

Appalachian Diabetes Control and Prevention Project

Winston County, Alabama

COALITION HIGHLIGHTS

Food Security Programs – Coalition members have partnered with the Northwest Resource, Conservation & Development Council to provide an Eco-Cold Storage trailer at no costs to Main Street Ministries. The cooler has been used to store a variety of items including \$2,500 worth of cheese and perishable produce that is provided to low-income clients. Before this cold storage unit was purchased, the food pantry could not accept donated perishable items. This partnership has increased the amount of healthy food items the pantry is able to provide to clients.

Health Screenings – Coalition member, Capstone Rural Health Center, has forged relationships with Lions Sight to provide diabetic vision screenings to patients.

Senior Walking Programs – Coalition members are implementing a Senior Walking Program. Each Participant agrees to walk 30 miles in 30 days during the month of April. This year the coalition will Accept up to 35 people. Participants are provided pedometers and calendars to help them keep up with the miles they have walked. At the end of the month of April, the participants will mail their calendars back and will receive gift cards to the local grocery store of their choice where they may purchase healthy food including fruits and vegetables as incentives. The program gets people moving (which decreases the risk of diabetes) and promotes eating more fruits and vegetables (which is also a step in the right direction to be healthier and prevent diabetes and other diseases.



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ABOUT THE COALITION

2016 - \$10,000 – Marshall University – Strengthening Grant
2017 - \$2,000 – Marshall University – Strengthening Grant

COALITION MEMBERS

Alabama Resource, Conservation & Development
Capstone Rural Health Center
Haleyville City Schools
Haleyville Methodist Church
North Alabama Agriplex
Winston County School System
Winston/Marion Chapters of The ARC
Winston County Extension Office

SUCCESS STORY

Gardening Programs: Coalition members have supported the creation of raised bed gardens at 12 locations throughout the county. The newest community garden is wheelchair accessible at Genesis Home in Haleyville. Coalition members are able to provide plants for all the gardens through generous donation. Scotts provides the soil and plants and seeds are donated from community members. The frames are constructed by local agriculture departments at the schools.

