



The Kearny County Wellness Coalition pursues projects and programs that bring health, wellness, and education to Kearny County. With the help of *Pathways to a Healthy Kansas*, we are making meaningful changes and opportunities for people of all ages, backgrounds and income levels.

Community Perception

- The focus group participants noted that they would shop at the Farmers Market more often if there was a variety of produce offered.
- The focus group participants responded favorably to implementing SNAP/EBT or Double Up Food Bucks to bring healthy foods to low-income friends and neighbors.
- All focus group participants stated that they support the Farmers Market and look forward to an expansion of fresh vegetable and fruit vendors.

“Pathways gives us the support and funding needed to make meaningful changes in Kearny County. Through education and working together we are changing the culture to one of health, inclusion, and vitality.”

— Shelly Harper,
Pathways Coordinator,
Kearny County Wellness Coalition



KEARNY CO.
WELLNESS COALITION

**Kearny County
Wellness Coalition**

sharper@kearnycountyhospital.com

Facebook:

@KearnyCountyWellness

Kearny County



Healthy Eating



The **Lakin School and Community Garden** received a *Pathways* grant to provide education on how to grow and cook healthy

foods and the space to do so for both students and residents. Grant funds will be used to purchase equipment for a learning area and supplies for growing, including water lines and soil.



Active Living



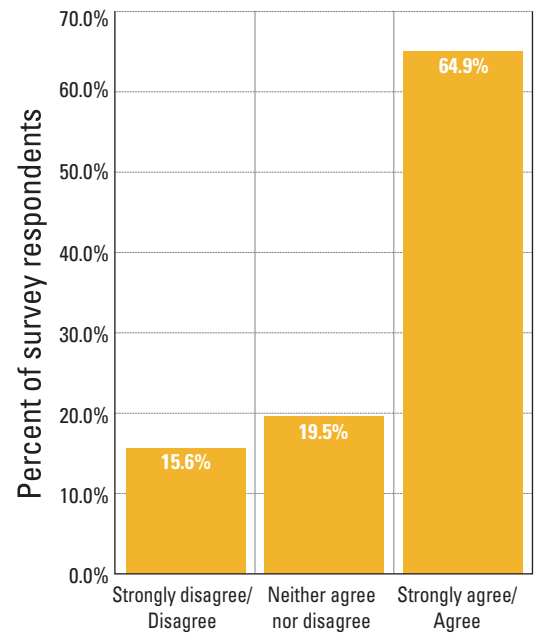
The **City of Deerfield** will be working to complete the one-mile-long path. This path is a priority project that was identified in the **2017 PedNet Master Pedestrian and Bicycle Plan** and the location will provide a safe walking area around the entire campus for students and community members alike.

Commercial Tobacco Control



This year we are excited to be supporting **Resist Chapters** in our communities. Students in both **Lakin** and **Deerfield** have been working on outreach programs that target vaping and its dangers. Resist is a youth-led group that aims to empower peer messengers to prevent use of vaping and 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.

7

Projects for Action Period 2

\$20,000

Grant Dollars Distributed So Far

3,983

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.

Blue Cross and Blue Shield of Kansas is an independent licensee of the Blue Cross Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. Kearny County Wellness Coalition is not affiliated with Blue Cross and Blue Shield of Kansas.