

The purpose of the Live Healthy Franklin County coalition has been to provide strategic planning for improving community health, specifically in relation to chronic disease, by increasing physical activity, good nutrition and reducing tobacco use. The mission is to improve community health through policies that support healthy eating and active living. The vision is “Healthy People in a Healthy Environment.”

Community Perception

- The bike share pilot is seeing exceptional use. Bikes were checked out an average of 8 times per day in February, and 18 times per day in March. The bikes are being used for transportation and recreation.
- Our community is seen as increasingly pedestrian and bicycle-friendly. In a recent survey, 52% of respondents agreed or strongly agreed that our community is walkable/bikeable/wheelable, and another 30% were neutral on the issue.
- All respondents to a Harvest to Home feedback survey indicated that the availability of fresh produce bundles is helping them to eat better. Specific comments include that it is “very convenient” and “helps make better food choices.”

“Participation in the Ottawa University bike share and Harvest to Home program has exceeded expectations. These projects are helping residents be more active and eat better!”

— Sheila Robertson,
Pathways Grant Coordinator,
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Franklin County



Healthy Eating



The **Franklin County Food Policy Council** is using a *Pathways* grant to pilot a program called **Harvest to Home**, which brings affordable fresh produce bundles to **Wellsville** every other week, saving residents time and money shopping while helping them eat healthier. Grant funds have helped with initial supplies, equipment and coordination.



Active Living



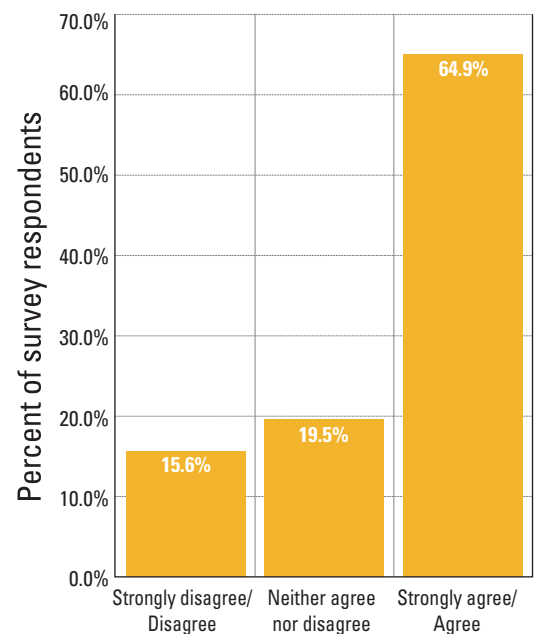
A *Pathways* grant has funded the first year of a new bike share at **Ottawa University**. It has become the busiest bike share hub that **RideKC** operates! A partnership of **Ottawa University, Ottawa Bike and Trail, and Live Healthy Franklin County** is exploring ways to ensure the bike share continues and expands to more sites in the community.

Commercial Tobacco Control



Wherever healthy eating and active living projects are occurring, **Live Healthy Franklin County** also aims to make them tobacco-free. The new bike share and **Harvest to Home** locations are tobacco- and vaping-free. Through policy and signage, **Live Healthy Franklin County** will continue to ensure smoke-free facilities as these programs expand.

Initiative Wide: In general, my community has sufficient opportunities for physical activity.



Key findings:

About two-thirds of respondents across the 24 *Pathways* communities said their community has sufficient opportunities 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 = 4,845. The survey response rate was 6.9 percent.

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Projects for Action Period 2

\$52,500

Grant Dollars Distributed So Far

25,996

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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