

Active Living Opportunities

RISE Cowley - Cowley County's health coalition- has been partnering with community groups to make living healthy an easy, familiar and expected part of routines and traditions. This is happening in our community through active living policies, systems and environments.

RISE Cowley started with a Community Perception Survey in 2017. Responses indicated agreement that our community has an adequate number of parks and playgrounds. However, community members indicated there were not an adequate number of sidewalks, walking/biking paths or places to walk that are well lit and secure.

We used this data to explore opportunities to promote active living opportunities through built environment and projects. RISE Cowley engaged city and community leaders to partner and prioritize opportunities.

Here's highlights of what has happened to date:

Outdoor enthusiasts formed the Walnut Valley Flyers. This group is interested in biking and running on trails. They partnered with RISE Cowley and received funding to purchase a "Trail in a Box"- this is a trailer with equipment and tools to help with trail creation and maintenance. Their first project was the Hoodoo Loop, appropriate for hiking or biking. This trail is located on Southwestern College property but can be accessed via N Viking Boulevard in Winfield (NW of Winfield Middle School).

The City of Arkansas City recently finalized upgrades to Poplar Trail, west of the US 77 bypass. Outdoor exercise stations have been installed (funded by a Be the Spark grant awarded to the Arkansas City Middle School KAY Club).

Similar outdoor exercise stations and lighting have been installed by City of Winfield Parks and Recreation at the Broadway Sports Complex. The equipment was funded by a Kansas Recreation and Parks grant. The City of Winfield enhanced lighting at Cherry Street Park for the playground and walking paths.

Burden PRIDE has received a Pathways to a Healthy Kansas grant to resurface the basketball court at the Burden City Park. Work will commence this spring.

The City of Udall will utilize a SUN Club and a Pathways to a Healthy Kansas grant to create a walking path around the Udall City Park.

One of RISE Cowley's goals is to raise awareness and future projects will increase opportunities for active living. Together, we RISE!

Source: www.risecowley.org

K-State Research and Extension

January 28 - Cooking Under Pressure, Udall High School, 6:30 p.m. (registration fee \$5)

February 21 - Mental Health First Aid, South Central Kansas Medical Center, 8:30 a.m. - 5 p.m.
\$35, call 620.221.5450 to register.

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