

The State of Health – #2 May Episode 2015

((ON-CAM))

Welcome to 'The State of Health.' I'm your host, Karen Bowling, Cabinet Secretary of the West Virginia Department of Health and Human Resources.

In today's show, we're going to take a look at ways to live a healthier life, plus hear from a child abuse survivor and what he says people need to do. Then we'll explore something new – called "Safe at Home West Virginia."

Now, let's take a look at strategies for a healthy lifestyle. We here at DHHR are constantly out in the communities raising awareness about healthy habits.

((Take VO/Heart Month))

((TRT 1:00))

For example, as part of American Heart Month in February, we teamed up with Thomas Memorial Hospital in South Charleston to remind people about the importance of preventing cardiovascular disease, which can lead to heart attacks and heart failures.

Nearly 14 percent of West Virginia adults have cardiovascular disease – making our state number one in the country. And THAT needs to change.

Our State Health Officer and Bureau for Public Health Commissioner, Dr. Rahul Gupta, spoke about the risk factors, such as smoking, obesity, diabetes, lack of physical activity, as well as high cholesterol and high blood pressure.

And Thomas Health System is doing its part – by hosting free health screenings every month at the hospital. It is important that residents know their numbers and take steps to prevent heart disease.

((ON CAM))

Taking many steps - as in walking - is a key to a healthier lifestyle.

As I mentioned, physical inactivity doubles the risk of heart disease. That's why we also stepped up, and out, during National Walking Day on April 1st.

((TAKE VO//NATL WALKING DAY))

((TRT :45))

We partnered with the American Heart Association and St. Francis Hospital in Charleston to help kick-off this National call-to-action event.

Employees came to work with sneakers and took at least 30 minutes out of their day to get up and walk.

We realize it can be hard to find time to walk during the day with our busy schedules, but even taking the stairs can do wonders for your health.

Walking 30 minutes a day for five days a week can help reduce the risk of heart disease, contribute to weight loss, lower cholesterol and steady blood pressure.

We want everyone to start a walking routine. So **WE** walked – to let everyone know we're in this together.

((ON CAM))

It's our hope events like these will encourage all West Virginians to adopt a heart healthy lifestyle.

When we come back, we're going to switch gears a bit and hear from a survivor of child abuse...his journey... and how you can make a difference.

<<BREAK1>>

((ON CAM))

Welcome back.

It's been said children are our greatest asset...our future. Yet, nationally, a report of child abuse is made every 10 seconds and nearly 3.3 million reports of child abuse are made annually.

We here at DHHR joined our partners around the state and across the country in April to raise awareness about the problem as part of Child Abuse Prevention Month.

We'll take a look at what our agency is doing to combat the problem and how **YOU** can help victims of child abuse here at home.

But first, we hear from a child abuse **SURVIVOR** – a TV news anchor in West Virginia...speaking out for the first time about his traumatic past. Sarah Lieu has his story.

((PKG: Greg Carter- Pre-taped

TRT:????

OC: "For The State of Health, I'm Sarah Lieu."))

((BOWLING ON CAM))

And Greg Carter also recorded a radio PSA that's running statewide to bring awareness to the issue, break the silence and inspire adults to action.

((2-SHOT- QUESTIONS))

Joining me now to tell us more about raising awareness on this issue and services available in West Virginia is Nancy Exline, Commissioner of our Bureau for Children and Families.

<<QUESTIONS>>

((TAKE VO: WHEN TALKING ABOUT PINWHEELS))
((TRT :45))

((BOWLING ON CAM))

And speaking of protecting children....when we come back, we'll take a look at an exciting new pilot demonstration our department is embarking on called, "Safe at Home West Virginia."

Stay with us.

<<BREAK2>>

((BOWLING ON CAM))

Welcome back.

As I mentioned earlier in this program, children are our future. And as they enter their teen years, the road is fraught with obstacles that could lead them down a dangerous path.

Well, the employees in our Bureau for Children and Families have been working on a new and innovative federal pilot program to help keep at-risk children out of institutions and in their home environments – through a more holistic approach.

(2-SHOT- QUESTIONS)

It's called "Safe at Home West Virginia."

And joining me now is Lisa McMullen, Project Director of Safe at Home West Virginia.

<<QUESTIONS>>

((VO/MAP :100 WHEN THEY CALL FOR IT))

((VO/FAMILIES :45 WHEN THEY TALK ABOUT IT))

CLOSING

That's all the time we have for today's show. Remember, you can always follow us on Facebook, Twitter and our website.

Thank you for watching "The State of Health" here on the Library Television Network. I'm Karen Bowling, Cabinet Secretary for the Department of Health and Human Resources.