



\*Complete report posted at  
K-State Research & Extension-  
Atchison County website:  
[www.atchison.ksu.edu](http://www.atchison.ksu.edu).



[www.facebook.com/livewellatchison](http://www.facebook.com/livewellatchison)

**Can you believe it . . . Atchison County ranks  
105th (last) in the state for health behaviors.  
Together we can go from worst to first.**

Source: Kansas County Health Rankings 2009, Kansas Institute of Health\*



**Join Us For a Public Forum**

Contact: Aggie Asher at 913-360-5597 for details.

Live Well Live Atchison is a community health initiative led by the Atchison Hospital.

**Public Forum 1: October 25, 2011 6:30 to 8:00 pm**

Atchison Public Schools Board of Education Community Room 626 Commercial

**Public Forum 2: November 15, 2011 6:30 to 8:00 pm**

Effingham Blue Building 308 Main Street (Fairgrounds)

Caitlin McMurtry, Kansas Health Institute, will join Chris Taylor or Ray Ladd at each site.

**Working together we can take the Atchison County community from worst to first. But without your ideas and involvement, our team won't be complete.**

**Eat Smart: Eat the Rainbow.** Eating lots of colorful fruits and vegetables is an easy way to get the vitamins and minerals you need. Toss some **RED** dried cranberries into your salad. Enjoy **ORANGE** sweet potatoes with a sprinkle of cinnamon. Dip pieces of **YELLOW** pineapple into low-fat yogurt. Add steamed **GREEN** broccoli to your favorite pasta dish. Throw some **BLUE**berries on top of your oatmeal. Sample some **PURPLE** cabbage for a tasty change. Just enjoy more **FRUITS** and **VEGGIES**!



**Love Your Family: Eat Meals Together** Enjoying more family meals adds up to better nutrition, stronger family bonds and children who are less likely to participate in risky behaviors. Be flexible with meal schedules but keep family mealtime and create memories that last a lifetime. Want to encourage better grades, taking time for family meals is a step in the right direction.



**Draw On Your Plate** At lunch and dinner, imagine drawing lines on your plate to make four equal sections. Fill two sections with fruits and vegetables. Fill a section with whole grain foods such as brown rice or whole grain

pasta. Fill a section with lean protein such as grilled chicken, beef, fish or black beans. **EAT SMART** by picking right size portions to make a healthy meal.



**Smart Choices Help Prevent Diabetes and Other Diseases**

When you get more physical activity you reduce your risk of getting heart disease, high blood pressure, osteoporosis and cancer. Adults need 30 minutes of moderate activity (such as walking) most days of the week. Kids need at least 60 minutes of moderate activity. Physical activity can be organized sports or a fitness class. It can be walking, raking leaves, walking the dogs, dancing or simply being a kid again who plays hard. Recall the fun of recess, it was fun and active. Your physical activity choices should be like recess. And if you aren't currently active, start with a few small steps for 10 minutes. It all adds to a healthy lifestyle that can be enjoyable and help prevent heart disease, diabetes, high blood pressure, osteoporosis, and cancer. Be somebody's hero and ask them to join you for recess.



**About K-State Research and Extension Atchison County**

Atchison County Extension has been partnering with K-State Research and Extension since 1915 to provide local citizens with knowledge for living. Our educational programs focus on four key areas—family and consumer sciences, positive youth development, community development and agriculture/horticulture. Our programs are backed up by researchers at K-State and other universities. Atchison County has 2 extension agent educators—Ray Ladd and Diane Nielson. Regardless of where you live in Atchison County, we are here to provide answers to make life a little easier. Atchison County Extension is pleased to be a supporter of the Live Well Live Atchison Creating Healthy Communities initiative because healthy kids and healthy families add up to healthy communities and profitable businesses. A Facebook page called Live Well Atchison has been established to share healthy living tips and keep you informed about Live Well Live Atchison events and plans. Additional Living Well resources can be found on our website at [www.atchison.ksu.edu](http://www.atchison.ksu.edu) or by contacting us directly at the Atchison County Extension Office, PO Box 109 (405 Main) Effingham, KS 66023. You may reach us by phone: 913-833-5450 or e-mail: [At@ksre.ksu.edu](mailto:At@ksre.ksu.edu). Join us for a conversation about the small steps we can take in our community to Live Well in Atchison County.