

Health Happenings



Kansas Health Foundation

October 2010

"I think Numana struck a chord with people. I think people were feeling a need, like I was, to do something meaningful for others and donating money just didn't seem like enough. They wanted to DO something tangible...When a community comes together to take collective action and the outcome is so large...there is amazing power in that."

— Deborah Ballard-Reisch, Kansas Health Foundation Distinguished Chair in Strategic Communication at Wichita State University

When Rick McNary came to the Kansas Health Foundation's Master Facilitator training program several years ago, he knew he wanted to feed people. But he had no idea that today, he would be leading Numana, an organization that has packaged 20 million meals in its first 6 months.

That training helped McNary and other Kansans learn how to draw people together to focus on solving a problem.

"To me the greatest value of the Master Facilitator training was how I view the people I work with," McNary says. "With a managerial type of a view, I was always trying to get them to do my thing and trying to figure out how to get them to fit into my scheme. With the facilitative idea, I really began to understand that it's about building them up. It's about making that person as good as they can be, because if I can make them better, I've done a good thing. I feel good about it, they feel good about it, and things are going to get accomplished that way."

McNary says that spirit of helping others and developing them really influences every aspect of Numana. It even shows up in the organization's mission statement: Empowering people to save the starving.

Numana held its first event in December. The organization's goal for the coming year was to package 1 million meals, but the public enthusiasm for Numana spread like wildfire and the 1 million meal goal was reached in 3 weeks.

Helping leaders like McNary blossom has been a longstanding goal of the Kansas Health Foundation because we believe that skillful leadership can



rally people to make their communities stronger and healthier. To further this effort, we created the Kansas Leadership Center in 2007. KLC offers a wide variety of training programs to give Kansans different tools that help them grow as leaders. To find out about leadership and training opportunities, visit the Kansas Leadership Center's website at www.kansasleadershipcenter.org.

In Dodge City, McNary walks from table to table, chatting with volunteers and thanking them for coming. "In the period of time you've been here," he tells them, "you're feeding probably around 1,500 to 2,000 people an hour."

Hunger across the world and here in Kansas are huge issues, and McNary is meeting with ambassadors from other countries to see if there are ways Numana can help them fight world hunger.

Closer to home, he's working to develop the Kansas Hunger Dialogue, a process inviting private and public universities across the state to unite against this problem. Numana is also researching meals that Americans would eat and that would be simple for children to fix.

What Numana will always bring to the table is food that is prepared by volunteers. McNary's group has already enlisted 120,000 people in 6 months.

"That's an astonishing number of volunteers, and we think that's just scraping the surface of the millions of people out there who want to do something and they're just looking for an opportunity," McNary says.

For more information on Numana, go to www.numanainc.com.





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Kansas Health Foundation 



Kansans lead charge against hunger

Dodge City's Civic Center buzzes with the rhythm of volunteers teaming up against a worldwide problem – hunger.

Some scoop rice and other ingredients into bags. Others measure, seal and pack those bags into boxes. Each small task that day adds up to the huge accomplishment of preparing 271,872 meals for starving people in Haiti.

This event is part of Numana, a global hunger relief program based in El Dorado. Founder Rick McNary credits Kansas Health Foundation training with helping equip him to lead this effort.