



# Appalachian Diabetes Control and Prevention Project Mingo County, West Virginia

## COALITION HIGHLIGHTS

- **A GROWING NETWORK-** Healthy in the Hills (formerly Mingo County Diabetes coalition) aimed for 10,000 Healthier Lives by 2020 via fun, affordable and challenging community activities. Thus far, this initiative has included: 18 partners signed Memorandums of Understanding in 2016, demonstrating their commitment. "Relate with Nate" TV series started covering health topics from a community perspective. It has reached more than 4,000 viewers.
- **HEALTHY FOOD ACCESS-** included 25 + small farm and market gardener connections; free community cooking classes that offer nutrition education; Expanded distribution through My Mobile Market and Community Supported Agriculture (CSA) veggie boxes. Healthy in the Hills also has a new permanent structure their Saturday Farmers Market.
- **ACTIVE LIVING ACCESS & COMMUNITY CHAMPS-** Mentorship for new and seasoned runners included daily walks/runs with local runners who go the extra mile for the community; Lunch Walk Challenge had 599 participants in 2016 across 4 states; Healthy Feud 100 miles in 100 days with 580 participants in 14 states. This year has seen a revival in the Walk With Ease Class with record breaking participants and two more six week sessions planned for this year.



## ABOUT THE PROJECT

- 2011 - \$2,000 strengthening grant from Marshall University
- 2012 - 2016 \$40,000 per year for four years from Marshall University and Bristol-Myers Squibb Foundation
- 2012 - 2016 \$700,000 grant to launch community and clinical health interventions from CMS
- 2015 – 2016 \$51,432 Rezulin grant from Marshall University
- 2016 - \$20,000 Conservation Fund and CSX contributed to Healthy Eating programing to expand healthy food distribution
- 2016 - \$200,000 (included a combination of HRSA federal grant funding and foundation support from Benedum, Highmark, McDonough and Logan Healthcare) to start a new Community Health Worker program to expand chronic condition interventions.
- 2017- \$200,000 USDA Farmers Market Promotion Program Grant to aid in marketing, procurement and distribution of local foods and staff for the Williamson Farmers Market.

## COALITON MEMBERS

A full list of partners is listed on the Healthy in the Hills website:  
<https://www.healthyinthehills.com/>

## SUCCESS STORY

A patient of the Williamson Health & Wellness Center (WHWC) was diagnosed with Chronic Obstructive Pulmonary Disease (COPD) and struggled to breathe. Last year, his breathing became so labored he could have been called 'Mr. Saturday' as that was the day he kept returning to the ER for treatment. His visits became more frequent as he was going to the ER two to three times a week.

The patient's primary care physician, Dr. Dino Beckett said, "What we're trying to do is really just change the mindset and allow patients to understand they have access to us." By hiring a team of community health workers, including Nurse Samantha Runyon, Dr. Beckett has increased access for his patients. Nurse Samantha's job as a community health worker includes getting to know patients like 'Mr. Saturday' and understand their lives outside the world of healthcare.

Five months later... this patient has avoided a couple dozen trips to the ER, and 'Mr. Saturday' has gone from 13th most expensive patient to the 30th, on track to spend \$16,000 less than last year. "He feels the change, we feel the change. And [CMS] is seeing the change," Beckett said.