

The mission of the **NCK Health Collaborative** is to align efforts regionally to improve the health of our rural communities. Together through the *Pathways Initiative*, Jewell and Mitchell County have partnered to improve access to healthy food, physical activity opportunities and educate our youth on the harmful effects of tobacco usage.

Community Perception

- 47% of food pantry clients surveyed reported that they or someone within their household tries to follow a special diet (heart healthy, low-sodium, diabetic etc.).
- When asked if a health professional had ever told them or anyone in their household if they had a health condition, one-third (33%) of pantry respondents reported high blood pressure.
- 85% of pantry respondents said it's important the food they get from the food pantry is healthy and good for their body.



“Thanks to the Pathways grant, the city has the opportunity to better connect our downtown community to Chautauqua Park.”

— Jason Rabe
Beloit City Manager



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Jewell & Mitchell Counties



Healthy Eating



The **Mitchell County Food Pantry** is working to better understand client's health and nutritional needs and grow their capacity to better meet those needs. The pantry is excited to begin work with our local grocer and community members to increase healthier donations to do this.

Active Living



The **City of Beloit** was awarded *Pathways* grant funding to improve pedestrian and bicyclist connectivity along **South Mill Street** between downtown Beloit and **Chautauqua Park**. The community of Beloit can watch for construction on the project to begin in 2023.

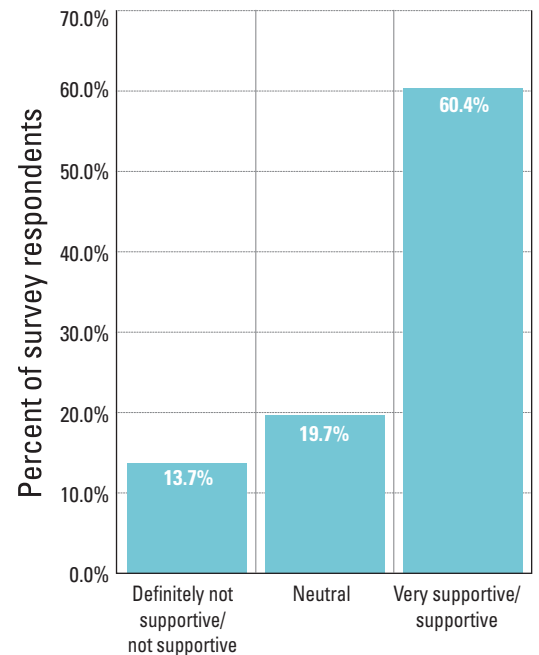


Commercial Tobacco Control



The **City of Beloit** and **City of Jewell** have each received *Pathways* grant funding to improve outdoor public spaces that enhance physical activity opportunities. In addition to promoting outdoor recreation, each of these locations will also be commercial tobacco-free spaces.

Initiative Wide: Level of support for commercial tobacco control policies in outdoor spaces



Key findings:

Three-in-five respondents across the 24 *Pathways* communities support commercial tobacco control policies in outdoor spaces.

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, 6.2 percent of respondents did not provide an answer (blank response).

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Projects

\$278,335

Pathways Grant
Funding

\$446,596

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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