

# 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.



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### ABOUT THIS COALITION

**2007** - \$10,000 Marshall University Strengthening Grant  
**2017** - \$2,500 to promote DSME enrollment from KDPBP  
**2018** - \$2,000 Marshall University Strengthening Grant  
**2018** - \$2,500 to promote DSME enrollment from KDPBP

\*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 Justice 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. Sheriff  
 Russell Co. Tourism  
 Wolf Creek Fish Hatchery