

# The SWVA POINT

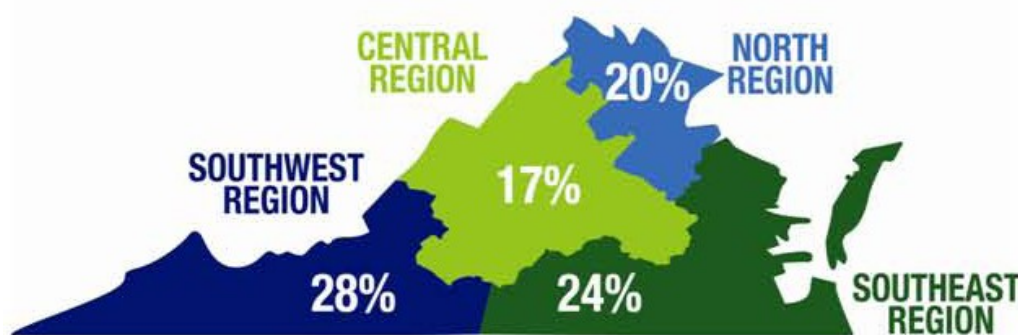
## MRC Champion/Walk Virginia Survey

Obesity is a growing epidemic within the United States, affecting nearly a third of residents within our region. 20% of Virginia youth and 60% of Virginia adults are currently considered either overweight or obese. In response, the Virginia Department of Health has initiated the Commonwealth's Healthy Approach and Mobilization Plan for Inactivity, Obesity and Nutrition (CHAMPION). CHAMPION is designed to help Virginians' reduce obesity levels through making healthy food choices and increasing physical activity.

The SWVA MRC conducted a survey in early February to prepare for adapting CHAMPION for specific needs within the southwestern Virginia region. A primary focus is initiating SWVA MRC led community group walks, a project known as MRC WalkVirginia. A competition will also be held by Virginia MRC to see which participants can walk "across Virginia" the quickest.

Thanks to all who responded to the survey. 83% of respondents expressed interest in community walks led by SWVA MRC members. 64% are interested in providing nutrition education at local food banks; 30% are interested in being involved in a speaker panel for outreach. For respondents interested in walking, over 40% are interested in walking on the weekends at least once a month. Sixteen paths, trails and other area will be designated with meetings to be scheduled at a later date.

### Prevalence of obesity/overweight in Virginia youth under age 18



SOURCE: Virginia Obesity Survey Research Report  
April 2010, Virginia Foundation for Healthy Youth

| Current Volunteer Count<br>SW Va MRC<br>(as of 3/11/11) |     |
|---|-----|
| Physicians  | 15  |
| Physician Assistants                                    | 2   |
| Nurses  | 417 |
| Nurse Practitioners                                     | 14  |
| Pharmacists   | 27  |
| Dentists  | 8   |
| Veterinarians   | 4   |
| Mental Hlth Professionals                               | 48  |
| EMS Professionals                                       | 97  |
| Respiratory Therapists                                  | 4   |
| Other Public Hlth/Med.                                  | 53  |
| Other Non-Public Hlth/Med.                              | 272 |

- In the national MRC:**
- There are 938 units located in 50 states, Washington DC and seven US Territories.
  - 208,238 volunteers currently participate in a unit.
  - 86.4% of the population, or 246 million Americans, live in localities covered by MRC volunteers.
  - 72.9% of US land area is covered by MRC volunteers, equaling almost 2.75 million square miles.



Kristina K. Morris, Volunteer Coordinator

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## The SWVA POINT News

**National Kidney Foundation Screening Event** - The National Kidney Foundation's *Kidney Early Evaluation Program (KEEP)* is scheduled to take place in Wytheville on Saturday, April 30th, from 9 am to 1 pm at the St. Paul United Methodist Church. The SWVA MRC is seeking volunteers with clerical skills, health professionals to draw blood/complete physical assessments and licensed medical providers to interpret results to patients. Please contact Kristina Morris at 276-274-0555 if you would like to participate.

The screening is part of the National KEEP effort, identifying and educating those at risk for developing kidney disease. To be eligible for a screening, individuals must have diabetes, high blood pressure or a family history of kidney disease.



Left, William Garrison— EMT; Betsy Perkins—RN, and patient Karen Karnei @ 2010 KEEP screening.

Reverend William Garrison and Kim Mabe are two members of the SWVA MRC who volunteered during 2010's KEEP event. A native of Syracuse, New York, William has lived in Southwestern Virginia for the past sixteen years. William found volunteering at the event to be very informative and quite different from his daily experiences serving on an ambulance as an emergency medical technician (EMT). William related EMT's are not normally taught about kidney related diseases, however he was able to learn more about this and other conditions through volunteering at the event. William values his volunteer experiences with the SWVA MRC as well, explaining he can utilize his training both as an EMT and as a chaplain to fit most any situation needing the assistance of SWVA MRC volunteers.

Kim, director of physician services at Wythe County Community Hospital, registered patients as they arrived. Touched by the experience of an elderly patient suffering from illness, Kim saw firsthand the number of people without the means to otherwise receive a screening. When asked about her varied volunteer experiences with the SWVA MRC, Kim enjoyed being able to serve in a capacity not having had extensive prior exposure working with patients, and had been intrigued that an individual didn't have to be a doctor or a nurse to volunteer with the organization. Both Kim and William expressed that almost anyone can be a volunteer, in part due to the excellent training provided by the SWVA MRC to all new volunteers.

*Spring is just around the corner! More and more SWVA MRC volunteers will be receiving information about volunteer trainings, volunteer activities and exercises. Some are highlighted in this newsletter. We have heard from many members willing to contribute more, and we are working hard to provide those opportunities. Some members are being asked to support the unit in a very substantial way as inaugural Advisory Board members to help our unit evolve and grow.*

*As always, volunteers are encouraged to participate in activities that fit their schedules, meet their interests & encourage their growth as SWVA MRC members. Hopefully, I will see you at an event this year.*

### Spring 2011 Events/Trainings

All MRC members are invited to participate in Regional MRC Trainings which will be conducted via polycom from 6 to 8 pm.

For the training sessions below, participants need to register by setting up an account in Virginia TRAIN at <https://va.train.org> if you haven't already done so.

**NIMS in a Nutshell (IS-700.a)**  
TRAIN Virginia Course ID: 1016650  
**October 12th**

**Terrorism Security Awareness Orientation**  
TRAIN Virginia Course ID: 1004702  
**September 14th**

**Family & Personal Preparedness**  
TRAIN Virginia Course ID: 1025163  
**June 15th**

**Emergency Planning for Home Care Support Providers**  
Part of VDH's Community-Based Emergency Response Series, this event is focused on the continuity of operations planning (COOP). This series will be held in Abingdon on May 17th. Additional sessions are available at other sites throughout Virginia. All sessions will be from 9:30 am to 4:00 pm. A working lunch will be provided. To register, or for more information, please contact Patrick Bridge at 804-864-8235 or visit <http://www.vdh.virginia.gov/epr/cbers.htm>

### National MRC Volunteer Spotlight

Amy Cornell-Titcomb. Provo, Utah. Utah County MRC Coordinator, Masters of Public Health Student and a MRC volunteer since 2007!

For more information please visit: [www.medicalreservecorps.gov/Spotlights](http://www.medicalreservecorps.gov/Spotlights)