



Live Well Saline County was founded in 2009 by Del Myers and Daniel Craig with the goal of bringing together organizations in the community with a common interest in healthy living. Live Well Saline County and its coalition partners strive to provide Saline County residents opportunities, education, and encouragement for a lifetime of healthy eating and physical activity.

Community Perception

- Almost half of survey respondents identified cost as the key barrier to accessing food. The survey was completed by 520 community members and was offered in Spanish and English.
- More than 80% of survey respondents reported shopping for food one or fewer times per week.
- Ten percent of survey respondents reported walking, biking, or taking public transit (bus) to shop for food and 82% of respondents used their own car for food shopping.

“The Pathways to a Healthy Kansas grant supports the collaboration of local organizations to focus on ways to prevent chronic health issues in Saline County.”

— Barb Goode,
Member,
Live Well Saline County Coalition

Saline County



Healthy Eating



We implemented a community **food survey** to identify what makes it easier or more difficult for community members to access food. This information will help guide the **Safe Routes to Food** initiatives that the coalition is working on in partnership with the **City of Salina**.



Active Living



In partnership with the **City of Salina**, we have analyzed our **trail network** to address gaps in connectivity and identify projects that connect community members to the places they need to go. This will help to create additional opportunities for residents and visitors to safely engage in physical activity.

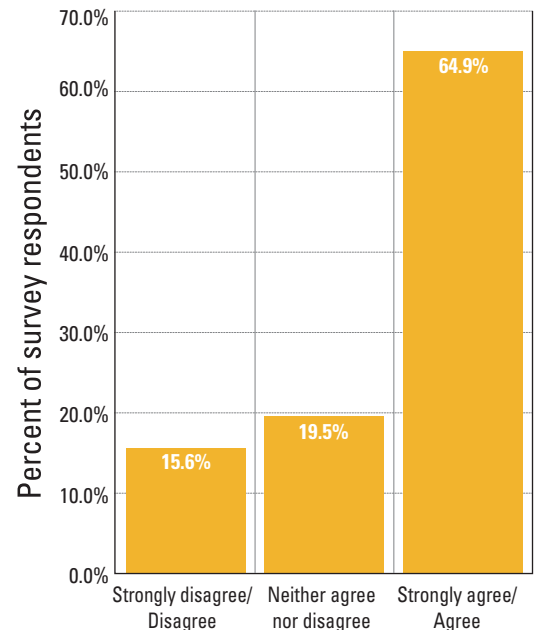
Commercial Tobacco Control



Live Well Saline County partners closely with the **Saline County Tobacco Use Prevention Coalition** to address the vaping epidemic among youth and young adults.

The coalition is looking forward to expanding our efforts with healthcare professionals to improve care for patients who use tobacco.

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

15

Partners Engaged

54,303

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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