

Mid-Ohio Valley Health Department

**AmeriCorps
In
Action**

In the beginning

Mid-Ohio Valley Health
Department was
awarded an
AmeriCorps Grant
starting September
2012



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CHERP

Community Health Education Resource Person



Living Healthy

Chronic Disease Self-Management (Stanford University)



FOURTH EDITION • OVER 700,000 COPIES SOLD!

"An indispensable guide for people of all ages who are living with a chronic physical or mental health condition."
—National Council on Aging

Living a Healthy Life with Chronic Conditions

Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions

Kate Lorig, RN, DrPH • Halsted Holman, MD
David Sobel, MD, MPH • Diana Laurent, MPH
Virginia González, MPH • Marian Minor, PT, PhD





45+?

OVERWEIGHT?

INACTIVE?

FAMILY HISTORY
OF DIABETES?

You May Have Prediabetes.

If you are 45 or older, overweight, not as active as you should be, or diabetes runs in your family, you may have prediabetes. This puts you at risk for Type 2 diabetes, a very serious, but also very preventable disease. The National Diabetes Prevention Program is here to help. Learn more and find a prevention program near you at CHANGETHEFUTUREWV.ORG.



Made possible with funding from the Centers for Disease Control and Prevention and the West Virginia Department of Health and Human Resources.



National Diabetes Prevention Program using Group Lifestyle Balance

Promoting Physical Activity



Health Fairs







BH brickhouse[®]
CARDIO ★ CLUB
COMMUNITY DAY
2014



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Service Projects

Martin Luther King Regional Service Project 2015



More Service Projects





State Service Projects

Year Two and Ready to Take on the World



AmeriCorps Program

- Receive a living stipend
- Education Award upon completion of service hours
- May qualify for health insurance
- May qualify for child care
- May opt to serve as full-time or part-time