West Virginia Diabetes Coalition

Marie Gravely, MA, RD, LD, CDE
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

67 Coalitions
9 States
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
  - Jackson
  - Pleasants
  - Pocahontas
  - Roane
  - Taylor
  - Wirt

- 66 participants
Chronic Disease Self-Management

- 16 workshops
- Clay
  - Doddridge
  - Harrison
  - Kanawha
  - McDowell
- Putnam
  - Wetzel
  - Wirt
  - Wood
- 64 completers
Diabetes Self-Management

- 4 workshops
  - Cabell
  - Wood
  - Calhoun

- 17 completers
## Physical Activity

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Number of Participants</th>
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<tbody>
<tr>
<td>Gentle Yoga</td>
<td>298</td>
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<tr>
<td>Walk with Ease</td>
<td>226</td>
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<tr>
<td>Team-based Walking Competitions</td>
<td>10,498</td>
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<tr>
<td>School Fitness Challenge</td>
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<tr>
<td>Zumba</td>
<td>162</td>
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<tr>
<td>Line Dancing</td>
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<tr>
<td>Healthy Eating Activities</td>
<td>Number of Participants</td>
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<td>------------------------------------------</td>
<td>------------------------</td>
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<tr>
<td>Shopping Matters</td>
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<tr>
<td>Cooking Matters</td>
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<tr>
<td>Dining with Diabetes</td>
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<td>School Gardening</td>
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<tr>
<td>Community Gardening</td>
<td>123</td>
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<td>Weight Loss Programs</td>
<td>238</td>
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</tbody>
</table>
Local Food Initiatives

- Food insecurity issues
  - 9 coalitions
- Food policy issues
  - 4 coalitions
Built Environment

- Developing walking paths
  - 3 coalitions
THANK YOU

Richard Crespo
crespo@marshall.edu
Shelia Plogger
splogger@marshall.edu
Marie Gravely
gravely3@marshall.edu