



Appalachian Diabetes Control and Prevention Project

Morgan County, Kentucky

COALITION HIGHLIGHTS

Super Star Chefs: Coalition members have implemented this program in partnership with a local wellness center. This program is an intensive 4-day cooking class offered during the summer. The classes are hands-on and include information about nutrition, healthy eating and basic cooking skills. It helps teach children the importance of nutrition, but also the safety skills that go along with being in the kitchen. The program aims to change perceptions that healthy eating can be fun, taste good and improve their well-being. Participants take home recipes, aprons and cooking utensils to help them continue using their new skills in their own kitchen. Twenty-one youth have completed the program in Morgan County.

Local Health Fairs: Coalition members participate in a variety of health fairs throughout the year. Locations include hospitals, middle schools, and other community locations.

Back-to-School Events: Coalition members participate in various back-to-school events. Coalition members provide recipes to students and parents and distribute samples of the recipes.

Senior Program: Coalition members conduct health education and physical activity programs with seniors at the Morgan County, KY senior center quarterly.



Morgan County, KY

ABOUT THE COALITION

2001 - \$10,000 Marshall University (Strengthening grant)
2009 - \$3,000 Marshall University (Strengthening grant)
2016 - \$3,000 Marshall University (Strengthening grant)
The coalition has received ongoing support from its members who in-kind personnel to implement various programs and activities throughout the community.

SUCCESS STORY

Youth Veggie Bucks: Coalition members collaborated to implement this youth nutrition education program during the summer months. the Morgan County Farmer's Market, the Appalachia Regional Hospital, UK Extension, and the local health department provide youth with recipes and samples of healthy dishes that use locally grown produce. Youth receive \$5.00 vouchers that they can use to purchase fruits and vegetables from vendors at the market. Annually, this program generates \$2,000 - \$2,500 in revenue for local farmers and reaches approximately 800 youth annually.

COALITION MEMBERS

Appalachia Regional Hospital
UK Extension
Gateway Add District Health Department
Morgan County School System
Morgan County Senior Citizens
Morgan Wellness Center

