



Appalachian Diabetes Control and Prevention Project

Adams - Brown Counties, OH

ADAMS-BROWN DIABETES EDUCATION COALITION (ABDEC) HIGHLIGHTS

Adams County Farmers Market – In 2018, an coalition member who is a local produce farmer started a Farmers Market on Saturday mornings in West Union with support from the Adams County Health & Wellness Coalition & the Ohio Farm Bureau. The Market is open June through September. The Market's manager also distributes leftover produce donated by vendors to local food pantries and homeless shelters.

Brown County Sugar Helpers– The Brown County Health Department coordinates a monthly diabetes support group. Since 2010, the program averages 15-20 attendees per month. The Sugar Helpers also coordinate an annual “Diabetes Celebration” in late October where people are served a diabetes-friendly dinner and obtain educational resources to help them better manage their diabetes.

National Diabetes Prevention Program – In October 2017, coalition members and the Adams County Regional Medical Center started offering this year-long program to help individuals who have pre-diabetes to gain lifestyle-changing skills to prevent or delay Type 2 diabetes.



Adams/Brown, OH

Ripley Community Garden – This program is implemented in partnership with the Village of Ripley & Future Without Poverty. The program offers garden plots and equipment to local residents for raising their own produce. In 2017, Garden Manager Julie Kline began a summer youth program that is offered twice a week at the site to teach children basic gardening skills with an emphasis on growing vegetables.

SUPPORT FROM MARSHALL UNIVERSITY

2003 – \$10,000 Marshall University Strengthening Grant
2005 – \$4,000 Marshall University Strengthening Grant
2009 – \$3,000 Marshall University Strengthening Grant
2012-2016– \$160,000 Bristol-Meyers Squibb *Together on Diabetes* Grant (\$40,000 each year for 4 years)
2017-- \$5,000 Marshall University Strengthening Grant
2017-- \$2,000 Marshall University NDPP Grant

COALITION MEMBER ORGANIZATIONS

- Adams-Brown Community Action Partnership
- Adams County Health & Wellness Coalition
- Adams County Health Department
- Adams County Medical Foundation
- Adams County Regional Medical Center
- Brown County Health Department
- Future Without Poverty
- GE Aviation-Peebles Test Operation
- Health Source of Ohio-Georgetown
- Northern Brown Senior Center
- The Ohio State University Extension- Adams & Brown
- Winchester Family Medicine

SUCCESS STORY

Healthy Choice Food Pantries – With the help of The Ohio State University Extension, ABDEC has recently introduced the My Plate Rainbow of Colors Choice Pantry System to a food pantry in each county and connected each with the resources needed to become a healthy choice food pantry. The Interfaith House in West Union began implementing the My Plate System in May 2018. The Hope Emergency Program in St. Martin, which already uses a choice pantry system, is in the process of making changes to help “make the healthier choice the easier choice” for its clients.

