

# Pathways to a Healthy Kansas

**K-STATE**  
Research and Extension  
Family and Consumer Sciences

## Leader's Guide

2024 Annual Lesson Series



### Introduction

Cooperative Extension has been an integral part of providing personal health and well-being education for over a century. However, research shows that substantial improvements to health will also require policy, systems, and environmental changes that center around the social determinants of health (SDOH). There continues to be a need for individuals to learn and understand more about the SDOH, as resident-led, grassroots initiatives are critical to the improvement of SDOH outcomes. This lesson will introduce the SDOH, and why they matter and will encourage attendees to spark change within themselves and their communities.

### Lesson Objectives

As a result of participating in this program, the learner will be able to:

- » Describe the 30%/70% model of what determines human health and longevity;
- » Describe how ZIP codes relate to human health and longevity;
- » List the 10 social determinants of health (SDOH);

- » Provide examples of how the SDOH contribute to human health and longevity;
- » Describe negative effects of poor health on society; and
- » Develop personal action steps to empower communities to build a pathway to health in Kansas

### Intended Audiences

This program can be delivered to a variety of adult audiences who:

- » Are interested in health improvement;
- » want or should know more about what contributes to human health and longevity;
- » are in public health professions;
- » provide health-related education;
- » are members or leaders of health coalitions;
- » are youth advocates;
- » are policy makers;

- » are community leaders; or
- » are working to influence health-related change in their communities.

**Specific groups could also include internal Extension audiences, such as:**

- » Extension agents from all fields of emphasis;
- » Extension boards and program development committees; or
- » County, community, and other leaders who support Extension.

There are no restrictions, and the lesson could be presented to older youth with minor or no edits. There are also no recommended limitations in group size.

**Lesson Delivery**

- » Plan for approximately 1 hour to deliver this program. More time can be allotted if you would like to engage in deeper discussions with attendees.
- » Ideally, the room should be set up in a way that allows participant collaboration or groups (if you have a larger number of attendees).
- » Familiarize yourself with all components of this program, including this leader’s guide, cited resources, fact sheet, PowerPoint presentation, evaluation, and optional follow-up activities.
- » The PowerPoint presentation is fully scripted in the Notes section. Please review this script so you are prepared to deliver the lesson as intended. While staying true to the material, use your own words, experiences, supplemental information/resources, and additional discussion points as needed.
- » If you choose to follow the activities built into the PowerPoint presentation, you may prepare materials such as large paper for sharing ideas.
- » You may choose to add your personal information to the PowerPoint document (title

slide and/or closing slide).

- » You may choose to print the fact sheet to give to participants. However, the fact sheet does not have to be distributed for the participant to learn from and engage in the PowerPoint presentation.
- » You may choose to print the supplemental handout at the end of this Leader’s Guide; it is recommended you print one per person so they can take it home to review.
- » You may choose to print the evaluation or provide the evaluation to participants electronically. Prepare accordingly.

**Series Option**

This program can be presented as a single-session educational program intended to introduce the SDOH and its related concepts. However, there is a series option available to you that includes a data deep dive and purposeful action planning sessions. You can learn more about the series and additional materials by contacting one of this lesson’s authors.

**Evaluation**

The evaluation is at the end of this Leader’s Guide and is available in PEARS.

**Additional Resources**

There are numerous resources on the SDOH online, in print, books, podcasts, and more. Please be sure to use reputable sources such as The World Health Organization, CDC, Healthy People 2030, National Institutes of Health, and similar organizations. Here are some specific resources:

Policy, Systems, and Environmental Change:  
<https://bookstore.ksre.ksu.edu/pubs/MF3399.pdf>

Healthy People 2030 – Social Determinants of Health: [health.gov/healthypeople/priority-areas/social-determinants-health](https://health.gov/healthypeople/priority-areas/social-determinants-health)

County Health Ranking and Roadmaps:  
[www.countyhealthrankings.org/](http://www.countyhealthrankings.org/)

KanCare offers a list of resources in each Kansas county related to medical care, food access, and more.

It may be helpful to have this on-hand to share with attendees or for professional reference:

[www.kancare.ks.gov/kancare-ombudsman-office/community-resources-by-county](http://www.kancare.ks.gov/kancare-ombudsman-office/community-resources-by-county)

## References

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The Importance of Mental Models in Implementation Science, [www.frontiersin.org/](http://www.frontiersin.org/)

[articles/10.3389/fpubh.2021.680316/full](https://articles/10.3389/fpubh.2021.680316/full)

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A Model for Getting Started: How Do We Begin Taking Action in the Community?, [ctb.ku.edu/en/get-started](http://ctb.ku.edu/en/get-started)

Healthy People: Employment, Literature Summary, [health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/employment](http://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/employment)

Unhealthy U.S. Workers' Absenteeism Costs \$153 Billion, [news.gallup.com/poll/150026/unhealthy-workers-absenteeism-costs-153-billion.aspx](http://news.gallup.com/poll/150026/unhealthy-workers-absenteeism-costs-153-billion.aspx)

## Thank You

The authors (listed in fact sheet) extend many thanks to the reviewers:

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# Evaluation

## Pathways to a Healthy Kansas

Please take a moment to respond to the questions below.

Thank you for taking part in the Pathways to a Healthy Kansas annual lesson. Please answer the questions below to help us improve the program.

Date and location of presentation: \_\_\_\_\_

### 1. Please rate how strongly you agree or disagree with the statements before and after participating in this lesson.

Statements	Before participating in this lesson				After participating in this lesson			
	Strongly Agree	Agree	Disagree	Strongly Disagree	Strongly Agree	Agree	Disagree	Strongly Disagree
An individual's quality of life is <b>mostly</b> determined by individual health behavior.								
I can <b>describe</b> the 30%/70% model of what determines human health and longevity.								
I can <b>describe</b> how ZIP Codes relate to human health and longevity.								
I feel <b>confident</b> using the term Social Determinants of Health.								
I can <b>provide</b> a few <b>examples</b> of how the Social Determinants of Health contribute to human health and longevity.								
I feel confident to <b>act</b> on building a pathway to health in my community.								

2. Do you have any suggestions and comments that will make this class better? Please write them below.

3. What is your role?

- a. Extension Agent
- b. Extension Specialist
- c. Board Member of a local extension unit
- d. Program Development Committee (PDC) of a local extension unit
- e. Partners of Extension
- f. Other, please specify:

4. If you work for Extension, what is your primary area of focus?

- a. I do not work for Extension
- b. 4-H
- c. Agriculture and Natural Resources
- d. Family and Consumer Science
- e. Community Vitality
- f. Other, please specify:

5. Please tell us a little bit about yourself.

5.a. My county of residence: \_\_\_\_\_

5.b.

Age	Gender	Racial Identity (Check all that apply)	Ethnic Identity
<input type="checkbox"/> under 18 years	<input type="checkbox"/> Female	<input type="checkbox"/> American Indian/Alaskan Native	<input type="checkbox"/> Hispanic/Latino
<input type="checkbox"/> 18-29 years	<input type="checkbox"/> Male	<input type="checkbox"/> Asian	<input type="checkbox"/> Non-Hispanic/Non-Latino
<input type="checkbox"/> 30-59 years	<input type="checkbox"/> Non-binary	<input type="checkbox"/> Black or African American	<input type="checkbox"/> Prefer not to respond
<input type="checkbox"/> 60-75 years	<input type="checkbox"/> Prefer not to respond	<input type="checkbox"/> Native Hawaiian/Pacific Islander	
<input type="checkbox"/> 76+ years		<input type="checkbox"/> White	
<input type="checkbox"/> Prefer not to respond		<input type="checkbox"/> Prefer not to respond	

Thank you for your time! Leaders, please return surveys to your local extension office or Family and Consumer Sciences agent.