



Kansas Hospital
ASSOCIATION

Healthy Kansas Hospitals Mini-Grant Program

Final Report - May 14, 2025



Wilson Medical Center walking trail revitalized through the Healthy Kansas Hospitals Mini-Grant Program, funded by Blue Cross Blue Shield of Kansas Blue Health Initiatives.



Kansas

Healthy Kansas Hospitals Mini-Grant Program

July 1, 2024 - January 31, 2025

Final Report

Background

The Kansas Hospital Association (KHA) is a voluntary, non-profit organization that exists to provide leadership and services to member hospitals. The hospitals of Kansas organized KHA in 1910 to improve hospital care through the exchange of knowledge and ideas. KHA's vision is Optimal Health for Kansans and Kansas Hospitals.

KHA was pleased to receive a \$100,000 grant from Blue Health Initiatives (BHI) of Blue Cross Blue Shield of Kansas (BCBSKS) to support a Walk with a Doc (WWAD) Initiative from Aug. 31, 2020, through Dec. 31, 2023. The WWAD initiative was a success, resulting in twenty WWAD chapters implemented by KHA member hospitals in the BCBSKS service area. An additional KHA member hospital in Kansas City, Kansas, outside of the BCBSKS service area, implemented a chapter at KHA's cost. Across those 21 WWAD chapters, 206 walk events took place, with over 4,100 total participants. On Dec. 31, 2023, when the project concluded, \$53,635 in grant funds remained.

At that time, KHA and BCBSKS entered into a memorandum of agreement (Appendix A) to utilize the remaining WWAD grant funds to create a Mini-Grant Program ("Program") to further support KHA member hospitals through Healthy Kansas Hospitals (HKH). HKH was established by KHA and Healthworks, KHA's foundation (formerly the Kansas Hospital Education and Research Foundation) to help create food and beverage environments in Kansas hospitals that ensure healthy options are the routine, easy choice for everyone through a combination of mobilization, community education and organizational advocacy strategies. With support from Healthworks and KHA staff, as well as the KHA Optimal Health Committee, HKH has evolved to provide education and resources to support KHA member hospitals' community health improvement efforts.

Project Overview

The mini-grant program supported the HKH initiative by providing small grants to KHA member hospitals to continue working on health improvement activities for their staff, patients and/or community. The areas of focus included the pillars of the BCBSKS Pathways program, as well as social determinants of health.

The mini grants were limited to \$2,500 per grantee, and funds were required to be expended in the following areas to support the hospital activities for their staff, patients or community: Active Living, Healthy Eating and Tobacco Prevention.



To receive the mini grant, recipient hospitals were required to provide matching funds (financial or in kind), and the funds were required to be expended by Dec. 31, 2024. KHA staff created an application form for the mini-grant program that was approved by BCBSKS and included in the MOA (Appendix A).

KHA implemented the program on July 1, 2024, on a first come, first-served basis. Within two weeks, twenty-one KHA member hospitals had applied and received \$2,500 grants. One hospital later withdrew from the program, resulting in a total of twenty hospital grantees.

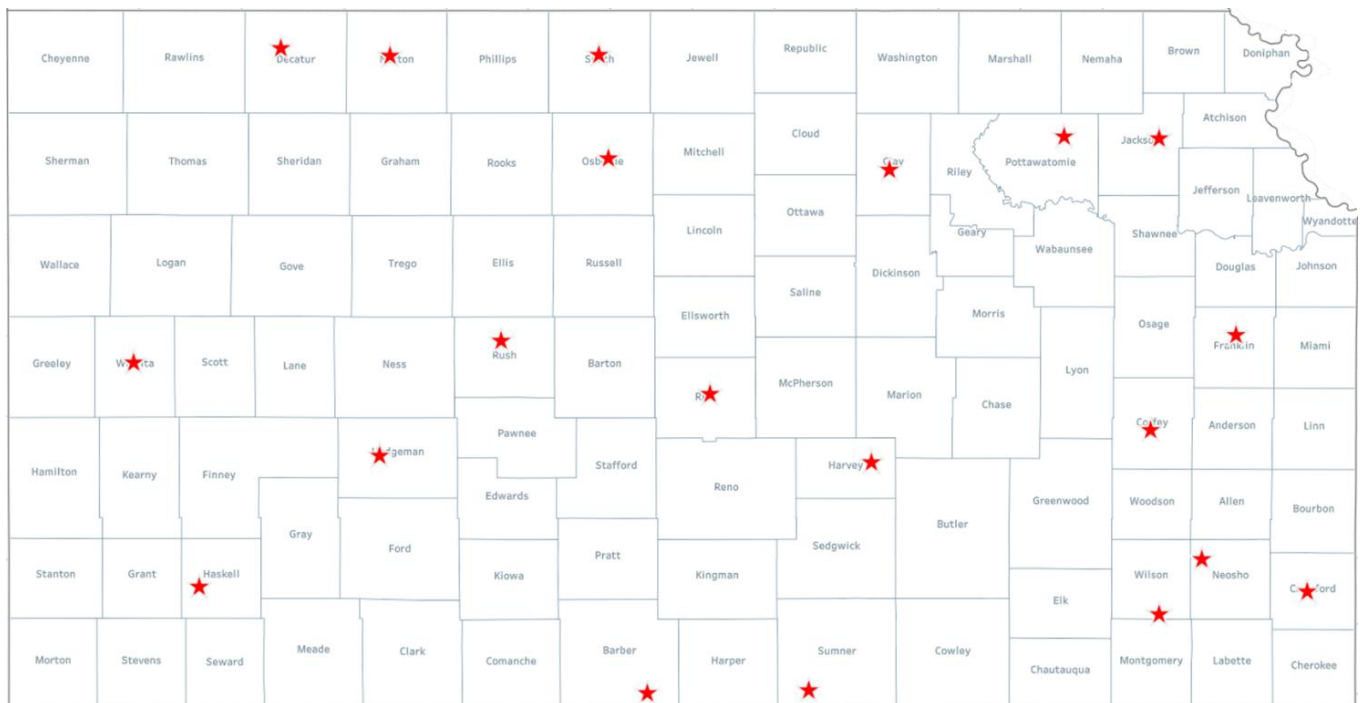
Timeline

The initiative ran from July 1, 2024, to Jan. 31, 2025. Final reports from grantee hospitals were due March 31, 2025.

Reach

The map below shows the KHA member hospital HKH Mini-Grant Recipients. While open to all KHA member hospitals in the BCBSKS service area, the mini-grant awardees were rural hospitals across the state.

Healthy Kansas Hospitals Mini-Grant Awardees



"Satanta District Hospital has seen more elderly community members enjoying the walking trail, thanks in part to the addition of a bench that offers a welcome place to rest and recharge."

Funded Projects

The table below summarizes the Healthy Kansas Hospitals mini-grant funded projects by grantee hospital.

Grantee Hospital	Mini-Grant Project Description
AdventHealth Ottawa	Created a 5,000-square-foot “Healing Garden” to provide a tranquil outdoor space for staff, patients and families. The garden will feature picnic tables, a weed-free surface and landscaping to enhance mental well-being.
Caldwell Regional Medical Center	Provided exercise equipment for staff and the hospital encourages physical activity during work hours.
Clay County Medical Center	Replacement of worn-out dumbbells, racks, and resistance bands, as well as purchase of a new leg press for the hospital wellness center.
Community Healthcare	Created an immersive outdoor garden experience at St. Marys Manor in St. Marys, Kansas. The garden includes walking paths, a vegetable garden and therapeutic gardens to promote active living, healthy eating and improve quality of life for residents.
Coffey Health System	Development of a healthy eating course for Coffey Health System's wellness program. The program will be available in person and will remain available via recording and electronic documents.
Decatur Health	Purchased a commercial-grade refrigerator to offer healthier meal options for staff, including salads, yogurts and healthy snacks.
Girard Medical Center	Purchased an elliptical machine for the Therapy Department, used for both patients and community members enrolled in the Life Extenders program for senior citizens.
Hodgeman County Health Center	Expansion of the garden to provide fresh food to staff, patients and residents year-round.
Holton Community Hospital	Design of walking trails on the hospital property, addressing obesity issues identified in their Community Health Needs Assessment.
Hospital District #1 of Rice County	Installation of water bottle fillers to improve access to hydration for staff and patients, promoting hydration across the facility.
Kiowa District Hospital	Created an outdoor area for staff, visitors and patients to decompress, meditate and relax, including a gazebo, outdoor seating, a concrete pad and a grill.
Neosho Memorial Regional Medical Center	Purchased convection steamers for the hospital cafe to offer healthier eating options to staff and community.
NMC Health	Supported Harvey Health Matters through designing and printing educational displays in English and Spanish to share throughout their community. (see sample in Appendix B)

Grantee Hospital	Mini-Grant Project Description
Norton County Hospital	Patio/garden project in collaboration with the Norton County Healthcare Foundation.
Osborne County Memorial Hospital	Installation of a raised bed garden to supply fresh produce to the community.
Rush County Memorial Hospital	Purchased a treadmill to enhance fitness options for patients and community members.
Smith County Memorial Hospital	Designed a walking trail with educational signs about pollinators, in collaboration with local research and extension, to promote active living and mental health.
Satanta District Hospital	Added benches around the community's grade school trail to make it more accessible for those who are currently unable to complete the long stretch around the trail.
Wichita County Health Center	Renovation of an outdated tennis court into a multifunctional tennis and pickleball court, with help from the hospital Employee Wellness Committee for physical labor.
Wilson Medical Center	Repair and revitalization of hospital walking path, offering a safe and accessible outdoor space for physical activity, benefiting patients, staff and community members alike.

Sustainability

To aid in ensuring sustainability of the grant funded projects, examples of eligible funding requests that would meet program requirements were provided in the program application (Appendix A). A few examples included equipment for cooking classes or preparation of healthy foods, supplies for a garden or green space, and costs related to trails and water filling stations. The application clearly indicated that the following items or expenditures were not eligible, including: Activities or supplies that are covered benefits or services available at no cost through another entity, promotional items, capital campaigns, and political activity or advocacy.



Osborne County Memorial Hospital launched a community garden to provide fresh fruits and vegetables to patients and neighbors. Community members are invited to help care for the garden.

The final report form for grantees requested information about how each grantee would sustain their project moving forward. Hospitals described how they would accomplish sustainability for their project. Examples include the maintenance and upkeep of the garden, greenspace, or greenhouses that were purchased or enhanced with the grant funds. Kitchen and cooking equipment for the provision of healthy foods for patients and staff or cooking classes for patients and community would continue to be used for those purposes. Community Healthcare System described how their facility has ongoing funding to support their gardening effort that will *“not only cultivate the soil, but it will also serve to nurture people and relationships, as well as the soil, who will be engaged for broader support. The additions will be built into the Activity, Social Services, and Restorative Departments.”*

Project Barriers and Successes

The most common barrier described in the grantee hospital final reports included time constraints, due to increased time required by staff engaged in the project, or time required to secure needed aspects of a project, such as language translation services for educational display materials. Another common barrier listed was environmental or weather, as many grantee projects centered around gardens and outdoor spaces for patients, staff and the community.

While many grantees did not list barriers, all listed successes. Examples of successes included:

- Enthusiasm and support from staff, board members and community members;
- Matching funds provided by a City Council;
- City and hospital staff working together;
- Increased utilization of the hospital wellness center;
- Staff excitement about the availability of water filling stations throughout the facility; and
- Collaboration between the hospital and public library on educational displays related to health.



Rush County Memorial Hospital has expanded its wellness center, supporting all 139 members in staying active and healthy. Employees now enjoy free access as part of their hospital's commitment to staff well-being.



Holton Community Hospital shared, "We've never seen the Health Information Department so excited as a team, they are all enjoying their standing desks so much!"

Summary

KHA appreciates the opportunity to partner with BHI on this unique community health initiative that supported Kansas hospitals' efforts to increase exercise, wellness, and health education in their communities. The projects funded are sustainable and represent a variety of initiatives across the BCBS Pathways pillars, predominantly in the Active Living and Healthy Eating pillars.

We are grateful for BHI's flexibility and willingness to consider funding this proposed project utilizing remaining grant funds from the original funded WWAD initiative. Feedback from KHA member hospitals has been positive and we are thrilled to see the innovative projects their teams completed to support community health improvement across the state.

MEMORANDUM OF AGREEMENT**HEALTHY KANSAS HOSPITALS MINI-GRANT PROGRAM****THE KANSAS HOSPITAL****ASSOCIATION**

(215 S.E. Eighth Avenue, Topeka, KS 66603)

AND

BLUE CROSS AND BLUE SHIELD OF KANSAS, INC.

A Kansas mutual insurance company
(1133 SW Topeka Blvd., Topeka, KS 66629)

WHEREAS, Blue Cross and Blue Shield of Kansas, Inc. ("BCBSKS") has allocated funding for Blue Health Initiatives to invest in communities to create sustainable, healthy places where Kansans, live, work and play in ways that improve the quality of their lives; and

WHEREAS, the Kansas Hospital Association (KHA) believes that hospitals have the opportunity to establish strong community norms and influence the health decisions of the public; and

WHEREAS, BCBSKS and KHA entered into an Agreement in August 2021 in which BCBSKS agreed to provide grant funding to KHA in the amount of \$100,000 to support up to thirty (30) hospitals within the BCBSKS service area that were willing to implement the Walk With a Doc (WWAD) program. The Agreement was amended in November 2022 and extended through March 31, 2024.

WHEREAS, as of December 31, 2023, \$46,365 in grant funds had been expended by KHA on the WWAD initiative with \$53,635 remaining. Using the remaining \$53,635, KHA desires to create a Mini-Grant Program ("Program") to further support KHA member hospitals through Healthy Kansas Hospitals ("HKH"). HKH was established by KHA to help create food and beverage environments in Kansas hospitals that ensure healthy options are the routine, easy choice for everyone through a combination of mobilization, community education and organizational advocacy strategies.

NOW, THEREFORE, the Parties do mutually agree as follows:

SECTION 1. SCOPE OF SERVICES KHA will create an application for the Program and set a time-period during which applications will be received (Addendum A). Individual grants awarded per applicant will not exceed \$2500 and must be matched with funds or in-kind support by the grant recipient. Eligible grant applicants are limited to KHA member hospitals in the BCBSKS service area. The Program will be administered in accordance with the guidelines set forth in the May 22, 2024, KHA Blue Health Initiatives Grant Proposal ("Proposal"). Grant funds must be awarded KHA and expended by the receiving hospital by January 31, 2025.

SECTION 2. FUNDING KHA shall use the remaining \$53,635 provided by BCBSKS in the 2020 Blue Health Initiatives Grant in order to pay for the Program. No additional funding will be provided by BCBSKS for the Program.

SECTION 3. AGREEMENT PERIOD: The Term of this MOA will run from July 1, 2024, through January 31, 2025. A final report will be due to BCBSKS on March 31, 2025.

SECTION 4. COORDINATION REQUIREMENTS KHA and BCBSKS shall undertake the following activities to ensure coordination between the two organizations.

A. KHA and the BCBSKS shall hold regularly scheduled meetings as agreed to by the

Parties to discuss progress and activities. Meetings will be held in-person, online web calls, or by conference call. This will enable BCBSKS to stay abreast of Program progress.

B. BCBSKS, KHA, and local hospital/healthcare organization will co-brand all BCBSKS sponsored materials which may be created and distributed under this MOA. All co-branded materials must be approved by BCBSKS prior to distribution.

C. KHA will provide BCBSKS with a final report which includes the following information for each member hospital involved in the Program:

- Individual responsible for the grant administration and implementation, including name, role, and contact information.
- Dollar amount of grant received and receipt(s) showing expenditure of funds.
- A brief description of how the funds were expended, including the following:
 - how the equipment, project or supplies support active living, healthy foods, or tobacco free initiatives; and how many individuals the expenditure is anticipated to benefit.
 - Brief description of barriers and successes.
 - Brief description of how the work / project will be sustained.
 - Any quotes / successes that may be shared and highlighted publicly.

SECTION 5. AMENDMENTS To provide necessary flexibility for the most effective execution of this project, KHA and BCBSKS agree this MOA may be amended through the mutual agreement of both Parties.

Kansas Hospital Association

DocuSigned by:

Chad Austin

Chad Austin, President & CEO

7/1/2024

Date

Blue Cross and Blue Shield of Kansas, Inc.

DocuSigned by:

Sumee N. Mickle

Sumee N. Mickle, Vice President
Government & Community Affairs

7/2/2024

Date

Addendum A: Healthy Kansas Hospital Mini-Grant Application



BlueCross BlueShield
Kansas

HEALTHY KANSAS HOSPITALS MINI-GRANT PROGRAM Application

Grant Period: August 1, 2024 – January 31, 2025

Hospital Name:

Individual's information responsible for the grant administration and implementation:

First Name: _____ **Last Name:**

Title:

E-mail: _____ **Phone Number:**

Overview: Individual grants awarded per applicant hospitals up to \$2500. Funds are required to be matched with funds or in-kind support by the grant recipient. Eligible grant applicants are limited to KHA member hospitals in the BCBSKS service area.

Instructions: Please provide the information below. Allowable uses of funding and FAQs may be found at the end of the application. For questions about purchase eligibility, please contact Summer Fangman, KHA, at sfangman@kha-net.org. A final report will be due to KHA on March 31, 2025.

Requested dollar amount (up to \$2500): _____

How will the grant funds be matched:

- One-to-one matching funds
- In-kind support
- Combination of matching funds and in-kind support

Please provide a brief description of how the funds will be used and how this expenditure is expected to support active living, healthy foods, tobacco free initiatives; and how many individuals the expenditure is anticipated to benefit.

Please provide a brief description of how the work / project will be sustained:

Hospital CEO has reviewed and approved this application (CEO's initials):

Healthy Kansas Hospitals Mini-Grant Program Overview and FAQs

The Healthy Kansas Hospitals (HKH) mini-grant program is supported by Blue Cross Blue Shield of Kansas (BCBSKS) to further support KHA member hospitals' work to improve health.

Grant funds must be expended in the following areas to support hospital activities for staff, patients, or community:

- Active Living
- Healthy Eating
- Tobacco Prevention

Examples of eligible funding requests are listed below. This list is not all-inclusive; other requests will be reviewed:

- Equipment related to the provision of healthy foods (e.g., storage or appliances for fresh foods)
- Cooking class equipment
- Projects related to the provision of healthy foods (e.g., nutrition as recovery projects, food reclamation, food prescription pad, etc.)
- Supplies for a hospital garden, green space, or greenhouse
- Fund a data walk and/or community convening related to community health improvement
- Fund a Mental Health First Aid class(es)
- Cover costs related to design of a trail or walkway
- Trail or walking path improvements (railing, bench, etc.)
- Walk with a Doc first year chapter sponsorship for new chapters
- Exercise equipment
- Water filling station(s)
- Refresh or create new tobacco free signage for the hospital / health system campus
- Fund supplies for tobacco free efforts
- Staff training to become tobacco cessation education providers

Items or expenditures NOT eligible for grant funds include:

- Activities or supplies that are covered benefits or services available at no cost through another entity
- Promotional items
- Capital campaigns
- Political activity or advocacy

Co-branding of Grant Funded Materials or Projects

Funded KHA member hospitals will co-brand all grant-funded materials or projects with the BCBSKS, KHA, and local hospital/healthcare organizations logos. All co-branded materials must be approved by KHA and BCBSKS prior to distribution. Please submit materials to Summer Fangman, KHA, at sfangman@kha-net.org for review and approval.

Final Report

Funded KHA member hospitals are required to provide KHA with a final report by March 31, 2025 that includes the following information:

- Individual responsible for the grant administration and implementation, including name, role, and contact information

- Dollar amount of grant received and receipt(s) showing expenditure of funds
- A brief description of how the funds were expended, including the following:
 - how the equipment, project or supplies support active living, healthy foods, or tobacco free initiatives; and how many individuals the expenditure is anticipated to benefit
 - Brief description of barriers and successes
- Brief description of how the work / project will be sustained
- Any quotes or successes that may be shared and highlighted publicly by KHA and BCBSKS



SWEET TIPS FOR **DIABETES MANAGEMENT**

Embrace the sweet side of life while staying in control—because managing your health doesn't have to mean giving up the things you love.



SWEETEN YOUR PLATE WITH COLOR

Fill half your plate with colorful, non-starchy vegetables to keep blood sugar levels in check.



SWAP THE SUGAR, NOT THE FLAVOR

Use natural sweeteners like stevia or cinnamon to satisfy your sweet tooth without the sugar spike.



A SWEET START TO YOUR DAY

Begin your morning with a high-fiber and balanced breakfast, such as oatmeal, sugar-free Greek yogurt, and berries.



SAVOR THE SWEETNESS OF MOVEMENT

Take a brisk walk after meals to help regulate blood sugar levels and boost your mood.



SWEET DREAMS, SWEET CONTROL

Prioritize 7-8 hours of sleep each night to help manage your blood sugar levels effectively.



STAY SWEET WITH REGULAR CHECK-UPS

Visit your healthcare provider on a regular basis and take your diabetes medications as prescribed.

A project of Harvey Health Matters Grant funded by:



Network of the National Library of Medicine®
Funded by Region 3

This work was supported by the National Library of Medicine, National Institutes of Health, under Cooperative Agreement number UG4LM012345. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



LEARN MORE AT MEDLINEPLUS.GOV



LEARN TO BE

HEART SMART

By taking proactive steps, you can reduce your risk of heart disease and enjoy a longer, healthier life.

HEART DISEASE RISK FACTORS

- High Blood Pressure
- High Cholesterol
- Smoking
- Obesity
- Diabetes
- Family History



EAT A HEART HEALTHY DIET

Focus on fruits, vegetables, whole grains, and lean proteins.



STAY ACTIVE

Aim for at least 30 minutes of moderate exercise most days of the week.



MAINTAIN A HEALTHY WEIGHT

Talk to your doctor about a plan that works for you.



MONITOR YOUR NUMBERS

Check your numbers, and ask about a coronary calcium screening test.



QUIT SMOKING

Seek support to kick the habit. Call 1-800-QUIT-NOW or visit KSquit.org.



MANAGE STRESS

Find a hobby or practice relaxation techniques, such as meditation or yoga.

A project of Harvey Health Matters Grant funded by



Network of the National Library of Medicine®
Funded by Region 3

This work was supported by the National Library of Medicine, National Institutes of Health, under Cooperative Agreement number UG4LM012345. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



LEARN MORE AT MEDLINEPLUS.GOV



FUEL YOUR BODY, **FEEL YOUR BEST**

Good nutrition doesn't have to be confusing. What you eat plays a huge role in your energy, mood, and overall health. Here's how you can make easy, healthy choices every day!



EAT A RAINBOW

Eat a variety of foods, including vegetables, fruits, and whole-grain products.



CHOOSE LEAN

Eat lean meats, poultry, fish, beans, and low-fat dairy products.



GET ENOUGH FIBER

Fiber from whole grains, produce, and nuts and seeds makes you feel full faster and helps digestion.



DEJUNK YOUR DIET

Limit the amount of salt, added sugars, alcohol, and saturated fats you eat. Choose water to drink.



MAKE SURE YOU GET ENOUGH NUTRIENTS

Include a mix of proteins, healthy fats, vitamins, and minerals in your meals to help your body stay strong.

A project of Harvey Health Matters Grant funded by



Network of the National Library of Medicine®
Funded by Region 3

This work was supported by the National Library of Medicine, National Institutes of Health, under Cooperative Agreement number UG4LM012345. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



NEWTON PUBLIC
LIBRARY



LEARN MORE AT MEDLINEPLUS.GOV



HEALTHY MOM, HEALTHY BABY

If you're pregnant, quitting substances such as cigarettes, tobacco, and alcohol is one of the best things you can do for your baby's health—and your own.



MAKE A PLAN

Know what you're going to do when the urge strikes. In the car? Make sure a bag of pretzels is there for you to eat instead.



CHANGE YOUR LIFESTYLE

Exercise can help reduce both your urges and your stress. Take a walk or ride your bike.



SET GOALS

Reward yourself when you meet your short-term quitting goals. You'll feel more motivated to keep going!



GET SUPPORT; YOU'RE NOT ALONE!

Quitting substances is hard, but community resources are available. Call 1-800-QUIT-NOW or visit KSquit.org for support.



ASK YOUR DOCTOR

Medicines to help you quit smoking may be an option. Talk to your doctor about gum, lozenges, patches, and more.

A project of Harvey Health Matters Grant funded by:



Network of the National Library of Medicine®
Funded by Region 3

This work was supported by the National Library of Medicine, National Institutes of Health, under Cooperative Agreement number UG4LM012345. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



NEWTON PUBLIC
LIBRARY

Newton Substance
Abuse Board



Kansas



LEARN MORE AT MEDLINEPLUS.GOV