



WICHITA STATE  
UNIVERSITY

CENTER FOR COMMUNITY SUPPORT  
AND RESEARCH

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FOR IMMEDIATE RELEASE

**The Center for Community Support and Research receives \$98,175  
Kansas Health Foundation healthy living grant**

Wichita, Kan. – The Center for Community Support and Research (CCSR) has been awarded a \$98,175 healthy living grant from the Kansas Health Foundation's. The CCSR is one of 22 new grantees in the state to receive healthy living grant funding, which will help support a new effort titled, *Implementing a Medicaid Systems Change: Health Action Plans for Medicaid Health Homes Members*.

"CCSR is thrilled to receive a healthy living grant and we look forward to the opportunity to use this project to influence utilization of evidence based practices to improve the health of Medicaid beneficiaries," said Sonja Armbruster, CCSR coordinator of public health initiatives.

Funding for healthy living initiatives represents one way the Kansas Health Foundation seeks to address issues of tobacco use and obesity in Kansas. Grants were specifically targeted toward programs and initiatives supporting healthy eating, active living and tobacco prevention. Smoking and obesity remain the leading causes of preventable death and illness in the state, and combine to cost Kansas more than \$2 billion annually in unnecessary health care costs.

"Providing funding to organizations poised to make an impact on major health issues like obesity and tobacco use is crucial to our work and the overall health landscape in Kansas," said Jeff Willett, vice president for programs at the Kansas Health Foundation. "These are health problems that affect the lives of many Kansans, and are increasingly concentrated among Kansans of lower socioeconomic status, further compounding health and economic disparities in our state."

Beginning in July, tens of thousands of Medicaid beneficiaries will be eligible for an expanded medical home program called Health Homes. A key component included in the Health Home policy is the development and implementation of Health Action Plan (HAP). The HAP is a tool and process that identifies health goals that the member will pursue within their Health Home. The HAP is developed by the Medicaid member and a health home care manager or coordinator.

Over the next two years, this project will support training of up to 150 health home care managers/coordinators to write strong health behavior change goals through webinars, technical assistance and a community of practice. This proposal includes evaluation immediately after training as well as a six month follow-up with training participants to assess the frequency of use of HAP writing, perceived benefits/challenges of use, and perceived impact on the individual.

For more information about CCSR's efforts or to learn how you can participate, please visit <http://www.wichita.edu/ccsr> or contact Sonja Armbruster at 316-978-3988 or [Sonja.armbruster@wichita.edu](mailto:Sonja.armbruster@wichita.edu).

All grantees—including universities, nonprofit organizations, state agencies and municipalities—received funding through a competitive application process, with individual grant awards of up to \$100,000. In total, the Kansas Health Foundation provided approximately \$2 million in healthy living grants across the 22 grantees. Initiatives funded emphasized strategies intended to lead to implementation of policy, systems and environmental interventions with the potential to impact a broad population. Through this type of grant making, the Foundation opens up to Kansans who have the experience, know-how and inspiration to tackle some of the toughest issues facing public health today and provides the funding needed to see their mission accomplished.

To arrange interviews with Sonja Armbruster or Scott Wituk, executive director, please call Angela Gaughan at 316-978-5496 or [angela.gaughan@wichita.edu](mailto:angela.gaughan@wichita.edu).

### **About the Center for Community Support and Research**

The Center for Community Support and Research at Wichita State University has served Kansas for 30 years. We recognize how individuals, organizations and communities are connected and contribute to health and well-being. Our interdisciplinary staff works closely with nonprofit organizations, state and local government, community coalitions, support groups, faith-based organizations and individuals.

### **About the Kansas Health Foundation**

The Kansas Health Foundation is a private philanthropy based in Wichita, but statewide in its focus. Its mission is to improve the health of all Kansans. To learn more about the Foundation, please visit [www.kansashealth.org](http://www.kansashealth.org).

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