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**Communities
Transforming**

To make healthy living easier

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In This Issue

Little General Makes Big Things Happen

Fruits and vegetables are selling well in rural areas far from grocery stores.

Mingo has the Energy

A small group of energetic people is making some big changes in Mingo County.

Mason County is Starting Something Good

Mason County is setting the stage for major changes in their community

Walmart is Paving the Way

Walmart is leading by example by embracing healthy checkouts.

Join the Movement

Change the Future WV can't make such incredible progress without the help of community members.

If you want to get involved, contact your regional coordinator and tell them what you would like to do in your county.

Community Collaboration is Our Key to Success

By Tim Hazelett

As we started work in your communities, we have found an approach that has shown some early success. It is as simple as working with community members to establish a relationship and work toward the same goals.

We have worked on a 30 Mile Meal project in Huntington that has a strong connection with the mayor and city government. In Mingo County, Change the Future WV is aligning with the Mingo County Diabetes Coalition to achieve the same goals. We are working with multiple partners on Diabetes and Wellness Coalitions with a goal of addressing the cause of the chronic diseases affecting our state.

Business partners including Little General, Wal-Mart, Drug Emporium, Healthy Life Markets and Runyon's One Stop have signed on with our initiative. To be successful, it takes an entire community to embrace a healthier lifestyle.

You can support your local community and look for opportunities to collaborate and join the change. To make the healthy choice the easy choice, we need everyone in the community assessing the landscape. Collaboration will ensure our future generations can enjoy a healthier and safe community in which we all live, work and play.

Wayne County Embraces Farm to School

By Tanya Hunt Americorps Member

Wayne County has embraced its Farm to School program, which aims to increase local food in school meals, educate students about nutrition and agriculture, and start school gardens. Local eggs from Zachary Call in Cabell County are served regularly, and local corn, tomatoes, honey, and apples have been served as well.

Buffalo Elementary is the base of the AmeriCorps volunteer, Tanya Hunt, Farm to School Coordinator for Wayne County, many of the activities have started there and branched out. Third graders planted bell pepper plants and have a grow light in their classroom to watch the growth and learn how to take care of plants. If successful, these bell pepper starts will be used throughout the county in school gardens. The after school program also planted 50 cherry and pear tomato plants in less than a half hour. These will also be spread throughout the county's school gardens and are being kept under a grow light.

If you are interested in more information or would like to help in any way with the school gardens, please contact Tanya Hunt at tanyahnt@gmail.com or 803-448-0850.

Welcome Walmart



By Heather Sammons
Change the Future WV Region 4 would like to welcome the Huntington and Barboursville Walmarts to our Healthy Checkout Aisle Initiative.

Healthy checkouts provide nutritious active options for shoppers who are looking for snacks on the go. They also provide toys that encourage more physical activity.

In Your Community

Mason County is Moving on Healthy Initiatives

By Sara Fitzwater

There are some big changes being made to make Mason County a healthier community.

A Mason County Diabetes Wellness Coalition has been established to tackle navigation of healthcare, programs available in the community and physical activity for individuals with diabetes. The goals of the coalition are assisting Mason County residents and their families with diabetes and helping the community navigate the resources that are available to them. Currently the Mason County Diabetes Wellness Coalition is developing a community diabetes resource directory, working on a pilot walking program and planning a Type 1 Diabetes Day in the county. Meetings are held on the fourth Tuesday of each month and are open to the public.

In addition to the community health changes made by the diabetes coalition, Mason Walmart has agreed to sign on to the healthy checkout initiative. A healthy checkout is when one checkout line in a grocery store removes all unhealthy options, replacing them with healthy alternatives including fresh fruit, 100% fruit juice, water, healthy snacks and physical activity toys such as jump ropes and balls. Mason Walmart is also using cross marketing, placing fresh produce in the meat or cereal aisles. Change the Future WV oversees these changes and provides marketing materials to do so.

Change the Future WV asks all Mason County community members to take advantage of these healthy option movements: ask other local grocery stores to implement a healthy checkout aisle, attend Mason County Diabetes Wellness Coalition meetings, start a walking program in your community. For assistance with any of these and other healthy lifestyle changes, please contact Sara Fitzwater, Region 4 Prevention Coordinator.

Lincoln Farmers Market Prepares for the Season

By Heather Sammons

The Lincoln County Farm Bureau is preparing for their farmers market to open this spring. They plan to begin holding their market at Lincoln Primary Care in Mid-April and continue through the summer. The market typically opens at 3 pm and continues until 6 pm or until sold out.

This year, growers plan to sell tomatoes, green beans, corn, beets, berries and other fresh fruits and vegetables.

The Farm Bureau is also planning farm visits throughout the summer to allow children and families to learn more about how food is grown and where their food comes from.

Mingo Makes Major Changes

By Heather Sammons

The Mingo County Diabetes Coalition has invited Change the Future WV to join in with existing community efforts to make significant health changes that can last for generations.

They are working in Mingo County to create a culture of health that is spreading throughout the county.

Their energy has moved community members to action, whether it is working toward a healthier weight or thinking about better ways to shop and feed their family.

If you would like to get involved with the Mingo Diabetes Coalition and their energy, contact Jenny Hudson at jhudson@mingodiabetes.com.

Wayne Farmers Market Prepares for Season

By Sara Fitzwater

The Wayne Farmers Market plans to reopen open around the first of April on Norfolk Avenue, formerly Asbury's Grocery, from 9 a.m. to 5 p.m., Monday through Saturday. Fresh produce will be offered as it becomes available and as the season progresses. Bill and Dorothy Stewart plan to reopen a second market in or around the Lavalette area.

"We are looking at several different places and will be choosing a location soon. As you may know, we had a market in Lavalette but lost that location. There is such a need for a market in that area" said Stewart. "Our markets have always been and will be self-sustaining, operating them with the profits they generate."

The market will open with the sale of fruit trees, blackberry, raspberry and strawberry plants, and vegetable plants, as well as flowers and bedding plants.

Boone County Little Generals Embrace Healthy Options

By Heather Sammons

Change the Future WV would like to welcome the Boone County Little General stores to our healthy convenience store initiative. Stores in Comfort, Danville, Uneeda and Wharton have agreed to carry fresh fruits and vegetables for their customers. Managers report that fruits and vegetables sell well and frequently sell out before their next shipment.

Little General in Uneeda displays fresh fruits and vegetables in a prominent and easily accessible area in the store



Bravo Hurricane Walmart

By Sara Fitzwater

Walmart in Hurricane has signed on with Change the Future WV and our Healthy Checkout Initiative. With the help of manager Eric Lynn, Hurricane Walmart has chosen to remove all the unhealthy items including pop, chips and candy from one check out and replaced them with healthy snack options: fresh fruit, 100% fruit juice, water.

In addition to these healthy changes, Hurricane Walmart has implemented some cross marketing: placing fresh fruits and vegetables in other areas of the store like cereal aisles or in the meat department. These changes increase access to fresh produce within the store and promote "making the healthy choice the easy choice" to children and impulse buyers.

Many Walmart stores in our area are taking similar steps to improve the health of our community and for this, we applaud them.

Logan Takes the Lead on Diabetes

By Heather Sammons

The Logan County Diabetes Coalition is working to make major changes in its community by educating citizens on how to prevent and manage diabetes. The coalition was formed with the goal of reducing the onset of type II diabetes in youth through developing skills to implement healthy lifestyle changes and to empower senior citizens to optimize their quality of life through diabetes self-management.

Led by a group of passionate people from many reaches of health and the community, the coalition is working to plan where to take action and how to make necessary changes in the county to reduce the occurrence of diabetes and help prevent an increase in its impact.

If you would like to get involved with the Logan County Diabetes Coalition, please contact Anise Nash at the Bruce S. Chertow Diabetes Center at nasha@marshall.edu.

Huntington to Focus on Health

By Heather Sammons

The Huntington Health Revolution will host their annual Healthy Day in Huntington health fair and 5k on April 13, 2013 from 10 am to 2 pm. The day will feature a 5k run/walk and local businesses and organizations who focus on health.

Vendors will include Cabell-Huntington Hospital, HIMG, Cabell-Huntington Health Department, Change the Future WV, Marshall Recreation Center, Healthy Life Market and many more.

There will be a variety of demonstrations throughout the day including yoga, Zumba, Ju-Jitsu and others.

Come join your community and celebrate health!

Jackson County Ranked 27th

By Sara Fitzwater

Jackson County is ranked 27th of 55 counties in the state according to the newly release County Health Rankings, making it the highest ranked county in Region 4.

Currently Change the Future WV is working in Jackson County as well as the entire state of WV to improve tobacco-free environments, increase healthy eating and physical activity and improve chronic disease management.

You can find a complete listing of County Health Rankings for all counties in West Virginia by visiting <http://www.countyhealthrankings.org/>.