

The mission of the Flint Hills Wellness Coalition is to create a healthy, equitable community for the residents of Manhattan and Riley County through policy, system, environmental and personal change. The goals of *Pathways to a Healthy Kansas* are a natural fit with the work the Coalition has already accomplished and hopes to continue.

### Community Perception

- We conducted a survey in Riley County. 50% of respondents agreed the community has sufficient opportunities for physical activity. However, one-third of those who commented expressed the need for an indoor community pool.
- Key responses to what would make it easier to consume healthier foods were more healthy options at restaurants, more food skills education, and more affordable food costs, including grocery sales tax elimination.
- It was encouraging that 85% of survey respondents agreed or strongly agreed that community conditions impact health.

*“Improving active living, healthy eating, and tobacco prevention – Pathways’ focus areas – are foundational to the work of the Flint Hills Wellness Coalition in making a difference in our community.”*

— Debbie Nuss, Chair



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# Riley County



### Healthy Eating

Our Food and Farm Council is working alongside local government to create a long-range plan to build a strong, local food system. We envision this plan will guide decision making that will increase access to healthy food, reduce waste, support producers, strengthen the economy and provide an equitable means of empowering the community to take ownership of this plan.



### Active Living

We are beginning work to improve our trail system to create a better environment for all ages and levels of cyclists by focusing on facilities that are missing in the network. Look for more information coming soon as we will be engaging partners on logistics and construction of new trails.

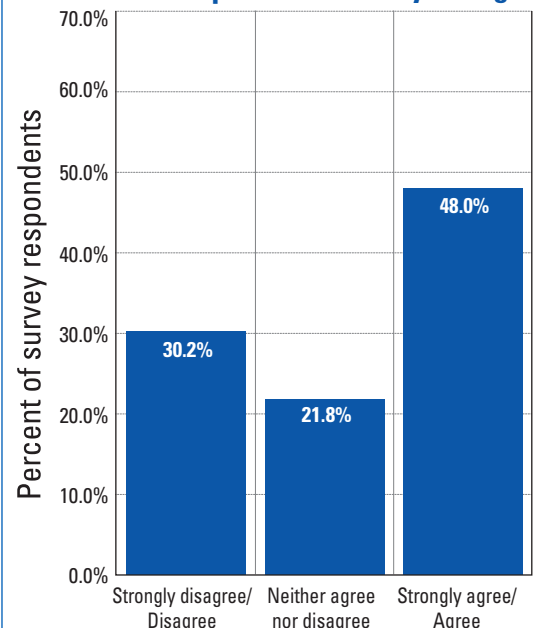


### Commercial Tobacco Control

Riley County youth have been working hard on educating our community to prevent the use of vaping and commercial tobacco use. Our Resist chapters are committed to speaking about the health dangers of e-cigarette use and have a goal to reverse the youth vaping epidemic in Kansas.



### Initiative Wide: In general, my community has sufficient options for healthy eating.



### Key findings:

About half of survey respondents across the 24 *Pathways* grantee counties said that their community has sufficient options for healthy eating.

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

110

Partners Engaged

74,232

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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