

**Plainville Wellness Coalition** is creating partnerships and connecting our community with resources and programs to improve the health and wellness of all citizens. Our work centers around active living, healthy eating, and access to tools to make an impact in our daily lives. Through *Pathways*, we seek to build a healthy culture for families to live, work and enjoy together.

**Community Perception**

- Country Lane Apartment residents participated in 3 focus groups. All participants noted a need for new sidewalks for exercise and connection to shared spaces like laundry facilities and manager's office.
- All focus group participants agreed they would utilize an outdoor gathering space or picnic area with shade at Country Lane Apartments if it was available.
- Across all focus groups, respondents suggested improvements to shared community spaces such as a television and game tables and said this would encourage more people to gather and socialize.



“Blue Cross and Blue Shield of Kansas and Plainville Wellness Coalition helped us develop our healthy childcare policies and provided a grant towards the playground and fencing for our new daycare.”

— Lisa Gehring  
Superintendent, USD270

# Plainville

**Healthy Eating**



**Plainville Wellness Coalition** is actively working with **Red Bud Village** to add raised beds gardens so residents can grow and better access their own healthy fruits and vegetables. We are also launching the **Double Up Food Bucks** program at **Mr. K's** to help those in need with purchasing fresh produce.



**Active Living**



**Plainville Wellness Coalition** and **Prairie Frontier Trails Association** are excited to start building the **Plainville Lake trails** thanks to funding provided by *Pathways* and the **Sunflower Foundation**. We also have begun work with **USD 270** and **KDOT's Safe Routes to School** to address sidewalks and bike paths in town.

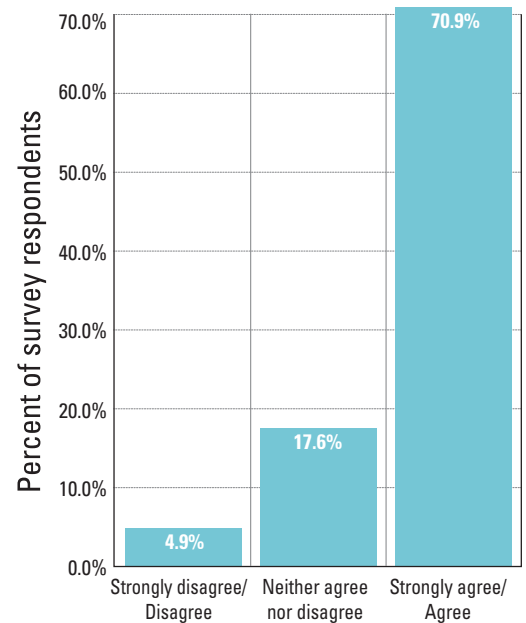


**Commercial Tobacco Control**



New policies were adopted in the community making **The Nest** and the trails at the **Plainville Lake** tobacco free environments. **Plainville Wellness Coalition, Rooks County Health Department** and partners also plan to update our **Community Health Needs Assessment for Rooks County** to evaluate health needs and begin implementing strategies.

**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).



**PLAINVILLE  
WELLNESS  
COALITION**

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**11**  
Projects

**\$185,000**

Pathways Grant  
Funding

**\$541,562**

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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