

RISE Cowley is a coalition of like-minded organizations with dedicated efforts towards making Cowley County a healthier place to live, work and play. RISE stands for, “Raising Awareness, Improving health, Supporting collaboration and Energizing communities.”

Community Perception

- We interviewed people across Cowley county to gather their thoughts about community health and our work. Many people in the community have heard of RISE Cowley, but very few know about the work we lead.
- When asked about barriers to health in our community, those we interviewed listed language, financial restraints, and transportation as the most common barriers.
- When we asked if our community was healthy, almost all of the people we interviewed said our community is not very healthy.

“ The Pathways grant provides RISE Cowley with the avenue to build and grow countywide partnerships and collaboration to promote healthy, active living for all residents.”

— Kerri Falletti, Chair of RISE Cowley and Director of Cowley First

Cowley County



Healthy Eating

We are excited that two of our farmers markets will be implementing the Double Up Food Bucks program in Summer 2021. This will maximize the amount of fresh fruits and vegetables that are affordable for SNAP recipients. We look forward to inviting the approximately 2,000 SNAP households in Cowley County to visit local farmers markets.



Active Living

We look forward to completing our six-mile, hike-bike trail loop. We have applied for grant funds to extend that trail network through Ark City. Look for more information coming soon, as one of our next steps in this work will be gathering community input for our new master transportation plan and comprehensive plan!

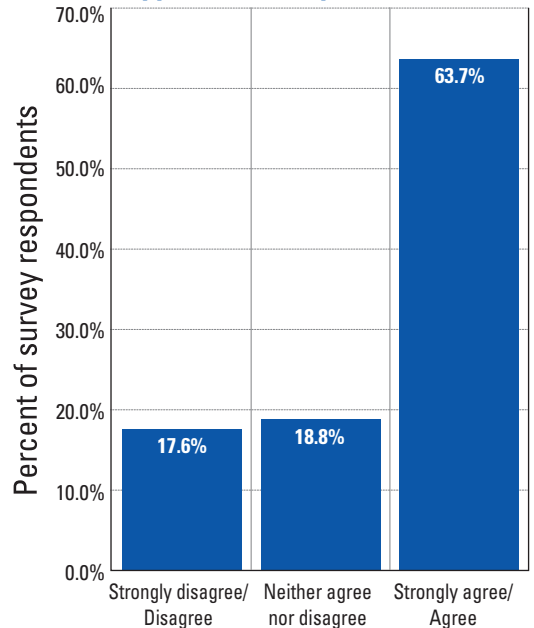


Commercial Tobacco Control

Our middle school Resist Chapter held its first meetings this Spring. Resist is a youth-led group that aims to empower peer messengers to prevent use of vaping and tobacco products. Students look forward to using their creativity and media skills on projects like commercials to be shown during weekly Viking Time. Students are brainstorming additional opportunities to share with others in our community, as well.



Initiative Wide: In general, my community has sufficient opportunities for physical activity.



Key findings:

Approximately two-thirds of respondents across 24 Pathways communities said that their community has sufficient options for physical activity.

Results are based on data from an initiative-wide survey of Blue Cross and Blue Shield of Kansas members for whom e-mail addresses were available in each of the 26 counties in which BCBSKS has funded coalitions as part of the Pathways to a Healthy Kansas Initiative. N=2,857. The survey response rate was 3.4 percent.



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Number of Projects for Year 1

37

Partners Engaged

34,908

Population Impacted

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 Blue Cross and Blue Shield of Kansas.

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