

Together we RISE

Collaborative approaches help spread the work, engage creativity and yield greater impact. I am thankful that Cowley County has passionate citizens willing to work together for the betterment of our entire community.

One great example is RISE Cowley, our county-wide health coalition. The group evolved from Vision 2020, Cowley County's economic development process started prior to 2010. The group started as a health department committee, transitioned to the Cowley County Healthy Communities Coalition and is now RISE Cowley.

The mission is to promote healthy lifestyles by collaborating to raise awareness and encourage involvement for residents of Cowley County, Kansas. RISE is an acronym for Raising Awareness, Improving Health, Supporting Collaboration and Energizing Communities.

Membership is open to anyone interested in promoting health initiatives. Businesses, health care partners, and community members are motivated to collaborate through subcommittee and coalition activities.

In 2017, RISE Cowley was awarded a Pathways to a Healthy Kansas grant from Blue Cross Blue Shield of Kansas. The coalition received a \$100,000 coordination grant to promote active living, healthy eating and smoking cessation efforts. For the past 2.5 years, we have been engaging with community partners and businesses to change policies, systems and environments. We are pleased to share that RISE Cowley has helped local entities achieve grants in excess of \$200,000.

Here is the good news, we still have grant money earmarked for Cowley County! Please consider this an open community appeal to identify extra partners and/or projects that promote active living, healthy eating and/or smoking cessation efforts. Please contact me by the end of the month with ideas so I can connect you with the appropriate RISE Cowley subcommittee leaders.

RISE Cowley will have its next meeting on Tuesday, January 14 at the Cowley County Courthouse, Extension Assembly Room at 10 a.m. and it is open to the public. More information is highlighted at risecowley.org or Facebook.

As an advocate of families and consumers, I'm excited that "Together We RISE" is a mindset we can achieve. Contact me at 221-5450.

Sources: www.risecowley.org

K-State Research and Extension

January 15, 22, 29 & Feb. 5 - Farm Financial Skills for Kansas Women in Agriculture, 5:30-8:30 p.m., \$40

January 28 - Cooking Under Pressure, Udall High School, 6:30 p.m. (registration fee TBD)

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