



# *Appalachian Diabetes Control and Prevention Project* Pike County, Kentucky

## COALITION HIGHLIGHTS

- The Pike County Diabetes Coalition is a member of the five-county collaborative, the Big Sandy Diabetes Coalition (BSDC). The BSDC, based at Big Sandy Health Care in Prestonsburg, aims to improve detection, prevention, and treatment of diabetes through screening and connection with local resources. It serves the five southeastern Kentucky counties of Floyd, Johnson, Magoffin, Martin, and Pike.
- Members of the Pike County Diabetes Coalition have hosted and/or participated in numerous activities this past year including health fairs throughout the county, 5K runs and walks, fit camps for various age groups, Gentle Yoga Chair Exercises for seniors, and Wellness Wednesdays at the local YMCA. Services provided by members include ongoing DSMES classes through Pikeville Medical Center.



## ABOUT THIS COALITION

**2003-** \$10,000 Marshall University (Strengthening grant)  
**2016** - \$3,000 Marshall University (Strengthening grant)

## COALITION MEMBERS

Big Sandy Health Care  
Pike County Health Department  
Pikeville Medical Center

## SUCCESS STORY

### Community Diabetes Screenings:

Community Diabetes Screenings are offered as an opportunity for individuals to evaluate their risk for diabetes. During one particular screening, a individual that was screened had a very high A1C. As a result of the educational information he received about the benefits of proper nutrition and physical activity, he began making lifestyle changes and walked in his first 5K less than two weeks after the initial screening.

