

The mission of the NCK Health Collaborative is to align efforts regionally to improve the health of our rural communities. The Collaborative is committed to providing the leadership needed to bring together regional partnerships, implement sustainable processes, and test adaptive ideas so that rural citizens can live a healthy life.

Community Perception

- About half of survey respondents across the 24 *Pathways* grantee counties said that their community did not have enough options for healthy eating.
- About 67 percent of respondents were supportive of policies to prohibit cigarettes, chewing tobacco and vaping products in outdoor public spaces. Additionally, 89 percent of respondents were supportive of similar policies for indoor public spaces.
- Eight out of 10 respondents across *Pathways* grantee communities thought that community conditions like housing, transportation and education have an impact on health.

“The Pathways grant allows us a unique opportunity to pursue many community-based health projects that may not have otherwise been possible.”

— Shelby Bohnert, Mitchell County Regional Medical Foundation



NCK Health Collaborative
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Mitchell & Jewell Counties



Healthy Eating

We are excited to utilize our food systems assessment to establish goals and priorities to support healthy eating. We hope to address barriers that community members face when accessing nutritious foods. We are especially interested in identifying solutions for our most food insecure children and adults to provide greater access to healthy foods.



Active Living

In Mitchell County the *Pathways* Initiative has allowed us to take existing Bike and Pedestrian plans and begin work to create greater walkability and connectivity of South Mill Street to Chautauqua Park. Look for more information soon as we are conducting community feedback through the summer of 2021.

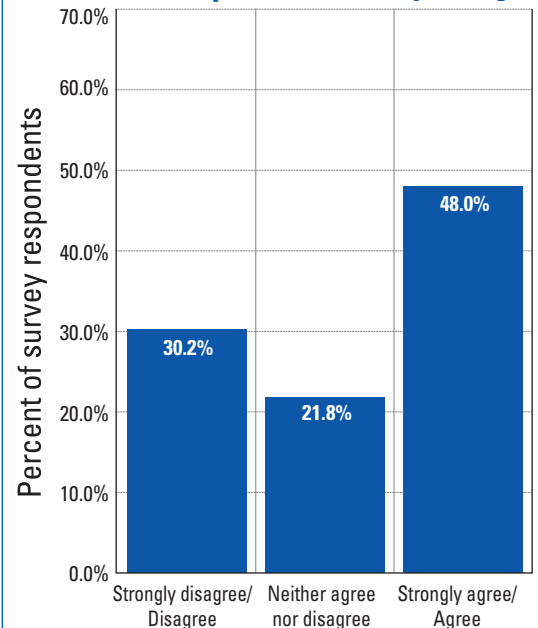


Commercial Tobacco Control

We are excited to be partnering with K-State Research and Extension to work with youth on Resist. Resist is a youth-led initiative to promote healthy habits including prevention of tobacco usage. Youth will have the opportunity to plan various health promotion events and activities this summer.



Initiative Wide: In general, my community has sufficient options for healthy eating.



Key findings:

About half of survey respondents across the 24 *Pathways* grantee counties said that their community has sufficient options for healthy eating.

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=2,857. The survey response rate was 3.4 percent.

7
Number of Projects for Year 1

24
Partners Engaged

8,858
Population Impacted

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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