



# *Appalachian Diabetes Control and Prevention Project*

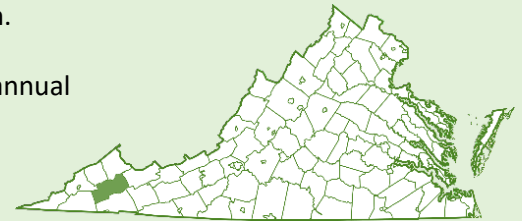
## Russell County, Virginia

### ABOUT THE COALITION

**Family Healthy Exposition** – The Family Health Exposition is an annual event of the Russell County Health Coalition, held on the first Thursday of November at the Russell County Conference Center. At each of the two previous events, over 300 people, including kids, teens, parents, and seniors, attended the Expo and received information about local resources provided by over 20 community agencies, organizations, and providers. Health screenings and flu shots were offered by some of the providers. Expo attendees also participated in fitness activities and received a healthy boxed meal.

**Kids Wellness Camp** - The Wellness Camp for Kids is a one-day seminar for kids and parents hosted at the Lebanon Town Park by the Russell County Health Coalition in partnership with the Diabetes Support Groups, Russell County Hospital- Ballad Health, Anthem Health, and Tiger X Pharmacy. While the focus of the program will be for kids PreK through 12<sup>th</sup> grade who have, or are at risk for developing Type 2 diabetes, the event is free and open to all! The one-day camp boasts a day full of physical activity, games, educational sessions, entertainment, and a healthy lunch.

**Farm to Table Fundraiser Dinner** - The Russell County Health Coalition hosts an annual Farm to Table Dinner fundraiser for 150 guests, right on Main Street in beautiful Downtown Lebanon, Virginia! This Farm to Table Dinner serves not only as a fundraiser for various health projects of our Coalition, but also, as a community showcase of local resources and talent! Locally sourced from ingredients grown or produced in Southwest Virginia, this five-course gourmet meal highlights the farmers, growers, producers, artisans, and chefs in our own “backyard.”



■ Russell County, VA

### ABOUT THE PROJECT

**2003** - \$10,000 Marshall University (Strengthening Grant)

**2016** - \$2,000 Marshall University (Implementation Grant)

**2017** - \$5,000 Marshall University (Strengthening Grant)

### COALITION MEMBERS

Anthem Health  
Ballad Health  
CGI  
Cumberland Mountain Community Service Board (Early Intervention)  
First Bank and Trust Inc.  
Lebanon News  
Magellan Health  
People Inc.  
Representatives from the following organizations:  
Russell Co. Public Schools  
Russell County Health Coalition  
Russell County Prevention Coalition  
Russell County Rotary  
Stuart & Associates Realtors  
United Health Care,  
Va. Dept. of Health (Cumberland Plateau Health Department)  
Virginia Cooperative Extension Food and Nutrition Program  
Virginia Cooperative Extension

### SUCCESS STORY

**Healthy Bucks Program at Farmers Market** – The coalition supports the Healthy Bucks program. The program provides vouchers to youth for fresh fruits and vegetables at the farmers markets. Youth receive \$5 vouchers. Youth enjoy tomatoes, learning to string beans, and have an opportunity to buy some fruits and veggies. As of Sept 6, 2019, 552 kids have received \$1,133 by participating in the Healthy Bucks programs. Quote from a child at market after purchasing fresh blackberries with his Healthy Bucks, "I'm never eating candy again."

