




Appalachian Diabetes Control and Prevention Project

Russell County, Kentucky

COALITION HIGHLIGHTS

- 2016 - 2017 – In Russell County, coalition members provided support for a billboard to promote enrollment in Diabetes Self-Management Education classes.
- 2017 – Partnered with Wolf Creek National Fish Hatchery and offered the “Longest Day of Play” to encourage parents, children and community to take a day to exercise and have fun outside with family and friends.
- 2017 - Gentle Yoga classes were offered at the Fair Oaks Nursing Home for staff and residents to promote healthy life style changes.
- 2017 - Implemented a local 5-K Trot with adults and children of all ages to participate in family fun through exercise.
- 2017- Partnered with the local Extension Office to offer Community “Healthy Cooking” classes and encouraged all participants to utilize local, home grown products.
- 2017- Health Coalition created a “Physical Active Guide” that provided information on local community resources to help community members be more physically active. These guides were distributed throughout the community.
- 2018 – Sponsored Lakefest Run – a local 5-K with adults promoting physical activity.



 Russell County, KY

ABOUT THIS COALITION

2007- \$10,000 Marshall University Strengthening Grant

2017 - \$2,500 to promote DSME enrollment from KDPCP

2018 - \$2,000 Marshall University Strengthening Grant

2018 - \$2,500 to promote DSME enrollment from KDPCP

*Russell County Child Care Council provided \$250 for supplies for Longest Day of Play.

*Anthem Blue Cross Blue Shield provided funding \$250 for supplies Longest Day of Play.

*Aetna provided incentive to fund and sponsor Longest Day of Play and Community “Healthy Cooking Classes for \$250.

SUCCESS STORY

Community Garden programs – Coalition members have helped establish a second community garden at a local church. Produce is shared with God’s Food Pantry, Pregnancy Center, Clothing Center, and Hispanic Church.



COALITION MEMBERS

Aetna Better Health
Anthem
ARC Pregnancy Center
Cabinet for Human Resources
Care Source
Cumberland Family Medical
Department of Juvenile Justices New Vision
Hospice of Lake Cumberland
Jamestown City Council
Russell Co. Active Day
Lake Cumb. Breakaway Project
Lake Cumb. District Health Department
Lake Cumb. Housing Agency
Lake Cumb. State Park
Lake Cumberland Area Development
Lifeline Home Health
Monticello Banking
Passport Health
Russell Co. Board of Ed.
Russell Co. Chamb. Of Comm.
Russell Co. Childhood Council
Russell Co. Hospital
Russell Co. Library
Russell Co. Partners in Prev.
Russell Co. Senior Center
Russell Co. Sherriff
Russell Co. Tourism
Wolf Creek Fish Hatchery