



**T**he Stay Strong Live Long Wilson County Coalition has a vision for healthy Wilson County residents throughout their lifespan. We are working to accomplish this through community education, support systems, and incentives while advocating for healthy lifestyle choices and policies across all of Wilson County.

### Community Perception

- Over 89% of Wilson County food pantry clients surveyed described the process of getting food at the food pantry as easy or very easy.
- Over half of people surveyed said it was important that the food they get from the food pantry is healthy and good for their body.
- Over 44% of people surveyed said that transportation made it hard for them to obtain food pantry services.

*“This is so much more than another grant – Pathways is an exploration opportunity that drives meaningful change both personally and community wide.”*

— Erica Johnson,  
Manager of Community Health & Wellness,  
Wilson Medical Center

# Wilson County



### Healthy Eating



We are partnering with **Downtown Grill** to create a “healthy choice” section to their menu. With funds provided by the *Pathways* initiative we were able to pay for a **local dietician** to work with the restaurant owner and together they chose four entrees to highlight under the “healthy choice” section.



### Active Living



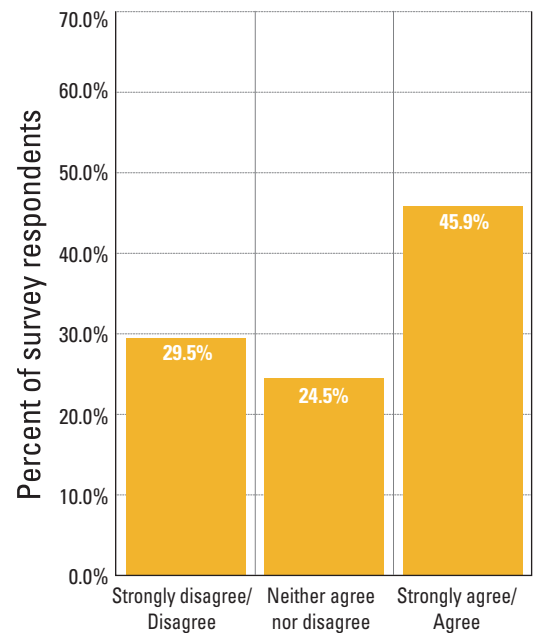
This spring the **Cultivate Fredonia Healthy Living Action Team** will order bicycles for the **Bike Share** program at the **Wilson County Health Department** and the timing couldn't be more perfect. The bicycles will offer free active transportation for those without a vehicle and healthy recreational opportunities for our community.

### Commercial Tobacco Control



Not only will the trail at **Riverwalk Park** be a tobacco-free area, but the entire **Neodesha Land Bank** property will be tobacco-free. So, as you enjoy the trails, ponds, and green space, you can do so knowing that you won't be exposed to secondhand smoke or litter from tobacco products.

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



### Key findings:

More than two-in-five respondents across the 24 *Pathways* communities said 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 = 4,845. The survey response rate was 6.9 percent.



**Stay Strong Live Long  
Wilson County**

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Projects for Action Period 2

\$6,000

Grant Dollars Distributed So Far

8,624

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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