



West Virginia Diabetes Coalition

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Rural Health Coordinator

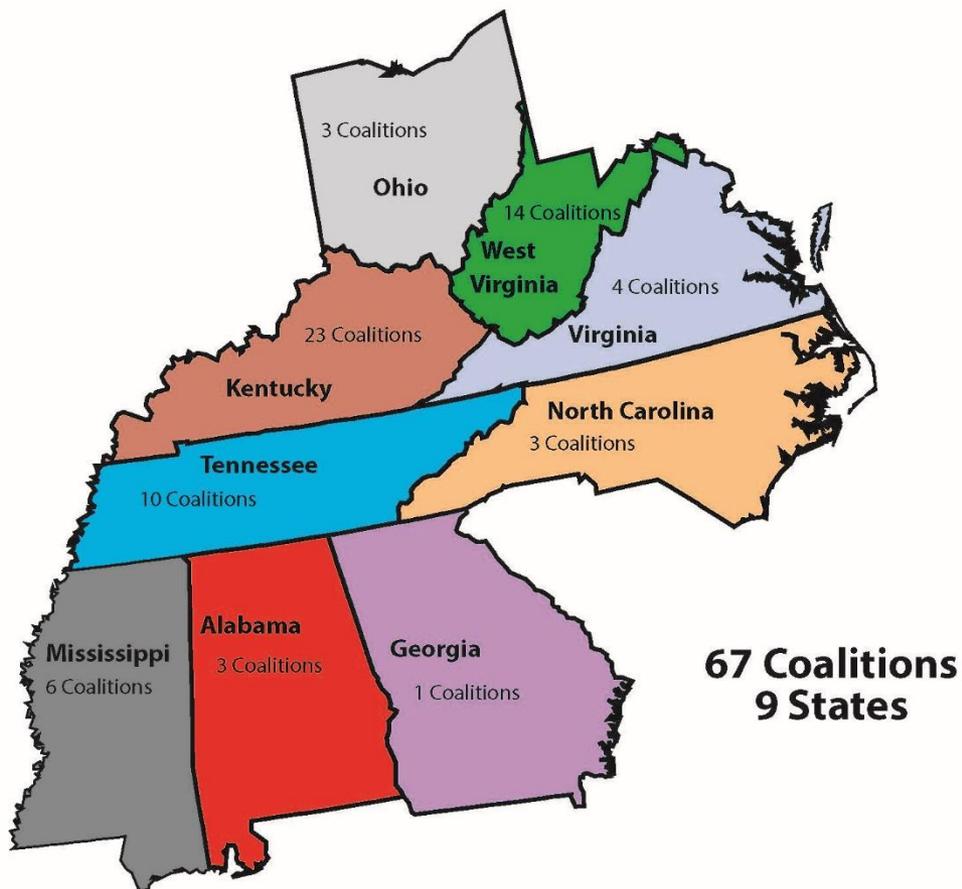
Marshall University Center

for Rural Health

Our History

- ▶ Began in 2000
 - ▶ Funding from Appalachian Regional Commission and Centers for Disease Control
- ▶ 2001–5 coalitions
- ▶ Approx. 7-9 coalitions funded per year
- ▶ Currently 67 coalitions in 9 states

Appalachian Region Diabetes Coalitions



West Virginia



- Distressed with coalitions
- Distressed without coalitions

A Successful Coalition

- ▶ Non-professional leadership
- ▶ Community members
 - ▶ Health department
 - ▶ Extension service
 - ▶ Faith based organizations
 - ▶ City/Local/State Government
 - ▶ Schools
 - ▶ Sheriff department
 - ▶ Lots & lots of volunteers

A Successful Coalition

- ▶ Community based activities/events
- ▶ Evidenced-based approaches
 - ▶ Behavior change
 - ▶ Cooking classes, health education classes
 - ▶ Policy change
 - ▶ No sugary drinks in school vending machines
 - ▶ Environmental change
 - ▶ Walking paths

Diabetes Prevention Program (Group Lifestyle Balance)

- ▶ 16 leaders

Calhoun/Gilmer

Roane

Jackson

Taylor

Pleasants

Wirt

Pocahontas

- ▶ 66 participants

Chronic Disease Self-Management

- ▶ 16 workshops

- ▶ Clay Putnam

 - Doddridge Wetzel

 - Harrison Wirt

 - Kanawha Wood

 - McDowell

- ▶ 64 completers

Diabetes Self-Management

- ▶ 4 workshops

Cabell

Wood

Calhoun

- ▶ 17 completers

Physical Activity

Physical Activity	Number of Participants
Gentle Yoga	298
Walk with Ease	226
Team-based Walking Competitions	10,498
School Fitness Challenge	60
Zumba	162
Line Dancing	137

Healthy Eating

Healthy Eating Activities	Number of Participants
Shopping Matters	71
Cooking Matters	24
Dining with Diabetes	123
School Gardening	720
Community Gardening	123
Weight Loss Programs	238

Local Food Initiatives

- ▶ Food insecurity issues
 - ▶ 9 coalitions
- ▶ Food policy issues
 - ▶ 4 coalitions



Built Environment

- ▶ Developing walking paths
 - ▶ 3 coalitions



THANK YOU

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