

Creating Healthy Communities Project Brings \$160,000 in Funding for Diabetes Prevention and Management to Two Rural Counties

Since 2003, the Adams-Brown Creating Healthy Communities Program has provided leadership and support to the Adams-Brown Diabetes Education Coalition (ABDEC). The Coalition's mission is to promote prevention and improved self-management of diabetes through awareness and education. Both counties' diabetes prevalence rates exceed the overall rate in Ohio. In Ohio, 9.8 % of adults report having diabetes, while 10.9% of Adams County adults and 10.2% of Brown County adults report they have diabetes (2008 Centers for Disease Control & Prevention data). There is also a lack of resources for preventing and managing this chronic disease in both counties.

In late 2011, the Adams-Brown Creating Healthy Communities Program Director applied for a four year Together on Diabetes grant from the Appalachian Diabetes Control and Translation Project for the Coalition. In December, The Coalition was awarded this grant which provides \$40,000 this year to be split between Adams and Brown counties for Type 2 diabetes prevention and management activities. The ABDEC will then receive an additional \$40,000 per year through 2015. The ABDEC is one of only five Appalachian diabetes coalitions to be awarded this grant.

For 2012, the Coalition plans to implement three major projects, as well as expand the coalition's membership. The ABDEC will work with senior citizens in subsidized housing to teach them how to better prevent or manage diabetes. Members of the coalition will also assist pre-school children and their families to become more physically active to decrease their chances of getting Type 2 diabetes. For the third project, the Coalition will work with a large employer in each county to develop worksite wellness teams and ongoing wellness programs for the employees. The four year grant focuses on increasing policies and organizational changes

that will help prevent new cases of diabetes and complications in people who have diabetes. Another major component of the project, which will be added in future years, is the development of a community diabetes navigator system using trained community health workers. This system will provide assistance/guidance to people newly diagnosed with either pre-diabetes or Type 2 diabetes and their families for more effective diabetes prevention or self-management.

The Appalachian Diabetes Control and Translation Project is a partnership supported by the Appalachian Regional Commission, the Centers for Disease Control and Prevention, and the Bristol-Myers Squibb Foundation, with the collaboration of the thirteen Appalachian states. It is managed by the Center for Rural Health at Marshall University. Together on Diabetes is a national program of the Squibb Foundation to improve the health outcomes of people living with Type 2 diabetes.

For more information on the Creating Healthy Communities Program, please visit: www.healthyohioprogram.org



Members of the Adams-Brown Diabetes Education Coalition (ABDEC)