**Conducting community inventories of resources supporting healthy lifestyle among Appalachian residents**

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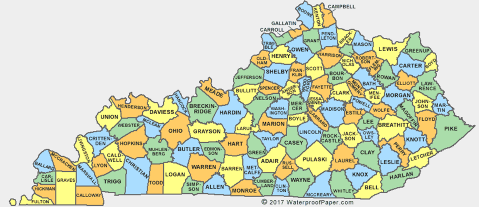
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**Background:**

* Appalachian residents experience high risk of lifestyle-related chronic diseases.
* Community assets include willingness to help neighbors.
* Barriers to maintaining a healthy lifestyle include few simple methods for identifying community resources to support healthy living.

**Objective:**

To determine the availability of healthy lifestyle resources, and to foster residents’ awareness of these resources by a) collaborating with community stakeholders to develop the Community Resource Assessment (CRA); b) exploring local perspectives on resources supporting health lifestyle by administering CRA to experts; and c) disseminating resource inventories though community programs.



**Methods:**

Setting: 15 counties in rural, southeastern Kentucky

Participants: 23 community experts in local lifestyle resources

* Recruited through purposive and snowball sampling

Procedures: Collaborated with community stakeholders to develop the Community Resource Assessment (CRA), a 14-item questionnaire consisting of open-ended questions.

* Interviewed community stakeholders using CRA.
* Recorded and transcribed interviews.
* Analyzed interviews using conventional content analysis.
* Developed county-level resource inventories for dissemination.
* Revised resource inventories based on feedback during member checking.

**Findings:**

Community inventories revealed differences in resource availability across counties.

Two themes emerged during conventional content analysis of transcripts:

1. Widespread cultural shift to healthier living motivates program development.
2. Despite funding and infrastructure constraints, collaborations across sectors fuel innovative and engaging programs.

**Significance:**

* Community Resource Assessment (CRA) facilitates efficient collection of information about community resources.
* Increased internet access among Appalachian communities helps residents connect with diverse resources.
* Information sharing among local organizations and across counties may complement increased access to mHealth programs in supporting healthy living in Appalachian communities.

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