



**“The *Pathways* grant gives us a tool to incentivise all of our local institutions to join in this movement for health.”**

Krysta Harvey, Lakin

### Community Well-being Progress

With *Pathways* funding, KCWC initiated a PedNet walking/biking assessment for Kearny County communities. KCWC worked with PedNet and the city councils of Deerfield and Lakin, and the Kearny County Commission, to draft new walking/biking plans for the communities. KCWC hosted special events to unveil and promote the plans. Future efforts will lead to new and improved sidewalks, trails, crosswalks and bike lanes.

### Kearny County Wellness Coalition

Kearny County Wellness Coalition (KCWC) grew out of a task force created in 2013 to improve health care in rural areas, and brings our community together to make healthy living easier for everyone. We work to eliminate barriers to health and increase resources to help families make healthy choices every day. The *Pathways* grant is helping our communities to eat healthy, live active and be tobacco free.



### Pathways Engagement Highlights

- 4 Restaurants Pledged:** *Flashback's Diner, Ranchito Café, Shorty's Too, Wagon Wheel*
- 1 Food Retail Store Pledged:** *Bob's Affiliated Foods*
- 1 Healthcare Provider Pledged:** *Kearny Family Health Center*
- 1 Hospital Pledged:** *Kearny County Hospital*
- 5 Worksites Pledged:** Family Health Center, High Plains Retirement Village, *Kearny County Bank*, Kearny County EMS, Kearny County Hospital
- 2 School Districts Pledged:** *USD 215: Lakin, USD 216: Deerfield*

*Italicized entities have received grant funds.*



KCWC is working to construct four greenhouses, funded with *Pathways* grants, to make healthy, locally grown produce available longer. The first greenhouse is now at Deerfield Elementary School. Plans are in progress for a greenhouse at High Plains Retirement Village, one at a Lakin school and a second in Deerfield. Area restaurants have also pledged to help provide and promote healthier menu choices for adults and kids.



*Pathways* helped KCWC and the MountainHawk Corporation of Lakin to create a bike share program with five bike rack locations in Lakin, and two in Deerfield. Kearny County Bank invested *Pathways* funds in stand-up desks and exercise equipment for healthier employees. And the Deerfield and Lakin schools made healthy activity additions such as an indoor climbing wall, recess equipment and picnic tables.



KCWC is working with area restaurants to institute the “Breathe Easy” pledge for tobacco-free policies that expand restrictions on the use of tobacco and nicotine products on their premises to include e-cigarettes. Worksites are being encouraged to participate in WorkWell KS workshops that assist with tobacco-use cessation and promote work environments free from tobacco and e-cigarette use.

## Round 1: 2016-2019

Achievement/ Implementation Grants	Pathways Funds Available	Pathways Funds Awarded	Match from Community/Grants
Policy	\$140,000	\$51,650	
Community Well-being Projects	\$50,000	\$32,035	
Food Retail and Restaurants	\$70,000	\$35,076	
Health Care	\$20,000	\$20,000	
Schools	\$60,000	\$60,000	
Worksites	\$60,000	\$10,000	
<b>Totals</b>	<b>\$400,000</b>	<b>\$208,761</b>	<b>\$0</b>
<b>Total Benefits to Community:</b>			<b>\$208,761</b>

### Kearny County Wellness Coalition

Jenny White

Kearny County Hospital

(620) 355.7112, ext. 1362

jwhite@kearnycountyhospital.com

Facebook: @KearnyCountyWellness

500 Thorpe St, Lakin KS 67860

For more information about  
Blue Health Initiatives, please contact:

**Virginia Barnes**

Director of Blue Health Initiatives

(785) 291-8004

Virginia.Barnes@bcbsks.com



PATHWAYS to a  
**HEALTHY  
KANSAS**

*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.