

Live Well Saline County was started in 2009 to bring together organizations in the community with a common interest in healthy living to allow us to make more impact and create sustainable change. Live Well Saline County (LWSC) strives to provide all Saline County residents opportunities, education, and encouragement for a lifetime of healthy eating and physical activity.

Community Perception

- We surveyed people across Saline County about the health of our community and respondents frequently identified more walking/biking trails as the number one improvement that would make it easier for them to be physically active.
- Survey respondents said that having additional farmers markets and healthy restaurants would be the most important things Saline County could do to make it easier for residents and visitors to eat healthy.
- Less than half of survey respondents said that Saline County has sufficient options for healthy eating and 60% of survey respondents said that Saline County has sufficient opportunities for physical activity.

“The Pathways to a Healthy Kansas grant has enabled us to bring everyone together so we can work more collaboratively as a community.”

— Daniel Craig,
Live Well Saline County Chair

Saline County



Healthy Eating

LWSC is working with the City of Salina to



assess the trails and bike routes in the community. We will then implement infrastructure projects to ensure that it is easy for people to walk and bike safely to places of interest, like grocery stores or farmers markets.

Active Living

We are excited to analyze our trail network to



address gaps in connectivity. We aim to work on projects to make our community more bikeable, providing residents and visitors a safe, low-cost way to engage in physical activity.

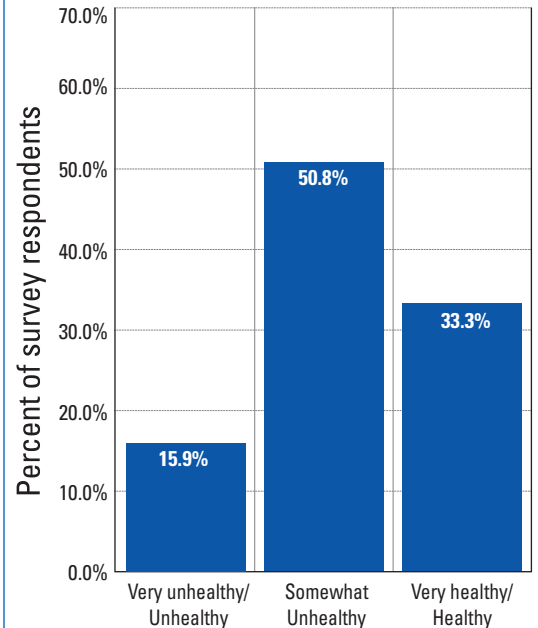
Commercial Tobacco Control

Live Well Saline County is excited to support the



amazing work that the Saline County Tobacco Use Prevention Coalition is doing in partnership with local schools and colleges to address the vaping epidemic among youth and young adults. We will also be working with healthcare professionals to improve care for patients who use tobacco.

Initiative Wide: In general, how would you rate the overall health of your community?



Key findings:

One third of respondents across the 24 Pathways communities said that their community was healthy or very healthy.

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

12

Partners Engaged

54,224

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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