



The Flint Hills Wellness Coalition works cooperatively with citizens, public entities, and groups throughout the City of Manhattan and Riley County to develop community norms that support healthy behaviors and environments. Our mission is to create a healthy, equitable community for our residents through policy, system, environmental, and personal change.

Community Perception

- The focus group consensus was that the Flint Hills Wellness Coalition should be better resourced so that more people could be aware of the work being done to improve community health.
- Focus group participants were aware of the “incredible investment opportunity” afforded by the *Pathways* grant that will make sustainable changes in our community.
- According to focus group participants, individual FHWC members are good about sharing Coalition work in their own networks, but the FHWC itself should strive to do a better job with community outreach.

“The *Pathways*’ coordinator support plus Blue Cross and Blue Shield of Kansas funding has ensured that our Community Health Improvement Plan process is robust and meaningful.”

— Shanika Rose,
Health Educator & CHIP Coordinator,
Riley County Health Department

Riley County



Healthy Eating



Fresh produce vouchers are now redeemable at **Hy-Vee** and at the **Downtown Farmers Market of Manhattan** through the **Healthy Food Prescription Program**. The program provides food insecurity screening and a fresh produce voucher to clients at **Pawnee Mental Health Adult Rehab; Riley County Women, Infant and Children; and K-State Lafene Student Health Center**. A *Pathways* grant awarded to the **Food and Farm Council of Riley County and City of Manhattan** made this program possible.



Active Living



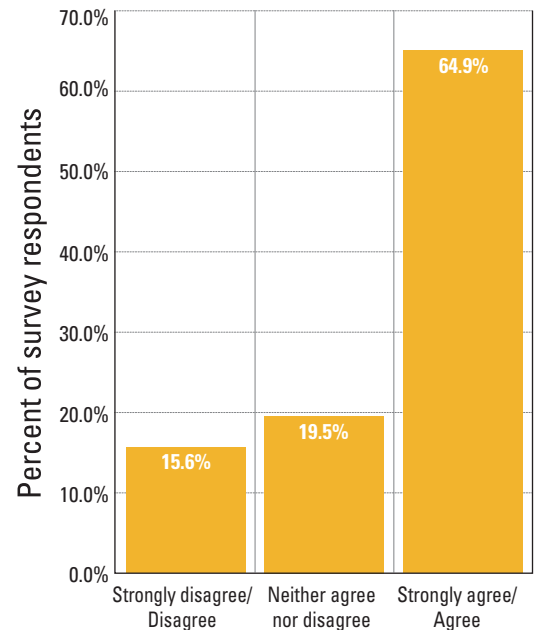
Flint Hills Metropolitan Planning Organization staff and **City of Manhattan Public Works and Parks & Recreation** staff determined that providing pedestrian access on **Hayes Drive** will address health, safety and equity issues for **Northview** residents who currently are cutoff from public and commercial services unless they travel by automobile.

Commercial Tobacco Control



On March 10, the **Riley County Commission** voted to prohibit smoking in all county-owned parks, making Riley County the first Kansas county where smoking in all city and county owned trails and parks is prohibited. The **Flint Hills Wellness Coalition’s** long-time partnership with Riley County Health Department ensured our success with this initiative.

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

\$100,000

Grant Dollars Distributed So Far

71,959

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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