

**Tip of the Month**

**Satisfy Your Sweet Tooth**

Craving something sweet?



Instead of candy try having dried fruits like cranberries, cherries, or raisins.



**Your Region 3 Team**

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**Change the Future WV** **Region 3 News**

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



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To learn more, call  
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The Coalition for a Tobacco-Free West Virginia held its 2014 Tobacco Control Conference on February 25-26 at the Holiday Inn and Suites located in South Charleston, WV. This conference was held in conjunction with **Tobacco-Free Day** at the State Capitol during the morning and early afternoon of Tuesday, February 25th.

Tobacco-Free Day focused on current and emerging tobacco-control issues and strategies and tactics for public policy success on a local and state level. They also celebrated the successes of the past year.

Change the Future WV (CTFWV) attended Tobacco-Free day at the Capitol and set up a booth that focused on tobacco prevention in youth and cessation. CTFWV distributed literature on the quit line along with brochures on the harmful effects of tobacco-use on one's self, children and house pets.



Picture from Tobacco Free Day taken from <http://events.r20.constantcontact.com/register/event?oeidk=a07e8smvhea307130be&llr=9ny9z6jab>

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

Made possible with funding from the Centers for Disease Control and Prevention and the West Virginia Department of Health and Human Resources.

**CHANGETHEFUTUREWV.ORG**



## WALK IT OFF

### 100 Miles in 100 Days



Change the Future WV is hosting a Health Department Walk It Off, 100 Miles in 100 Days Competition across the state of West Virginia. We at Kanawha-Charleston Health Department hope that all employees take advantage of this program to improve their health, all while beating out the other competing health departments. Beginning April 7<sup>th</sup> through July 16<sup>th</sup>, employees at all participating health departments will begin walking, biking or doing other physical activities that they will track weekly.

The weekly sheets will be provided to the Prevention & Wellness Department. Prevention & Wellness will keep track of all mileage for the health department and provide weekly tallies of progress compared to other health departments. This is an opportunity to do something positive for you and set a positive example for our Kanawha County community.

Prizes will be awarded to those who complete 100 miles in the 100 days. Additional prizes will go to the health department that walks the most miles per capita.

Tina Ramirez, Prevention Coordinator

## Breakthrough for Brianna

Brianna Stamper, a 24 year-old from Charleston, WV could not even walk a flight of stairs without being out of breath at such a young age. Being 5' 10" and at her heaviest weight of 275 pounds, she was diagnosed as a pre-diabetic back in late March, 2012. Brianna, who has been married for two and a half years now, expressed, "I was really mean and grouchy. I didn't want Adam going out and doing things I should have been doing (i.e. clean the car) because I was ashamed. I was too fat and lazy".

One in three West Virginia adults is obese, according to the Centers for Disease Control. An obese person is at high risk of diabetes, heart disease, stroke, hypertension and other diseases, especially if their blood pressure and sugar are high. To make matters more difficult, she was also diagnosed with polycystic ovarian syndrome and had her first miscarriage in April 2011.

As an only child and not growing up around any neighborhood kids, Brianna didn't like the outdoors. She was also heavier set as compared to her peers when she was a cheerleader in her teenage years. Brianna shared that she used to never truly be happy. However, a huge revelation occurred for the young 24 year-old which started with the dirty girl mud run. "I saw a picture in dirty girl mud run and didn't even recognize myself. That was the moment I had to change."

Brianna knew a change had to be made so she started reading blogs on how and where to start. That led her to throw away all junk food and then she went part vegetarian. Brianna's husband, 25 years-old Adam Stamper, shared, "We did a complete 180 from the way we were before. We would eat fast food once a day at least, and now our cheat is Panera Bread".

Aside from eating healthy, Brianna started getting up at 5 am and go to the YMCA- sometimes twice a day. Brianna walked and ran any chance she could. Brianna expressed, "You don't need a gym membership. Just walk in your neighborhood or go up and down your steps."

"I was so self-conscious at first. I saw girls that were never overweight, but every week I would take a picture and could see the improvement. It didn't happen overnight, but it was the small changes that made me want to keep going. I didn't think there was any hope. I was 23 and dying." Brianna proclaimed.

She had a great support system- a dad who lost 30 pounds after he had a stroke, and her mom who lost 40 pounds. Fortunately, Brianna knew that she wasn't alone.

After extreme perseverance and hard word, Brianna is now a Zumba instructor and her numbers in every aspect have reduced. She wears American Eagle jeans now since she has lost a total of 107 pounds! Also, during her pre-transformation period, her blood pressure use to be around 163/100, and now it is a healthy 120/70! Brianna has been extremely proud of herself and there has additionally been an overwhelming positive response by her family, friends and acquaintances. This journey has made her learn that she is able to go further than she ever thought possible.

Not only were there just changes on the scale, but Brianna explained that one's body and mind change alongside. After the transformation, Brianna has seen herself as being more confident and is now able to shop wherever she wants- not just DEB and Lane Bryant. She shared that the hardest part of her journey was figuring out food choices because she didn't know where to start. Fortunately, there are many outlets such as blogs/vlogs out on the web, which can advise individuals with a starting point. Most importantly, seeing a health care professional is a great choice.

Learning from her own experience, a tip she would pass onto someone who wants to make a healthy change in their life would be to never give up. "Don't give up. Whatever you do, don't give up. Small changes matter the most. When I got discouraged, I was still going down that unhealthy past."

Brianna advised for a person who wants to do the same as she, to take it one day at a time. "Start with your kitchen and remove foods that will sabotage lifestyle change." She believes that a great way to get more people to do what she's done is to get these success stories out there considered it's the norm to be overweight during this day-and- age.

When asked what she would say to someone who has high blood sugar and they believe there's nothing they can do, she said she would say to them that it's very reversible. "A healthy diet and lifestyle can improve blood sugar/ blood pressure/cholesterol. My grandmother had severe diabetes and I always knew in the back of my head that it is a probability that I could get it- but you *can* change your life. I believe people think it's possible to change, but I don't think they believe that they can do it. They have to believe in themselves and never give up."

Brianna excitedly concluded, "Now I am happier. I was never happy and now I am."

Change the Future WV partners with Kate Long to conduct media workshops in counties throughout Southern WV. These workshops educate and encourage health conscious organizations to seek out individuals in their communities that have decided to place an emphasis on their individual health. These stories across the state are to encourage others to take a step toward healthier living by showing them that their neighbors and friends are making the changes, therefore, so can they.

Zara Sheikh, MPH

## Upcoming Changes with the Community Transformation Grant

The Community Transformation Grant originally scheduled to end in September of 2016, was not funded by congress in the 2014 budget. What this means is the 5 year project has been reduced to 3 years and is scheduled to end in September of this year. The Bureau for Public Health is working on ways to continue this funding through three new proposals being developed by the Centers for Disease Control around Chronic Disease Prevention. These new proposals are scheduled to be released to the states in the next few months to allow for competitive application and funding continuation by October 1 of this year. BPH will be working closely with the Local Health Departments in writing these proposals to continue the positive results we have experienced during these past three years in Tobacco Free Living, Healthy Eating and Active Living, and Clinical Preventable Services.

Sara Fitzwater Miller, Program Manager



Change the Future WV would like to thank CVS for their tobacco sales ban. There are 50 CVS locations in WV, by city: <http://www.cvs.com/stores/cvs-pharmacy-locations/West-Virginia>

## Additional Events:

### Diabetes Self Management Workshop

*Help Yourself To a Healthier Life*

*Learn self-management skills to take control of your Diabetes so your Diabetes has less control of you!*

- Workshop 1: April 8, 2014
- Workshop 2: April 15, 2014
- Workshop 3: April 22, 2014
- Workshop 4: April 29, 2014
- Workshop 5: May 6, 2014
- Workshop 6: May 13, 2014

From: 2:00 to 4:00 p.m.

Robert C. Byrd Clinic  
400 North Jefferson Street  
Lewisburg, WV 24901

FREE—but space is limited so register early to reserve a seat.

For information or to register, please contact:

Carma Korman, MSW  
304-645-3220, ext 1238 or [ckorman@rcbclinic.com](mailto:ckorman@rcbclinic.com)



## Future Events

- ⇒ April 7<sup>th</sup>- Multi Health Department Walking Competition Kick off
- ⇒ April 7-13<sup>th</sup>, National Public Health Week
- ⇒ April 11 & 12 Urban Agricultural Conference, WV State University [www.urbanagwv.com](http://www.urbanagwv.com)
- ⇒ April 25, YMCA Healthy Kids Day

5:00pm-7:30pm

This annual spring event provides fun, hands -on activities that nurture children's natural interests and promotes family involvement, fitness and learning. Activities include Kanawha County Book mobile, fire house, free back packs, healthy snacks, exercise demonstrations, music and more. For children up to 12 years old. FREE to the public.

Through support from various contributors, the YMCA offers this event free to the public and gives away prizes, such as bicycles, basketballs, footballs soccer balls and jump ropes.

To register —> <http://www.ymcawv.org/PDFs/registrationform14.pdf>

The Beckley VAMC would like to invite you to the 9th Annual Health Fair

On: May 13, 2014

From: 9:00 am– 3:00 pm

For more information call Faith Bragg, BSN MHA the Veteran Health Education Coordinator at 304-255-2121 Ext. 4280