



Appalachian Diabetes Control and Prevention Project

Casey County, Kentucky

COALITION HIGHLIGHTS

- Partnered with Casey County 4H to implement the “Amazing Race” is a physical and mental challenge between teams in the city of Liberty. This has become an annual event.
- Partnership with Lake Cumberland District Health Department & Casey ASAP to improve Casey County Schools smoke free ordinance. The goal is make city (Liberty) and county (Casey) businesses smoke-free.
- Coalition participate in several physical activities in the school system to promote increased physical activity between different classes, grade levels and schools.
- Provided support to the school garden program. Provided with supplies and equipment to offer canning classes. The school garden and classes are offered while school is in session and when school is out for the summer.
- Provided support to the after school programs to promote physical activity.
- Formed committee to pursue KY Trail Town Status for Casey County.
- Conducted Health Assessments to update Community Health Improvement Plan.
- Worked with School Board Nurse to improve school wellness policies to comply with Alliance for a Healthier Generation



 Casey, KY

ABOUT THE PROJECT

2011 - \$2,000 Marshall University (Strengthening Grant)
2018 - \$2,000 Marshall University (Strengthening Grant)

COALITION MEMBERS

Adult Learning Center
Amedysis Home Health
Americore
Casey County Board of Education
Casey County Extension
Casey County Family Resource Centers
Casey County Health Department
Casey County Hospital
Casey County News
Casey County Youth Service Center
Early Childhood Council
Kentucky Agency for Substance Abuse Policy (KY-ASAP)
Lake Cumberland Area Community Action
Lake Cumberland District Health Department
Lake Cumberland Head Start
Lifeline Home Health
WellCare of Kentucky

SUCCESS STORY

LOCAL FOODS, LOCAL PLACES COUNTY: Casey County received a technical assistance support grant from the Environmental Protection Agency (EPA). In partnership with the KY Division of Forestry and Community Design Assistance Center and Virginia Tech, the coalition was able to increase access to farmer's market for rural families .

BACKPACK SUMMER PROGRAM: Coalition members implemented summer backpack program that included fresh fruit for the summer months. On average the program serves 125 kids per week.

GENTLE YOGA: Currently Gentle Yoga offered at 2 different facilities on a weekly basis. – Implemented Gentle Yoga at Senior Citizens, Library and one church. Currently 2 of 3 facilities successful in offering weekly classes.