



Hearthland Healthy Neighborhoods is a community health coalition, and we put equity at the forefront of the work we hope to accomplish in our communities. Our mission is to mobilize the community to act on health priorities so that policy, environment and practice influences a culture shift toward health and wellness for everyone in Topeka and Shawnee County.

Community Perception

- Teachers, administrators and program coordinators who participated in interviews shared that any interventions to reduce teen vaping must be student and peer led.
- The majority of interviewees identified that school interventions must focus less on punitive measures and more on education about the risks and on cessation efforts.
- Administrators and teachers who participated in interviews estimated that between 10 to 30% of the student population in their respective schools are vaping.

“*Pathways is that funding opportunity that helps Kansas communities like Topeka make those urgently needed projects happen. The Pathways grant brings practicality back to impacting community health issues.*”

— Andy Fry,
Director of Planning,
Topeka Metro

Shawnee County



Healthy Eating



Thanks to a *Pathways* grant, we provide stipends for seven organizations serving on the **Advisory Council for the Kansas Community Network (KCN)**. These partner organizations are developing metrics and community standards to guide KCN’s work. There are **22 organizations** participating in KCN which serves as a coordinated resource and referral network.



Active Living



It’s been more than 20 years since **Shawnee County** has updated their **Trail Master Plan**. A lot has changed in our community over these two decades, and Shawnee County is excited to update this plan through a *Pathways* grant and move toward creating more active transportation options for the community.

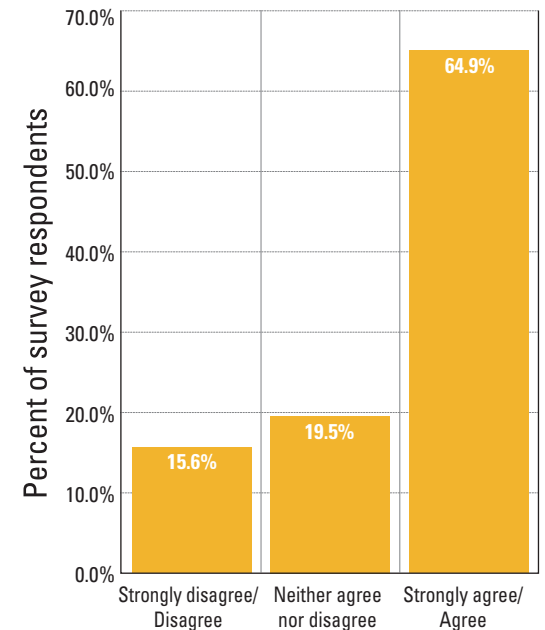
Commercial Tobacco Control



Heartland Healthy Neighborhoods looks forward to working with the **Shawnee County Health Department** to establish **Resist** chapters in

local schools to create opportunities for youth involvement in commercial tobacco prevention and cessation. This will be a joint effort between our *Pathways* work and their **CDRR (Chronic Disease Risk Reduction)** efforts.

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.



Heartland Healthy Neighborhood
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Facebook: [@heartlandhealthyneighborhoods](#)

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Projects for Action Period 2

\$8,400

Grant Dollars Distributed So Far

178,909

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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