



**Communities
Transforming**
To make healthy living easier



Transforming Communities Throughout WV

The Centers for Disease Control and Prevention (CDC) Community Transformation Grants (CTG) Program gives communities the opportunity to develop and implement initiatives to prevent chronic diseases, the leading causes of death and disability. The program's goal is to create healthier communities by making healthy living easier and more affordable where people work, live, learn, and play. The West Virginia Bureau for Public Health received \$1,883,603 to serve all West Virginians.

The state is divided into four regions and a local health department leads the initiative in communities. The program supports healthy policy, environmental and systems change at a local, state and federal level. Staff support communities through three strategic directions including tobacco, healthy eating, physical activity and strategies to support clinical and preventive health services.

The goal is to improve the health of our citizens to Change the Future for all West Virginians.

Overview of Strategies

1. Reduce tobacco use and exposure to environmental tobacco smoke by supporting the implementation of comprehensive clean indoor air regulations.
2. Improve access to fresh produce by promoting healthy grocery, convenience store and farmers' market initiatives.
3. Support the development of community coordinated care systems that link and build referral networks between clinical provider systems and community based lifestyle

Region 2 serves:
*Jefferson, Berkeley,
Morgan, Hampshire,
Hardy, Mineral,
Grant, Pendleton,
Tucker, Barbour,
Upshur, Randolph,
Pocahontas, Webster,
Lewis, Gilmer,
Braxton, Clay, and
Nicholas Counties.*

**Berkeley County
Health Department**



The Region 2 Team

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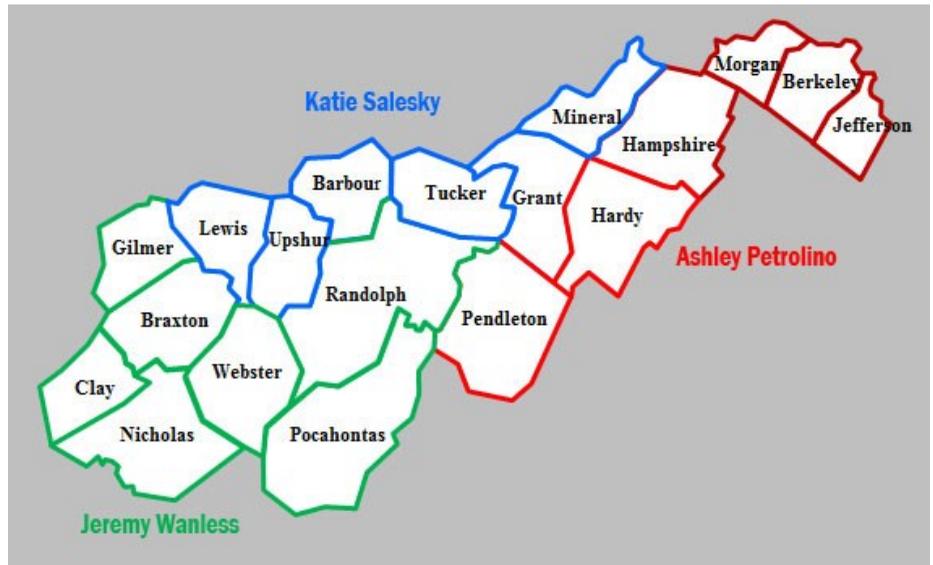
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ATTENTION

Convenience and Grocery Stores

Convenience and grocery stores play a key role in our initiative to improve access to fresh fruits and vegetables. Change the Future WV can provide health option equipment to grocery and convenience stores.

If you are interested in increasing access to healthy items for your customers, please contact the Change the Future office for more information at (304) 267-5032.



HEALTHY STORE INITIATIVES

Grocery Stores

Charles Town Walmart Store, 96 Patrick Henry Way, Charles Town, WV

Placed healthy snack items and toys requiring physical activity in a checkout aisle.

Convenience Stores

New Creek County Store, WV 972

Is encouraging customers to add fruits and vegetables to their daily routine.

Knobley Farms, WV 50

Promoting healthy choices by displaying fruits and vegetables at the cash register.

J & G Mini Mart, Hedgesville Rd

Promoting healthy choices by making fruit available in the store.

ROCS

Several locations will be expanding their produce and vegetable options.

L & M Convenience Store, Rt. 50 West in Augusta

Provides a variety of vegetables (lettuce, carrots, and tomatoes) and now offers fruit (apples, oranges, and bananas).





Several of Region's 2 are participating in the West Virginia on the Move Program. The program offers funding to communities promoting community-based social support interventions to increase physical activity opportunities.

- **Braxton County on the Move:** Braxton County Health Department is targeting adults with sedentary lifestyle using a “buddy” system and monthly group meetings to increase physical activity levels through walking, running, and toning classes.
- **Gilmer County on the Move:** Gilmer County Economic Development Association is increasing physical activity levels of citizens through a community-based walking group program engaging multiple.
- **Keyser on the Move:** Mineral County Family Resource Network is targeting rural women to increase physical activity levels by marking walking routes, creating walking groups, and promoting through social media.
- **Lewis County on the Move:** Stonewall Jackson Memorial Hospital is increasing physical activity levels of residents by creating competitive walking teams through local organizations, churches, and businesses.

School Support

Petersburg Elementary School & Burke Street Elementary School here have become partners with Change the Future WV. Coordinators have been working with principles to promote activities happening at each school. Recently promotional speaker David Briles visited Petersburg Elementary to warn of the dangers of smoking and spitless tobacco. Also, Petersburg Elementary and Union Educational Complex hosted “Jump Rope for Hearts” to encourage students to maintain a healthy lifestyle through activity.



Active Living

Staying active is a key part of maintaining a healthy, positive lifestyle.

Change the Future WV supports physical activity. If you have an event in your community that you would like to bring to our attention please contact us.



For more information visit:
changethefuturewv.org

Learn more and find regional and state contacts, events, success stories and social media links.



[Facebook.com/ChangeTheFutureWV](https://www.facebook.com/ChangeTheFutureWV)



[@ChangeFutureWV](https://twitter.com/ChangeFutureWV)

Upcoming Events

- * Chronic Disease Self-Management Classes will begin April 3-May 8 from 6-8 pm, Davis Memorial Health Systems.
- * Morgan County Walks, April 30th 12:00 p.m., North Berkeley Community Park, Berkeley Springs, WV
- * Program workshops and classes are posted on changethefuturewv.org.

Join the Movement

- ✓ Encourage local grocery and convenience stores to offer fresh fruits and vegetables
- ✓ Join a local health coalition
- ✓ Become an advocate for healthy living
- ✓ Send us stories to highlight healthy things going on in your county
- ✓ Contact us to sign up to receive program updates and newsletters.

Change the Future WV Region 2
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**We are eco-friendly! Please provide us your email address
and we will send you the newsletter electronically!**

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