

Communities Taking Action on Creating Healthy Environments

The Center for Appalachian Philanthropy

Through the Strengthening Communities to Prevent Diabetes in Appalachia program, the Center for Appalachian Philanthropy has been working with communities throughout the region to establish community coalitions to help improve the health of people with diabetes. Three Kentucky counties – Elliott, Morgan and Wolfe – improved walkability by building new walking trails or promoting existing trails. Both Elliott and Wolfe counties have regional cultural centers that include nature trails for recreation.

Elliott County built a new walking trail at a central school, and is working with the school to include walking in learning-centered activities. Morgan County was hit by a destructive tornado in the spring of 2014. During rebuilding, new facilities and improved sidewalks were added to the downtown area. The Scioto County, Ohio diabetes coalition partnered with the Portsmouth Connex group to create bike, running and walking paths throughout Portsmouth.

The Kwajalein Diabetes Coalition

On the Pacific island of Ebeye in the Marshall Islands, the rocky sand and soil make it hard to grow food and provide healthy eating options. The Kwajalein Diabetes Coalition and Canvasbaack Missions partnered to train 19 community volunteers to start Earthbox community gardens

at community health centers and schools. The Earthbox gardening system helps people grow food without having to plant in the ground. This activity has increased access to fresh fruits and vegetables for many of the island's 15,000 residents.

Questions

What might make it harder for people with diabetes in your community to be more active or make healthier food choices?

What might make it easier?

What other organizations could you partner with to make healthier choices easier?

National Diabetes Education Program

For more information call 1-800-CDC-INFO (800-232-4636)

TTY 1-(888) 232-6348 or visit www.cdc.gov/info.

To order resources, visit www.cdc.gov/diabetes/ndep.