



**“Partnering with *Pathways*, we will bring positive changes in healthy eating, active living and reduced tobacco use to Seward County.”**

Sarah Foreman, Liberal

### Community Well-being Progress

LACF and *Pathways* partnered with Seward County Community College (SCCC), Seward County, and USD 480 to have a PedNet assessment developed for a comprehensive pedestrian/biking plan for the Liberal community. The Master Biking and Pedestrian Plan includes maps, renderings and cost estimates for the joint community-wide infrastructure improvement and policy suggestions. The goal is to make walking and bicycling easier, safer and more appealing.

### Liberal Area Coalition for Families

The Liberal Area Coalition for Families (LACF) works to serve as a forum for the advancement of community health and services through a networking of government, non-profits, civic services and business organizations to identify gaps in community resources and services and to seek out grant possibilities to establish programs where there is a need. Our vision is to make Liberal the best place to live and raise a family.



### Pathways Engagement Highlights

- 1 Restaurant Pledged:**  
Bisteca Steakhouse
- 0 Food Retail Stores Pledged:**
- 0 Healthcare Providers Pledged:**
- 1 Hospital Pledged:**  
Southwest Medical Center
- 6 Worksites Pledged:**  
City of Liberal Water/Wastewater Dept, City of Liberal Parks & Rec, Liberal Memorial Library, Mosaic, Seward County Community College, Seward County Health Dept.
- 1 School District Pledged:**  
*USD 480 Liberal*

*Italicized entities have received grant funds.*



With *Pathways* funding, LACF assisted USD 480 to implement new nutrition and physical activity modeling wellness policies and projects. Seward County Community College has purchased a healthy food cart for the campus and college events open to the community. Plans are in the early stages for collaborating with several local restaurants to offer healthier menu options for dining in and to-go prepped meals.



*Pathways* funding is helping to improve and extend the SCCC Connections Trail System with enhanced landscaping, benches, lighting and shade for the trail. New signage will mark the progress that has been made and will identify the trails to visitors on campus. To further encourage healthy activity, LACF hosted a 5K run last December and is working with the Liberal Rec Center to enhance the 5K's that they run. As a result of the PedNet plan, Southwest Medical Center is building a trail system around the hospital and *Pathways* funding will assist with landscaping, seating and signs on the trail.



LACF and Seward County Community College have teamed with *Pathways* to enhance SCCC's tobacco-free courtyard with lighting, landscaping, seating and signs. Partnering with Liberal High School, LACF is working to recruit and develop a local RESIST chapter. LACF is beginning the discussion of tobacco-free public places and identifying appropriate public grounds for policy enactment.

## Round 2: 2017-2020

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$67,551	\$9,000
Community Well-being Projects	\$50,000	\$20,000	
Food Retail and Restaurants	\$70,000	\$0	
Health Care	\$20,000	\$0	
Schools	\$60,000	\$60,000	\$63,500
Worksites	\$100,000	\$0	
<b>Totals</b>	<b>\$400,000</b>	<b>\$147,551</b>	<b>\$72,500</b>
		<b>Total Benefits to Community: \$220,051</b>	

### Liberal Area Coalition for Families Sarah M Foreman, LMSW

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*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.