



HEALTHY KANSAS HOSPITALS

HEALTHY OPTIONS ARE THE ROUTINE, EASY CHOICE.



FIT-TASTIC! - Join the Movement!

Hospitals play an important role in advocating for healthy lifestyle behaviors both with the patients they serve as well as within their own settings. The Healthy Lifestyles Initiative is a movement working to increase the number of individuals practicing healthy lifestyles and at a healthy weight. In order to achieve this goal, it takes collaboration with partners working across settings to create environments that make it easy to make the healthy choice.

You are invited to join the Healthy Lifestyle Initiative! HLI provides a framework to use within your own setting to create an action plan for this work. The framework, called MAPPS for change, is based on community approaches to lowering obesity rates:

- M** - Consistent use of **message** - 12345 Fit-Tastic!
- A** - Consistent **assessment** of weight status and behaviors.
- P** - Customized healthy lifestyle **plan** for all.
- P** - **Policies and practices** that create environments that enable healthy eating and active living.
- S** - **Statistics** or storytelling to track progress, support process improvement and determine what works.

12345 Fit-Tastic! is the community message developed to support this work. A consistent message shared by a community is a clear call to action, a quick way to remember what is important, and a reminder that a healthy lifestyle is dependent on multiple factors. The message includes five behaviors to engage in each day:

- 1 hour or more of physical activity
- 2 hours maximum of screen time
- 3 servings of low or nonfat milk or yogurt
- 4 servings of water not sugary drink
- 5 servings or more of fruits and vegetables

Since 2012, more than 290 organizations pledged to share the 12345 Fit-Tastic! message as HLI partners. The collective reach of these partners is more than 2 million children and families across Kansas and Missouri.

12345 Fit-Tastic! resources share five evidence-based behaviors that we can practice daily to lead healthier lives. You and your facility can find easy to print resources to distribute to patients and community members about nutrition, physical activity and wellness for children. When your hospital creates an account at fittastic.org, they will gain access to 12345 Fit-Tastic! resources.

In addition, hospitals are encouraged create a MAPPSS for change action plan that outlines specific changes they want to make within their hospital setting. Example: the MAPPSS plan might focus on how the hospital will help individuals with behavior change related to food and beverage, they will do this by providing educational handouts and resources to patients at discharge. Each MAPPSS plan also includes action steps for addressing policy changes which are essential in helping children and families achieve the healthy behaviors promoted through the 12345 Fit-Tastic! message. For more information, visit fittastic.org.

Through our collective efforts, families in Kansas are beginning to see this consistent message repeatedly in different locations: schools, primary care providers, community centers and community events. Thank you for collaborating to promote healthy eating and active living in your community, our collective voice is getting louder in Kansas!

For educational training on 12345 Fit-Tastic! go to HealthyKansasHospitals.org.



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