

The mission of LiveWell Douglas County is to lead a movement to build communities that support the health and well-being of all residents in Eudora, Baldwin City, Lecompton and Lawrence, KS.

### Community Perception

- Focus group respondents identified transportation as a barrier to accessing healthy foods. The lack of close bus stops to food and home can result in a two-hour trip for families to get food.
- Participants in all three focus groups indicated the not having access to a food pantry in the evening or on weekends makes it difficult to obtain food for themselves and their families.
- Being treated with dignity when locating and obtaining food was mentioned by participants in two of the three focus groups.

*“The food access and active living projects we are working on through Pathways will tangibly improve the lives of our neighbors and help support thriving communities for all residents in Douglas County.”*

— Joey Hentzler,  
Chair, LiveWell Douglas County

# Douglas County



### Healthy Eating

Our Healthy Food for All Workgroup, is partnering with Just Food, a local food bank and pantry, and Lawrence Memorial Hospital Health clinics on the Healthy Food Prescription program. This program provides health care providers with “prescription pads” to prescribe healthy foods. The “prescription” can be redeemed at the food bank. Through the *Pathways* grant, this program will be able to broaden its reach to more providers and residents.



### Active Living

LiveWell Douglas County is working with several Douglas County schools to promote Safe Routes to School and encourage children to be physically active by walking and biking to school.



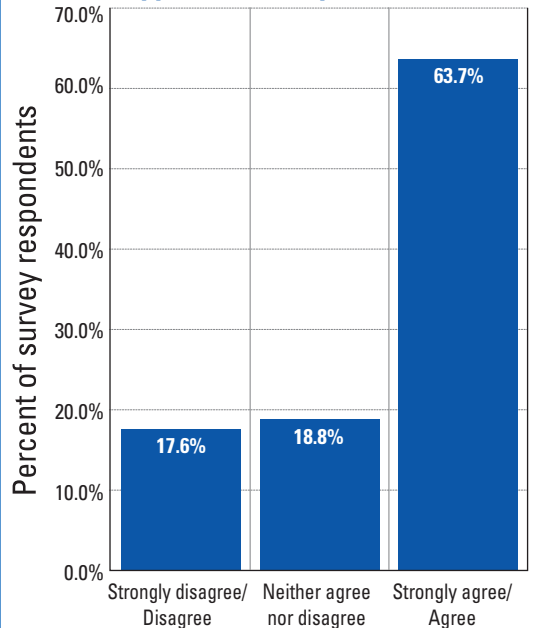
Through *Pathways*, LiveWell will train school volunteers to implement strategies to make walking and biking to school safe and fun.

### Commercial Tobacco Control

Our tobacco-free workgroup is excited to work with three local colleges to establish a tobacco-free campus. The group is surveying students about vaping usage and will use the results to explore the feasibility of strengthening existing policies and proposing new ones.



### 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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**9**  
Number of Projects for Year 1

**29**  
Partners Engaged

**122,259**  
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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