduced risk of many chronic diseases, including heart attack.

RELATED CONTENT

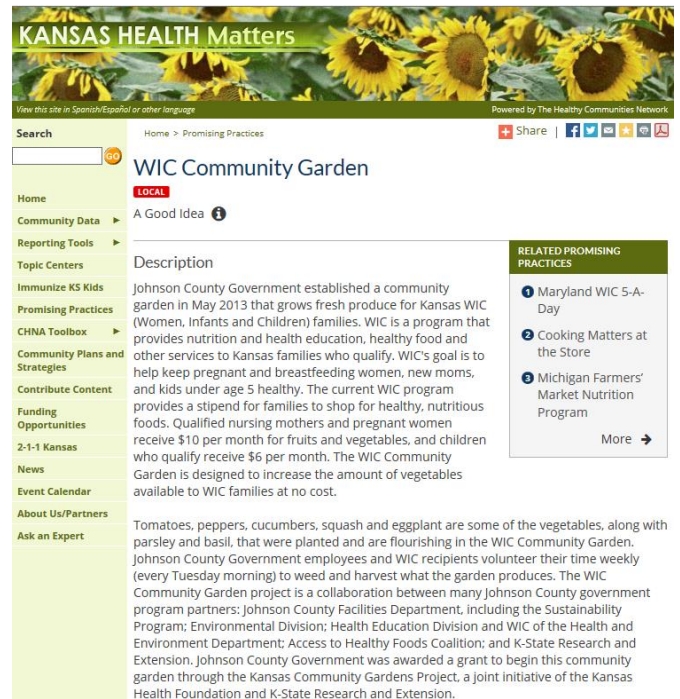
PROMISING PRACTICES

- Pasos Adelante
- Rethink Your Drink / Choose Healthy Drinks
- Intervention to Reduce Coronary Heart Disease Risk Factors in Infants
- Charlotte REACH 2010
- Community-Based Multiple Risk Factor Intervention for Cardiovascular Risk

More →

INDICATORS

- Percent of Adults Who Reported Consuming Fruit Less than 1 Time Per Day
- Ischemic Heart Disease: Medicare Population
- Age-adjusted Heart Disease Mortality Rate per 100,000 population
- Heart Disease Hospital Admission Rate
- Percent of Adults with Diagnosed Diabetes



KANSAS HEALTH Matters

View this site in Spanish/Español or other language | Powered by The Healthy Communities Network

Home > Promising Practices

WIC Community Garden

LOCAL
A Good Idea

Description

Johnson County Government established a community garden in May 2013 that grows fresh produce for Kansas WIC (Women, Infants and Children) families. WIC is a program that provides nutrition and health education, healthy food and other services to Kansas families who qualify. WIC's goal is to help keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy. The current WIC program provides a stipend for families to shop for healthy, nutritious foods. Qualified nursing mothers and pregnant women receive \$10 per month for fruits and vegetables, and children who qualify receive \$6 per month. The WIC Community Garden is designed to increase the amount of vegetables available to WIC families at no cost.

RELATED PROMISING PRACTICES

- Maryland WIC 5-A-Day
- Cooking Matters at the Store
- Michigan Farmers' Market Nutrition Program

More →

Tomatoes, peppers, cucumbers, squash and eggplant are some of the vegetables, along with parsley and basil, that were planted and are flourishing in the WIC Community Garden. Johnson County Government employees and WIC recipients volunteer their time weekly (every Tuesday morning) to weed and harvest what the garden produces. The WIC Community Garden project is a collaboration between many Johnson County government program partners: Johnson County Facilities Department, including the Sustainability Program; Environmental Division; Health Education Division and WIC of the Health and Environment Department; Access to Healthy Foods Coalition; and K-State Research and Extension. Johnson County Government was awarded a grant to begin this community garden through the Kansas Community Gardens Project, a joint initiative of the Kansas Health Foundation and K-State Research and Extension.