

Appalachian Diabetes Control and Prevention Project

Wyoming County, West Virginia

COALITION HIGHLIGHTS

Check Change, Control Program – Coalition members are implementing the American Heart Association's Check. Change. Control program. As result of implementing the program we have helped identify several individuals who were not aware that they had high blood pressure. We recommended that they see their providers. One individual had to have a heart catherization and 2 stents put in his heart. He said that the program save his life. Another individual informed their provider about the screening and is currently taking medication to get her pressure under control. Taking blood pressures has worked to increase awareness in our county.

School Programs – Coalition members talked with middle school students about healthy eating. The coalition has also implemented a walking program at Mullens middle school. The walking program encouraged students to increase physical activity by walking. The program had 157 student participants. Combined, with the staff they walked over 68,324,045 million steps during the school calendar year!

Addressing Food Insecurities – Working with local food banks

Line Dancing - Line Dancing Instructor (Patty Scott) teaches line dancing twice a week. Locations include: Mullens Opportunity Center (MOC), Southern Highlands and McDowell County Senior Citizen Community Center.

Weight Loss Class - The coalition has been able to provide a free weight loss class each week called "Shed Unwanted Pounds" for the last 4 years. Many participants have been successful in losing weight and maintain weight loss.



Wyoming County,
West Virginia

ABOUT THE PROJECT

2005 - \$10,000 Marshall University Strengthening Grant
2014 - \$5,000 Marshall University Strengthening Grant
2015 - \$2,000 Marshall University Strengthening Grant
2016 - \$13,200 Marshall University –Rezulin Funding
2017 - \$13,498 Marshall University –Rezulin Funding
2017 - Berea College – Grow Appalachia Grant

SUCCESS STORY

Community Garden Program: As a result of receiving funding from Berea College, the Wyoming County Diabetes Coalition now has 25 local gardeners who are planting, cultivating, and harvesting vegetables. The coalition hosts nutrition and healthy eating classes to educate the gardeners about how to can and preserve vegetables. One of our most successful classes was on canning kraut. Participants canned approximately 72 quarts of kraut. We are partnering with the local food bank and schools to distribute the canned vegetables.



Photography of Many Colors , Ruby Ingram

COALITION MEMBERS

Wyoming County Health Department
Wyoming County Board of Education
WV Dept of Human Resources
Mullens Ministerial Association
Mullens Middle School
WV Extension
Southern Highlands