



“The *Pathways* grant has been a game changer for RISE Cowley. It’s helping to fuel our spirit to promote health and wellness.”

Charissa Wall, Winfield

RISE Cowley

We are RISE Cowley, a coalition of like-minded organizations with dedicated efforts toward Cowley County becoming a healthier place to live, work and play. Our communities share the traits of passion, perseverance and pride. RISE Cowley seeks to promote healthy lifestyles by collaborating to raise awareness and encourage involvement for all residents of Cowley County. RISE stands for “Raising awareness, Improving health, Supporting collaboration and Energizing communities.”



Community Well-being Progress

RISE Cowley’s trails working group helped create an interactive map of area trails to help draft a master plan for safe walking and biking trails in Winfield. Members of the Walnut Valley Flyers and representatives of RISE Cowley gathered at the Hoodoo Trailhead for presentation of a *Pathways* grant for a “Trail in a Box” project. And a local trail has been expanded from two miles to 10 miles and now connects two existing trails.

Pathways Engagement Highlights

8 Restaurants Pledged:

College Hill Coffee, Grouse Valley Grill, Solid Rock Café, Sassy Lady Café, Shiok, Shindigs Bar & Grill, *Steamy Joe*, Turner’s 421

5 Healthcare Providers Pledged:

Patrick Bloedel MD, Bluestem Family Health, Family Life Services, Hillside Medical Group, Sunflower Ob-Gyn

2 Hospitals Pledged:

South Central Kansas Medical Center, William Newton Memorial Hospital

7 Worksites Pledged:

800 Main Place, Agora Architecture, Arkansas City Police Department, Graves Drug, USD 465 Winfield, William Newton Hospital, Winfield Recreation Center

5 School Districts Pledged:

USD 462 Burden, USD 463 Udall, USD 465 Winfield, USD 470 Arkansas City, USD 471 Dexter

Italicized entities have received grant funds.



Eight restaurants signed *Pathways* pledges, with particular interest in healthier children's menu items. RISE Cowley is partnering with farmers markets in Arkansas City and Winfield to encourage healthy, local produce shopping with special events and market demonstrations. Cowley College's welding program created lighted plant stands for two Head Start sites. The stands extend the growing season and give students a compact learning lab.



When street lights were added to a walking path at Winfield's Broadway Complex, *Pathways* helped fund a "Glow Walk" to promote the trail for safe, fun exercise. An Active School Transportation plan, to provide safe walking/biking to Arkansas City schools is underway. And Cowley County youth entered a bike rack design contest. The winning entries were a "fantastic fish" for Winfield and a "sunflower bench" for Arkansas City.



Through a tobacco essay contest for students, "Why our parks should be smoke free," RISE Cowley is encouraging local youth to establish Resist chapters. Area health care providers who signed *Pathways* pledges attended RISE Cowley's "Beat the Pack®" (BTP) facilitator training sessions. They are now referring clients to our local 6-week, 4-session BTP support group. With counseling and medication, clients are 83% more likely to quit.

Round 2: 2017-2020

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$100,000	\$0	
Community Well-being Projects	\$50,000	\$13,282	\$5,000
Food Retail and Restaurants	\$70,000	\$12,000	
Health Care	\$20,000	\$0	
Schools	\$60,000	\$0	
Worksites	\$100,000	\$0	
Totals	\$400,000	\$25,282	\$5,000
		Total Benefits to Community: \$30,282	

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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 BCBSKS.