

# Appalachian Diabetes Control and Prevention Project

## Adams - Brown Counties, OH

### ADAMS-BROWN DIABETES EDUCATION COALITION (ABDEC) HIGHLIGHTS

**Adams County Farmers Market** – In 2018, a 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.

**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.



Adams/Brown, OH

### 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

### 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.

### 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

