

Washington County Lifestyle Change Network



Connecting people to community resources
that support healthy living

About Us

Partners of the Washington County Lifestyle Change Network (LCN) are dedicated to helping local residents prevent and manage chronic health conditions. We believe in a patient-centered medical neighborhood where hospitals, physicians, and community organizations work together to help patients live well.

Through the Lifestyle Change Network, patients are referred from the hospital and physician offices to the most appropriate community resources that can help those patients achieve better health. The community resource partners then relay any important health updates back to the primary care physicians, so they are aware of any change in their patients' health status. This process creates a referral and feedback loop that supports improved health for local residents in the communities where they live and work.

The community resource partners of the Lifestyle Change Network can support community health with:

- Programs that can help you reduce your risk of disease
- Programs that can help you manage disease symptoms
- Programs that can help you lose weight
- Programs that can help you choose, prepare, and eat foods that promote health
- Programs that can help you increase your current level of physical activity
- Programs that can help you quit using tobacco
- Groups which offer social support and allow you and others to share information, barriers, and successes on your path to better health

Chronic Disease Management

HEALTHY U - CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)

The Chronic Disease Self-Management Program, known in Ohio as Healthy U, has been proven to help you manage chronic symptoms better and spend fewer days in the hospital. In this program, you will learn to manage your symptoms and emotions better, improve your diet and physical activity level, communicate effectively with your doctor and members of your care team, and make good decisions and solve problems relating to your health.

Who should participate in this program?

Adults 18+ with any chronic health condition should participate. Family members and caregivers are also appropriate for this program.

How long is the program?

The program is 6 sessions, scheduled over 6 weeks.

How much does it cost?

No cost at this time.

Who do I contact to register or get more information about this program?

Washington County Health Department: 740-374-2782



Diabetes Prevention

NATIONAL DIABETES PREVENTION PROGRAM (DPP)

The National Diabetes Prevention Program is an evidence-based lifestyle change program that has been proven to reduce diabetes risk by 58%. The program is led by a trained lifestyle coach that will help you change certain aspects of your lifestyle, like eating healthier, getting more physical activity, and reducing stress. The program also includes group support from others who share your goals and struggles.

Who should participate in this program?

Adults 18+ diagnosed with prediabetes or at-risk for developing diabetes should participate. This program is not appropriate for people already diagnosed with diabetes.

How long is the program?

The program is 18 sessions, scheduled over 12 months.

How much does it cost?

Cost may vary. Please contact the program site for the current cost.

Who do I contact to register or get more information about this program?

Marietta Family YMCA: 740-373-2250

Washington County Health Department: 740-374-2782



Diabetes Management

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

The Diabetes Empowerment Education Program will empower you to better manage your diabetes. Participants increase their confidence and skills with glucose monitoring, physical activity, nutrition, medication adherence, communication, and stress management.

Who should participate in this program?

Adults 18+ that have been diagnosed with diabetes should participate.

How long is the program?

The program is 6 two-hour sessions, scheduled over 6 weeks.

How much does it cost?

No cost at this time.

Who do I contact to register or get more information about this program?

Area Agency on Aging 8: 740-373-6400

Diabetes Management

DINING WITH DIABETES

In Dining with Diabetes, you will learn how to prepare healthy, well-balanced meals without compromising taste. The program includes cooking demonstrations, meal planning, portion control, label reading, and carbohydrate counting.

Who should participate in this program?

Adults 18+ that have been diagnosed with diabetes should participate. Family members and caregivers are also appropriate for this program.

How long is the program?

The program is 3 sessions, scheduled over 3 weeks.

How much does the program cost?

\$18

Who do I contact to register or get more information about this program?

Ohio State University Extension: 740-376-7431



Hypertension Management

MILLION HEARTS

The Million Hearts program provides the ABCs of heart health to help individuals make positive lifestyle changes. The ABCs of heart health are: aspirin therapy, blood pressure control, cholesterol management, and smoking cessation. Stress management is also an important piece to this program.

Who should participate in this program?

Adults 18+ that have been diagnosed with hypertension and those at-risk for heart disease should participate.

How long is the program?

The program is 3 sessions, scheduled over 3 weeks.

How much does the program cost?

\$15

Who do I contact to register or get more information about this program?

Ohio State University Extension: 740-376-7431



Nutrition

COMPLETE HEALTH IMPROVEMENT PROGRAM (CHIP)

The Complete Health Improvement Program is a lifestyle enrichment program designed to reduce chronic disease risk through the adoption of better health habits and appropriate lifestyle changes. CHIP has a strong nutrition focus.

Who should participate in this program?

Adults 18+ wanting to reduce weight, blood pressure, and cholesterol should participate, but anyone ready to improve their overall health will benefit.

How long is the program?

The program is 18 sessions, scheduled over 9 weeks.

How much does the program cost?

\$500

Who do I contact to register or get more information about this program?

Washington County Health Department: 740-374-2782



Nutrition

Well FED

Well FED is a hands-on cooking class where you learn to prepare Fast, Easy, and Delicious meals. Healthy meals don't have to taste bland and you don't need to spend hours in the kitchen preparing them.

Who should participate in this program?

Adults 18+ wanting to learn how to cook or looking for healthier recipes to add to their meal rotation should participate. Children 10-17 may attend, if accompanied by an adult.

How long is the program?

Choose the classes you would like to attend. You may choose one class or multiple classes.

How much does the program cost?

\$10 per class

Who do I contact to register or get more information about this program?

Ohio State University Extension: 740-376-7431

Nutrition

SNAP-ED

SNAP-Ed is the nutrition education and obesity prevention component of the Supplemental Nutrition Assistance Program. In SNAP-Ed, you will learn how to choose and prepare foods to improve the quality of your meals while maintaining your food budget.

Who should participate in this program?

Those qualifying for or receiving SNAP benefits should participate.

How long is the program?

The program is a series of classes, varying from 3 to 24 classes annually.

How much does the program cost?

Free

Who do I contact to register or get more information about this program?

Ohio State University Extension: 740-376-7431



Nutrition

COOKING MATTERS

Cooking Matters is a nutrition education program where you will learn to shop and prepare healthy meals on a budget. The program includes hands-on food preparation, nutrition information, food budgeting, and shopping techniques.

Who should participate in this program?

Those qualifying for or receiving SNAP benefits should participate.

How long is the program?

The program is 6 sessions, scheduled over 6 weeks.

How much does the program cost?

Free

Who do I contact to register or get more information about this program?

Ohio State University Extension: 740-376-7431



Physical Activity

FRONTIER HIKING CLUB

The Frontier Hiking Club leads free hikes for community members.

Who should participate in this program?

Everyone is welcome to participate.

How long is the program?

Hikes are held at least once a month, on Saturday mornings, weather permitting. A schedule of hikes is available by calling the number below.

How much does the program cost?

Free

Who do I contact to register or get more information about this program?

Washington County Health Department: 740-374-2782

Physical Activity

SOLE MATES

The Sole Mates Walking Club offers safe opportunities for all members of the community to walk to improve their health and well-being. Participants may walk with the group or at their own pace.

Who should participate in this program?

Everyone is welcome to participate.

How long is the program?

The program is ongoing with morning and evening walking opportunities, weather permitting. Call the number below for walking times and locations.

How much does the program cost?

Free

Who do I contact to register or get more information about this program?

Washington County Health Department: 740-374-2782

Physical Activity

55 PLUS

All community members age 55 and older are welcome to join the Wellness Center of Marietta Memorial Hospital, which has a large variety of fitness equipment. The friendly, experienced staff will provide each member with a detailed orientation to the facility and are onsite during all 55 Plus workout hours to address any questions or concerns.

Who should participate in this program?

Community members age 55+ are welcome to participate.

How long is the program?

The 55 Plus workout hours are Monday thru Friday from 6:00 AM to 11:00 AM and 2:00 PM to 5:30 PM. Closed weekends.

How much does the program cost?

There is an annual \$50 fee to participate and all members must obtain medical clearance from their primary care provider prior to orientation.

Who do I contact to register or get more information about this program?

The Wellness Center of MMH: 740-568-5380

Physical Activity

WALK WITH A DOC

Walk with a Doc is a free walking opportunity offered every Saturday morning at 9:00 AM at the Wayne Street Medical Campus. This doctor-led walk will begin with a five-minute education session followed by a one-hour walk along the Marietta River Trail. Participants do not need to walk for the full hour and may walk at their own pace.

Who should participate in this program?

Everyone is welcome to participate.

How long is the program?

The program is ongoing...every Saturday morning at 9:00 AM at the Wayne Street Medical Campus.

How much does the program cost?

Free

Who do I contact to register or get more information about this program?

Dr. Tom Bartsokas: 740-374-6030



Physical Activity

A MATTER OF BALANCE

A Matter of Balance is a program designed to reduce the fear and risk of falling and increase activity levels among older adults.

Who should participate in this program?

Anyone with a fear of falling, has fallen or wants to prevent a fall should participate.

How long is the program?

The program is 2 hours each week for 8 weeks.

How much does the program cost?

Free

Who do I contact to register or get more information about this program?

O'Neill Center: 740-373-3914



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Physical Activity

TAI CHI

Tai Chi is a moving meditation practice. It has been proven to reduce pain and increase strength and range of motion in people suffering from arthritis joint pain. Most participants who practice regularly demonstrate better balance which reduces risk of falling. Other benefits include improved mood and feelings of well-being.

Who should participate in this program?

Tai Chi is effective for all ages, although classes are adapted for older adults with arthritis.

How long is the program?

The program is 45 minutes each week for 12 weeks.

How much does the program cost?

Free, but participants must agree to pre and post testing.

Who do I contact to register or get more information about this program?

RSVP of Washington County: 740-373-3107

Programs in West Virginia

To accommodate patients that live in West Virginia, the Mid Ohio Valley Health Department in Parkersburg offers an array of chronic disease prevention and management programs:

- Group Lifestyle Balance (Diabetes Prevention Program)
- Chronic Disease Self Management Program
- Diabetes Self Management Program
- Tobacco Prevention & Cessation

To register or get more information about any of these programs in WV, please call the Mid Ohio Valley Health Department at **888-550-6797**.

Finding a Primary Care Provider

Regularly visiting a Primary Care Provider (PCP) is beneficial for health and wellness. Patients with a PCP have better management of chronic diseases, lower overall health care costs, and a higher level of satisfaction with their care.

PCPs help to coordinate patient care all in one place. By developing a relationship with a PCP, you are ensuring that other medical staff within the practice also know your medical history. This health care team can better detect patterns in your health and recommend lifestyle changes to prevent future complications requiring expensive specialty care.

If you do not have a Primary Care Provider (PCP) and would like to connect with one, please visit:

www.mhsystem.org and click **Find a Provider**, or call the Memorial Health System Physician Referral Line at **740-568-5241**.



MEMORIAL HEALTH SYSTEM



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Washington County Health Department



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