

**R**ISE Cowley is a coalition of like-minded organizations working to make Cowley County a healthier place to live, work and play. RISE stands for “Raising awareness, Improving health, Supporting collaboration and Energizing communities.” Learn more at [risecowley.org](http://risecowley.org).

# Cowley County



## Community Perception

- Focus group participants said poverty impacts long-term health outcomes and access to insurance, mental health supports, healthy food, safe and affordable housing, reliable transportation and childcare.
- Focus group participants said the Hispanic community faces unique health equity barriers including a lack of health insurance, gaps in translation services, cultural notions about preventative care, and immigration system challenges.
- Focus group participants identified a disconnect in the prevailing health narrative between those with lived experience facing health inequities and those who do not experience these same barriers and challenges.

“Cowley County has experienced significant impact from Pathways. The BCBSKS resources have invigorated our coalition and expanded systemic work into multiple sectors”

— Ruth Bumgarner,  
Board President,  
RISE Cowley

## Healthy Eating



**Cowley Farmers Market Association** received funds to promote **Double Up Food Bucks (DUFb)**, and \$4,632 of food

assistance funds were redeemed at 2021 markets. **Cowley College** is working towards a smoothie and panini grill station promoting more fresh fruits and vegetables, whole grains and lean protein options in the **Dining Center**.



## Active Living



The **City of Winfield** received funds to build a sidewalk for safe pedestrian access to the **grocery center** and the **sports complex**. The

improvements will enhance safety in Winfield’s busiest commercial area and increases access and mobility. Residents will be able to access trails and healthy food more easily.

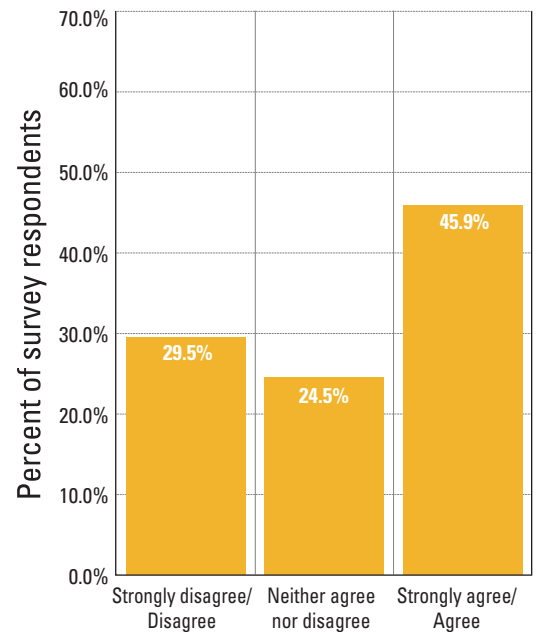
## Commercial Tobacco Control



**Cowley’s Community Health Center** and **Legacy Community Foundation** are tackling social determinants of health.

Storytelling work at Legacy will highlight health inequities and illustrate the tie between mental health and substance abuse. The Health Center is implementing social risk assessments and supporting safety net organizations in their work.

## 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.



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Projects for Action Period 2

\$89,110

Grant Dollars Distributed So Far

34,549

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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