



Photo by Kenny Felt



Photo by Randy Rasa

“The Pathways grant really went hand-in-hand with the work that we already need to do in working with our community.”

Jody Hoener, Fort Scott

The Healthy Bourbon County Action Team

The Healthy Bourbon County Action Team (HBCAT) has set the stage with policy and environmental changes to help provide our community with access to safe streets, healthcare, recreation, quality education, healthy food, and worksites willing to invest in their employees’ wellness. Through the BCBSKS *Pathways to a Healthy Kansas* grant, we are able to make lasting changes to the places where we spend most of our time: Where we work, where we play, and where we eat.



Community Well-being Progress

Bourbon County food retailers and restaurants wanted to buy and sell healthy, locally produced foods but didn’t know where to turn. The Healthy Bourbon County Action Team (HBCAT) sponsored the Buy & Eat I Meet & Greet to bring local food producers and retailers together. HBCAT then produced the Bourbon County Wholesale Food Directory to further strengthen and broaden those connections.

Pathways Engagement Highlights

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| <p>9 Restaurants Pledged:
<i>Common Ground</i>, El Charro, Ft. Scott Community College, Holmtown Pub, <i>La Hacienda</i>, <i>Nate’s Place</i>, Nu Grille, Papa Don’s, <i>Sharkey’s</i></p> <p>5 Food Retail Stores Pledged:
<i>Butcher Block</i>, <i>G&W Foods</i>, <i>Mildred Grocery Store</i>, <i>Miller Feed and Farm</i>, <i>Union Station Convenience Store</i></p> <p>4 Healthcare Providers Pledged:
Arma Clinic, Ft. Scott Physician Group, Linn County Clinic, SE Kansas Multi-County Health Dept.</p> | <p>8 Worksites Pledged:
Bourbon County, <i>City of Ft. Scott</i>, <i>Ft. Scott Community College</i>, <i>Landmark National Bank</i>, McDonalds, <i>Peerless Products Inc.</i>, <i>USD 234</i>, <i>USD 235</i></p> <p>2 School Districts Pledged:
<i>USD 234</i>: Eugene Ware Elementary, Winfield Scott Elementary, Ft. Scott Middle School, Ft. Scott High School; <i>USD 235</i>: West Bourbon Elementary, Uniontown Jr./Sr. High School</p> |
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Italicized entities have received grant funds.



HBCAT is working with nine restaurants and five food retailers to help improve community access to healthy food options. All of the restaurants and food retailers are promoting locally produced foods, and most are emphasizing healthier environments. Some of the restaurants are also providing calorie content information and/or healthier menu options for kids such as milk, fruits and veggies.



Improving and expanding access to foot and bicycle trails has been a priority. HBCAT worked with the Chamber of Commerce to implement a bike share program. New bike racks were welded by students at Ft. Scott High School, washed by Midcontinental Restoration, powder coated by Peerless, Inc. and are being installed by the city. The ABC Trails Plan is a three-county partnership for trail and bike routes throughout Allen, Bourbon and Crawford Counties.



The Community Perception Survey identified tobacco use as a key health concern. So Healthy Bourbon County is working with the Chamber of Commerce and local businesses to promote a community-wide tobacco cessation campaign for 2019. HBCAT is building the capacity of the community to meet the needs of tobacco users who want to quit through policies, systems building, a referral network and environmental initiatives.

Round 1: 2016-2019

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$55,862	\$24,500
Community Well-being Projects	\$50,000	\$50,000	\$17,500
Food Retail and Restaurants	\$70,000	\$40,000	
Health Care	\$20,000	\$20,000	
Schools	\$60,000	\$60,000	
Worksites	\$100,000	\$31,850	
Totals	\$400,000	\$257,712	\$42,000
		Total Benefits to Community: \$299,712	

Healthy Bourbon County
Jody Hoener
Economic Development Director
 (620) 215-5725
 jhoener@bourboncountyks.org
 Facebook: HealthyBBCo
 Bourbon County Kansas
 210 National Ave, Fort Scott KS 66701



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 BCBSKS.

For more information about Blue Health Initiatives, please contact:
Virginia Barnes
 Director of Blue Health Initiatives
 (785) 291-8004
 Virginia.Barnes@bcbsks.com