

# WVU Extension and PEIA Partnership

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# Families and Health Priority Programs

- Chronic Disease Prevention & Management
- Healthy Relationships
- Wellness
- Food Safety
- Financial Education
- Healthy Places for Living, Working, Playing & Learning



# Partnerships



“A voluntary collaborative agreement between two or more parties in which all participants agree to work together to achieve a common goal and share the risks, responsibilities, resources and benefits.”

*<http://www.1000ventures.com>*



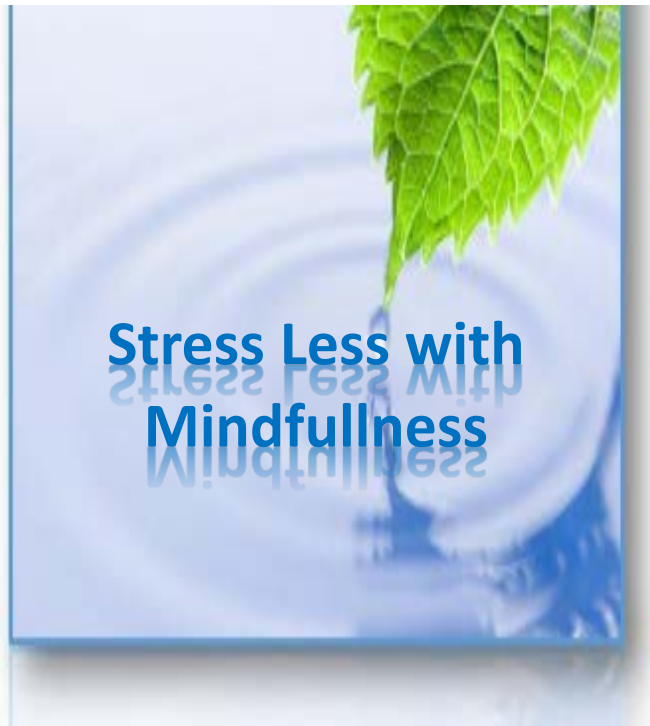
# Common Goal:

- Both partnering organizations share the goals of improving wellness parameters of West Virginians and decreasing the burden of chronic disease.
- In order to jointly strive for these goals, and in an attempt to eliminate duplication of services, WVPEIA and WVUES implemented a Memorandum of Understanding.
- It provides cost recovery to WVUES for WVPEIA participants who carry the Preferred Provider Plan or the Healthplan, upon successful completion of six core wellness programs.



# Overview of Procedures:

- WVUES Families and Health community educators work with WVPEIA Health Consultants to schedule and recruit for each of the 4 core classes.
- PEIA participants must attend 80% of classes within each program for WVUES to receive cost recovery from WVPEIA.
- Each of the six wellness programs are evaluated separately, but each program evaluation includes compliance rates, intentions to use skills/knowledge, and measurements of various health outcomes relevant to each program.



- This program introduces the practice of mindfulness self-care skills to reduce stress, depression, anxiety, and physical discomforts.
- The goal is to increase flexibility in responding to stress by teaching “mindfulness” as a way of relating to everyday life experiences, including thoughts, emotions, physical sensations, and events.
- Mindfulness is paying attention on purpose to the present moment with a non-judgmental attitude.

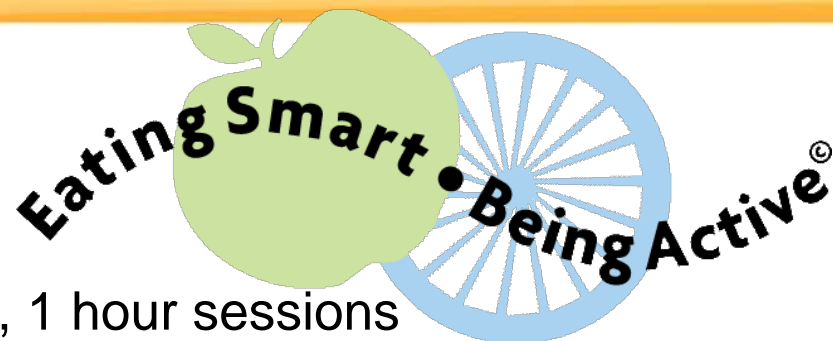


- Dining with Diabetes is a self-management support program for people with diabetes and their family members.
- Topics include the importance of knowing your clinical test results and what they mean; getting appropriate health care; how carbohydrates affect blood glucose; and maintaining a healthy diet to reduce risk.
  - Can be taught as a 2-hour class with cooking component or as a lunch and learn series



- Designed for parents/caregivers of children ages 9 to 14.
- The goal is to improve eating and activity behaviors of children and assist parents to become better role models for and facilitators of child and family behavior change.
- The program curricula has six topics – tools for changing habits, healthful eating, physical activity, meal planning and shopping, cooking and eating together, and media influences.





**Eating Smart • Being Active<sup>®</sup>**

- Delivered in 8 week, 1 hour sessions
- Includes the following lessons:
  - (1) Get moving
  - (2) Plan, Shop, Save
  - (3) Fruits and Veggies: Half your Plate
  - (4) Make Half Your Grain Whole
  - (5) Build Strong Bones
  - (6) Go Lean with Protein
  - (7) Make a Change
  - (8) Celebrate! Eat Smart and Be Active.
- Participants who complete the series will receive a \$30 veggie voucher as well as a “supper in a sack”



- Through a grocery store tour model, participants will learn how to read food labels; compare unit prices; find whole grains, lean protein and low-fat dairy foods; and identify three ways to purchase produce.
- This activity ends in a challenge where participants use the skills they have learned to buy a healthy meal for a family of four for under \$10.
- Participants take home a booklet with shopping tips, a reusable grocery bag and \$10 worth of healthy groceries.



## *Healthy Cooking Classes*

- This series of healthy cooking classes can be used as a four-session unit or as individual one-time classes.
- Participants will learn about different cooking skills (measuring, cutting, timing, food safety, etc.) while learning about how to prepare healthy foods.
- Participants will receive recipes, cooking skills handouts and a kitchen tool that applies to each lesson attended (measuring spoons and cups for the measuring lesson, etc.).