

The Plainville Wellness Coalition is a collaboration of community leaders in education, healthcare, biking, fitness, and early childhood education brought together with a common goal of addressing the health and wellness needs of our community. The *Pathways Initiative* is the catalyst providing us the necessary resources to work together effectively and make an impact.

Community Perception

- We surveyed people in Plainville to gather perception of health and, 59% of respondents did not think that Plainville has the right options for healthy eating. Additionally, 79% of people would shop at the farmers market multiple times per month if there was one in Plainville.
- Only 45% of survey respondents said that Plainville has sufficient opportunities for physical activity.
- Unfortunately, only 16% of respondents thought that Plainville has gotten healthier in the past five years.

“The Pathways program has made it possible to engage leaders from our community and focus on key health initiatives for the greater good of our community.”

— Kelli Hansen,
Pathways Coordinator



Plainville Wellness Coalition
Facebook:
[@PlainvilleWellnessCoalition](#)

City of Plainville



Healthy Eating

Working in conjunction with our local food pantry, we want to increase the availability of fresh fruits and vegetables to families in Plainville. We are exploring partnerships with our local grocery store and local producers to try and reduce/eliminate food insecurities in our community.



Active Living

We are excited to work with the Prairie Frontier Trails Association to begin a trails system in Plainville and Rooks County for walking, running, biking and equestrian activities. Preliminary plans for Phase 1 trails will be coming soon! If you want to get involved, please contact the Plainville Wellness Coalition or Prairie Frontier Trails Association on Facebook.

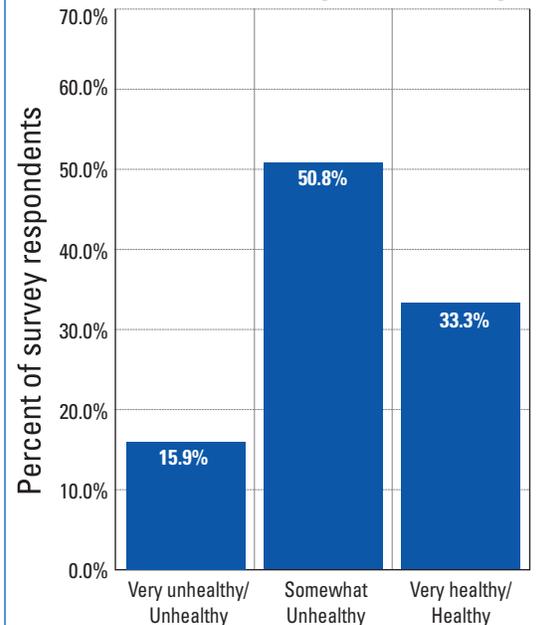


Commercial Tobacco Control

We are exploring options to expand tobacco cessation resources in partnership with Rooks County Health Center. We hope to expand programs and implement strategies to improve care for patients who use commercial tobacco products.



Initiative Wide: In general, how would you rate the overall health of your community?



Key findings:

One third of respondents across the 24 *Pathways* communities said that their community was healthy or very healthy.

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=2,857. The survey response rate was 3.4 percent.

6

Number of Projects for Year 1

7

Partners Engaged

1,987

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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