

Newsletter Article

Foundation Topics

A staggering amount of evidence now points to a direct link between the poor nutrition choices and sedentary lifestyle of many of our citizens and the alarming increase of diseases such as obesity, diabetes, heart disease and even cancer. Even our young people are falling victim to these health issues. Clearly, it is time to take action!

Q. What is Healthy Lifestyles for Grant County?

A. This is a fund established in the Grant County Community Foundation especially dedicated to supporting groups and programs that promote good nutrition and physical activity for the people in Grant County.

In 2007 through a grant from the Kansas Health Foundation and the leadership of Western Kansas Community Foundation, a steering committee was formed in Grant County to develop and execute a plan to provide more healthy choices for our citizens along with effective messaging to inspire them to develop a healthier lifestyle. Those beginning initiatives were very successful, and in response to a growing thirst for more programs and leadership in this area the Grant County Community Foundation established a fund to support local efforts for better nutrition and exercise.

Healthy Lifestyles for Grant County was established as a “Field of Interest” fund that can accept donations from anyone at any time and in any amount. Because of the healthy focus of the fund for the general public, it qualifies for a 2 to 1 match from the Kansas Health Foundation in the current GROW II grant initiative now in progress at the Grant County Community Foundation.

I hope you will contact me with questions you’d like answered. My contact information is:

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Visit our website: www.grantccf.org

I encourage you to contact me or any board member and begin a conversation about your role in the community foundation whether your interests may be as a volunteer, a donor or a grant recipient.