



ACTIVE MEETING POLICY

Position Statement

An increased rate of sedentary lifestyle in Shawnee County has a direct relationship with diseases such as obesity, high blood pressure and type 2 diabetes. A sedentary lifestyle also contributes to poor mental and social health among its residents.

Heartland Healthy Neighborhoods recognizes that whether driving, sitting at a desk, attending meetings or a community event, individuals of all abilities and backgrounds sit for extended periods of time. Complications from such inactivity includes body and mental fatigue, poor circulation and a pattern of poor physical activity which leads to reduced wellness and productivity.

Including physical activity at Heartland Healthy Neighborhood meetings provides opportunities for better health, demonstrates a commitment to the well-being of our participants and leads by example to other meeting organizers in Shawnee County.

Policy

To create a productive and professional, yet healthy environment it will be the policy of Heartland Healthy Neighborhoods to incorporate physical activity for better wellness and creative ability. Any HHN meetings will contain a minimum of 3-5 minutes or 10% of expected length of meeting, of physical activity whether in the form of a break or to be incorporated into the meeting. Physical activities will be designed for easy modification for participants of all abilities, such as those restricted by wheel chairs, mobility, etc.

Examples of agenda physical activity include standing at the top and bottom of the hour (or any designated clock interval) for three minutes without meeting interruption, conducting a walking meeting, performing chair squats or lunges, or walking around the perimeter of the room.

In addition, meeting organizers will make recommendations for healthier access and departure to or from the meeting; such suggestions may include walking the stairs, parking at the back of the parking lot, etc.

Sources

Shawnee County Health Improvement Plan
The Blue Zone Solution
Policy adapted from the Kansas Health Foundation

Adopted by HHN Leadership Team 2/16/17