



Network Partners

- Missouri Bootheel Regional Consortium
- SEMO Health Network
- Gibson Recovery Center
- NHS Distributors, Inc
- Southeast Missouri Rural Minority Health Coalition
- Missouri Bootheel Healthy Start



For More Information Contact Us

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"This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the grant title Rural Health Network Development Program and grant number D06RH31049. This information and content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government."



DO YOU KNOW YOUR ABC'S?

A is for A1C Test

B is for Blood Pressure

C is for Cholesterol



FOCUS



EDUCATION USING CURRICULUM



FACILITATING HEALTHIER EATING



ENCOURAGING PHYSICAL ACTIVITY



EXPANDING ACCESS TO TREATMENT

PROGRAM GOALS

- 1 *Decrease risk factors for diabetes and obesity*
- 2 *Decrease disparities in obesity rates and diabetes control*
- 3 *To improve overall mental health of individuals diagnosed with diabetes or obesity*
- 4 *Implement a community driven approach to preventing and managing diabetes and obesity*



SERVICES

- Health Education
- Health Screenings
- Depression Groups
- Community Engagement

Service Region Bootheel Counties

- Dunklin
- Mississippi
- New Madrid
- Pemiscot
- Scott

