



IMPACT Ulysses, Inc. works to innovate, to inspire, to impact and to invest in healthy minds and healthy lives to build healthy communities for today and tomorrow. Our mission is to promote healthy lifestyles and reduce risky behaviors for youth, their families and our diverse community.

### Community Perception

- All of the business representatives who participated in focus groups indicated that there was a high need for addressing the cost and burden of mental health issues. The coalitions worksite wellness package could be a strategy to address mental health in the community.
- Recruitment, training and retention of employees were identified as top priorities by focus group participants. The participants indicated that with a seemingly smaller pool of available workers, it is important that workplace wellness programs meet employees' needs.
- More than half of focus group participants said their workplace has gotten less healthy over the past five years due to spending more time on the computer and virtual meetings.

*“The Pathways grant shifted our focus from the issues and challenges we face in rural Kansas to engaging community stakeholders to promote creative and innovative solutions. Together we are making the difference!”*

— Margaret Obholz,  
Executive Director,  
IMPACT Ulysses, Inc.

# Grant County

## Healthy Eating



We are excited for the first community garden, located in **Barb Dye Park**. It has been a learning process, culminating in a proclamation by the **Ulysses City Council**. **IMPACT Ulysses** engaged stakeholders early to determine a location that would best serve populations that might be experiencing a lack of access to healthy food.



## Active Living



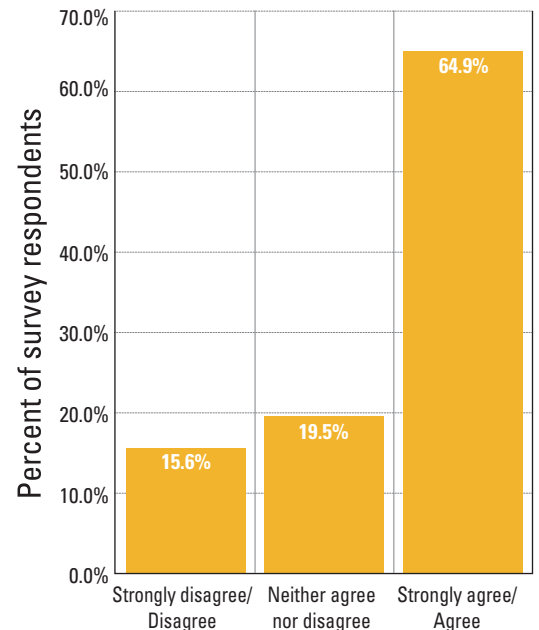
We are excited to partner with the **Grant County Health Department** and **WIC recipients** to launch our physical activity as a prescription initiative. We have trained **Walk With Ease** facilitators to help coordinate efforts to get everyone started on the right foot. “We have great trails and sidewalks in Ulysses”, said Denise James, Director of Grant County Health Department. “This is a unique opportunity to partner with **IMPACT Ulysses** and *Pathway’s* initiatives.”

## Commercial Tobacco Control



**Ulysses High School** and **Kepley Middle School** have active **Resist** chapters and **Replace Youth Leadership Coalition** that work to minimize the dependence of vaping and tobacco products. Through the *Pathways* initiative, **IMPACT Ulysses** assisted these groups with school health events aimed at showing kids the importance of saying no to tobacco products.

### 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.



IMPACT Ulysses, Inc.

P.O. Box 83

Ulysses, KS 67880

mags@impactulysses.org

[impactulysses.org](http://impactulysses.org)

Facebook: @Impact Ulysses

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Projects for Action Period 2

57

Partners Engaged

7,352

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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