



LiveWell JOHNSON COUNTY

The initiative works with a variety of partners around the Kansas City-metro area to establish effective, creative and realistic interventions that help make the healthy choice the easy choice.

LiveWell Johnson County works to prevent chronic disease and encourage residents to live well.

LiveWell Johnson County is an initiative of the Johnson County Department of Health and Environment made possible through a grant provided by the Kansas Department of Health and Environment.

To learn more or get involved with LiveWell Johnson County's programs, contact any of our team members:

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We look forward to hearing from you!
In the meantime, LiveWell!



LiveWell Johnson County, in collaboration with partners like BikeWalkKC, is working to advocate for policies and improvements that prioritize active transportation. By encouraging a built environment that accounts for health, we can make exercise the easy option.

Built Environment
The built environment is the manmade physical environment where people live, learn, work and play. It can be as small as an apartment or as large as a city. Whatever the size, environmental design affects health.

Over half of residents get their exercise outdoors, on trails, in parks and around the neighborhood. Easy, accessible and free. Join the movement!

MOVE

Parks & Trails

Johnson County boasts over 359 miles of walking, biking and hiking trails and over 100 parks and sports facilities. The county's half million residents have many easily accessible, free locations to get out and be active. LiveWell Johnson County, in collaboration with county and city parks and recreation departments, is creating physical activity messaging to encourage people to put on their walking shoes, get out, and enjoy the miles of trails our county has to offer!

EAT

We love food! It is part of the human experience and it directly affects health. You are what you eat, so eat well!



LiveWell Restaurant Program

The purpose of the initiative is to give restaurants in Johnson County information and technical assistance so they can provide healthier options to guests. Patrons can eat at participating restaurants and know they will find delicious and healthy options on the menu.

Cooking Classes

Cooking meals at home is a main ingredient in a healthier lifestyle. To learn how to cook more fresh foods, find healthy family-friendly recipes or change your diet due to a health concern, checkout

one of the FREE cooking classes through our partners Hy-Vee and Balls Foods.

Grocery Stores

LiveWell Johnson County is working with our partners, Hy-Vee and Balls Foods, to make healthy choices easier through product placement, healthy food access and healthy messaging reminders.

A healthy, productive workforce positively impacts the bottom line. Worksites can invest in employee health by changing the environment to emphasize wellness. Good health is good business!

WORK

WorkWellKS

Why focus on designing a healthy workplace? Most U.S. adults spend the majority of their waking hours at work. Rising health care costs effect company profits. Research cites work-based nutrition and physical activity policies as promising strategies to improve employee health.

LiveWell Johnson County has partnered with WorkWellKS to train businesses to create environments that support employee health.

Lunch-n-Learns

LiveWell Johnson County has created a menu of Lunch-n-Learn options that businesses can choose from to encourage health both in and out of the workplace. Options include: cooking demonstrations on low-sodium dishes and heart healthy meals, Making Wellness a Family Event and Worksite Wellness: A Generational Breakdown.

PREVENT

Stopping chronic diseases before they start adds decades to life. Years of living well, not living sick. Enjoy life!

Diabetes Prevention Program (DPP)

Prediabetes is a medical condition in which blood sugar levels are higher than normal, but not high enough to warrant a type 2 diabetes diagnosis. An estimated 86 million adults in the U.S. have prediabetes. That's 1 in 3 people!

LiveWell Johnson County has partnered with multiple metro-area organizations to connect individuals with a prevention program. The DPP is a year-long, evidence-based lifestyle change program for pre-diabetic adults. This CDC-recognized program combines group

support with achievable goal setting to help participants make life-long changes that positively impact their health. For more information, or to enroll in a program, please contact Abby Crow at Abby.crow@jocogov.org

Blood Pressure Management

About 1 in 3 adults in the U.S. — 70 million people — have high blood pressure, which increases one's risk for heart disease and stroke, both leading causes of death for adults. LiveWell has partnered with community organizations and health care providers to help educate and support patients.

