



“Our Pathways partnership gives us tools to make healthy community changes that we’ve wanted, and we’re already seeing positive results.”

Travis Rickford, Atwood

LiveWell Northwest Kansas Cheyenne, Rawlins and Thomas Counties



LiveWell Northwest Kansas (LWNK) coordinates a collaborative of Cheyenne, Rawlins and Thomas Counties. Our mission is to provide a centralized coordinating body to plan, organize and implement local and regional programs, services and initiatives through leadership, strategic partnerships and collaboration to make Northwest Kansas a healthier place to live, work and play. We seek to improve access to healthy food, physical activity and tobacco-free public spaces with solutions that are evidence-based and community informed.

Community Well-being Progress

The LiveWell Northwest Kansas collaborative has been streamlining its communications channels and strengthening the capacity of the community coordinators. A stronger team will be fundamental to healthy progress in all pathways. The coalitions in St. Francis and Atwood participated in Dan G. Hansen Strategic Doing sessions to help identify community policy priorities. Momentum will continue as the collaborative utilizes local funding coordinated through a regional approach.

Pathways Engagement Highlights

2 Restaurants Pledged:
Big Ed’s, Daily Bread

3 Food Retail Stores Pledged:
Hometown Market, Jamboree Foods, Saintry Super Foods

2 Healthcare Providers Pledged:
Thomas County Health Department, Cheyenne County Health Department and Clinic

2 Hospitals Pledged:
Citizens Medical Center, Cheyenne County Hospital

5 Worksites Pledged:
City of Bird City, City of Colby, McCarty Family Farms, Rawlins County Health Center, Thomas County

2 School Districts Pledged:
USD 103 Cheylin, USD 315 Colby

Italicized entities have received grant funds.



A *Pathways* grant is helping USD 103 Cheylin to install four water-bottle filling stations in district schools. The Daily Bread restaurant is working to expand their healthy food and beverage choices, offer more healthy kid's menu options, and strengthen their tobacco-free policies. And LWNK is advancing discussions about establishing community gardens in Colby's Fike Park, and another in Bird City.



LWNK has instituted Walk with a Doc programs in Colby and Atwood. In Bird City, LWNK helped establish a community walking circuit with mileage markers and signs with fitness suggestions. McCarty Dairy is collaborating with their employees to institute WorkWell KS policies for a healthy work environment. And replacement of the sidewalk around the Bird City pool and basketball court is in discussion.



LWNK is in the process of getting an inventory of city and county ordinances and policies for tobacco-free public spaces such as parks, playgrounds, ballfields, swimming pools and fairgrounds in preparation for fruitful discussions with civic leaders. Worksites are beginning to take part in the WorkWell KS trainings which will include sessions about tobacco and e-cigarette cessation programs and tobacco-free work environments.

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	\$3,500	
Food Retail and Restaurants	\$70,000	\$5,359	
Health Care	\$20,000	\$0	
Schools	\$60,000	\$7,467	
Worksites	\$100,000	\$0	
Totals	\$400,000	\$16,326	\$0
		Total Benefits to Community: \$16,326	

LiveWell Northwest Kansas

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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.