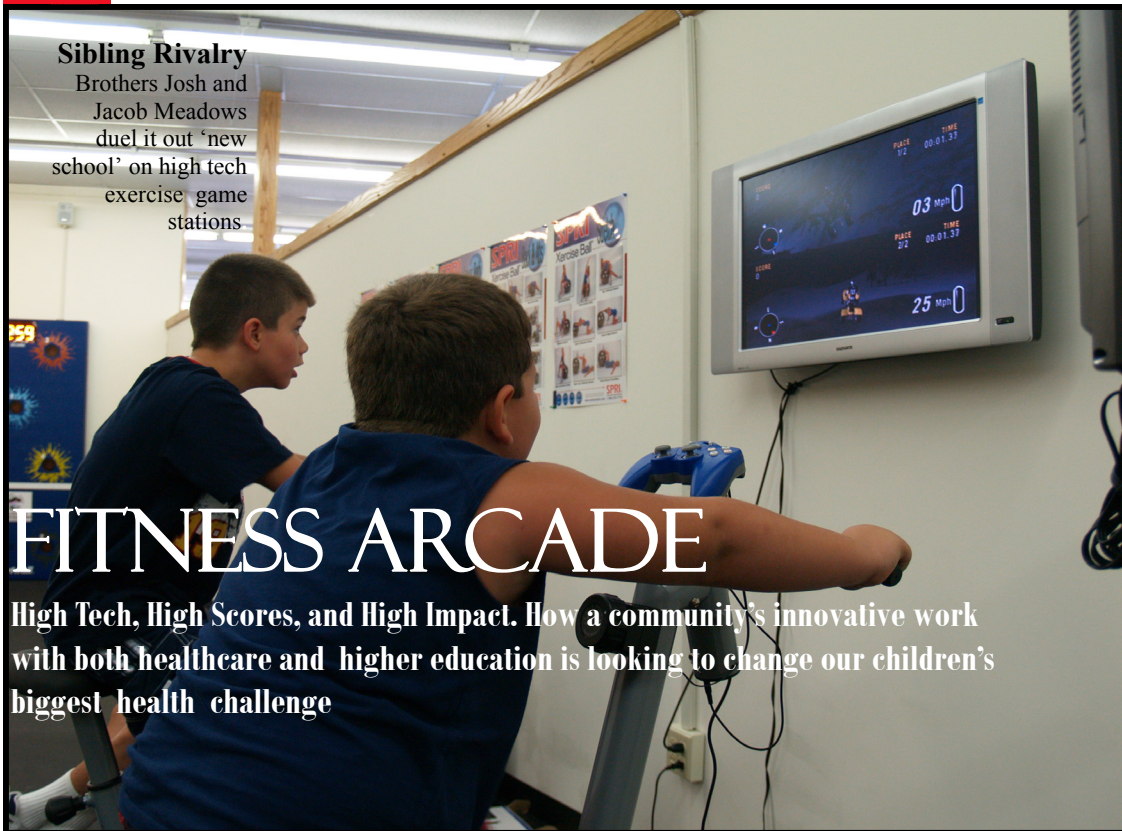




# COMMUNITY HEALTHCARE

## Sibling Rivalry

Brothers Josh and Jacob Meadows duel it out 'new school' on high tech exercise game stations.



## FITNESS ARCADE

High Tech, High Scores, and High Impact. How a community's innovative work with both healthcare and higher education is looking to change our children's biggest health challenge

To infinity and beyond! Buzzes and lights and a 'whole lot of shaken going on' is all part of the excitement surrounding northern West Virginia's most unique approach to helping kids (*especially those already at high risk*) improve their health. The **NEW You Taylor County** program is centered on a simple principle of combining what kids already love to do (*ironically a behavior that is probably partially responsible for the increase in childhood obesity*) with physical activity, and in an attempt to reverse the epidemic of sedentary and unhealthy lifestyles plaguing the mountain state.

Healthcare and education organizations associated in Taylor county combined strengths to create both a model program and a community based preventative medicine lab. **NEW You Taylor County** can serve as template for other communities wishing to curb the unwanted trend in childhood health risk indicators. But it's not all just fun and games. This state of the art facility also provides resources and experiences for health care professionals, students, and researchers. From developing specialized fitness evaluations to creating ground breaking motivational tools, this human performance lab is hoping to help develop better skills in prevention focused health care strategies.



**Space Age Fitness**  
Interactive video games are a healthy addiction

Unlike a lot of programs that try to prod kids into doing the same old boring fitness routines that few maintain, kids are intrinsically motivated to use equipment such as *Game-Bike, Dance Dance Revolution, Sportwall, Concept II Video Rowers and GTX Resistance Exerstations.*



**Research with Results**  
More than data

WVU CARDIAC Project hopes **NEW You** will address communities' concerns about not only identifying problems but also having solutions for improving our children's health. Each research round of the **NEW You** program brings better insights into better health interventions.



**A New Model of Healthcare**  
Commitment to prevention key to what ails healthcare

The amount of resources, both capital and human, dedicated to this project shows the importance that health care providers, **Grafton Hospital, Tygart Valley Rehab, and Pinewood Medical Center**, see in prevention being a key strategy for improving both health and health care.



**Cutting Edge Education**  
Rural doesn't have to mean primitive

NWVREC is most excited about the unique variety and quality of educational opportunities it can offer its health science students. When you can create a forum that gives students access to this state's most innovative health care leaders, good things will happen.

## WHAT TO KNOW

Community Resources

**Evidence-Based:** Board approved research in both identification and intervention.  
**Organization:** West Virginia Univ. CARDIAC Project  
**Resources:** Expert specialized medical knowledge and population research experience. **NEW You** template based on previous intervention models

**Interdisciplinary:** Professionals and students provide a broad mix of expertise and approaches.  
**Organization:** Northern WV Rural Health Education Center  
**Resources:** Organizational capacity to provide a wide variety of professional and technical resources to improve community based health and education

**Quality Strategies** Large and small medical organizations provide unprecedented commitment  
**Organizations:** Grafton Hospital; Tygart Valley Rehab, Pinewood Medical  
**Resources:** Medical oversight, clinical supervision and program design ensure safety and most effective interventions

**Patient Centered:** Program focuses on meeting specific needs of kids, family and communities in creating lasting change  
**Organizations:** All involved  
**Resources:** From community forums to high tech interventions to learning from each experience, the mix of organizations and institutions provide highly innovative solutions to improve participants' success

To find out more contact  
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[www.nwvrhec.org](http://www.nwvrhec.org)