

The Plainville Wellness Coalition is a collaboration of community leaders in the fields of education, healthcare, trails and recreation and early childhood development and childcare brought together by a common goal to promote the health and wellness of the Plainville community and its citizens.

### Community Perception

- Interview participants said there is so much positive energy around the childcare initiative. Many saw more opportunities to collaborate with key community partners on more projects.
- Interview participants said trails are the perfect attraction to fill a recreational need for people of all ages and abilities to be outdoors and moving at their own pace and ability.
- Interview participants said planning activities and initiatives concerning health and wellness opportunities for the community should consider our older population, including those in long-term care facilities.

“Pathways has been a resource we’ve used to begin addressing many pressing issues in our community such as healthy childcare, food insecurities and multimodal transportation.”

— Kelli Hansen,  
Grant Coordinator,  
Plainville Wellness Coalition

# City of Plainville

## Healthy Eating



Our coalition learned about a valuable program called **Double Up Food Bucks** that partners with our local grocery store, **Mr. K’s**, to help those in need purchase fresh fruits and vegetables while shopping. This also benefits our local food pantry with their availability and storage issues of healthy, perishable items.



## Active Living



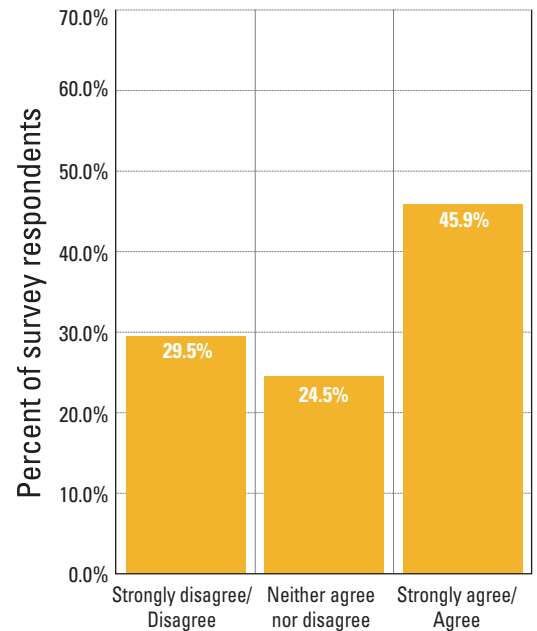
The **Prairie Frontier Trails Association** will be utilizing an implementation grant as a match for a grant they have received from the **Sunflower Foundation**. These grant dollars will be a catalyst to lay the first half mile of trails at the **Plainville Township Lake**.

## Commercial Tobacco Control



We partnered with **Rooks County Health Center** and others to bring a **“Mega Lung”** exhibit to educate students about the risks, symptoms and causes of many diseases to the lung with a focus on vaping and tobacco use. More than 950 people visited the exhibit while on display in Rooks County.

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



### Key findings:

More than two-in-five respondents across the 24 *Pathways* communities said 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 = 4,845. The survey response rate was 6.9 percent.



Plainville Wellness Coalition  
Facebook:  
[@PlainvilleWellnessCoalition](https://www.facebook.com/PlainvilleWellnessCoalition)

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Projects for Action Period 2

10

Partners Engaged

1,746

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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