



# Appalachian Diabetes Control and Prevention Project

## Fayette County, West Virginia

### COALITION HIGHLIGHTS

- Of 32 activities tracked by Marshall University, 26 were successfully completed in 2016 by the Fayette County Diabetes Coalition. This amount was greater than any other coalition in the network of 73 coalitions in nine states.
- 21 persons participated in the Diabetes Self-Management and Chronic Disease Self-Management Programs.
- 271 persons participated in continuous physical activity programs in 2016. These programs included walking competitions, Tai Chi, and 5K walk/runs for both adults and youth.
- The Fayette County Living Well Workgroup partnered with WV FOODLINK (<http://foodlink.wvu.edu>) to address food access and food insecurity. As a Living Well Workgroup created six food access strategies and four strategic approaches (campaigns, policies, projects, programs).
- The coalition supported an AmeriCorps VISTA member in the capacity of a community health worker. She received training and conducted the following programs: Cooking Matters at the Store, Chronic Disease Self Management Program, Diabetes Self Management Program, and Walk With Ease. All programs have the common goal of getting community members trained for capacity building and sustaining the programs.



Fayette, WV

### ABOUT THE PROJECT

- 2012 - Coalition formed
- 2013 - \$2,000 startup grant from Marshall University (MU)
- 2014 - \$5,000 strengthening grant from MU
- 2016 - \$7,000 Rezulin grant from MU
- 2017 - \$5,000 Rezulin grant from MU
- 2017- \$3,500 from University of NC Osteoarthritis Action Alliance to expand Walk With Ease Program

### SUCCESS STORIES

The coalition offers Diabetes Self-Management (DSMP) classes multiple times a year. One of the DSMP groups in a local community requested monthly meetings for continued support.

Participant, **Doris Conner**, (pictured to the right) shared the following at a recent DSMP class:



“Since my heart attack in August of 2016, life has taken on a new meaning. I have had to modify my life style. Exercise became very important. I exercise thirty minutes five times a week. In order to modify my lifestyle, my husband and I learned ways to change our diet and how to take better care of ourselves. Reading the labels was very helpful. We learned portion control, balanced diet, and what to do to control hunger in between meals. We both were very thankful for what information that was given to our group.”

### KEY PARTNERS

#### Key Partners

Fayette County Family Resource Network  
Fayette County WVU Extension Service  
New River Gorge National Park Service  
Active Southern West Virginia  
Fayette County Health Department  
Fayette County Parks and Recreation Advisory Board  
WV FOODLINK