

**K**earny County Wellness Coalition brings the community together to make healthy living easier for everyone. We value our residents and want to help provide them with ways to get out and be active, nourish their families with fresh foods and educate them about the dangers of tobacco.

### Community Perception

- We conducted key-informant interviews in Kearny County. The majority of interviewees did not feel that the restaurants in Kearny County provide healthy options for eating.

- 14 out of 15 people interviewed said that they would be interested in participating in Simply Produce, a program that offers fresh produce bundles at an affordable price.

- 6 out of 15 people interviewed said that more communication and advertising regarding the *Pathways to a Healthy Kansas* project could help community members learn more about the initiative.

“The Pathways grant allows our residents to learn about ways to keep active, eat the right foods for health and be a meaningful part of a community that cares!”

— Jenny White,  
Pathways Coordinator



KEARNY CO.  
WELLNESS COALITION

**Kearny County  
Wellness Coalition**

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[@KearnyCountyWellness](https://www.facebook.com/@KearnyCountyWellness)

# Kearny County



### Healthy Eating

The Community and School Garden Planning at Lakin High School is generating lots of interest right now! The involvement and partnership with the Board of Education, the students, the Coalition and the community members is really pulling us together toward a common goal.



### Active Living

We have been working on bringing Physical Activity Prescriptions, or specific plans of fitness-related activities, to patients at Family Health Center. Our trusted and professional health care providers will be able to create a culture of prevention and education, through physical activity at local venues in Kearny County.

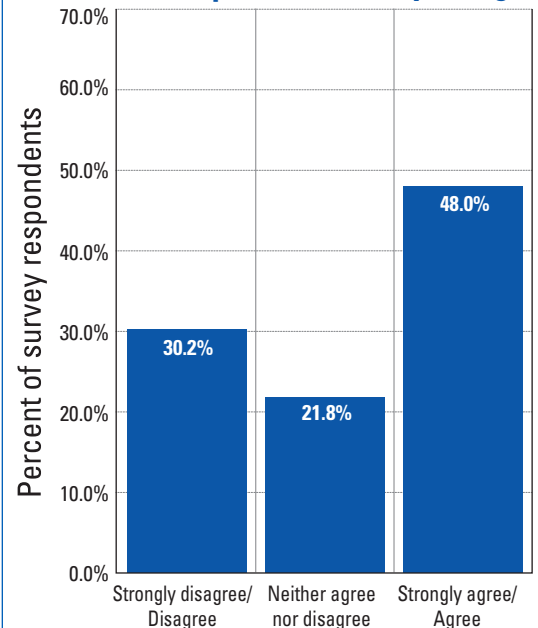


### Commercial Tobacco Control

This year we are excited to be supporting the establishment of Resist Chapters in Lakin and Deerfield. Resist is a youth-led group of area teens that are empowered to educate teens about the dangers of vaping and tobacco products, and support those that are wanting to quit.



**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.

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Number of Projects for Year 1

26

Partners Engaged

3,838

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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