



# Women's Wellness Quarterly

Healthy Women, Healthy Families, Healthy West Virginia

December 10, 2009



*National Center of Excellence in Women's Health*

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## Led by women . . .

In the words of Kofi Annan, former UN Secretary General:

*When women are fully involved, the benefits can be seen immediately: families are healthier, they are better fed, and their income, savings and reinvestments go up. And what is true of families is true of communities and eventually, whole countries.*

We believe that a grass roots effort to improve the health and well being of all West Virginians, led by women, will change the health statistics of West Virginia and beyond. We are building a statewide partnership to improve our health, that of our families, that of our communities and that of our state.

## Sept. 25, 2009 Meeting

The meeting will soon be available on our website.

Newsletter – The NCoEWH rolled out its first issue of “Women’s Wellness Quarterly”. An article submittal form is available online on the CoE homepage. All members are encouraged to use these resources for communication. [www.wvhealthywomen.org](http://www.wvhealthywomen.org)

Banners- see article below

Member Activity Form – Forms were distributed and members were asked to complete them throughout the year detailing activities that touch on women’s health issues. This eases reporting at end of year.

Women on Wellness – a one page informational piece was developed describing a WOW retreat and what is involved in a partnership preparing a WOW for a community.

Perinatal Partnership presented

## Advocacy & Legislation

Links to Health Bills:

Baucus Health Bill

<http://online.wsj.com/public/resources/documents/baucus20090916.pdf>

President Obama Health bill:

<http://www.barackobama.com/pdf/issues/HealthCareFullPlan.pdf>

White House President Obama-Women: <http://www.whitehouse.gov/issues/women/>



"Oral Health in West Virginia," an 11-minute video created by WVU Health Sciences Center and partners, highlights the continuing need for education, treatment, and supportive policies. The video is hot off the press and will be distributed in January to legislators and oral health advocates. For more information or a copy for your use and sharing, contact Gina Sharps at [gsharps@hsc.wvu.edu](mailto:gsharps@hsc.wvu.edu).

## Research, News, and Publications

### Why should women in West Virginia be active in the health care reform debate?

Reason #2: We have more problems affording the health care services we need and paying the medical bills for those services we do get.

A recent study by the Commonwealth Fund found that more than half of women reported problems accessing needed care because of cost and that 45% of women had debt caused by medical bills or reported problems with paying medical bills. The authors of the study found that medical debt--which affects women across all income levels--is forcing many women to skip care or make other sacrifices.

For more information: <http://www.commonwealthfund.org/Content/Publications/Issue->



## Useful Links/Member connections

**WISH** <http://www.hsc.wvu.edu/admin/facultydev/>

**Extension Service WVU:**  
<http://www.cedwvu.org/programs/takingcharge/index.shtml>

**Appalachia Community Cancer Network:**  
<http://www.accnweb.com/>

**WISE Woman Centers:**  
[www.wisewomancenter.org](http://www.wisewomancenter.org)

**HSTA** <http://wv-hsta.org/>

**Department of Health and Human Svcs:** [www.hhs.gov](http://www.hhs.gov)

**National Institute of Environmental Health Sciences**  
<http://www.nih.gov/>

**US Dept of Health & Human Services**  
[www.womenshealth.gov](http://www.womenshealth.gov)

**WV Perinatal Partnership**  
[www.wvperinatal.org/default.htm](http://www.wvperinatal.org/default.htm)

**Mary Babb Randolph Cancer Center**  
[www.hsc.wvu.edu/mbrcc](http://www.hsc.wvu.edu/mbrcc)  
**To schedule Bonnie's Bus**  
Call Amy Mahugh  
304-598-4137, 877-287-2272  
[www.hsc.wvu.edu/mbrcc/bonnie/](http://www.hsc.wvu.edu/mbrcc/bonnie/)

**WVU Women's Studies**  
<http://wmst.wvu.edu/>

**WVU Student Health**  
<http://well.wvu.edu/>

**WVU Physician's Office Center**  
**WVU Hospitals**  
<http://www.health.wvu.edu/hospitals/ruby.asp>  
[www.wvunitedhealthsystem.org/locations.html](http://www.wvunitedhealthsystem.org/locations.html)

[Briefs/2009/May/Women-at-Risk.aspx](http://www.womenshealth.gov/Briefs/2009/May/Women-at-Risk.aspx)

There are many reasons why women in particular should be concerned about the current crisis in health insurance coverage. This is part of an on-going series that looks at why you should get involved.

Submitted by Janine Breyel

## Publications from your peers

Davisson L, Warden M, Manivannan S, Kolar MM, Kincaid C, Bashir S, Layne R.  
"Osteoporosis Screening: Factors Associated with Bone Mineral Density Testing of Older Women." *Journal of Women's Health*, 18(7): July 2009; 989-994.

DuRant, Mary Elizabeth, Leslie, Nan S., Critch, Elizabeth A  
"Managing Polycystic Ovary Syndrome, A Cognitive Behavioral Strategy," *Nursing for Women's Health*, August/September 2009

## Executive Director's Update on COEWH Activities

### New Name



The Community Advisory Board will now be referred to as the Community Advisory "Network" to emphasize our inclusion of all interested members throughout the state. We encourage participation and input from all.

Member expectations include:

1. Communicate via email & quarterly meetings with CAN members about outreach events, partnership opportunities, and resources to support the NCoEWH mission.
2. Share information and outcomes with NCoEWH for the newsletter and periodic reports
3. Engage new CAN members

### Apologies

Please accept our sincere apologies if you received the CAN meeting invitation email numerous times after Wednesday, Dec 2<sup>nd</sup>. Apparently, a virus was involved which repeatedly tried to send the email. We are taking several measures to correct the problem and aim to protect the integrity of our lists. Please notify us if you would like to be added  
or  
removed from future mailings with regards to NCoEWH activities.

## Community Outreach

### Banners are now available for loan



The WVU Center of Excellence in Women's Health has new resources to promote women's health at local workshops, exhibits, and fairs. The series of free-standing banners display positive messages focusing on cancer, heart disease, oral health, nutrition, diabetes, physical activity, and Women on Wellness Retreats. The 6-foot "window shade" style banners are lightweight and set up in seconds. They are made of durable vinyl.

Banners may be used individually or together, depending on the focus of your event. These will compliment other health education materials on a table display. For additional women's health handouts, go to [www.womenshealth.gov](http://www.womenshealth.gov).

## WOW Retreats

### Spring 2010

Hampshire  
Mercer -May  
Wetzel  
Marion

**West Virginia University** Robert C. Byrd Health Sciences is proud to be one of 20 nationally designated **National Centers of Excellence in Women's Health**. This designation is awarded by the US Department of Health and Human Services (DHHS) Office of Women's Health. West Virginia University (WVU) joins institutions such as the Harvard University, University of California, Los Angeles; Boston University Medical Center; and the University of Illinois at Chicago, among others. More than prestige, the designation reflects the quality and scope of care, research, and education we offer at WVU and gives us an opportunity to build on that foundation and enrich the lives of the women in West Virginia

[www.wvhealthywomen.org](http://www.wvhealthywomen.org)

[www.womenshealth.gov/owh/multidisciplinary/coe/centers/](http://www.womenshealth.gov/owh/multidisciplinary/coe/centers/)

## Contact Us

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Robert C. Byrd HSC

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[ecparsons@hsc.wvu.edu](mailto:ecparsons@hsc.wvu.edu)

Banners are available for one-week loan to CoEWH members. For scheduling, contact Carrie Wood at 304-293-0946 or [cwood@hsc.wvu.edu](mailto:cwood@hsc.wvu.edu) or check [www.wvhealthywomen.org](http://www.wvhealthywomen.org) homepage for Banner Loan form. Members are responsible for pick up and return. The CoEWH cannot be responsible for any costs incurred.

Banners were produced with funds from a WVU Public Service Grant obtained by Dr. Barbara J. Howe, PhD, former Director of Center of Women's Studies

submitted by Elaine

Bowen

## Wellness

### Get Ready to Celebrate National Wear Red Day<sup>®</sup> 2010



**National Wear Red Day<sup>®</sup> is Friday, February 5, 2010**-Start planning now to join others across the country by wearing red on this day and throughout American Heart Month to show your support for women and heart disease awareness. National Wear Red Day<sup>®</sup> promotes The Red Dress<sup>®</sup> symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or [Red Dress Pin](#). Visit the [National](#)

[Wear Red Day<sup>®</sup> online toolkit](#) for free resources and materials to help you celebrate. You will find dozens of ideas for how to incorporate the observance into your workplace, community, and local media, including fact sheets, newsletter templates, and much more.

You can order specially priced combinations [online](#) until January 31, 2010.

You can also order by calling the National Heart, Lung, and Blood Institute (NHLBI) Health Information Center at 301-592-8573

submitted

by Elaine Bowen

## .Women's Health Month

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## Calendar of Events

### Quarterly Community Advisory Board Meetings

December 10<sup>th</sup> at 9:00

March 18<sup>th</sup> at 9:00

June TBD

Join us in person or by remote connectivity.

## Upcoming events

Feb 12 Wear Red Day

May Women's Health Month

**COEWH Community  
Advisory Network  
Leadership Team :**

Elaine Bowen, Ed.D  
Co-Director Outreach

Betty Critch, MBA,  
Executive Director CoEWH

Janine Breyel, CoEWH

Mary Herald, CoEWH

Carrie Wood, CoEWH

## Women in Science & Health Book Club

3<sup>rd</sup> Thursday of each month from 12:00 Noon to 1:00 PM, WVU Health Sciences Center  
All are welcome, faculty, staff and students, to join us for a brown bag lunch book  
discussion

**Book Club Selections Include:**

January 21, 2010: *Good to Great and the Social Sectors*, by Jim  
Collins

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Articles included in the Women's Wellness Quarterly are submitted by members of the Community Advisory Board and their colleagues. Any opinions expressed in the newsletter do not necessarily reflect those of the National Center of Excellence in Women's Health or WVU.

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