

The **Live Healthy Franklin County** coalition purpose 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 popularity sustained through its inaugural year. In 2022, more than 500 riders took over 2,700 trips and the ten e-bikes averaged 275 total trips per bike.
- Customers purchasing Harvest to Home produce bundles indicated they are consuming more servings of fruits and vegetables than before. Notably, they cited benefits such as enjoying a “wider variety” of produce and experiencing “easier meal planning.”
- The findings from the Community Health Needs Assessment led to the prioritization of four key areas for the 2023-2025 Community Health Improvement Plan: Nutrition and Healthy Eating, Preventive Care and Screenings, Mental and Behavioral Health, and Physical Activity.

“The Pathways grants have positively impacted the Ottawa University Campus by supporting initiatives like the bike share program and food pantry, which have significantly contributed to barrier reduction efforts. We are grateful for this partnership.”

— Donald Anderson
Dean of Student Life, Ottawa University

Franklin County



Healthy Eating



Ottawa University’s Gibby’s Food Pantry received a *Pathways* grant to support their work to provide healthier food to the clients they serve. The grant funding will enable the pantry to hire a part-time nutritionist to oversee food labeling, procuring a greater variety of other nutritious foods and providing guidance to clients on how to maintain healthy lifestyles.

Active Living



A *Pathways* grant funded the first year of an e-bike share at **Ottawa University**. It was highly popular, but unsustainable with rising costs.

An alternate bike share arrangement is being worked out to return bikes to campus and then expand to more sites in the community.

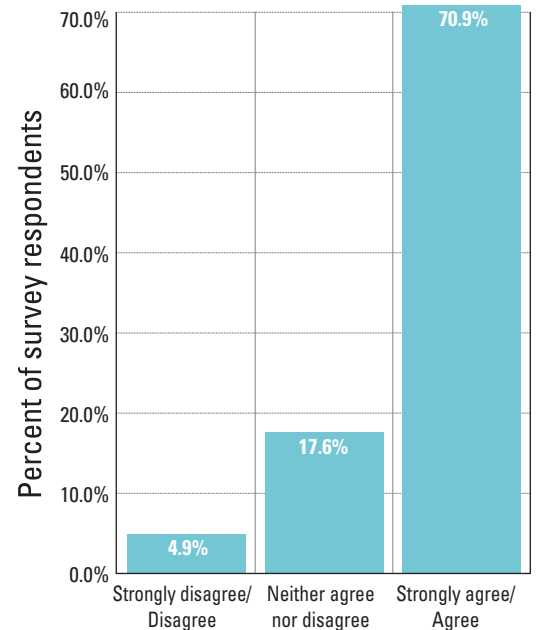


Commercial Tobacco Control



Wherever healthy eating and active living projects are occurring, **Live Healthy Franklin County** also aims to make them tobacco-free. Through policy and signage, Live Healthy Franklin County will continue to ensure tobacco- and vaping-free facilities at bike share hubs and other grant projects.

Initiative Wide: Community conditions (e.g. housing, transportation, education) impact overall health.



Key findings:

Seven-in-10 respondents across the 24 *Pathways* communities agree or strongly agree that community conditions such as housing, transportation and education impact overall health.

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 = 3,708. The survey response rate was 5.3 percent. For this question, 6.6 percent of respondents did not provide an answer (blank response).



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Projects

\$251,760
Pathways Grant
Funding

\$11,345
In-Kind, Matching, and
Related Grant Funding

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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