

Live Well Norton seeks to make our community a healthy place to live, work, learn and play by creating opportunities for healthy choices and building a culture that embraces healthy eating and active living. Through *Pathways*, we're working with our county to make changes so that healthy choices are easy, familiar, and an expected part of our routines and traditions.

Community Perception

- Seven community organizations were interviewed. Respondents said the location was a barrier to utilizing the community gardens because easy access required a car. Alternative garden sites or public transportation were recommended.
- Nearly all of the potential partner organizations interviewed indicated they were willing to regularly support at least one, if not both, community gardens for workdays and educational workshops.
- When asked what a successful community garden looks like, the top four indicators of success mentioned by organizations interviewed were regular educational workshops, inclusive accessibility, community participation and abundant produce.



“With the *Pathways* grant, we are lucky to provide large motor equipment for the playground. This allows us the opportunity to introduce new skills and challenges.”

— Jennifer McKenna
Director, Sunshine Learning Center

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Healthy Eating



Live Well Norton and the **Norton Regional Health Foundation** worked with **New Venture Advisors** to complete the 2022 food assessment

funded by *Pathways*. We are working to increase healthy food production and availability based on the results. We are also working with community organizations interested in building relationships with community gardens.

Active Living



We have begun developing engineering sidewalk plans to connect the highway intersection of **Highway 283 and Highway 36** east to the downtown through *Pathways* and the **KDOT** highway expansion project. We are also developing plans to ensure all of the hospital owned grounds are walkable for patients and employees.

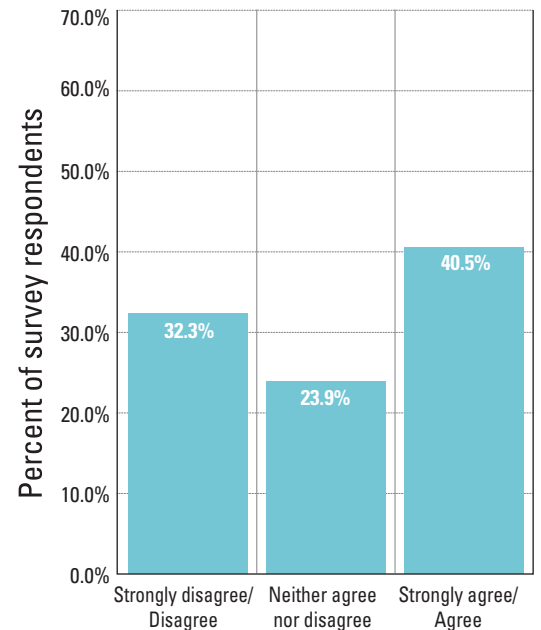


Commercial Tobacco Control



Live Well Norton is excited to support healthier daycare centers. **Sunshine Learning** has recently passed an improved tobacco-free policy protecting children from third hand smoke. The policy also limited screen time and increased active play time. Sunshine will receive a \$10,000 *Pathways* grant to support active play at their facility.

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



Key findings:

Nearly one-in-three respondents across the 24 *Pathways* communities said their community does not have 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 = 3,708. The survey response rate was 5.3 percent. For this question, 3.2 percent of respondents did not provide an answer (blank response).

9

Projects

\$192,500

Pathways Grant
Funding

\$53,500

In-Kind, Matching, and
Related Grant Funding

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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