

*Region 3 serves Fayette, Greenbrier, Kanawha, McDowell, Mercer, Monroe, Raleigh, Summers and Wyoming Counties.*

**Coming Next Month:**

Farmers' Markets  
Fayette, Mercer, Raleigh & Summers Coalition Updates



To learn more, call  
**(304) 348-6493**



**Regional Lead Agency**

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**Communities Transforming**

*To make healthy living easier*

The Region 3 Team is completing asset mapping of counties, supporting local coalitions and reaching out to convenience and grocery stores to provide healthy options. The staff is also working towards becoming master trainers in the Diabetes Prevention Program and Chronic Disease Self Management Program. When training is complete, they will train community, faith-based and other groups to provide these evidence based programs to citizens in the nine county region. The team is also reaching out to farmers and farmers' markets to increase opportunities for fresh produce in communities.



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**Meet the Region 3 Team**

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Mercer, McDowell & Wyoming Counties

## Coalition Partnerships

Coming Next Month: Updates from Fayette, Mercer, Raleigh & Summers Counties

### Greenbrier County

The West Virginia School of Osteopathic Medicine and its Center for Rural and Community Health have created the Greenbrier County Health Alliance with the goal of improving health outcomes at the rural community level. The Health Alliance is comprised of community members, the Greenbrier County Health Department, Greenbrier Public Schools, medical practitioners, educators and researchers dedicated to creating a healthy community in Greenbrier County, a rural community that has been challenged for many years by negative health outcomes. This partnership between community, researchers, and health care providers is committed to understanding and identifying the barriers to improved health in our community and the interventions that address these needs. The Greenbrier County Health Alliance has a community advisory board and will hold its first public meeting in April 2013. For more information, please contact Kim Estep at (304) 793-2505.



### Kanawha County

The Kanawha Coalition for Community Health Improvement (KCCHI) was founded in 1994 by Kanawha County hospitals working in partnership with other local organizations. The Coalition's mission is to identify and evaluate health risks and coordinate resources to measurably improve the health of the people in the county.

The Coalition's accomplishments include founding the Communities that Care, a substance abuse program. This non-profit organization was instrumental in the KEYS 4 HealthyKids Initiative, a Healthy Kids, Healthy Communities site, which is a national program of the Robert Wood Johnson Foundation.

The KCCHI along with community agencies, conducted its fifth triennial community health assessment in 2011. The Coalition's comprehensive assess-



**Kanawha Coalition  
for Community Health Improvement**

ment covered a wide variety of health care topics and was designed to determine perception of health care needs and concerns and indicate actual health-related behaviors. The survey also addressed a number of social and economic concerns. The components of the assessment included resident telephone surveys, key informant surveys, analysis of existing research and data on health statistics for our county as compared to West Virginia and the nation, and a Community Health Issues Forum. The Forum took place in October 2011, with approximately 125 attending, to set the Coalition priorities for the next three years. The three issues identified were obesity/nutrition, lack of physical activity and drug abuse, including prescription drugs, with workgroups formed to address these issues. For more information, contact Judy Crabtree at (304) 388-7557 or visit [www.healthykanawha.org](http://www.healthykanawha.org).

Change the Future WV is focused on empowering local communities and coalitions to support healthy living throughout West Virginia. This newsletter will highlight community coalitions in each county supporting the Change the Future WV Initiative. Each one of these coalitions will support the Change the Future WV goals including:

- ◆ Reduce tobacco use & exposure to environmental tobacco smoke by supporting the implementation of comprehensive clean indoor air regulations.
- ◆ Improve access to fresh produce by promoting healthy grocer, convenient store and farmers' market initiatives.
- ◆ Supporting the development of community coordinated care systems that link and build referral networks between clinical provider systems and community based lifestyle change programs. Increase the availability of evidence-based lifestyle change programs in communities.

## McDowell County

McDowell County FACES has entered into a agreement with the Kanawha-Charleston Health Department to place a Prevention Coordinator at the Welch location, to serve McDowell, Wyoming and Mercer Counties. The Coordinator will begin implementing the work plan for the Community Transformation Grant initiatives, utilizing existing or establishing new health coalitions in the three counties. In McDowell County the HOPE (Health Opportunities for Positive Education) Coalition has been selected. The Coordinator will contact the Family Resource Networks in Mercer and Wyoming Counties to identify their Health Coalition options. The initiative will provide programs designed to prevent or control chronic disease, network with local health care providers, reach out to local communities to promote healthier lifestyles, promote policy changes, and improve the physical activity and nutrition environments.



## Monroe County

The Monroe County Coalition for Children and Families, Inc., has received a tobacco grant from WVDHHR—Division of Tobacco Prevention, baby shower grant, cancer grant, FCOC Grant, Help Me Grow Grant, and Carpenter’s Club Grant. On March 5th, tobacco prevention literature was given out at Teen Issues Day . With the baby shower grant, the Monroe County FRN held a hugely successful community baby shower on February 9, 2013. Twenty-two families attended the event, and mothers received baby items and parenting education. Appliances have also been delivered to two families in need by Ministerial Outreach. A “Kiddie Fair” for parents and children will be held on April 16-18 from 11:00 am to 7:00 pm. The FRN is currently researching a plan for utilizing social media, particularly Facebook. Shirley Hall, Monroe County FRN director, will retire in April, and Melissa Hodges will be assuming the leadership role for the FRN at that time.

## Wyoming County

The Wyoming County Prevention Coalition consists of tobacco prevention and substance abuse prevention programs. The strongest component is youth involvement, with Wyoming County SADD. The students are active in their schools and communities doing monthly prevention activities. In November 2012, they were named WV SADD Chapter of the Year and nominated for National SADD Chapter of the Year, which will be awarded at the June conference. SADD has participated in prevention activities like the Veteran’s Day Parade float in which youth dressed in camouflage with shirts reading “Dope, Nope”; the “Tie One On For Safety”, a NADD driving campaign in December; the Great American Smoke Out; and distributed substance abuse materials and activities to every student in Wyoming County Schools. Recently, a local businessman gave SADD a building, rent free, to open a SADD Powerhouse Youth Center.

## 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) 348-6493.





## Join the Movement



### Be An Advocate

Where children live, play and go to school, also known as their food and fitness environment, is an important component in determining whether they end up healthy or not. When children do not have access to a healthy environment, their health and quality of life are impaired. When we improve the food and fitness environment, the health of the children who live in that environment, improves as well.

- ✓ 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.

**Phone: (304) 348-6493**

**Web: [www.changethefuturewv.org](http://www.changethefuturewv.org)**

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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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