

Coalition Continues to Build Pathways to Healthy Kearny County

Thank you Kearny County for taking the community perception survey. Your invaluable feedback guided us throughout the years of the [Pathways to a Healthy Kansas](#) project, an initiative of Blue Cross Blue Shield of Kansas. As we reflect on the work of the Kearny County Wellness Coalition, we are especially proud of the following accomplishments:

- New sidewalks around the elementary school in Deerfield, and around the neighborhoods of Lakin (Figure 1).
- Increased healthy eating options from our grocery store, restaurants, and cooking classes!

Survey findings highlight progress that has been made and opportunities for additional work in our community.

Finding #1: In Kearny County, over half (59%) of the survey respondents said they did not feel they met the required recommendations for physical activity.

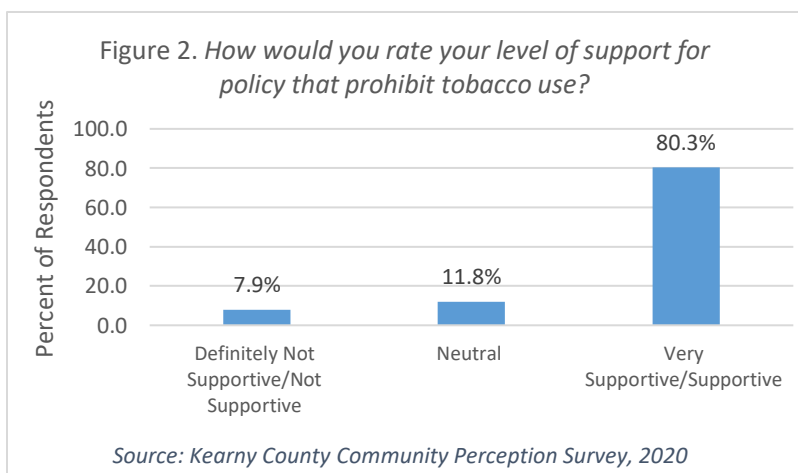
Action being taken: The Kearny County Wellness Coalition used grant funds and a match from the City of Lakin to install a new walking path around Thornbrough Park. Plans for the future include park lighting, pet waste stations, walking clubs and other community events.



Figure 1. A new walking path around Thornbrough Park.

Finding #2: About 53% of survey respondents said they did not feel they were eating the recommended daily intake of fruits and vegetables.

Action being taken: A Community Garden is being implemented in Deerfield and Lakin. Residents will be able to use these plots to grow food for their families, and schools can use these plots to teach children how to grow food. The Farmer's Market is growing, and the Coalition is now offering a subscription box with groceries for a healthy recipe and instructions on how to cook it for monthly pickup!



Finding #3: More than 80% of the respondents expressed support for policies that prohibit tobacco use in businesses and restaurants.

Action being taken: Policies were adopted with local businesses, schools, and restaurants in Kearny County and in 2019 we passed 11 Tobacco Free Property policies. The Kearny County Wellness Coalition is currently working on creating other tobacco free areas in our communities.

For more information contact Jenny White at 620.355.7112 ext. 1362 or jwhite@kearnycountyhospital.com