

# Healthy Together

## CLEVELAND

*Your Health Our Future*

### FALLING INTO ACTION

Happy Fall! This is not only a time of transition for our seasons, but also a time of change and transition for Healthy Together Cleveland. The coalition is moving from the planning phase to the action phase. This is an exciting and pivotal time for Cleveland County. Workgroups have taken time to discuss and develop a plan to help improve the health of everyone in the community. The approved action plans for the coalition can be found on our [website](#).

**“Action is the foundational key to all success.”**  
- Pablo Picasso



The coalition has community champions and sub-committees that will support and implement the different actions from the plan. Healthy Together Cleveland has started implementing initiatives from the action plans. Current actions include conducting a walk audit in Kingstown to help establish safe walking/riding routes to the community playground/walking track and P&M Farms. The coalition has funded fresh produce vouchers for the participants in the nutrition education program, Med South, which is led by community health educators at the health department. A partnership with the City of Kings Mountain Historical Walking Tour is also in progress. The coalition is also supporting the expansion of the CDC’s Diabetes Prevention Program classes facilitated by the YMCA, Atrium Health, Health Department, and Washington Outreach Ministry. There are a multitude of things in action, and it wouldn’t be possible without you!

*Jordan Frye, Project & Program Coordinator*

### REVERSING THE RISK: DIABETES PREVENTION



**2 out of 5**

**Americans are expected to develop type 2 diabetes in their lifetime.**

According to the 2019 Cleveland County Community Health Assessment, diabetes is the fourth leading cause of death for 40-64 year olds in Cleveland County. Prediabetes can lead to heart disease, stroke, and type 2 diabetes. Prediabetes can often be reversed!

Healthy Together Cleveland will support funding of the expansion programs that allow Cleveland County residents to attend a program for FREE, if they meet eligibility requirements. Washington Outreach Ministry in partnership with a local pharmacist and the YMCA will offer a program in Kingstown and the YMCA of Kings Mountain will offer a diabetes prevention program beginning January 2024.