

Appalachian Diabetes Control and Prevention Project

Clinton County, Kentucky

COALITION HIGHLIGHTS

- Formed in 2006, the Clinton County KY diabetes coalition has implemented several programs over that 12 years.
- 2010 – 2011 coalition members established a community Wellness Center
- 2012 – 2013 coalition members implemented MAPP and Healthy Hometown programs with support from the Health Resources and Services Administration (HRSA).
- Coalition members assist with connecting community garden with local nursing home to provide locally grown produce.
- Coalition members assist with establishing a 2nd farmers' market location in downtown Albany, KY.
- Coalition members worked with local schools to install drinking water stations as an alternative to sugary drinks.
- Coalition members hosted the Color Your World with Health and Imagination with 311 participants. It included a Get Fit Scavenger Hunt, a variety of physical activities, and use of a recently installed Fit Trail.
- Clinton County is one of six Kentucky communities that obtained a CDC grant to reduce obesity in high obesity areas. The lead agency is the Kentucky Cooperative Extension Service.
- Coalition members implemented the National Diabetes Prevention Program.



Clinton, KY

ABOUT THIS COALITION

2007 - \$10,000 Marshall University (Infrastructure development)
2009 - \$3,000 Marshall University (Strengthening)
2010 - \$500.00 Cooking Matters grant
2011 - \$2,000 Marshall University (Strengthening)
2014-CDC-1416 grant support (total amount of support not available at this time)
2017-\$12,535 Kentucky Division of Forestry for conceptual greenspace planning
2018 - \$2,000 Marshall University (Strengthening Grant)

COALITION MEMBERS

The Medical Center at Albany-hospital
 WellCare, CareSource, Anthem, Aetna, Passport-MCHO
 Clinton County Public Schools
 Adanta, Healthy Kids Clinic, Foothills Community Based Intervention-mental health
 Local and state public safety/law enforcement officials
 Clinton County Area Technology Center-tech/secondary
 Clinton County News & WANY Radio
 Clinton County Farmers Market

SUCCESS STORIES

PLATE IT UP, KENTUCKY PROUD: Coalition and the County Cooperative Extension Staff conducted *Plate It Up, Kentucky Proud*, which is a recipe sampling program. We implemented the program in two grocery stores and one supercenter during spring 2016. A total of 938 consumers sampled the recipes, gained knowledge of proper nutrition, and received recipe cards. Then they were encouraged to purchase featured fruits and vegetables right there in the store and try the recipe at home. Consumers shared the following comments: "It gets a thumbs up. I like it", "Man, I will try that recipe though. It's better than I thought", "I'll have to go shop for this stuff", "I have everything we need to make that. I was just saying we needed a new snack. That's really good and my husband will like it".

