



Appalachian Diabetes Control and Prevention Project

McMinn County, Tennessee

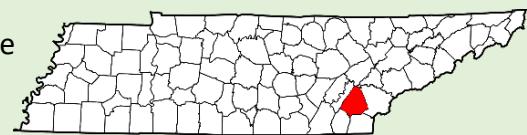
COALITION HIGHLIGHTS

Community Gardens – In 2016, the Coalition provided support to the McMinn County Garden board to implement and maintain three gardens across the county. In 2018, The McMinn County Health Department received a grant to install raised garden beds for WIC participants.

Food and Veggie Drive – One of the coalition partners began offering a fruit and vegetable drive once a month. On average about 100 community members participate each month. Coalition members offer healthy recipe cards to attendees.

School Running Programs – The Coalition has provided support to six run clubs within the McMinn County School system.

Park Water fountains – Coalition members provided support through the McMinn Living Well (MLW) to install four water fountains at local parks to increase park usage and promote drinking more water.



McMinn, Tennessee

ABOUT THE PROJECT

2013-2017 – \$160,000 Bristol-Meyers Squibb Together on Diabetes Grant (\$40,000 each year for 4 years)

\$2,000 – Marshall University Strengthening Grant

\$1,500 – SETHRA community garden grant

SUCCESS STORY

Team Based Walking Competitions – The McMinn County, TN coalition hosts an annual Walk Across Tennessee Competition that draws almost 200 participants each year. Based on post event responses about 75% of participants stated that the competition increased the level of physical activity and they increased the number of days per week spent walking or jogging. Additionally, 60% of participants indicated that they lost 5 or more pounds during the competition.

In 2018 the coalition added a new competition, the **Shamrock Shuffle on the Eureka Trail**. Students from five school participated. The winning school received a walking track.



Photo courtesy of Athens Parks and Recreation