



# Appalachian Diabetes Control and Prevention Project

## Johnson County, Tennessee

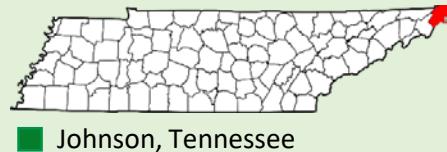
### COALITION HIGHLIGHTS

**GoJoCo Wellness Committee:** - The Johnson County Diabetes Coalition has merged with the GoJoCo Wellness Committee, a part of the Healthier TN Communities Initiative (HTC) which began in Johnson County in 2016. Through a year-long effort to meet specified HTC criteria, the committee helped Johnson County to obtain designation in 2018 as a Healthier TN Community through the Governor's Foundation for Health and Wellness. The committee focuses on moving more, eating smarter and cutting out tobacco.

**Water Aerobics** - This class is taught by UT/TSU Extension in partnership with the town of Mountain City. It has become so popular that the class has doubled in size. They have since added an evening session and the class is offered 3 days during the week while the pool is open (during the summer months).

**Senior Center** – Coalition members have provided support to local senior centers to increase the number of games and activities, including the purchase of a new ping pong table. According to representatives at the center, ping pong has engaged more people and has provided an additional resource to encourage seniors to be more active.

**Walking Trails** – The Coalition helped Mountain City obtain official recognition for a walking trail and collaborated with ETSU College of Medicine to create and print brochures with a map of all identified walking paths and hiking trails in Johnson County.



Johnson, Tennessee

**DSME Classes** – The coalition has had success with implementing diabetes in partnership with First Christian Church who hosted the series. The church promoted the class within the church and community.

### ABOUT THE PROJECT

**2017** - \$7,500 - Healthier TN communities  
**2017** - \$5,000 Marshall University Strengthening Grant  
**2009** - \$1,500 Marshall University Strengthening Grant  
**2001** - \$10,000 Marshall University Strengthening Grant

### COALITION MEMBERS

Johnson County Health Department  
UT Extension  
First Christian Church, Ministerial Alliance  
Johnson County Schools, Health Services  
Mountain City Extended Hours Health Center  
East Tennessee State University College of Nursing  
Johnson County Community Hospital  
Johnson County Senior Citizens Center

### SUCCESS STORY

**GoJoCo Kids Club** – This program is a partnership between the Johnson County Farmers Market and the GoJoCo Wellness Committee (formerly the Johnson County diabetes coalition). Each week kids can visit the GoJoCo Kids tent and engage in hands on food and physical activity games. This program has increased the number of families that visit the Farmers Market to learn about healthy eating and growing their own foods. There are on average 8 – 12 participants each week.

