



Appalachian Diabetes Control and Prevention Project Yancey/Mitchell County, North Carolina

COALITION HIGHLIGHTS

Color Me Healthy nutrition/food tasting and physical activity SNAP-Ed programs serve preschoolers and kindergarteners in public schools, Head Start, and Child Care centers. Over 550 students have participated in the program.

Diabetes Self-Management Education Program (DSME) Coalition members have implemented DSME since 2016.

Yancey Gleaners was founded in 2016. The program consists of volunteers who meet to harvest leftover vegetables and fruits. They donate the fresh produce to food pantries to distribute to the community, often used in conjunction with educational and diabetes-management programs. A total of 7,000 lbs. of produce was grown in community gardens for hunger directed to the largest food pantry, community Harvest Tables/cooking demos, and Summer Food Programs.



■ Yancey/Mitchell, NC

Summer Food Program which included fresh, locally grown produce are disseminating to families with children on free & reduced school meals. Families receive six meals throughout the summer.

Toe River Food Security Network (TRFSN); WNC Community Foundation and Appalachian Food shed Project focuses on conducting two county Listening Projects relevant to food insecurity.

ABOUT THE PROJECT

- 2013 – \$2,000 Marshall University Strengthening Grant
- 2014 – \$30,000: West North Carolina Community Foundation and Appalachian Food shed Project
- 2016 – \$2,000 Marshall University; National Diabetes Prevention Program (NDPP) Grant
- 2017 – \$5,000 Marshall University Strengthening Grant

COALITION MEMBERS

- Partners Aligned Toward Health
- Toe River Health District
- Dig In! Yancey Community Garden
- Healthy Yancey
- Mitchell and Yancey Senior Centers
- NC High Peaks Trails Association
- St. Thomas Episcopal Abbey
- Reconciliation House
- Blue Ridge Partnership for Children
- Blue Ridge Regional Hospital
- Mountain Community Health Partnership

SUCCESS STORY

Sizzlin’ Summer Series: In 2016, PATH (in partnership with many organizations) launched a program called The Sizzlin’ Summer Series, with the goal of increasing connections between neighbors and people, and increasing physical activity, while highlighting fun opportunities to play and be active in our community. This physical activity campaign was developed with the generous assistance of NC Population Health Improvement Partners, with evaluation support from NC Center for Health & Wellness at UNCA. The program has been presented as an example of a successful model for evidence-based public health interventions at the NC Public Health Association Conference.

