

Become an Advocate for Health

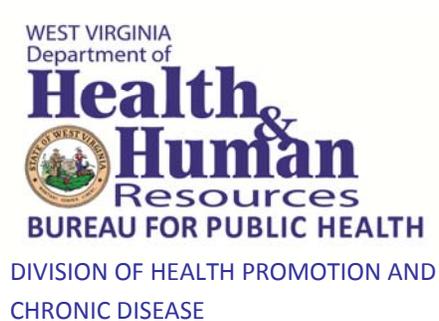
Prevention and management of chronic disease requires that we all become advocates for health. An advocate is someone who argues for or supports a cause or policy.

The Division of Health Promotion and Chronic Disease (HPCD) takes a broad approach to advocacy, partnering with communities, health systems and policy makers to assure that all West Virginians have access to physical activity, nutritious food choices and resources to manage chronic disease.

HPCD works with partners to mobilize communities for policy, environmental and systems changes; provides education and training for chronic disease management and prevention; and links both community and clinical initiatives for seamless coordination of care.

We invite every West Virginian to become an advocate for health.

Join us today!



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Become an Advocate for Health

Reducing Chronic
Disease in
West Virginia



DIVISION OF HEALTH PROMOTION AND
CHRONIC DISEASE

Chronic Disease in West Virginia

Chronic diseases are the most common and costly of all health problems—and they are also the most preventable. 72% of West Virginia adults have at least one chronic disease, such as diabetes, cancer, or heart disease. Many communities lack access to nutritious foods and healthy environments.

The Division of Health Promotion and Chronic Disease (HPCD) works to reduce the burden of chronic disease by addressing these common goals:

1. Decreasing obesity
2. Improving key chronic disease indicators
3. Reducing emergency room usage for chronic disease management

By mobilizing communities, working with health systems, and assuring that communities and clinics work together, West Virginia will continue to see a decrease in the presence of chronic diseases.

Chronic Disease Prevalence in West Virginia Adults:

- 1 in 2 are overweight or obese
- 1 in 3 have arthritis
- 1 in 2 have high blood pressure
- 1 in 8 have diabetes
- 1 in 12 have prediabetes

WV Health Statistics Center, 2014. West Virginia Behavioral Risk Factor Surveillance System Report, 2013.

8 of the top 10 causes of death in West Virginia are chronic diseases.

West Virginia Vital Statistics, 2010, West Virginia Bureau for Public Health, Health Statistics Center.

Mobilize Communities

HPCD provides evidence and resources to empower communities to build healthier environments. In the past year:

- Helped more than 71 communities create healthier environments
- More than 3,800 people participated in community-based chronic disease self-management classes
- 943 community members received education to build healthier environments
- Trained 204 school and physical education personnel in 38 counties to create active schools
- Trained school staff in 13 counties to prepare fresh, nutritious meals using less sodium. A total of 40 counties are now trained in this method

HPCD continues to empower communities through evidence and resources to promote health and well-being.

Quality Improvements for Health Systems

HPCD supports quality care by offering healthcare provider education and training. In the past year:

- 1,020 senior asthma patients received self-management education
- Worked with three local health departments to improve care around hypertension and prediabetes prevention and treatment
- Provided chronic disease education, training, and resources to 15 health care plan case managers

HPCD continues to provide technical assistance to West Virginia healthcare centers in the delivery of evidence-based, clinical preventive services that lead to quality of care for people with chronic disease.

Linking Clinics and Communities

HPCD works with health systems and community organizations to increase patient referrals to community programs and provide support for policies that improve health. In the past year:

- Provided nutrition, physical activity and screen-time policy training to 33 early childcare and education sites
- Provided resources and education to 3,761 community decision-makers across WV to assist in the creation of policies that increase healthy environments
- Supported WV Education Policy 2510 which requires 30 minutes of physical activity a day

HPCD continues to strengthen linkages between health systems and community programs to improve health throughout West Virginia.

Partners:

- WVU Office of Health Service Research
- WV Department of Education
- WV Development Office
- WV Bureau of Senior Services
- Benedum Foundation
- WV Bureau for Children and Families
- WVU Center for Excellence in Disabilities
- Arthritis Foundation
- Mountains of Hope Cancer Coalition
- Change the Future WV
- Charleston Area Medical Center
- WVU School of Public Health
- WV Healthy Kids and Families Coalition