



With *Pathways* funding, LWLA brought Chef Alli's "Let's Get Cookin!" to Atchison to help promote healthy cooking with whole foods. LWLA created a community pop-up block party trailer kit that brings healthy eating and active living ideas straight to community neighborhoods. LWLA also worked with Atchison High School to install a special vending machine with healthier food options.



Recognizing that all kids love to play, LWLA provided *Pathways* funding to help build an inclusive playground in Atchison's Jackson Park. It removes barriers that limit children of different abilities from playing together. And working with Atchison Internal Medicine and Family Practice, LWLA instituted the monthly Walk with a Doc program to encourage the health benefits of regular exercise.



As part of the *Pathways* funding agreement for the inclusive playground, the City of Atchison adopted a tobacco-free playgrounds ordinance, prohibiting the use of tobacco in close proximity to any of the City's playground facilities. Several restaurants have signed the "Breathe Easy" pledge for tobacco-free policies that expand restrictions of the use of tobacco and nicotine products on their premises to include e-cigarettes.

Round 1: 2016-2019

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$100,000	\$127,926
Community Well-being Projects	\$50,000	\$37,200	
Food Retail and Restaurants	\$70,000	\$4,960	
Health Care	\$20,000	\$1,084	
Schools	\$60,000	\$3,281	
Worksites	\$100,000	\$0	
Totals	\$400,000	\$146,525	\$127,926
			Total Benefits to Community: \$274,451

Live Well Live Atchison

Andrea Clements

Executive Director

(913) 367-2427 x311

livewellatchision@outlook.com

Facebook: @livewellatchision

Atchison County Kansas

200 S 10th St, Atchison KS 66002

For more information about

Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a
HEALTHY
KANSAS

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.

YMCA
Block Party
Trailer -
healthy eating/
PA games



LWCC is supporting healthy, locally produced foods through *Pathways* funding of community gardens in Frontenac, Hepler, McCune and Pittsburg, and through construction of a “high-tunnel” greenhouse at McCune Alternative School. A total of 23 water-bottle filling stations have been installed throughout five Crawford County schools. LWCC is also working with area restaurants to promote healthier menu choices.



LWCC is working with 10 Crawford County worksites to establish and inspire wellness committees and sponsor WorkWell KS physical activity workshops. Crawford County Mental Health has updated a policy that would prescribe physical activity to their patients. They are also using a *Pathways* grant to develop nature trails and a shelter that patients and community members can use.



Tobacco policies are being pursued as part of the worksite wellness plans that LWCC is coordinating with Crawford County worksites. LWCC is sponsoring a community campaign to fight tobacco and e-cigarette use and is spearheading signage to promote tobacco-free parks. Restaurants are being encouraged to expand comprehensive tobacco-free policies prohibiting all tobacco and e-cigarette use on restaurant property.

Round 1: 2016-2019

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$0	
Community Well-being Projects	\$50,000	\$50,000	\$8,000
Food Retail and Restaurants	\$70,000	\$19,565	
Health Care	\$20,000	\$10,000	
Schools	\$60,000	\$45,000	
Worksites	\$100,000	\$10,000	
Totals	\$400,000	\$134,565	\$8,000
		Total Benefits to Community: \$142,565	

Live Well Crawford County

Brad Stroud

Executive Director

(620) 704-0019

bstroud@crawfordcohd.org

Facebook: @livewellcrawfordcounty

Crawford County Kansas

111 E Forest, Girard KS 66743

For more information about

Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS^{to a}
**HEALTHY
KANSAS**

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



HBCAT is working with nine restaurants and five food retailers to help improve community access to healthy food options. All of the restaurants and food retailers are promoting locally produced foods, and most are emphasizing healthier environments. Some of the restaurants are also providing calorie content information and/or healthier menu options for kids such as milk, fruits and veggies.



Improving and expanding access to foot and bicycle trails has been a priority. HBCAT worked with the Chamber of Commerce to implement a bike share program. New bike racks were welded by students at Ft. Scott High School, washed by Midcontinental Restoration, powder coated by Peerless, Inc. and are being installed by the city. The ABC Trails Plan is a three-county partnership for trail and bike routes throughout Allen, Bourbon and Crawford Counties.



The Community Perception Survey identified tobacco use as a key health concern. So Healthy Bourbon County is working with the Chamber of Commerce and local businesses to promote a community-wide tobacco cessation campaign for 2019. HBCAT is building the capacity of the community to meet the needs of tobacco users who want to quit through policies, systems building, a referral network and environmental initiatives.

Round 1: 2016-2019

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$55,862	\$24,500
Community Well-being Projects	\$50,000	\$50,000	\$17,500
Food Retail and Restaurants	\$70,000	\$40,000	
Health Care	\$20,000	\$20,000	
Schools	\$60,000	\$60,000	
Worksites	\$100,000	\$31,850	
Totals	\$400,000	\$257,712	\$42,000
		Total Benefits to Community: \$299,712	

Healthy Bourbon County
Jody Hoener
Economic Development Director
 (620) 223-3800
 jhoener@bourboncountyks.org
 Facebook: HealthyBBCo
 Bourbon County Kansas
 210 National Ave, Fort Scott KS 66701



For more information about Blue Health Initiatives, please contact:
Virginia Barnes
 Director of Blue Health Initiatives
 (785) 291-8004
 Virginia.Barnes@bcbsks.com

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



Throughout Franklin County, *Pathways* grants have helped LHFC to provide community garden signage, help to initiate and expand farmer's markets and establish container gardens for fresh and wholesome foods. *Pathways* funding helped LHFC to encourage restaurants to update their menus with healthier options for kids and adults, and to install water bottle filling stations in all Wellsville schools.



A *Pathways* grant is helping the Wellsville Joint Recreation Commission to install a walking path around the rec complex. ECKAAA received a *Pathways* grant for office equipment to promote physical activity and a healthy working environment. And other grants are funding built-environment improvements in five Franklin County cities such as new playground equipment for the Ottawa Legacy Square project.



Four restaurants have signed the "Breathe Easy" pledge to implement policies prohibiting use of all tobacco and nicotine products, including e-cigarettes on restaurant property. LHFC is also working to help introduce and pass tobacco-free policies in small towns and venues in Franklin County. WorkWell Kansas workshops for worksite wellness committees include tobacco-free information and training.

Round 1: 2016-2019

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$115,000	\$78,000	\$130,805
Community Well-being Projects	\$86,150	\$86,150	\$62,630
Food Retail and Restaurants	\$58,000	\$20,000	\$200
Health Care	\$20,000	\$0	
Schools	\$50,000	\$40,000	
Worksites	\$70,850	\$47,779	
Totals	\$400,000	\$271,929	\$193,635
		Total Benefits to Community: \$465,564	

Live Healthy Franklin County

Sheila Robertson

Grant Coordinator,

Franklin Co. Health Dept.

(785) 883-4417

sheilakansas@gmail.com

Facebook: @LiveHealthyFrCo

1418 S Main, Suite 1, Ottawa KS 66067

For more information about Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a
**HEALTHY
KANSAS**

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



Many community organizations now promote healthy eating and nutrition literacy. In the Chanute Rec afterschool and summer day-camp programs, children learn literacy with the My Plate program, and they practice gardening in community garden plots at Katy Park. G&W Foods is a Pathways partner, promoting healthy eating and marketing fresh fruits and vegetables. And Energize Chanute is working with the Downtown Farmer's Market for promotion of local produce.



Working with the local hospital and clinics, Energize Chanute is promoting the "Get Active" program with the goal of being active for 45 minutes per day, five days per week, and promoting water consumption. Energize Chanute is meeting with USD 413 Chanute to update school wellness policies, including physical activity guidelines throughout the school day, in physical education classes, before and after school, and in the community.



Energize Chanute is working toward a city commission resolution for tobacco-free parks. Pathways would help with funding for "Young Lungs at Play" signage for those parks and a Tobacco-Free/Breathe Free public awareness campaign. Energize Chanute is meeting with pledged worksites to schedule WorkWell KS tobacco-free workshops. And G&W Foods has placed entrance signs informing customers the store is tobacco-free.

Round 2: 2017-2020

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$30,000	
Community Well-being Projects	\$50,000	\$29,400	\$35,000
Food Retail and Restaurants	\$70,000	\$6,000	
Health Care	\$20,000	\$0	
Schools	\$60,000	\$0	
Worksites	\$100,000	\$0	
Totals	\$400,000	\$65,400	\$35,000
		Total Benefits to Community: \$100,400	

Energize Chanute
Julie Aikins
Chanute Recreation Commission
 (620) 431-4199
 jaikins.chanuterec@gmail.com
 www.chanuterecreation.com/
 energize-chanute
 400 S Highland Ave, Suite 2
 Chanute, KS 66720

For more information about Blue Health Initiatives, please contact:
Virginia Barnes
 Director of Blue Health Initiatives
 (785) 291-8004
 Virginia.Barnes@bcbsks.com



PATHWAYS to a
**HEALTHY
 KANSAS**

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.

*Painted
 playgrounds
 downtown
 we scotch
 tie the
 top
 etc
 champion*



Eight restaurants signed *Pathways* pledges, with particular interest in healthier children's menu items. RISE Cowley is partnering with farmers markets in Arkansas City and Winfield to encourage healthy, local produce shopping with special events and market demonstrations. Cowley College's welding program created lighted plant stands for two Head Start sites. The stands extend the growing season and give students a compact learning lab.



When street lights were added to a walking path at Winfield's Broadway Complex, *Pathways* helped fund a "Glow Walk" to promote the trail for safe, fun exercise. An Active School Transportation plan, to provide safe walking/biking to Arkansas City schools is underway. And Cowley County youth entered a bike rack design contest. The winning entries were a "fantastic fish" for Winfield and a "sunflower bench" for Arkansas City.



Through a tobacco essay contest for students, "Why our parks should be smoke free," RISE Cowley is encouraging local youth to establish Resist chapters. Area health care providers who signed *Pathways* pledges attended RISE Cowley's "Beat the Pack®" (BTP) facilitator training sessions. They are now referring clients to our local 6-week, 4-session BTP support group. With counseling and medication, clients are 83% more likely to quit.

Round 2: 2017-2020

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$0	
Community Well-being Projects	\$50,000	\$13,282	\$5,000
Food Retail and Restaurants	\$70,000	\$12,000	
Health Care	\$20,000	\$0	
Schools	\$60,000	\$0	
Worksites	\$100,000	\$0	
Totals	\$400,000	\$25,282	\$5,000
		Total Benefits to Community: \$30,282	

- email re: TIAB

RISE Cowley
Charissa Wall
City-Cowley County Health Dept.
(620) 221-1430, x5549
cwall@cowleycounty.org
Facebook: @RISECowley
320 E Ninth Street, Suite B,
Winfield KS 67156



*Globe Walk -
↑ money for lights*

For more information about Blue Health Initiatives, please contact:
Virginia Barnes
Director of Blue Health Initiatives
(785) 291-8004
Virginia.Barnes@bcbsks.com

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



Initiatives are underway to increase healthy, locally sourced produce. For example, with a *Pathways* grant, the cities of Chapman and Solomon are installing and administering community gardens, and efforts are being made to expand this success to other communities. The owners of Our Store in Woodbine are using a *Pathways* grant to build a greenhouse next to their store, and are working to increase healthy children's snack options.



QLC leaders are in contact with a medical clinic in Chapman about organizing a "Walk with a Doc" program. The mayor and city council of Woodbine are considering projects to increase physical activity, neighborhood walking and use of their parks. Seven employers with active *Pathways* pledges, plus several others, are participating in Worksite Wellness workshops that promote active living at work and at home.



The City of Woodbine passed a tobacco-free parks policy and *Pathways* funds are helping them install signage throughout their play areas. QLC is exploring possibilities for tobacco-free signage that would be posted at community gardens in Chapman, Solomon and Herington. And discussions are ongoing to promote and expand tobacco prevention programs such as Resist among the area school districts.

Round 2: 2017-2020

Achievement/ Implementation Grants

	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$20,000	
Community Well-being Projects	\$50,000	\$32,275	\$9,250
Food Retail and Restaurants	\$70,000	\$0	
Health Care	\$20,000	\$0	
Schools	\$60,000	\$0	
Worksites	\$100,000	\$0	
Totals	\$400,000	\$52,275	\$9,250
Total Benefits to Community:			\$61,525

Quality of Life Coalition, Inc.

Vicki Gieber

Executive Director

(785) 263-1550

director@qlcdkcocks.org

Facebook: @QLCDickinsonCo

QualityOfLifeCoalition.org

Dickinson County Kansas

300 N Cedar Street, Suite 210,

Abilene KS 67410

For more information about
Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a
**HEALTHY
KANSAS**

Memorial Health - 3rd hand smoke no tobacco in hair/clothing

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



Geary County Public Schools and St. Xavier purchased 22 retro-fit kits to convert drinking fountains to filtered water-bottle filling stations for each school. Two restaurants, Hot Rodz and Munson's Prime, invested Pathways grants in new equipment to store and serve fresh fruits and vegetables. LWGC is working with USD 475 to maintain the community garden, provide gardening education and increase locations for locally grown produce.



Geary Community Hospital has implemented the "Walk with a Doc" program, combining healthy activity with wellness information. To promote active living, LWGC partnered with USD 475 and others to host the "Pathways to Fitness Community Races" with events for school kids and adults, bicycle and scooter door prizes and free healthy snacks. Next up is working with Junction City to implement bicycle routes per the Master Plan.



The Junction City Commission passed a tobacco-free resolution in August 2018 and LWGC is working to post signage in city-owned parks, youth recreation areas and athletic fields. LWGC partnered with area agencies to present a marketing campaign promoting the tobacco-free parks and tobacco cessation programs. LWGC is reaching out to the Grandview Plaza and Milford communities about adopting similar resolutions.

4 sites - Walk w/ a Doc

Round 2: 2017-2020

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$5,000	
Community Well-being Projects	\$50,000	\$38,149	\$12,906
Food Retail and Restaurants	\$70,000	\$16,000	
Health Care	\$20,000	\$5,000	
Schools	\$60,000	\$11,440	
Worksites	\$100,000	\$0	
Totals	\$400,000	\$75,589	\$12,906
		Total Benefits to Community: \$88,495	

Live Well Geary County

Susan Jagerson

Grant Coordinator

(785) 223-1654

sdjagerson@gmail.com

Facebook: @LiveWellGC

LiveWellGearyCounty.org

119 E Ninth Street,

Junction City, KS 66441

For more information about Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com

lots of tobacco free work - vaping stuff is



PATHWAYS to a
**HEALTHY
KANSAS**

Many playgrounds - adaptive exercise equip

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.

multigenerational playground



The Coalition is working with the Harvey County Food and Farm Council to explore strategies to grow the local food-producing economy and make it easier for residents to get fresh fruits and vegetables, such as enabling SNAP purchases at Farmers Markets. Prairie Harvest restaurant is working on nutritional labeling and healthier menu items. And HHC is scheduling WorkWell KS "Healthy Eating and Beverage" workshops for worksites.



Walk & Roll Harvey is a working group of the HHC. Its mission is to promote active transportation for all reasons in Harvey County to include but not limited to bicycling and walking. They are making plans to install wayfinding / mileage markers on the Newton/North Newton "Trail of Two Cities." Because lack of secure bike parking discourages biking, they're working toward installation of community bike racks.



The majority of Harvey County Community Perceptions Survey respondents support raising the age to purchase tobacco products from 18 to 21. The Coalition is partnering with the STAND youth group and the Healthy Harvey Drug Free Communities Coalition to follow up on these results. HHC is also working with Newton and North Newton for polices supporting tobacco-free playgrounds and athletic fields.

Round 2: 2017-2020

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$0	
Community Well-being Projects	\$50,000	\$0	
Food Retail and Restaurants	\$70,000	\$6,693	
Health Care	\$20,000	\$0	
Schools	\$60,000	\$0	
Worksites	\$100,000	\$0	
Totals	\$400,000	\$6,693	\$0
		Total Benefits to Community: \$6,693	

Healthy Harvey Coalition

Lorrie Kessler

Healthy Harvey Coalition Coordinator

(316) 283-5667 x228

LKessler@harveycounty.com

Facebook: @HealthyHarveyCoalition

Harveycounty.com/coalition

Harvey County Kansas

215 S Pine Street, Newton KS 67114

For more information about

Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a
**HEALTHY
KANSAS**

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



Pathways funding helped HfLC sponsor a healthy foods education program featuring wholesome-cooking expert Chef Alli conducting four live classes and eight online classes. Three area restaurants signed the “Start Kids off Right” pledge to offer healthier menu strategies for kids. And *Pathways* funding helped all of the schools in USD 431 Hoisington and USD 112 Central Plains to install water-bottle filling stations.



HfLC and *Pathways* helped to complete a concrete walking path around Clara Barton Hospital, which also included outdoor fitness equipment to further encourage healthy activity. “Providers Guide It/Walkers Stride It” is a once-a-month walking program at Clara Barton Hospital. In addition to the walk, health care providers share insights on health and wellness topics.



The City of Claflin adopted a “No Smoking” policy for city buildings covering all tobacco and nicotine products, including e-cigarettes. Similarly, three area restaurants have signed the “Breathe Easy” pledge for tobacco-free policies covering the same products. And the All-Stars educational program at schools in Hoisington, Claflin and Wilson will discourage use of tobacco (smoked and smokeless) as well as alcohol, marijuana and inhalants.

Round 1: 2016-2019

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$140,000	\$45,900	\$24,500
Community Well-being Projects	\$50,000	\$40,000	\$17,500
Food Retail and Restaurants	\$70,000	\$50,700	
Health Care	\$20,000	\$20,000	
Schools	\$60,000	\$60,000	
Worksites	\$60,000	\$40,000	
Totals	\$400,000	\$256,570	\$42,000
		Total Benefits to Community: \$298,570	

Health for Life Coalition

Cheri Moeder

Grant Coordinator, Clara Barton Hospital

(620) 653-5067

cmoeder@clarabarton.hpmin.com

Facebook: @ClaraBartonHospital

250 W Ninth St, Hoisington KS 67544



PATHWAYS to a
**HEALTHY
KANSAS**

For more information about Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives
(785) 291-8004

Virginia.Barnes@bcbsks.com

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



Healthier Lyon County and the Emporia Farmer's Market are teaming up to expand into rural Lyon County. The partnership will specifically focus on food desert areas and establish physical locations to help bring in new vendors from across the area. A collaboration is being explored among two food retailers with *Pathways* pledges and the Emporia Farmers Market vendors to make local produce available in stores.



HLC is sponsoring a monthly Walk with a Doc program for healthy activity and a chat with a local health professional. The Emporia Recreation Commission is partnering with HLC on plans for a network of bike share locations. There are currently five bike racks available with locations planned for CrossWinds Counseling, Emporia High School and Logan Avenue Elementary. Central downtown and eastern Emporia locations are in the works.



HLC is coordinating with Newman Regional Health to update their tobacco policy, and HLC is working on a tobacco-free grounds policy with Crosswinds Counseling and Wellness. HLC partnered with Flint Hills Community Health Center to draft their policy around tobacco, healthy food, and physical activity for patients, and this policy was adopted by the board in February 2019.

Round 2: 2017-2020

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$115,000	\$0	
Community Well-being Projects	\$85,296	\$0	
Food Retail and Restaurants	\$33,894	\$12,000	
Health Care	\$20,000	\$4,000	
Schools	\$60,000	\$0	
Worksites	\$85,840	\$0	
Totals	\$400,030	\$16,000	\$0
		Total Benefits to Community: \$16,000	

Healthier Lyon County

Daphne Mertens

Grant Manager

(620) 340-6070, x6072

dmertens@crsswindsks.com

Facebook: @HealthierLyonCounty

1000 Lincoln, Emporia KS 66801

For more information about Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a
**HEALTHY
KANSAS**

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



A *Pathways* grant is helping USD 103 Cheylin to install four water-bottle filling stations in district schools. The Daily Bread restaurant is working to expand their healthy food and beverage choices, offer more healthy kid's menu options, and strengthen their tobacco-free policies. And LWNK is advancing discussions about establishing community gardens in Colby's Fike Park, and another in Bird City.



LWNK has instituted Walk with a Doc programs in Colby and Atwood. In Bird City, LWNK helped establish a community walking circuit with mileage markers and signs with fitness suggestions. McCarty Dairy is collaborating with their employees to institute WorkWell KS policies for a healthy work environment. And replacement of the sidewalk around the Bird City pool and basketball court is in discussion.



LWNK is in the process of getting an inventory of city and county ordinances and policies for tobacco-free public spaces such as parks, playgrounds, ballfields, swimming pools and fairgrounds in preparation for fruitful discussions with civic leaders. Worksites are beginning to take part in the WorkWell KS trainings which will include sessions about tobacco and e-cigarette cessation programs and tobacco-free work environments.

Round 2: 2017-2020

Achievement/ Implementation Grants

Pathways Funds Available

Pathways Funds Awarded

Match from Community/Grants

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$0	
Community Well-being Projects	\$50,000	\$3,500	
Food Retail and Restaurants	\$70,000	\$5,359	
Health Care	\$20,000	\$0	
Schools	\$60,000	\$7,467	
Worksites	\$100,000	\$0	
Totals	\$400,000	\$16,326	\$0
		Total Benefits to Community: \$16,326	

LiveWell Northwest Kansas

Travis Rickford

Executive Director

(785) 460.8177

travisr@nwksprevention.com

Facebook: @LiveWellNWK

Cheyenne, Rawlins and Thomas Counties

460 N Garfield, Colby KS 67701

For more information about
Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a
**HEALTHY
KANSAS**

*Land Use
Policy change*

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



KCWC is working to construct four greenhouses, funded with *Pathways* grants, to make healthy, locally grown produce available longer. The first greenhouse is now at Deerfield Elementary School. Plans are in progress for a greenhouse at High Plains Retirement Village, one at a Lakin school and a second in Deerfield. Area restaurants have also pledged to help provide and promote healthier menu choices for adults and kids.



Pathways helped KCWC and the MountainHawk Corporation of Lakin to create a bike share program with five bike rack locations in Lakin, and two in Deerfield. Kearny County Bank invested *Pathways* funds in stand-up desks and exercise equipment for healthier employees. And the Deerfield and Lakin schools made healthy activity additions such as an indoor climbing wall, recess equipment and picnic tables.



KCWC is working with area restaurants to institute the "Breathe Easy" pledge for tobacco-free policies that expand restrictions on the use of tobacco and nicotine products on their premises to include e-cigarettes. Worksites are being encouraged to participate in WorkWell KS workshops that assist with tobacco-use cessation and promote work environments free from tobacco and e-cigarette use.

Round 1: 2016-2019

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$140,000	\$51,650	
Community Well-being Projects	\$50,000	\$32,035	
Food Retail and Restaurants	\$70,000	\$35,076	
Health Care	\$20,000	\$20,000	
Schools	\$60,000	\$60,000	
Worksites	\$60,000	\$10,000	
Totals	\$400,000	\$208,761	\$0
		Total Benefits to Community: \$208,761	

Kearny County Wellness Coalition

Jenny White

Kearny County Hospital

(620) 355.7112, ext. 1362

jwhite@kearnycountyhospital.com

Facebook: @KearnyCountyWellness

500 Thorpe St, Lakin KS 67860

For more information about
Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a
**HEALTHY
KANSAS**

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



The monthly "Simply Produce" program through Leoti Foods is making a variety of fresh fruits and veggies more available and affordable. A Pathways grant for Laws Feed Store helped them purchase a rotisserie oven to prepare chicken and pork for healthy salads and sandwiches. And plans are underway to install a greenhouse at the high school and purchase classroom kitchen equipment to teach students to grow and prepare healthy foods.

AIM Coalition has utilized Pathways grants for two large playground pieces for Tyler M. Graff Memorial Park. The County Park has a new soccer court, and existing tennis and basketball courts have been improved. Leoti schools have new physical activity plans and monthly Bike to School Days. County Courthouse and school employees are enjoying new standing desks, exercise equipment and health incentives.

When local survey results showed 79% of residents support tobacco-free grounds, the USD 467 Board of Education adopted a district-wide policy creating a tobacco-free campus for all students, staff, and visitors. Great Plains Family Dentistry is implementing protocols for a chewing tobacco cessation program and referrals.

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$115,000	\$115,000	
Community Well-being Projects	\$85,296	\$32,594	\$29,738
Food Retail and Restaurants	\$33,894	\$33,894	
Health Care	\$20,000	\$20,000	
Schools	\$60,000	\$60,000	
Worksites	\$85,810	\$85,810	
Totals	\$400,000	\$347,298	\$29,738
		Total Benefits to Community: \$377,036	

A.I.M. Coalition

Tammy Simons, MS,
RD, NSCA-CPT

Healthy Living Consultant Dietitian

(620) 874-2499

tammysimonsrd@gmail.com

Facebook: @wichitacountyaim

Wichita County Kansas

302 S Fourth St, Leoti KS 67861

For more information about
Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a
**HEALTHY
KANSAS**

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.

*Simply Produce
baskets \$15/week - through
Leoti Foods
Contact Simone*



A *Pathways* grant assisted Heal with hosting annual “Foodie Fest on the Trail” events to educate the community of the value of eating healthy, locally sourced foods. Heal is working with pledged restaurants, food truck vendors and food retailers on initiatives to add healthier food options to their offerings. And The Summit worksite invested a *Pathways* grant in implementing a healthy food and beverages plan.



Heal helped Reno County area schools to utilize *Pathways* grants for walking paths, water bottle filling stations, physical education equipment and implementation of physical activity plans. Hutchinson Regional Medical Center is updating their walking tunnel with a mural and signage to encourage walking. And Reno County has installed new exercise equipment for employees.



Heal, Communities That Care and CDRR efforts collaboratively helped to lead to ordinances being passed for tobacco-free school grounds, hospital grounds and worksites. Tobacco-free ordinances for all parks in Hutchinson and many parks throughout Reno County were passed. The partners worked collaboratively to provide signage and a *Pathways* implementation grant was used for public awareness campaign.

Round 1: 2016-2019

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$115,000	\$100,000	\$18,000
Community Well-being Projects	\$86,150	\$50,000	\$1,500
Food Retail and Restaurants	\$58,000	\$27,078	
Health Care	\$20,000	\$10,000	
Schools	\$50,000	\$40,000	
Worksites	\$70,850	\$34,000	
Totals	\$400,000	\$261,078	\$19,500
		Total Benefits to Community: \$280,578	

Heal Reno County

Laurie Carr

Reno County Health Department

(620) 259-8463

laurie.carr@renogov.org

Facebook: @HealRenoCounty

209 W Second Ave,

Hutchinson KS 67501

For more information about

Blue Health Initiatives, please contact:

Virginia Barnes

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a
**HEALTHY
KANSAS**

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.



With *Pathways* funding, LACF assisted USD 480 to implement new nutrition and physical activity modeling wellness policies and projects. Seward County Community College has purchased a healthy food cart for the campus and college events open to the community. Plans are in the early stages for collaborating with several local restaurants to offer healthier menu options for dining in and to-go prepped meals.



Pathways funding is helping to improve and extend the SCCC Connections Trail System with enhanced landscaping, benches, lighting and shade for the trail. New signage will mark the progress that has been made and will identify the trails to visitors on campus. To further encourage healthy activity, LACF hosted a 5K run last December and is working with the Liberal Rec Center to enhance the 5K's that they run. As a result of the PedNet plan, Southwest Medical Center is building a trail system around the hospital and *Pathways* funding will assist with landscaping, seating and signs on the trail.



LACF and Seward County Community College have teamed with *Pathways* to enhance SCCC's tobacco-free courtyard with lighting, landscaping, seating and signs. Partnering with Liberal High School, LACF is working to recruit and develop a local RESIST chapter. LACF is beginning the discussion of tobacco-free public places and identifying appropriate public grounds for policy enactment.

Round 2: 2017-2020

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$67,551	\$9,000
Community Well-being Projects	\$50,000	\$20,000	
Food Retail and Restaurants	\$70,000	\$0	
Health Care	\$20,000	\$0	
Schools	\$60,000	\$60,000	\$63,500
Worksites	\$100,000	\$0	
Totals	\$400,000	\$147,551	\$72,500
		Total Benefits to Community: \$220,051	

hosp donated land - total loop 3.5 mil w/ SCCC

*impetus was trail at SCCC
↳ priority trails PedNet Master Walking Plan*

Liberal Area Coalition for Families

Sarah M Foreman, LMSW
Director
 (620) 655.7177
 coalitionforfamilies@yahoo.com
 Facebook: @LiberalAreaCoalitionForFamilies
 LiberalCoalition.com
 150 Plaza Drive, Suite 207, Liberal, KS 67901



PATHWAYS to a
**HEALTHY
KANSAS**

For more information about Blue Health Initiatives, please contact:

Virginia Barnes
 Director of Blue Health Initiatives
 (785) 291-8004
 Virginia.Barnes@bcbsks.com

Pathways to a Healthy Kansas combines evidence-based solutions and promising practices for improving healthy eating, active living and tobacco prevention to make a large impact in communities. The program provides community coalitions with the tools and resources needed to remove barriers and engage their communities – and represents the largest community grant program ever funded by BCBSKS.