



Women's Wellness Quarterly

Healthy Women, Healthy Families, Healthy West Virginia

May 10, 2010



National Center of Excellence in Women's Health

Volume 1, Number 4

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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.

Community Advisory Network Meeting Minutes March 18, 2010

Newsletter – An article submittal form is available online on the CoE homepage. All members are encouraged to use these resources for communication. www.wvhealthywomen.org

Membership in CAN:

- Members introduced themselves and gave a brief summary of their Programs and activities that touch women's health during a round table session and then were asked to share their updates via email for the Newsletter on a quarterly basis. This newsletter is a good tool to use for promoting your women's health activities. Please send us the information you would like included in the newsletter to: cford@hsc.wvu.edu
- Elizabeth Critch Parsons recapped her trip to the UCSF National Center of Excellence in Women's Health Conference in San Francisco.
- Elaine Bowen shared information on Women's Health Week starting date May 9.

Banners- We now have a series of free-standing banners that display positive messages focusing on Cancer, Heart Disease, Oral Health, Nutrition, Diabetes, Physical Activity, Perinatal Health 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. For more information please see page 4.

Next Community Advisory Network Meeting September 16, 2010

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/>
West Virginia Legislature: <http://www.legis.state.wv.us/>
Women's Health: <http://www.womenshealth.gov/>
West Virginia League of Women Voters: <http://www.lwvwwv.org>

WOW Retreats

Spring 2010

Hampshire –To be announced

Mercer –May 20

Wetzel – To be announced

Marion –July 31

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
www.wowicandoit.com

www.womenshealth.gov/owh/multidisciplinary/coe/centers/

Contact Us

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Research, News, and Publications

According to an article recently published in the *Journal of Women's Health*, advances have been made in health education for women and increased empowerment of women in their own health. The article, "Progress and Priorities in the Health of Women and Girls: A Decade of Advances and Challenges" is based upon the results of a survey of thirty-six Centers of Excellence in Women's Health across the country. The Centers of Excellence, of which WVU is one, are comprehensive health programs with a lifespan perspective and address the needs of women and girls within the bio-pyscho-social continuum. For more information:

<http://www.liebertonline.com/doi/pdfplus/10.1089/jwh.2009.1627>

Did you know that three out of four people suffering from autoimmune diseases, such as multiple sclerosis, rheumatoid arthritis, and lupus, are women? Autoimmune diseases are in the top 10 leading causes of deaths (age 65 and younger) and are the fourth largest cause of disability among US women. For more information on the difference in disease and illness prevalence between the sexes visit

http://www.womenshealthresearch.org/site/PageServer?pagename=hs_sbb_suffer

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., Elizabeth A Critch

"Managing Polycystic Ovary Syndrome, A Cognitive Behavioral Strategy,"

Nursing for Women's Health, August/September 2009

Predominance of brain and lung metastases in triple-negative breast cancer patients.

Gadiyaram V, Kurian S, Abraham J, Hobbs G, Vona-Davis L. Department of Surgery, Mary Babb Randolph Cancer Center and Departments of Statistics and Community Medicine, West Virginia University

Vijaya Gadiyaram MD, a fellow in the Hematology/Oncology Program and **Linda Vona-Davis, Ph.D.**, Associate Professor of Surgery and member of the Breast Cancer Research Program at the Mary Babb Randolph Cancer Center presented a poster at the 32nd Annual San Antonio Breast Cancer Symposium, December 9-13, 2009. The title of the work is "*Predominance of brain and lung metastases in triple-negative breast cancer patients.*" They studied the metastatic pattern of women with breast cancer over a 5-year period. Breast cancers that were negative for estrogen, progesterone, and HER2neu, otherwise known as triple-negative, were compared with HER2neu-positive and HER2neu-negative (endocrine receptor positive) disease. The results showed an excess risk of brain and lung metastasis in women with triple-negative breast cancer. Drs. Kurian, Abraham and Hobbs were co-authors on the study. The San Antonio Breast Cancer Symposium was Sponsored in part by the American Association for Cancer Research



National Center of Excellence in Women's Health

Executive Director's Update on COEWH Activities Elizabeth (Betty) Critch Parsons

Happy spring. Spring represents a time of new beginnings, new opportunities and celebrations. It is fitting May is our time to celebrate Mothers day and women's health month. In the words of Kofi Annan "When women are involved, the benefits can be seen immediately: families are healthier, they are better fed, their income, savings and reinvestment go up. And what is true of families is true of communities and eventually whole countries."

I would like to share a statement from Surgeon General, Dr. Regina M. Benjamin, on the Importance of Celebrating National Women's Health Week and Empowering Women to Make Their Health a Top Priority

Mother's Day, May 9, marks the start of National Women's Health Week, a weeklong observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. With the theme "It's Your Time," the goal of National Women's Health Week is to empower women to make their own health a top priority and encourage them to take small, manageable steps to improve their health and reduce their risk for many diseases. On Mother's Day, women across the country will celebrate with family and friends. This year, I also encourage women to celebrate themselves by focusing on their own health and well-being.

The most important steps women can take to improve their health include eating a well balanced, nutritious diet; getting regular physical activity; avoiding unhealthy behaviors, like smoking; and paying attention to mental health. In addition, women should get regular checkups and preventive screenings. May 10 is National Women's Checkup Day, and I urge all women to make an appointment with their health care professional. In honor of National Women's Health Week and National Women's Checkup Day, more than one thousand events will take place across the country. To find an event near you, visit

<http://www.womenshealth.gov/whw/events/>.

During National Women's Health Week it is important to tell our wives, mothers, grandmothers, daughters, sisters, aunts, and girlfriends to make the time to improve their health, prevent disease, and live longer, healthier, and happier lives. After all, when women take even simple steps to improve their health, the results can be significant and everyone benefits. As our country struggles to improve her health, the WVU National Center of Excellence in Women's Health continues to build our grass roots effort to improve the health and well being of our women and families. I would like to thank each and every woman who is a member of our network, reads our newsletter and webpage. Please share our efforts with all the women in your life. Please encourage the women in your life and yes that means you, to see their health care provider annually. Get that healthy check up. Practice healthy lifestyles; do not wait for the illness to indicate lifestyles changes are necessary. Remember the old saying an apple a day.

www.wvhealthywomen.org.

The WOW Retreat scheduled for Bluefield on May 20th still has opening. Please pass the word in any way you can. Encourage business in your area to send women. The ROI gained from healthy lifestyles is an asset, a current asset as well. Unhealthy lifestyles are one Hugh liability, current and long term. For more information and registration: www.wowicandoit.com. Sign up and volunteer for the WOW Retreat in Fairmont, WV July 31, 2010. Our newsletter provides information from around the state, please share it. I wish everyone a great women's health month with many opportunities and new beginnings.



National Center of Excellence in Women's Health

New Website for WOW Retreats:

www.wowicandoit.com

The Women on Wellness Retreat will be offered in the following locations: Bluefield on May 20, 2010 at David's at The Club, The Elks, 1501 Whitethron Street, Bluefield, WV. The Bluefield partnership: Community Champaign: Connie Saunders, 304-920-1051, the steering committee: Bonnie Patterson 304-910-1710, Lisa Huff 304-324-3223, Deb Halesy Hunter 304-920-2131 and Oretta Hubbard 304-920-1703. For more information or to volunteer please call members of the steering committee. See our new web site: www.wowicandoit.com Fairmont, WV, Saturday July 31, 2010, Heston Farm, 1602 Tulip Lane Fairmont, WV, 26554. See www.wowicandoit.com for more information and to register. See: www.hestonfarm.com for more information about the Heston Farm. Please call Betty at 293-2895 or 376-9334 if you are willing to participate on the steering committee and or volunteer in any way.

Community Outreach



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.

Banners are available for one-week loan to CoEWH members. For scheduling, contact The Center of Excellence in Women's Health at 304-293-0946 or cford@hsc.wvu.edu. Check www.wvhealthywomen.org homepage for the 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

The Women on Wellness Retreat was just the motivation

Betty Farmer needed to boost her goal to continue to lose weight. Betty, a vivacious 80-year old from Point Pleasant, first had doubts about attending the May 2009 event at Jackson's Mill. She worried about having enough energy and being able to go from one session to the next. In 2008, she joined a local TOPS (Taking Off Pounds Sensibly) group, had lost 29 pounds and wanted to keep losing. She's thankful she decided to participate as one of the WOW's forty participants. Betty gained skills and information to help with her balance. She has shared this with many other women in her TOPS group and CEOS (Community Educational Outreach Service). Betty is thrilled with her new found skills and a total weight loss of more than 70 pounds. Her doctor even took her off one of her medications which saves her money. She'll be honored for her successes and leadership at a statewide TOPS ceremony on June 11-12. WOW!



National Center of Excellence in Women's Health

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

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Krystal Thomas, PT-MS
DPT
304-594-1313

Headlines

- We continue to move forward with our 2010 retreats. Dates & locations for the following counties: Mercer May 20,2010 at David's at the Club, The Elks 1501 Whitethron St. Bluefield, WV. Marion County July 31, 2010 at Heston Farms, Fairmont, WV. Hampshire & Wetzel to be announced. Continue to check our website for updates. <http://www.wowicandoit.com/>
- We are looking for volunteers to help us identify steering committees in West Virginia Communities and anyone who would like to work on the planning team.
- For more information on any of these topics please feel free to call the Center of Excellence in Women's Health between the hours of 8:15am-4:45pm, Monday-Friday. The Center has posted on its website a Progress Report for 71/09-12/31/10. To see 2009 Year End Report go to: <http://www.wvhealthywomen.org/final%20combined%20dec%2031,%202009%20NCoEWH%20report.pdf>

Quarterly Community Advisory Network Meetings

Thursday September 16, 2010

[Join us in person or by remote](#)

Women in Science & Health Book Club

3rd Thursday of each month from 12:00 Noon to 1:00 PM, WVU Health Sciences Center
Faculty, Staff and Students are welcome to join us for a brown bag lunch book discussion.

Book Club Selections Include: The May Book Club has been cancelled.

Upcoming Events

May 9-15, 2010...Women's Health Week To see What is National Women's Health Week Go to: <http://www.womenshealth.gov/whw/>

May 20, 2010...WOW Retreat Mercer County

July 31, 2010...WOW Retreat Marion County

For more information or to sign up for a Retreat go to: www.wowicandoit.com

Let's Walk for Women's Health

Consider walking on Wednesdays – where ever you are. Start a group. Let us know and we will send you pedometers to share with your group.

In Morgantown join us Wednesday at noon: One Waterfront place, at the Fit Stop and at Ruby Memorial Hospital front entrance.

WVU Employee Wellness and the WVU National Center of Excellence in Women's Health (CoEWH) will be hosting Let's Walk for Women's Health during the month of May. The walks will begin at noon on May 12, 19, and 26, weather permitting. Each walk will start at the Fit Stop by One Waterfront Place and Ruby Memorial Hospital front entrance. WVU employees and family members are invited to walk a mile for women's health each Wednesday in May at noon. Blood pressure checks and women's health information will be available to participants. Kimberly Zaph, WVU Wellness Program Manager, will host walks on the Rail Trail for downtown and Waterfront employees. These walks will begin at the Fit Stop/Waterfront Web



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(the playground beside the Waterfront garage), will proceed south to the 9/11 Memorial, and will return to the Fit Stop. Betty Critch, Executive Director for the National Center of Excellence in Women's Health, will host walks departing from the front entrance to Ruby Memorial Hospital and proceeding along a 1-mile route around the Milan Puskar Stadium.

Submitted By: Kimberly Zaph, MS, CSCS, ACSM HFS Wellness Program Manager, WVU Division of Human Resources

Perinatal Partnership

As a part of the Perinatal Partnership, the National Center of Excellence is working with a team to bring lactation rooms into businesses for nursing mothers. The Center of Excellence would like to hear from those of you who have designated areas in your organization for nursing mothers. The NCoE would also like to hear from anyone who has comments, would like to join our team etc. For more information please call The Center at 304-293-2895.

Please check out the new Perinatal Opportunities Calendar at:

<http://www.wvperinatal.org/calendar.htm>

The Calendar contains educational opportunities and important events listed monthly. Click onto the topic of interest to you and more details appear.

Announcement: the *“Oral Health During Pregnancy and Early Childhood: Evidence-Based Guidelines for Health Professionals”* is available for download at: www.cdafoundation.org/guidelines.

Important Information for Perinatal Providers and Birthing Hospitals and Birthing Centers.

The Joint Commission is replacing the Core Measure Set regarding Pregnancy and Related Conditions with the following measure sets: Luckily, WV is already making progress on the first with our OB QI Program! The US Breastfeeding Committee has released guidance on how hospitals can track, measure and reach the exclusive breastfeeding measure. For more information please go to: www.usbreastfeeding.org, and click on [Perinatal Care core measure set](#).

Message: About 43% of West Virginia births are the result of an unplanned pregnancy. Many occur among younger West Virginia women and result in infants being born too close together, low birth weight, and preterm deliveries. We can impact these poor outcomes by better telling the important message that spacing between pregnancies is healthier for our West Virginia mothers, babies, and the families. Just imagine the better health outcomes West Virginia would see if we increased spacing between pregnancies to the recommended 24 months!

Committee on Unplanned Pregnancy produced this educational tool which is available to you to down load. Go to: Why Spacing Between Pregnancies is a Healthy Choice: <http://www.wvperinatal.org/downloads/spacing101409.pdf>

Submitted By: Ann Dacey



West Virginia Family Planning Program

For more than three decades, the WV Family Planning Program (FPP) has been an integral component of the public health system, providing confidential high-quality reproductive health services and other preventive health care to low-income and uninsured women, men and adolescents who do not qualify for Medicaid but earn too little to afford private health insurance. Over eighty-four percent (84.1%) of FPP clients have incomes below the FPL and receive services at no cost and twelve percent (12.2%) of clients have incomes below 250% of the FPL and receive services at discounted rates through a statewide community-based provider network of 142 locations. Sites include county health departments, primary care centers, hospital outpatient centers, private providers, free clinics and university health sites. During CY 2009 the FPP served over 58,000 individuals; 58,004 women, 3,925 men and 15,617 teens.

FPP helps individuals have the size family they want, when they are ready, whether it be a family of one or more. The consequences of unintended pregnancy can be serious, even life altering, particularly for women who are young or unmarried, have just recently given birth or already have the number of children they want. FPP stresses every pregnancy should be planned. Providers are encouraged to stress preconception health and FPP has made tools available for clients about preconceptional and interconceptional health.

FPP clinical care includes:

- Comprehensive medical history review and clinical examination
- Basic lab tests
- Breast, cervical and testicular cancer screening
- Testing and treatment for some STDs
- Follow-up and referral for prenatal care, infertility services special medical needs
- Pregnancy testing
- Health education and counseling
- Fertility awareness information
- Free contraceptive methods and supplies: Oral contraceptives pills, contraceptive shots, contraceptive patch, spermicides and condoms, diaphragms, IUDs and emergency contraception (“morning after pill”)
 - Surgical sterilization (tubal ligation and vasectomy) for qualifying women and men
 - Federal Title X regulations prohibits the use of federal funds to pay for abortions

FPP includes the Adolescent Pregnancy Prevention Initiative (APPI) which provides comprehensive education for classrooms and community groups to reduce adolescent pregnancy by delaying sexual activity and improved decision making skills. There are currently four (4) Adolescent Pregnancy Prevention Specialists located in four (4) regions throughout the State working directly with communities. Plans are underway for an expansion of APPI and staff.

Outreach and public awareness about FPP services is ongoing. Subsidized medical care is the only health resource for many WV residents, in particular those



seeking women's reproductive health care. With recent economic changes, the need for FPP services is increasing. A new media campaign, "Think About It" was just released targeting young adults 19-29 with the message that everything is not always obvious; who skilled a birth control pill, who has a STD etc. The message is to "think about it" before you act. FPP has also partnered with the Bureau for Child Support Enforcement to provide a message about family planning services in monthly statement to participants. County DHHR offices, parole offices and homeless shelters receive FPP posters and brochures for their clients.

In 2006, the Alan Guttmacher Institute (AGI) published a report, *Contraception Counts*, highlighting contraceptive services state by state. Among the 50 states and the District of Columbia, WV ranked 6th in service availability. WV documented 177,300 women were in need of contraceptive services and supplies. Of these, 106,240 women need publicly supported contraceptive services because they have incomes below 250% of the federal poverty level (77,880). FPP clinics serve 56% of all women in need of reproductive health services. Publicly funded family planning clinics in WV help women prevent 13,800 unintended pregnancies each year.

Education, training and support provided by the Title X, FPP infrastructure is a critical component for the provider network. Even in this new era of health care reform, the need for FPP will continue, providing safety net family planning services for women, men and teens.

Revised 7/09

Submitted by: Denise Smith, Director Family Planning Program

denise.a.smith@wv.gov

West Virginia Right from the Start Project

OVERVIEW

350 Capitol Street, Room 427, Charleston, West Virginia 25301-3714

(304) 558-5388 or Toll Free in WV 1-800-642-8522

Fax (304) 558-7164

Voluntary Early Prevention

The Right From The Start Project (RFTS) is a statewide program in West Virginia committed to producing improvements in birth outcomes for low income pregnant women and their families. The RFTS Project uses a program of home visitation provided by registered nurses and licensed social workers known as Designated Care Coordinators (DCCs), who work and reside in the community they serve.

The DCCs help women attempt to achieve these important goals:

- Improve pregnancy outcomes by helping women engage in good preventive health practices including early comprehensive prenatal care, good nutrition, and reducing use of cigarettes, alcohol and other illegal substances.
- Helping parents increase their knowledge of child development, offering parent education, and facilitating access to community resources.
- Improve families' economic and personal self-sufficiency by empowering parents to develop a vision for their own future, plan future pregnancies, continue their education and find jobs. The RFTS Project provides training and support services to ensure that the home visiting model is precisely replicated in all West Virginia



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communities, leading to improved outcomes for both mothers and children. Sites adhere to key elements of the Project through protocols established by the WV Department of Health and Human Resources, Office of Maternal, Child and Family Health, Division of Perinatal and Women's Health, Perinatal Programs and ACOG. West Virginia Department of Health and Human Resources Office of Maternal Child and Family Health

About Us

RFTS Project Data (2008)

- Average weight of infant born to RFTS Participants – 6.95 pounds
- Average gestation – 38.10 weeks
- Average DCC/prenatal client contacts 5.6
- Average DCC/infant client contacts 8.0
- Total number of home visits 22,285

Key Elements

- Home visitors called Designated Care Coordinators, are specially trained professionals – registered nurses and social workers licensed to practice in WV.
- DCCs follow American College of Obstetricians and Gynecologists (ACOG) guidelines and protocols identified in the

RFTS Project Manual that focus on the mother's personal health, quality of care-giving and life-course development.

- Women voluntarily enroll as early in pregnancy as possible with home visits beginning ideally by the 16th week of pregnancy, and continuing through the first year of the infant's life.
- DCCs involve the mother's support system including family members, fathers and friends, and help families access other health and human services they may need.
- Each pregnant woman and family of the infant receives individualized services which they develop jointly with the DCC.
- Additional medical and social services offered in the community are also used to assure efficient use of resources.

Revised 7/09

Collaborative Partners*

WV March of Dimes Healthy Mothers Healthy Babies WV CHIP AWHONN WV Hospital Association WV Medicaid ACOG WV State Medical Association Parents As Teachers Bedfont USA PEIA Family Resource Networks WV local health departments WV Audiologists WV WIC Relatives as Parents Program WV birthing facilities WVU Healthy Start/HAPI Project WVU Birth Score Office of Community and Rural Health Office of Epidemiology and Dr. Richard Windsor Health Promotion George Washington University (*partial list)

Prevention That Works

Ensuring access to health care for low-income women and children has been an ongoing concern for state and federal officials. The Bureau for Medical Services (Medicaid) and Office of Maternal, Child and Family Health (OMCFH) have worked collaboratively to develop special initiatives that extend support services to women and infants at risk of adverse health outcomes. This partnership has not only expanded the state's capacity to finance health care for women and children, but has also strengthened the delivery of care by establishing care protocols, recruiting medical providers and developing supportive services such as case management and nutrition counseling which contribute to improved patient well-being. The RFTS Project more than pays for itself, given the multitude of outcomes the program affects. Net reductions in public costs begin to accrue by the time the children reach four years of age. In similar program models, there is evidence that the economic returns/benefits from investing in early intervention



programs are larger when programs are effectively targeted. The RAND Corporation has independently estimated that the return for each dollar invested is \$5.70 for the high risk population served.* *Karloy, Lynn A., Kilburn, M. Rebecca, Cannon, Jill S., *Early Childhood Interventions: Proven Results, Future Promise*, Santa Monica, CA: RAND Corporation, MG-341-PNC, 2005. For more detailed information about the Project elements, go to (www.wvdhhr.org/omcfh/rfts), a vibrant and dynamic communication center. View a statewide map showing communities served by the RFTS Project, review Project data, link to other OMCfH programs and locate a provider in your area. You may call or contact the RFTS Project staff at 1-800-642-8522 or (304) 558-5388.

A study conducted by the West Virginia University Birth Score Office shows statistically significant differences between women who received at least one RFTS service and women who were not referred.

West Virginia Department of Health and Human Resources
Office of Maternal Child and Family Health

Benefits

The RFTS Project demonstrates:

- Increased number of women choosing to participate.
- Lower rate of infant admission to NICU.
- Higher rate of breast-feeding infants.
- Lower rate of C-sections.
- Higher rate for linking infants with high Birth Scores to a well childcare service.*
<http://www.wvdhhr.org/birthscore> Adequate prenatal care utilization increased in the “prenatal participant” group versus the “Medicaid beneficiaries not referred to RFTS” group. Pregnant women who are “Medicaid beneficiaries not referred to RFTS” had statistically significantly higher low birth weight and preterm delivery rates.

**"A Descriptive Analysis of Right From The Start Prenatal Services, WV 2007"*
Submitted by: Jeannie Clark, RN, ASN, BA, BSN, Director of Perinatal Programs
WV Department of Health and Human Resources Bureau For Public Health
Office of Maternal, Child & Family Health
website: www.wvdhhr.org/rfts

These Groups are Made for Walking

Through a partnership with WV on the Move, WVU Extension Service, and Community Educational Outreach Service (CEOS) clubs, more than 700 persons formed walking groups in 24 counties. The program promotes the health benefits of walking in a fun and educational manner, while ensuring individual success through the social support of a group. The CEOS on the Move! Program is scheduled to begin April 18, 2010 and will end on May 28, 2010. Members are tracking the number of steps taken daily, as well as participating in a walking group at least once a week. The program creates a fun and active way to help community members lead healthier lives. Contact Elaine Bowen for information at Elaine.Bowen@mail.wvu.edu or 304-293-8584.



West Virginia Breast & Cervical Cancer Screening Program

Updates

The West Virginia Breast and Cervical Cancer Screening Program (WVBCCSP) continues to positively impact the lives of thousands of women throughout this state.

Services provided since the inception of the Program in 1991:

- Total Enrollment: 122,189
- Total Pap Tests: 237,966
- Total HPV Tests: 2,545
- Total Clinical Breast Exams: 236,289
- Total Mammograms: 135,025
- Total Invasive Cervical Cancers Diagnosed: 132
- Total Invasive Breast Cancers Diagnosed: 884

In January 2009, the Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) program transitioned from being a research project in this state, into full implementation, which included integration into the WVBCCSP.

In the intervening period, more than 1800 women have enrolled in the WV WISEWOMAN program and received cardiovascular health screenings and lifestyle intervention services at one of the 35 participating provider sites.

During the month of April 2010, the WVBCCSP held three regional Breast and Cervical Cancer Information Programs to provide training, education and program updates to the network of Women's Health providers from throughout the state. More than 300 providers attended the sessions held in Charleston, Beckley and Morgantown.

With the coming new program year, the WVBCCSP is looking forward to implementing changes that further improve the status of the women of this state. During the next program year WVBCCSP will partner with the WV Tobacco Prevention Program to automatically connect tobacco using participants with the Tobacco Quit Line.

Submitted by: Sheryn L. Carey, Program Coordinator

West Virginia WISEWOMAN, WV Breast and Cervical Cancer Screening Program
WV Department of Health and Human Resources Bureau for Public Health
Office of Maternal, Child and Family Health

Sheryn.L.Carey@wv.gov



Morgantown Newcomers Club

Any interested member of Newcomers can participate in these Groups: *Health and Wellness Group*. It meets at Zen Clay at 11:00 a.m. on the second Monday of each month. The women share information related to Women's Health and enjoy a healthy lunch. Next Monday, May 17, some of them will be leaving the Barnes and Nobel parking lot at 8:30 a.m. to drive to Whole Foods, Trader Joes, and the Strip District in Pittsburgh. The second interest group is a *Walking Group*. Newcomers meet at various times and places to walk. Through the various interest groups the women relax, have fun, and become friends. So the interest groups also improve the "mental health" and happiness of Newcomers, and their attachment increases to the Morgantown community. It would be great to encourage every town to start a Newcomers Club! For more information visit: www.morgantownnewcomers.com
Submitted by: Judy Wilkinson



Women's Health Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Share health tips with the women and young girls in your life.
2 Get a good night's sleep. It reduces many health risks.	3 Have an extra serving of calcium foods for strong-bones.	4 Wear a seatbelt every time you are in a car. Remind loved ones.	5 Tell a smoker you care about them. Ask them to set a quit date.	6 Write a love note today.	7 If you or a loved one is being abused, don't wait. Get help.	8 What screenings and vaccinations do you need? (website below)
9 Explore your family health history to share with family members.	10 National Women's Health Check-Up Day Visit your doctor.	11 High blood pressure is a "hidden killer". Check your bp today.	12 WVU Center of Excellence In Women's Health meeting 9am Health Sciences Center Morgantown	13 Get a Pap test regularly starting at age 21.	14 Learn about HPV vaccines for females 9 to 26 yrs. (website below)	15 Over 40? Get a mammogram every 1 to 2 years.
16 People make 200+ eating choices a day. Choose healthy!	17 Focus on your posture today. Your body will thank you.	18 Skip the calories. Instead of a soda, drink sparkling water.	19 Boost your fiber with healthy snacks—dried fruit, nuts, seeds.	20 WOW Retreat Mercer County www.wowicandoit.com	21 If you drink alcohol, don't have more than 1 drink per day.	22 Do a regular breast self-exam.
23 Be active for at least 2½ hours a week.	24 Ask a friend to come out and play. Take a long walk.	25 How long since your last eye exam? Call today to schedule one.	26 Brush your teeth for 2 minutes at least twice a day. And floss!	27 Keep a water bottle with you during the day. Refill it often.	28 Wear protective clothing, a hat, and sunscreen when outdoors.	29 Learn about Bonnie's Bus. Go to www.wvucancer.org/bonnie
30 Instead of TV, go on a relaxing outing with family or friends.	31 Make a list of all the fun things you want to do this summer.					

May 2010

National Women's Health Week begins on Mother's Day (May 9-15). Improving women's health starts at home. Individuals and families can take small steps to live healthier lives. Find small steps to improve your health, your family's health, and your community's health, too. Discover more at www.womenshealth.gov

