



# KU Medical Center Promoting Healthy Lifestyles In Rural Kansas Through Kan-ed Network



785-296-0843  
kan-ed@ksbor.org  
www.kan-ed.org

The University of Kansas (KU) Medical Center in Kansas City, Kansas has been partnering with rural elementary schools in Kansas to teach children and their families about living healthier lives through good nutritional habits, physical activity, and health behavior modification. This national program, The Healthy Schools Project, targets elementary schools located in towns or counties with populations under 20,000 that have access to interactive videoconferencing. Atchison County Community Elementary School in Effingham participates in The Healthy Schools Project through use of their Interactive Distance Learning (IDL), a service provided by Kan-ed.

With grant assistance from Kan-ed, including funds for technology enhancement, Atchison County Community Schools USD 377 has been able to connect to the Kan-ed 2.0 network. This network enables them to provide IDL and videoconferencing in their schools. The partnership with KU Medical Center has assisted them in reinforcing one of their missions: "to prepare quality nutritious meals for students and staff and help educate the students so they develop healthier lifestyles." Through the use of Kan-ed services, this rural school district has been able to bring KU Medical Center and The Healthy Schools Project to their community.



## Atchison County Community Schools USD 377

Serves: 650+ students; 90+ educators

Member since: August 29, 2002

Pam Liewer, USD 377 Elementary Physical Educator and School Wellness Chairperson, explained the process, "Weekly, our parents of overweight children come to meet over the Kan-ed network with the KU staff member and learn ways to intervene in their child's overweight problem." While the parents are speaking with the staff member of KU Medical Center, Liewer teaches the students "a kid-friendly lesson about nutrition and exercise." "At the end of the hour," Liewer added, "the kids go back to the IDL lab with their parents and we all sit down and have a reflection session about what was learned that evening."

"The KU Healthy Schools Project has been very successful," Liewer reported. "The students have gone home from our weekly meetings with a wealth of information regarding their health as well as their

parents' health." Without access to IDL, the students, parents, and teachers in the Atchison County Community Schools would not have the opportunity to interact weekly and learn about how to implement and maintain healthy lifestyles with the professional staff at the KU Medical Center.

**"The KU Healthy Schools Project has been very successful."**