

In This Issue

There is a Revolution in Huntington

The Huntington Health Revolution is making strides toward better health in Cabell County.



Walk the Walk!

Two counties encourage citizens to put on their walking shoes and get moving.

Change Starts with Children

Change the Future WV makes an impact at Barboursville Elementary School.

Join the Movement

Change the Future WV needs the help of community members to create lasting change!

Want to get involved?

Contact the regional coordinator for your county.



Small Steps to Big Change

By Tim Hazelett

It is easy to see that we need environmental and educational change to our health care landscape. West Virginia consistently has some of the nation's poorest health outcomes and residents encounter obstacles in finding care they need to live healthier lives. West Virginians experience high rates of chronic diseases like diabetes, obesity and heart disease. According to americashealthrankings.org, West Virginia ranked 48th among states in overall health care outcomes in 2012, 48th in diabetes, 49th in percentage of adult smokers and 48th in obesity.

We are currently working with 33 coalitions across our Region 4. We have started Diabetes Self-Management Program (DSMP) classes in Man and Huntington and a Chronic Disease Self-Management Program (CDSMP) class in Ripley. When these are complete, we will train local community lay leaders to conduct the classes. We actively participate in and promote four diabetes coalitions.

Our convenience and grocery store initiative has been strong with both corporate and independent stores and healthier foods are now more readily available in many areas. We are working with farmer's markets to increase vendors, improve visibility and broaden the fruits and vegetables offered.

Community leaders including mayors, legislators and medical providers have supported our efforts and are working closely with us. By working together we will change the future of West Virginia and reducing the effects of chronic diseases.

Why Does West Virginia Need the National Diabetes Prevention Program?

By Belinda Summerfield, WV Diabetes Prevention and Control Program

The percentage of Americans with diabetes has more than tripled in the past two decades and now affects over 26 million people. The Centers for Disease Control (CDC) estimates that 1 in 3 American adults could have diabetes by 2050 if current trends continue. West Virginia has a significantly higher prevalence of diabetes than the rest of the nation. In 2010, 11.7% of WV adults (approx. 167,000 people) had diabetes. Estimates show that by 2025, diabetes will affect almost 315,000 West Virginians and cost our state over 3 billion dollars.

An estimated 79 million Americans have pre-diabetes, a condition that if not addressed can lead to Type 2 diabetes, heart attack and stroke. It is estimated that nearly 500,000 West Virginians have pre-diabetes but only about 10% know they have it. Studies show that most people with pre-diabetes develop Type 2 diabetes within 5-10 years.

Currently, thirteen organizations in WV have achieved pending recognition from the CDC to deliver the National Diabetes Prevention Program. Employees of these organizations received specialized training enabling them to facilitate the program and serve as "lifestyle coaches" for participants.

Huntington is Starting a New Revolution

By Heather Sammons

Huntington Health Revolution hosted their second annual Healthy Day and 5k on April 14 in downtown Huntington's Pullman Square. Vendors from across Cabell County showcased their dedication to the health of the community and the individuals in it.

The annual Healthy Day and 5k focuses on the health strengths of the community. Sponsored this year by Cabell-Huntington Hospital, the day brought more than 200 community members to Pullman Square. Local physical activity leaders brought energy to the event by demonstrating yoga, cardio for kids and adults, mindful eating and healthy snacks.

The goal of Huntington Health Revolution is to create a culture of community health that will spread to impact the county and state.

Huntington Health Revolution is supported by a group of dedicated community organizations. These organizations donate time and resources to help put in place ideas and systems allowing residents greater opportunities for health, such as the Paul Ambrose Trail for Health and Ebenezer Medical Outreach.



Jackson to Kick Off County-Wide Walking Program

by Wendy Crawford

The Jackson County Medical Reserve Corp is developing a healthy walking program through grant funding and collaboration with community partners. The group's mission is to encourage people to start "Movin' and Groovin'" to improve their health.

This program is open to people of all ability levels: people with limited mobility; children's group; mothers with strollers; senior citizens; and marathon runners. Everyone is welcome and the program is designed with everyone in mind.

Program participants must register so they will receive event information, discount coupons, awards and much more.

After registering, participants choose a team or indicate they will walk alone. Then they start walking, tracking time, steps or miles. For those who would like to utilize a pedometer to track steps, one will be provided. Participants will be given a weekly walking chart to set goals and track progress. The walking chart will be submitted weekly and used to provide information back to the Jackson County Medical Reserve Corp.

The next step is to attend educational presentations. Starting June 1, the program will include presentations on topics such as high blood pressure and diabetes. Presentations will continue for two months.

Boone County Develops Coalition

By Heather Sammons

According to the County Health Rankings, 15% of Boone County residents have been diagnosed with diabetes. The Boone County Diabetes Coalition is taking steps toward changing the face of diabetes in its communities. The coalition held its first meeting April 23 at the Boone County Health Department. Led by Heather Sammons, Change the Future WV Region 4 Coordinator, the first meeting focused on developing a plan of action and direction for the coalition.

The mission of the coalition is to decrease the prevalence of diabetes in Boone County by developing a holistic approach to prevention and management. The coalition plans to work with schools to educate students and parents on preventing diabetes through good nutrition, Everyone with Diabetes Counts classes, training Chronic Disease Self-Management and Diabetes Self-Management Program facilitators, providing educational outreach at local health fairs and developing a diabetes awareness and prevention event in the community.

The next meeting will be held May 21 at 1 p.m. at the Boone County Health Department. All members of the public are welcome to join the movement to decrease the prevalence of diabetes in Boone County.

One Foot in Front of the Other: Logan Walks 100 Miles in 100 Days

By Heather Sammons

The Logan County Diabetes Coalition in collaboration with WVU Extension is encouraging residents of Logan County to walk 100 miles in 100 days.

Participants receive a pedometer and are asked to report miles walked each week. At the program's end, participants who complete the challenge are entered in a drawing for a chance to win a year's membership for a family of four to either the Logan Recreational Center or the Larry Joe Harless Center in Gilbert.

Change the Future WV supports the efforts of the Logan County Diabetes Coalition to create a healthier Logan County. For more information on 100 Miles in 100 Days, contact Dana Wright at 304-792-8690.

Successful Healthy Day at Barboursville Elementary

By Sara Fitzwater

Change the Future WV teamed up with the Cabell County Health Department to participate in Village of Barboursville Elementary's Healthy Day on April 26.

The group interacted with over 300 elementary students to teach the importance of hand-washing, healthy eating and staying tobacco-free.

"The significance of the health fair was so the children start to think of the choices that need to be made and have knowledge to make the right choice, in these three specific areas. What we found throughout the day is that it is absolutely necessary to provide specific information to kids so they are empowered with the knowledge to make the healthy choice the easy choice," according to Tim Hazelett, Director of Change the Future WV Region 4.

Change the Future WV is available to partner with organizations to educate and influence both children and adults to make the positive choices in healthy eating, tobacco-free living and controlling chronic disease.

Mason County Diabetes Coalition is Gaining Momentum

By Diana Riddle

In February 2013, the Mason County Diabetes/Wellness Coalition was formed through the efforts of Sara Fitzwater, Change the Future WV Region 4 Prevention Coordinator, the Mason County Health Department, Pleasant Valley Hospital, Mason County CEO clubs and other people and healthcare professionals devoted to promoting wellness and the prevention and care of diabetes.

The group's goals and objectives include developing a resource directory for Mason County, offering diabetes education classes to the community, promoting healthy lifestyles and establishing a funding source to assist in these goals.

Interested in joining this coalition? Come to our meetings on the fourth Thursday of each month at 3:30 p.m. in the Buxton Conference room at Pleasant Valley Hospital.

Contact Us

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