



Kansas City Chronic Disease Coalition
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WHAT YOUR DONATION To the THE KANSAS CITY CHRONIC DISEASE COALITION CAN DO

The Kansas City Chronic Disease Coalition (KC-CDC) is a community-based organization that promotes good health within neighborhoods, faith networks, cultural organizations, and other community sectors. The Coalition works to reduce the risk factors for diabetes and heart disease which negatively affect many African-Americans and Hispanic/Latinos. The KC-CDC goal is to reduce the number of people in our communities who suffer from those diseases and help those with a chronic disease learn how to manage their condition. **The Coalition offers free physical activity and nutrition classes and encourages other activities that promote healthy habits.**

KC-CDC SUCCESSES

KC-CDC offers 35 evidence or practice-based activities for groups to choose from and provides many services at no cost to community partners. Here are a few things that KC-CDC has done to help Kansas Citians become healthier and live longer:

1. Established thirty-three walking tours in KC, and distributed through the neighborhoods and the KC-CDC website.
2. Held exercise classes in hospitals, libraries, churches, and community centers, at no cost.
3. Provided health food choices for church gatherings, neighborhood clean-ups, and after-school snacks for children and grand-children.
4. Distributed culturally-appropriate diabetes education and risk factor information for African-American and Hispanic/Latino community residents throughout the Kansas City Metro area.
5. Produced and distributed personalized Healthy Toolkits and provided dozens of health presentations for all community members in the metro.
6. These achievements resulted in:
 - a. 550 community changes from 2002-2006
 - b. Sixty-nine community changes targeted physician care patterns.
 - c. Forty-six percent of community changes targeted African-American adults
 - d. Fifty-five percent of community changes targeted nutrition and physical activity
 - e. Both fruit and vegetable intake as well as physical activity improved among African-American males and females



YOUR DONATION of ANY AMOUNT CAN KEEP THESE SUCCESSES GOING!



The Pick 6 Campaign Concept

The Kansas City-Chronic Disease Coalition has made good use of the Pick 6 concept. This concept asks community groups to choose 6 different activities to promote good health, including physical activity and good nutrition. The program is open to any group living in the urban core of Kansas City, Missouri and Kansas City, Kansas. Each group is asked to concentrate on what they can do best. It's easy to join and fun to do. For more information, call 816-920-6840 or go to www.kc-cdc.org. You'll be glad you did.



Come join us.....