



The mission of Healthier Lyon County is to support and encourage initiatives, policies, and resources to improve the health and well-being of residents of Lyon County. We are working to make the healthy choice the easy choice. We hope to build a culture that encourages health and to work collaboratively to make Emporia & Lyon County STRONG!”

Community Perception

- Two-thirds of survey respondents believe that the community has sufficient opportunities for physical activity.
- Nearly 80% of survey respondents believe that community conditions like housing, transportation, and education impact overall health.
- One-third of survey respondents feel that the community has sufficient options for healthy eating.

“The Pathways framework has helped Lyon County address health inequities using evidence-based practices, and rewarded organizations committed to the work with funding for successful implementation.”

— Teresa Briggs,
Coalition Chair,
Healthier Lyon County



Healthier Lyon County
(620) 340-6070

dmertens@crosswindks.org

emporiastrong.com/

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

Twitter: [@HealthierLyonCo](https://twitter.com/HealthierLyonCo)

Instagram: [@healthierlyoncounty](https://www.instagram.com/healthierlyoncounty)

Lyon County



Healthy Eating



The **ECKAN Food Pantry** implemented the **Supporting Wellness at Pantries (SWAP)**

system to help rank food as green, yellow, or red. ECKAN received a *Pathways* grant to purchase a new refrigeration unit that will increase capacity to store and distribute fresh produce. This allows them to provide healthier food to the clients they serve.



Active Living



Lords Lambs Preschool worked with the **Healthier Lyon County Coalition** to assess and update active play, nutrition, screen time,

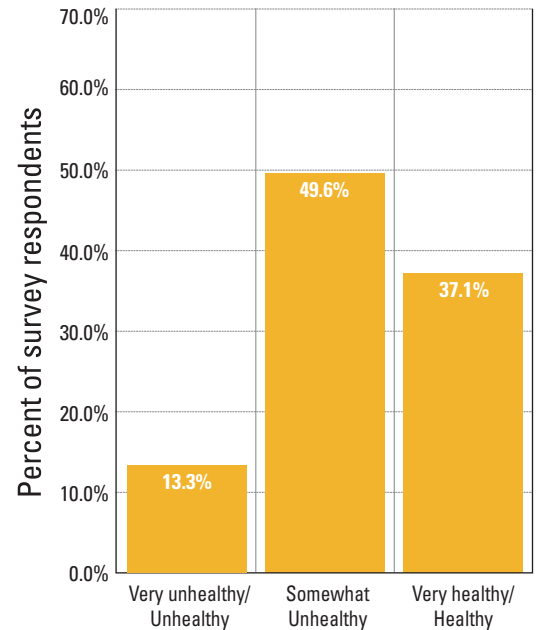
and tobacco free grounds policies. The school was awarded an implementation grant to expand their playground including the addition of a mini bicycle track and an enlarged sandbox. New indoor and outdoor toys will be purchased allowing teachers to help kids incorporate active play during all types of weather.

Commercial Tobacco Control



Through the *Pathways* grant **Healthier Lyon County** established the website www.emporiastrong.com to tell stories of success from our community, as well as connect community members to resources for things like tobacco prevention, food access, housing, healthcare and transportation.

Initiative Wide: In general, how would you rate the overall health of your community?



Key findings:

Nearly two-in-five respondents across the 24 *Pathways* communities said their community was healthy or very healthy.

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 = 4,845. The survey response rate was 6.9 percent.

4

Projects for Action Period 2

\$53,079

Grant Dollars Distributed So Far

32,179

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.

Blue Cross and Blue Shield of Kansas is an independent licensee of the Blue Cross Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. Healthier Lyon County is not affiliated with Blue Cross and Blue Shield of Kansas.