



KANSAS

OFFICE OF THE GOVERNOR

KATHLEEN SEBELIUS, GOVERNOR

HealthyKansas sponsors 2009 Sunflower State Games Essay & Photovoice Contest

The Kansas Department of Health and Environment announced this week that HealthyKansas will once again sponsor the 2009 Sunflower State Games Essay & Photovoice Contest. This is the first year that the traditional essay contest has been expanded to include a photovoice component.

Photovoice combines photography and a personal statement to tell a compelling visual story. With statewide wellness and health reform as a key legislative issue, students across the state will have the opportunity to show *and* tell their perspective on wellness.

“This contest encourages kids to be creative in sharing their favorite healthy food,” said Governor Kathleen Sebelius. “Whether it’s fruit, vegetables, beef, poultry or whole grains, keep eating it, tell us about it and take a picture!”

Students are invited to submit a photo image of their favorite healthy meal and an essay describing why the photo depicts food that helps them live a healthy lifestyle. The contest is open to all Kansas first through sixth grade students. Winners will receive a Sunflower State Games gold medal and official t-shirt, a Barnes and Noble gift card, a \$50 savings bond and the opportunity to read their winning essay and unveil their photography at the Sunflower State Games VIP Reception on July 9, 2009 in Topeka.

Entries are due by **April 3, 2009** and can be mailed or e-mailed to:

The Sunflower State Games
820 S. Kansas Ave.
Topeka, KS 66612
Fax: (785)235-1308
sunflowergames@sbcglobal.net

For complete contest rules, please visit: www.healthykansas.org or http://www.sunflowergames.com/about/essay_contest.

The HealthyKansas program is focused on encouraging children in schools, adults in the workplace and seniors in their community to make simple, but powerful lifestyle changes, including:

- Increasing physical activity to 30 minutes a day, five to six times each week;
- Eating healthy, including eating five or more servings of fruits and vegetables daily; and
- Avoiding tobacco use.

Governor Sebelius launched HealthyKansas in November 2004 as a comprehensive effort to control health care costs, improve the quality of health care and raise awareness of the dangers of obesity in children and adults.

To learn more about how you can make healthy lifestyle changes or to complete an online pledge, log onto www.healthykansas.org.

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