

The mission of Liberal Area Coalition for Families is to serve as a forum for the advancement of community health and services through the networking of government, health, civic, service and business organizations.

### Community Perception

- Focus group participants expressed concerns that with rising food prices, access to healthy food will be more complicated for seniors on a fixed income.
- The complexity of Food RX program enrollment, specifically the multi-step process, was identified as the main barrier for participating in the program among seniors. The focus group participants suggested to streamline the process and engage hospital and Senior Center staff in supporting this work.
- Ensuring that seniors enrolled in the Food RX program have access to wrap-around services was identified by the focus group participants as key to the program success.

*“The Pathways grant has been instrumental in our vision of an operational community commercial kitchen. This space has allowed Baker Arts to grow operationally and provides a valuable service to residents in Seward County.”*

— Kat Ballmann,  
Director,  
Baker Arts Center

# Seward County

## Healthy Eating



Through a grant from the *Pathways to a Healthy Kansas* initiative, the **Baker Arts Center** developed a community kitchen and purchased the small kitchen equipment such as mixing bowls, utensils, pots, pans, mixers, baking tools, and so much more! Additionally, this space will be used by Baker to host specialized cooking classes for the community.



## Active Living



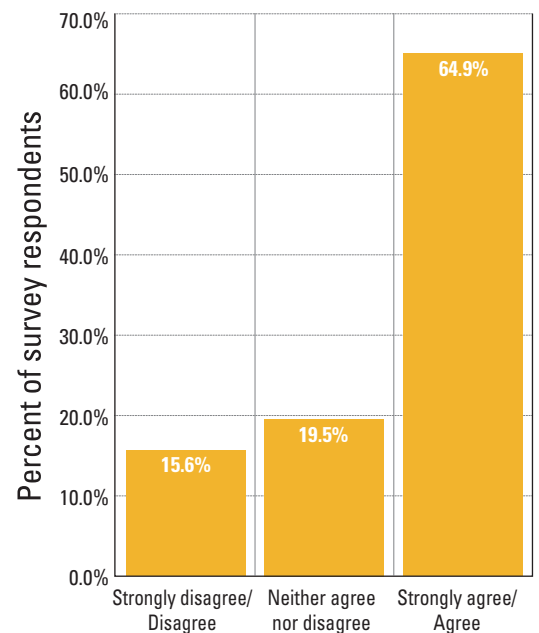
Working with **DREAMZ Childcare Center** has been a dream! The Center leveraged a grant from the *Pathways to a Healthy Kansas* initiative to strengthen its policies around active play and tobacco use. Given the Center expansion (40 new spots), this grant will allow the Center to purchase outdoor play equipment for the additional daycare kids.

## Commercial Tobacco Control



Through the *Pathways* grant, the **Liberal Area Coalition for Families** have granted multiple organizations smoke free grounds mini grants. The organizations that have made smoke free policies include **Rapid Fit Health Club, Southwest Racquetball, Hugoton Recreation Commission, Stevens County Fitness** and **Liberal Senior Center**.

**Initiative Wide: In general, my community has sufficient opportunities for physical activity.**



### Key findings:

About two-thirds of respondents across the 24 *Pathways* communities said their community has sufficient opportunities for physical activity.

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.



**Liberal Area Coalition  
for Families**

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Projects for Action Period 2

\$42,000

Grant Dollars Distributed So Far

21,964

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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