



Sunflower Foundation

Investing in People and Places for a Healthier Kansas

ABOUT SUNFLOWER FOUNDATION



OUR WORK

Healthy Communities

We strive to enhance the built environment and expand access to healthy food through systems, structures and surroundings that make healthy living achievable and affordable for all.



OUR WORK

Health Systems

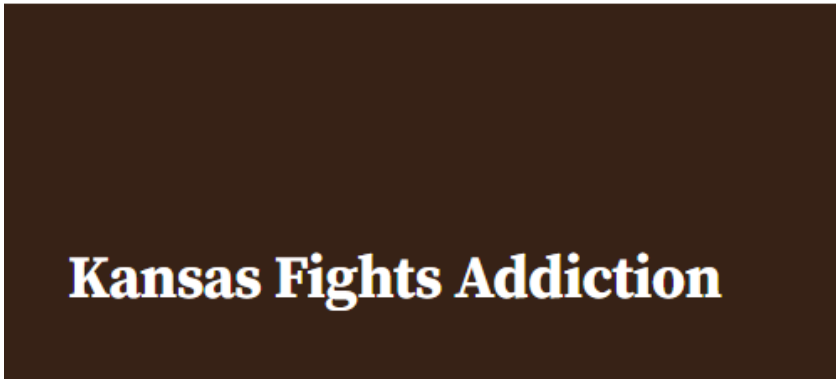
We support systemic change, strengthen organizational capacity, and invest in innovative strategies to ensure that more Kansans receive the right care, in the right place, and at the right time.



OUR WORK

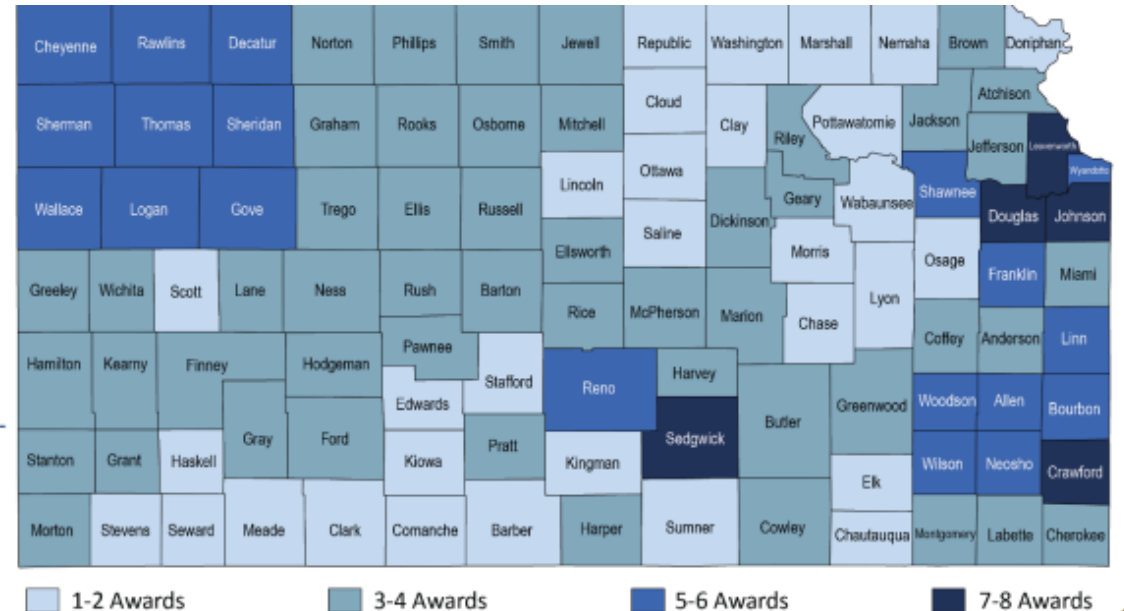
Sunflower Nonprofit Center

Sunflower Foundation's work has long supported capacity building, leadership development, and learning opportunities for nonprofit organizations.



Kansas Counties the 59 KFA Awards Proposed to Serve

105/105 (100%) counties are proposed to be served via non-statewide awards.



Successful Grantee Example #1

FOOD

IS

MEDICINE

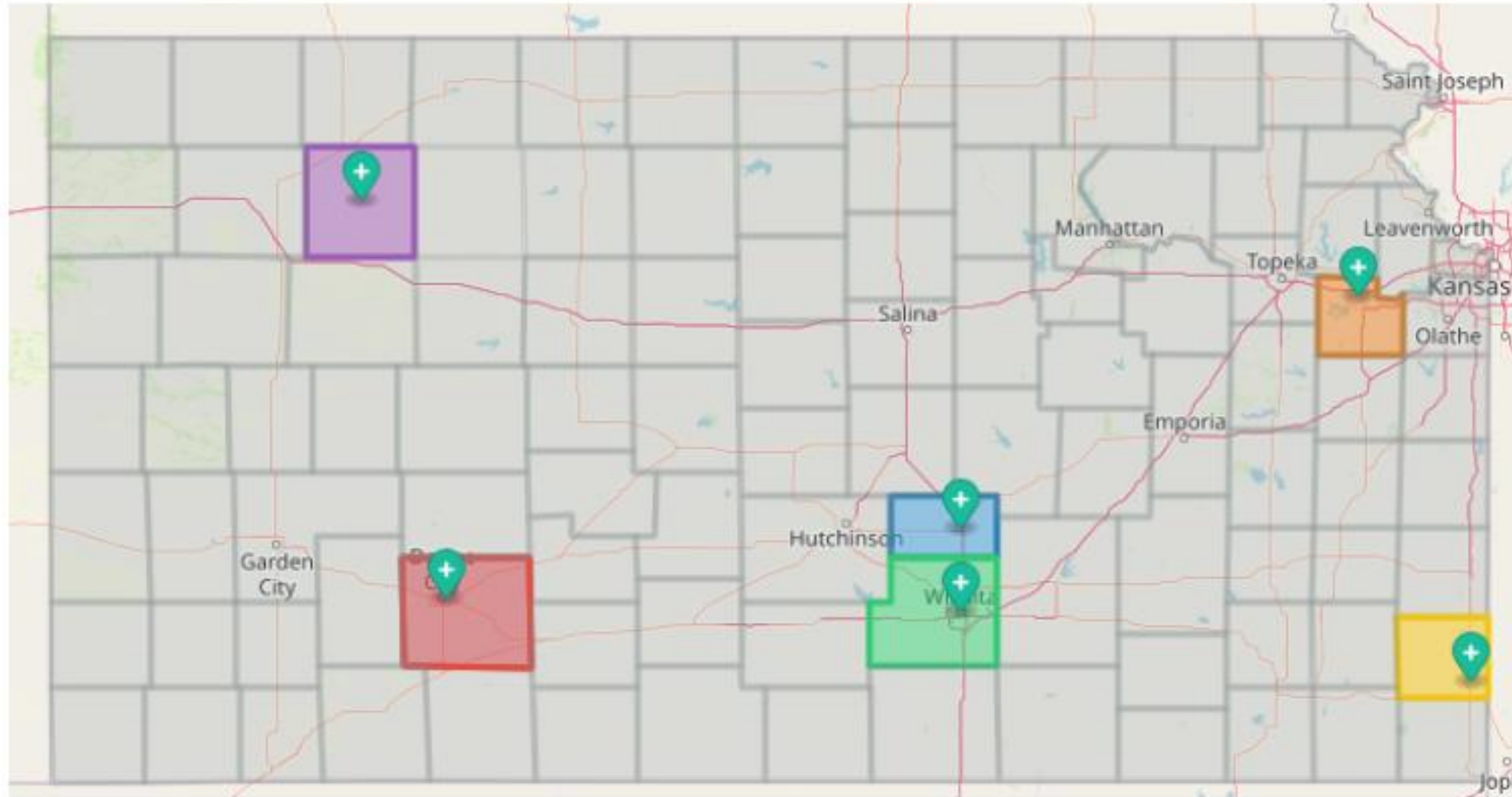


Food is Medicine (FIM) refers to a spectrum of services and health interventions that recognize and respond to the unequivocal link between chronic, dietary-related disease and nutrition insecurity. J

Food is Medicine interventions usually include the following:

- Provision of healthy food and nutrition support to prevent and/or treat chronic disease.
- A direction intersection with the healthcare system.
- Wraparound support such as nutrition and cooking education and connection to food assistance programs.

Food is Medicine FQHCs



Hoxie Medical Clinic

Genesis Family Health

**Health Ministries Clinic
(HMC)**

HealthCore Clinic

**Heartland Community
Health Center**

**Community Health Center
of Southeast Kansas
(CHCSEK)**



Sunflower Foundation

Hoxie Medical Center (Hoxie, Kansas)



TAKE YOUR MEDICINE... WITH A FORK

Food Is Medicine provides a recipe for feeling better

STORY AND PHOTOS
BY ERIN MATHEWS

[HOXIE] It doesn't just come in a pill bottle. Some Hoxie Medical Clinic patients are finding out that the best medicine can be the food on your plate.

Candy Becker, who has diabetes, can testify to that. She's benefited from the clinic's Food Is Medicine program.

"I'm a controlled diabetic now," the Hoxie woman said. She said her doctor was able to take her off insulin, and her blood sugar levels have remained in the normal range. She's also lost more than 60 pounds since the program started.

"I'm really enjoyed it," she said. "It's made me try food that I've never tried before. I found out I like Brussels sprouts. I like food different than I've ever done before. I don't fry stuff as much as I used to."

The Food Is Medicine program was launched in December 2011 through a grant from the Sunflower Foundation. It is helping people with Type 2 diabetes improve their health by improving their diet. But it's doing more than that.

According to

Elizabeth Burger, vice president of healthy communities for the Sunflower Foundation, the ultimate goal of the program in Hoxie and five other communities is to make systemic change and support a healthcare approach that focuses on healthy eating habits to prevent and treat a variety of chronic diseases.

"Maybe five or 10 years down the road, food is prescribed just like a vibrational drug or blood pressure medication," she said. "We would love to see that happen because the data show it works for improved health outcomes and also reduces costs significantly."

She said a recent analysis of national data demonstrated that a Food Is Medicine approach for all patients with a dietary medical condition could avert 1.6 million hospitalizations a year and net an estimated cost savings of \$1.6 billion in the first year.

"That's where Food Is Medicine has the potential to be transformative to our healthcare system, and that's why Sunflower is all in," she said.

To accomplish that goal will

require weaving the healthcare system and the food system into "an optimal and holistic model of medical care that is primarily preventative," Burger said. Infrastructure change and statistical data that are compelling to policy makers, business companies and Medicaid contractors will be needed.

"Although we have compelling national data to show the potential, we need local data on the efficacy and feasibility of programs here in Kansas," she said. "We are heartened that several local payers have shown an interest."

A book full of recipes

Changing eating habits is difficult. Creating a program designed to help people do that turned out to be challenging in Hoxie, in more urban areas, states because health care costs were expensive, harder to find in rural areas. It took the help of a local chef and the creation of a small food pantry to help program participants discover new foods and then ensure that healthy

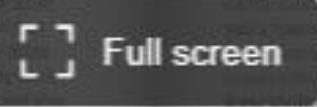
ingredients fit their budget. "There was a lot of pivoting," said Jodi Dunlap, integral health director at the clinic. "It didn't exactly work like intended, but we were determined we were going to do it, so we figured it out and kept going."

Lisa Becker, Ford Wilmont, of Dresden, also gives the program high marks.

"Overall, I give it about 95 percent," he said. "I've learned a lot. I've got a whole full of recipes. I go out shopping now. I read labels."

"Taking care of diabetes is a big thing to me because I don't want to end up losing my limbs or, even worse, being on dialysis. None of that sounds very fun."

Brandon Goddard, vice president of health systems







Public Health
Prevent. Promote. Protect.

Sheridan County
Public Health



HOME

Gus Schumacher Nutrition Incentive Program - Produce Prescription (GusNIP-PPR)



Successful Grantee Example #2



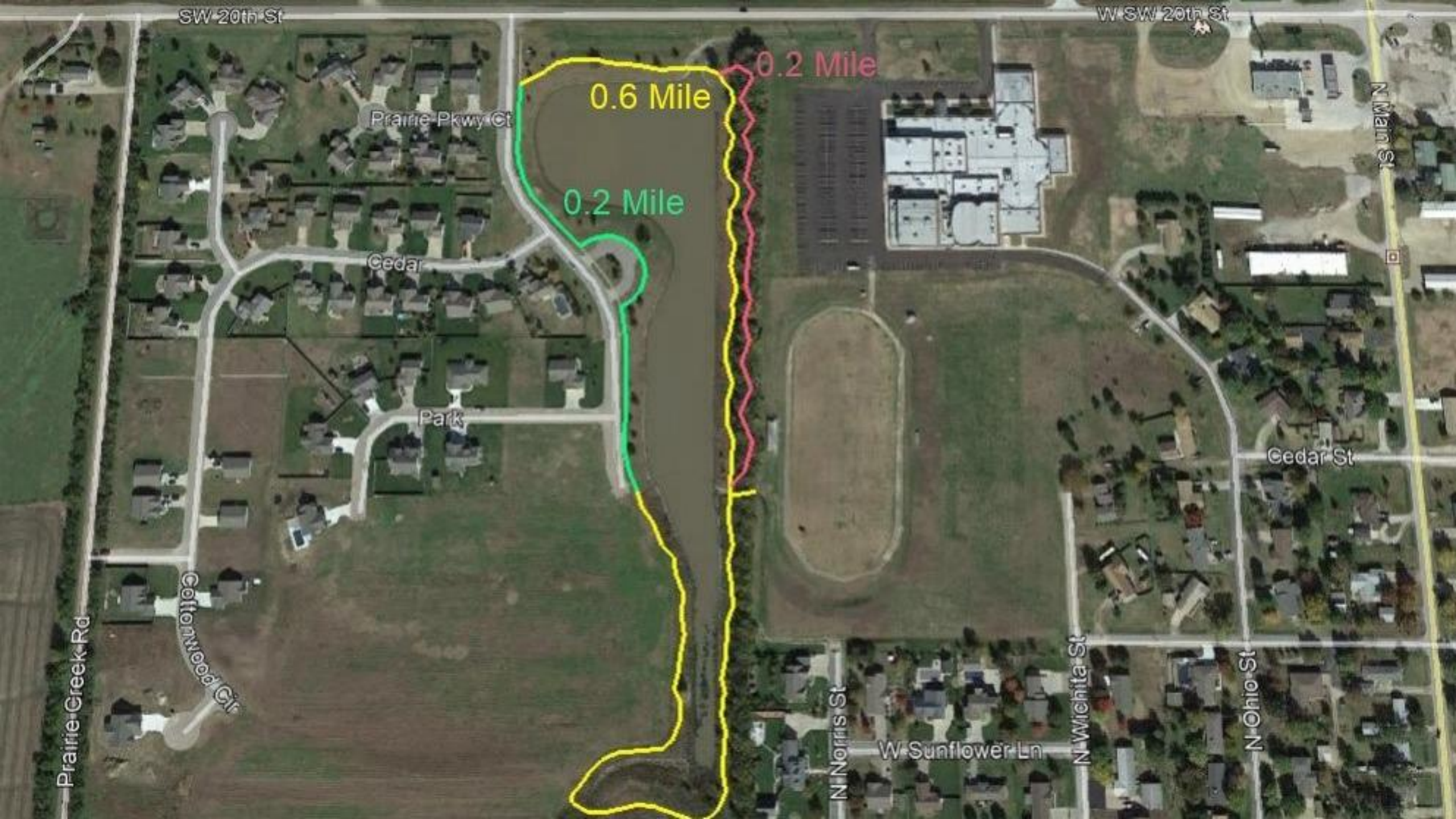
Benton Two Angels Trail





Sunflower Foundation





SW 20th St

W SW 20th St

Prairie Creek Rd

Cottonwood Cir

Prairie Pkwy Ct

Cedar

Park

0.6 Mile

0.2 Mile

0.2 Mile

N Norris St

W Sunflower Ln

N Wichita St

N Ohio St

Cedar St

N Main St



**VOLUNTEERS
NEEDED**







BENTON

Two Angels Trails & Weston Wildlife & Wetland Preserve



This trail was made possible by the generous efforts of:

Scott, Gwen & Cal Hartley
Tyler Gottschalk, Mayor
Ross Schoneboom, Council President
Dan Claycamp, City Council
Curt Ghormley, City Council
Cody Smith, City Council
Travis Swift, City Council
City of Benton Staff
Sunflower Foundation
Kansas Department of Wildlife & Parks
Mike Goodwin - Kansas Trails Council
Tanner Swift - M6 Concrete Accessories Co.
Erik Smith - Smithcon Concrete
Tim Newhouse - Ironoke Restoration
Travis Holmes
Every Green Team

Circle Public Schools, USD 375
Tony Weber - TWI Construction
Tim Briggs - Briggs Construction
Matt Hill - Pro-Electrical Service
Bruce Robinson
John White
Nate Woodrow
William King
Jake Myers
Matt Whitley
Geoff Mould
Richard Mould
Jace Lewis
Kristy Bruns
Many amazing area volunteers

WESTON WILDLIFE & WETLAND PRESERVE

The entire City of Benton would like to recognize Dick Weston for his many years of hard work landscaping and maintaining the south end of the lake in the Weston Wildlife & Wetland Preserve. We are forever grateful for his loving care and commitment to keeping the lake beautiful and natural.

Did you enjoy our trail?


Do you want to make a difference? Donations can be made to the Benton Two Angels Trail Fund by scanning this QR code. All funds received are secure and will be used solely for trail repairs, ongoing maintenance and betterment of the trail.

Your kindness can help keep our community's trail beautiful for everyone!

*The Benton Two Angels Trail Fund is a component fund of Central Kansas Community Foundation, a 501(c)(3) not-for-profit entity.
Checks may be mailed to: 400 S Main St, Suite 100, Newton, KS 67114*



QR code links to
donation page

A close-up photograph of a black metal railing. A white rectangular plaque is mounted on the railing, featuring the text "For Claire & Lola" in a cursive font, flanked by two heart symbols. The railing has a decorative, curved design. The background is a blurred outdoor setting with green and brown vegetation.

♡ For ♡
Claire & Lola

A photograph of a sunset over a field. The sky is filled with soft, golden light and scattered clouds. The field below is dark, with some trees and bushes visible on the left side. The overall mood is peaceful and serene.

Elizabeth Burger, PhD, MBA, EMT
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