



NEWS RELEASE

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KNOX COUNTY HEALTH DEPARTMENT ANNOUNCES MINI-GRANT RECIPIENTS

Initiative Funded Through an Agreement with the State of Tennessee

To assist local businesses and child care facilities provide proactive environments for better health, nutrition and physical activity for their employees and children in their care, Knox County Health Department has awarded 41 community mini-grants. The grants are part of KCHD's *Comprehensive Approach to Reducing Diabetes (CARD)* grant from the Tennessee Department of Health and encompass several programs aimed at stemming the diabetes epidemic in Knox County. Eleven businesses accepted \$1,500 grants to help defray start-up costs and equipment for developing and implementing worksite wellness programs for their employees. Thirty child care facilities were awarded \$600 grants to help improve nutrition and physical activity for their charges.

"With our challenging economic times, these mini-grants provide local businesses and child care centers the much-needed resources to implement creative programs to encourage healthy eating and more physical activity," said Dr. Martha Buchanan, Knox County Health Department director. "These programs have the potential to impact thousands of Knox County residents by reducing risk factors that contribute to developing diabetes and other serious illnesses during a person's lifetime."

Below is a listing of grant recipients and brief descriptions of the planned projects.

Mini-Grant recipients*	Project Description
Boys & Girls Clubs of Tennessee Valley	Zumba classes at all club sites, physical activity equipment
City of Knoxville	Fitness equipment and quarterly nutrition classes
CUPA-HR	Fitness DVDs and pedometers
Habitat for Humanity	Fitness center with equipment
Kids at Play, Inc.	Pedometer/weight loss challenge, fitness videos, Fun Time Gym Bus Classes, veggie garden installation
Knoxville Christian School	Vegetable garden installation; buy and plant trees
Knoxville Convention Center	Fitness equipment and lunch-and-learn classes
Rock Tenn	Healthy vending and healthy snacks policy
TeamHealth	Nutrition education about USDA's MyPlate
UT Medical Center	Healthy worksite challenge: nutrition and fitness
YWCA	Fitness equipment, fitness challenge and wellness committee
Tate's Totz and Teens (two locations)	Physical activity equipment

West End Academy	Physical activity equipment
SHADES of Development (eight locations)	Cooking activities; equipment for a circuit training and cardio program, nutrition materials; yoga classes; provide healthy snacks; implement aerobics classes and other physical activities; family fit nights
My Sister's House Child Development Center	Will rebuild their playground as a "natural playscape" inspired by local environment. A natural playscape includes: natural hills to climb, logs to jump from, and natural beams to balance on; tree house, sand/dirt/grave areas for digging and building in; outdoor shelving area; garden area for veggies. Children will compost paper towels, etc.
Church Street United Methodist Church	Cooking class for parents, to promote well-balanced, healthy and affordable meals
Starting Point School	Physical activity equipment
Knoxville Montessori School	Vegetable garden and strawberry patch installation
Cedar Bluff Playschool	Physical activity equipment
Tennova Child Development Center	Nutrition education for children, physical activity equipment
Christus Victor ECD	Physical activity equipment; fruit and vegetable samples
My Village Child Development Center	Physical activity equipment; cooking classes
Arnstein Jewish Community Center Preschool	Four Family Fun Sundays for family education through active play days
Farragut Church of Christ	Provide healthy snacks for children
Trinity Child Development Center	Create an outdoor classroom- organic vegetable garden and composting site; build bird houses
Fifth Avenue Child Care	Physical activity equipment
Riverside Child Care	Vegetable garden installation
Knoxville Center for Early Education	Vegetable garden installation
Central Baptist Church- Bearden	Physical activity equipment
West Emory Child Enrichment Center	Vegetable garden installation
Abundant Love Childcare	Vegetable garden installation

*List does not total 41 because some received multiple grants or grants for different locations within the same business.

According to the national Centers for Disease Control and Prevention, there are 17.9 million people nationally diagnosed with diabetes and an estimated 5.7 million people who have the disease but are undiagnosed. If current trends continue, one out of three U.S. adults will have diabetes by 2050. In Tennessee, the percentage of adults with diabetes almost doubled between 1996 and 2005, from 5 to 9.1 percent and Tennessee had the sixth highest percentage of diabetic adults compared to all other states. In Knoxville, diabetes was the seventh leading cause of premature death in 2005. In 2008, 9.5 percent of Knoxville adults reported they have been diagnosed with diabetes. This estimate does not include pre-diabetes or borderline diabetes. The estimate for 2002 was 7.1 percent and in 2005, it was 8.2 percent (Knox County Behavior Risk Factor Survey, 2002, 2005, 2008).

Knox County Health Department's initiatives through the *CARD* Program directly address reducing diabetes rates and include programs such as the tri-yearly diabetes management class series; community-wide walking programs; the Nutrition Education Activity Training (NEAT) after school program; the mini-grants; a walking school bus pilot project and an Eat Play Live Conference planned for March 2012.