

# change something.<sup>SM</sup>

Have you ever enjoyed a cheeseburger with green beans? Or parked in the last stall of the parking lot just so you could walk? Or purposely "lost" the remote? These are the kind of small changes we can all do to enhance our nutrition and physical activity.

The Kansas Health Foundation in Wichita is a private philanthropic organization dedicated to improving the health of all Kansans. The "change something" initiative was launched in September and the Western Kansas Community Foundation (WKCF) is taking part in the program. Just making small changes in our everyday lives can add up to big benefits. Improving the health of Kansas adults will make an impact on the development of our children. Dr. James Early, a clinical associate professor for the KU School of Medicine discovered that one small positive change can promote more changes. "And making one small change as a parent, where your children can watch, is one of the most positive things you can do for a child. It's the children seeing us change, and seeing we're not stuck, that allows them to grow even better."

So what can you do to take part? Watch for area meetings in early 2007 facilitated by the WKCF. We will be in several western Kansas counties to listen and find out what is most important to local communities. Together we can all "change something."



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