



Appalachian Diabetes Control and Prevention Project

Bibb County, Alabama

COALITION HIGHLIGHTS

- The Bibb County Diabetes Coalition was formed in 2005.
- The Health Ambassadors grant instituted glucose screenings and “Eat Healthy, Be Active” promotions.
- Elementary schools are engaged in nutrition education including Body Quest, Color Me Healthy, and the Health Ambassador programs.
- The parents of schoolchildren have participated in the following events: Shopping Matters tours spotlighting healthy food choices, fitness events, and health fairs displaying the importance of drinking water rather than sugary drinks and choosing fruit over candy.
- Improved physical activity in the community with the addition of lights at the walking tracks, the installation of work-out equipment at walking tracks, and addition of handicapped swings at schools.
- Additional programs included the 8-week Diabetes Empowerment Education Program, school gardens promoting the benefits of fresh fruits and veggies in conjunction with the 4-H, and Gentle Yoga classes.



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ABOUT THE PROJECT

- 2005** - \$10,000 Marshall University (MU) (startup grant)
- 2009** - \$1,500 MU (strengthening grant)
- 2012** - \$500 Appalachian Regional Commission (ARC) grant for Shopping Matters
- 2013** - \$300 ARC grant for Shopping Matters classes
- 2015** - \$82,000 State Farm grant for Health Ambassadors
- 2015** - \$5,000 MU (strengthening grant)
- 2017** - \$1,000 Walmart grant for Shopping Matters (Share Our Strength)

COALITION MEMBERS

- Bibb County Schools
- Bibb County Park Board
- University of Alabama School of Nursing
- Alabama Co-op Extension
- HOSA students/ B C School Nurses
- Alabama Dept. of Public Health
- Bibb County Public Health
- Local grocery stores
- Bibb Medical Center
- U.S.D.A. Forest Service
- Cahaba Medical Care
- Centreville Press



SUCCESS STORY

COLLABORATIONS: Our greatest success has been working together with programs that make a difference in our community – expanded nutrition programs, increased county-wide physical activities with an emphasis on helping kids learn to love the outdoors, and instruction on growing fresh foods. Our efforts reached over 3,500 students and their families with a focus on health needs and positive actions.

HEALTH AMBASSADORS: Health Ambassadors has been a welcome impetus for promoting healthy lifestyles. This program has allowed local students to promote Diabetes Awareness to their peers. Over 100 Ambassadors have encouraged fellow students to drink more water, increase their movement through fun, physical activities, and understand the importance of diabetes & it’s resulting health issues.

DIABETES EMPOWERMENT EDUCATION CLASS: The class that never quits! This initial group of 12 started an 8-week program but refused to stop meeting. To this day, they continue to socialize weekly to discuss challenges and solutions, share healthy food and recipes, and provide tips to assist with their diabetes needs along with exercise plans for positive outcomes.