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Partnerships



By: Vickie Burke

The West Virginia Breast and Cervical Cancer Screening Program (WVBCCSP) is not an organization that stands alone. Strong, collaborative partnerships at the national, state, and local levels are essential to providing underserved women access to life-saving screening and diagnostic services that will improve health outcomes and quality of life. Without its partners, the Program's success and effectiveness would be impossible.

Major health problems affecting West Virginia women, including breast and cervical cancer, result from a complex combination of medical, social, cultural, and systemic causes. It is through partnerships that the Program is able to assist in preventing these causes. Our common goal is to create a healthier life for all West Virginians.

The WVBCCSP is fortunate to have a diverse and extensive network of partners throughout the state. Working with these partners on our shared goal of early detection and disease prevention allows for a more effective use of resources, builds on the strengths and differences of the various organizations, and ideally achieves what no one organization can accomplish alone.

Partners highlighted in this issue of the Provider Press include: The American Cancer Society, Appalachia Community Cancer Network, Bonnie Wells Wilson Mobile Mammography Program, and the West Virginia Comprehensive Cancer Program. With the support of national, regional, and state groups and societies, academic institutions, providers, and volunteers, reaching and screening more West Virginia women becomes a reality. We extend our appreciation to all of our partners.



Director's Dialog: CPT Codes

By: GeorgeAnn Grubb, MPH



**WVBCCSP Director
GeorgeAnn Grubb,
MPH**

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Every year around this time the WVBCCSP and WISEWOMAN Leadership Teams are busy writing our grant applications to CDC for the next year's funding. Included in the application is the Interim Progress Report, a detailed report documenting the progress each Program has made in meeting the goals and objectives outlined in their Work Plans during the first six months of the current grant period. The areas covered in this report include Program Management, Screening and Diagnostic Services, Data Management and Utilization, Quality Assurance, Partnerships, Professional Development, Public Education and Outreach, Community-Clinical Linkages and Program Evaluation. Each program also prepares a detailed budget for the new 2014-15 grant year. Development of the budget relies on using Program data, reviewing changes in Medicare rates, and the expertise of our Epidemiologist to project our clinical and operational costs for the year ahead. These reports and funding requests are submitted to CDC in late February-early March, and the announcement of the amount we have been awarded is made several months later. Both budgets are then revised to match the actual amount of the grant award.

Another important part of this process each year also involves the development of the Payment Fee Schedule which lists the CPT Codes approved by CDC and the rates WVBCCSP and WISEWOMAN will pay for each procedure. These very detailed payment schedules are critically important to our provider network to ensure they are compensated for the multitude of services they provide for the women enrolled in our Programs. While reviewing the Payment Fee Schedules recently, I was struck by one CPT code that has been omitted from both lists and that is COMPASSION. How can we place a monetary value on the caring and concern which is so generously given to the women served by our Programs? Nor could I find a code for COMMITMENT to ensuring optimal health for each and every woman enrolled. I also was unable to locate the code for WILLINGNESS to help each woman to make changes in her life which support her best health outcomes...and nowhere did I see listed the code for filling out the seemingly endless forms required to make it all happen! Therefore I can only conclude that these services are PRICELESS! We thank you for these valuable services so freely given.

GeorgeAnn Grubb

WVBCCSP Provider & Policy Reminders

Annual Routine Visit - Post Hysterectomy

Please remember that if a total hysterectomy was done for reasons other than cervical cancer:

- WVBCCSP cannot reimburse for cervical screening (includes both Pap test and pelvic exam).
- Visit type: should be marked as Annual Breast.
- Never identify this visit type as an Annual Routine (even if a pelvic exam was done).

Breast Ultrasounds

Reminders:

- Breast ultrasound will only be approved for reimbursement when it is used as an adjunct to a mammogram, not as a stand-alone diagnostic tool.
- WVBCCSP never reimburses for any other type of ultrasound.
- WVBCCSP does not reimburse for a three-month repeat breast ultrasound.
- If a six-month repeat breast ultrasound is requested, reimbursement can only be rendered if six-month repeat mammogram is also completed.

CBE - Discrete Palpable Mass

If the clinical breast exam result is CBE - Discrete Palpable Mass, remember:

- **Dx benign** = WVBCCSP does not reimburse for a breast surgical consultation referral or diagnostic mammogram with this result.
- **Suspicious of cancer** = WVBCCSP requires a breast surgical consultation referral regardless of mammogram/US result. WVBCCSP will reimburse up to two surgical consults per breast problem per year.

WVBCCSP Provider & Policy Reminders

Referral for Enrollment

To enroll a woman using the **referral for enrollment** visit type, the client should be from an outside provider (i.e. Family Planning provider or private physician's office) and must be referred for:

- Diagnostic mammogram
- Breast ultrasound after abnormal mammogram that was not paid by WVBCCSP
- Breast surgeon consultation
- Breast biopsy
- Colposcopy

The client must meet WVBCCSP eligibility guidelines.

Referral for Previously Enrolled

The **referral for previously enrolled** visit type should be selected when:

- Client had a previous WVBCCSP reimbursed service and is being referred for one of the following services:
 - ♦ Diagnostic mammogram
 - ♦ Breast ultrasound after abnormal mammogram that was not paid by WVBCCSP
 - ♦ Breast surgeon consultation
 - ♦ Breast biopsy
 - ♦ Colposcopy
- Client is referred for a six-month follow-up mammogram when no CBE was done by a screening provider.
- The client must meet WVBCCSP eligibility guidelines.



The West Virginia WISEWOMAN Program

By: Sheryn Carey

The WV WISEWOMAN Program has been approved for Centers for Disease Control and Prevention (CDC) funding through June 30, 2017. This new, four-year grant requires significant changes to the previous Program design. WISEWOMAN staff members have spent the last several months making the necessary policy and procedure changes to support implementation of service delivery to eligible women in West Virginia. More information about the updates to the WV WISEWOMAN Program will be made available in future editions of the Provider Press.

The purposes of the WISEWOMAN program are: 1) assuring that cardiovascular screening is provided to women ages 40-64 who are participants in the National Breast and Cervical Cancer Early Detection Program (NBCCEDP); 2) working with community-based organizations to provide evidence-based prevention services to those women in need of them; 3) improving the management and control of hypertension by integrating innovative health system-based approaches and strengthening community-clinical linkages (such as team-based care and pharmacy medication management programs); and 4) gathering and reporting program related evaluation data, including impact measures.

The WISEWOMAN program focuses on reducing cardiovascular disease (CVD) risk factors among high-risk women. Addressing risk factors such as high blood pressure, elevated cholesterol, obesity, inactivity, diabetes, and smoking greatly reduces a woman's risk of CVD-related illness and death. With the previously delineated objectives in mind, the WV WISEWOMAN Program shares the following excerpt from a 2012 Vital Signs report from CDC:



Vital Signs: Getting Blood Pressure Under Control

Nearly 1 in 3 American adults (67 million) has high blood pressure, and more than half (36 million) don't have it under control, according to a new Vital Signs report from CDC. The majority of people with high blood pressure (also called hypertension) are being treated with medicine, and have seen a doctor at least twice in the past year, yet their condition is still not under control.

CDC Director Thomas R. Frieden, M.D., M.P.H., calls high blood pressure the nation's second public health enemy, behind tobacco use. High blood pressure is a major risk factor for heart disease and stroke, the first and fourth leading causes of death in the United States, leading to nearly 1,000 deaths a day.

Controlling high blood pressure is a key component of the Million Hearts® initiative to prevent 1 million heart attacks and strokes by 2017 through clinical and community interventions. By enlisting partners from across the health sector—pharmacists, nurses, dietitians, and community health workers—Million Hearts® focuses on improving patient support and follow-up care, managing medicines, and helping patients stick to a blood pressure control plan.

To learn more about blood pressure, visit [CDC's Blood Pressure website](http://www.cdc.gov/bloodpressure/). To read the full Vital Signs report, titled "Awareness and Treatment of Uncontrolled Hypertension Among Adults - United States, 2003–2010" visit CDC's Morbidity and Mortality Weekly Report at: http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6135a3.htm?s_cid=mm6135a3_w.

More information on Vital Signs, a report that provides the latest data and information on key health

WVBCCSP Partner: Appalachia Community Cancer Network



By: Mary Ellen Conn

Appalachia Community Cancer Network Initiates Partnership with the Faith Community

The Appalachia Community Cancer Network (ACCN) is partnering with churches across the Appalachian region of Kentucky, Ohio, Pennsylvania, Virginia, and West Virginia to implement the Faith-Based Initiative to Promote Health in Appalachia project. This unique initiative is utilizing the strengths of the faith-based community to promote health and raise awareness about cancer prevention and early detection.

Through past projects, ACCN found collaborations with the faith community to be an effective way to reach a variety of community members including men and women of all ages, individuals, and families. This National Cancer Institute-funded prevention study is working with over 750 participants enrolled through 27 churches, with 160 of those individuals coming from five West Virginia churches. Participating churches range from small to large, denominational to non-denominational, all sharing and acting on the goal of promoting health to their members. Community and church leaders are integral in the success of the project and their involvement makes this a true community-based participatory research project. Each church has one or more volunteer Church Navigators working closely with ACCN staff to offer ongoing encouragement to participants and assist with project planning and implementation. As participants in this research project, half of the churches receive the “Walk by Faith” educational program to increase healthy eating and walking among church members. The other half of the churches receive the “Ribbons of Faith” educational program to help church members make informed decisions about cancer screening tests based on their age and risk factors.

ACCN has a long history of partnering with the WV Breast and Cervical Cancer Screening Program (WVBCCSP) and this continues during the implementation of this faith-based initiative. Some WVBCCSP outreach and education staff members have served as presenters for “Ribbons of Faith” sessions that deal with breast and cervical cancer. When WVBCCSP staff is unavailable, ACCN continues to promote the Program and disseminates Program information to all participants in the research project. Working together benefits the people of WV and allows us to address the cancer health disparities that exist in our population.



Velma Ragsdale,
Walk by Faith Interventionist



WVBCCSP Partner: Bonnie's Bus

By: Sara Jane Gainor

Bonnie's Bus: Providing Lifesaving Breast Cancer Screening

Bonnie's Bus took to the road March 2013 for the fifth consecutive year and has been reaching communities sooner thanks to a new chassis specially built for the mobile mammography unit. The new chassis allows the program to reliably deliver digital mammography services to women across West Virginia in spite of the state's challenging geography.

Made possible by the generosity of Ben and Jo Statler, the Bus has provided more than 6,300 mammograms to West Virginia women since the Bonnie Wells Wilson Mobile Mammography Program began and the number of lifesaving breast cancer screenings continues to climb each year. In 2012, Bonnie's Bus provided nearly 1,700 screenings in 104 screening days; in 2013 the bus provided 1,995 screenings in 120 visits.

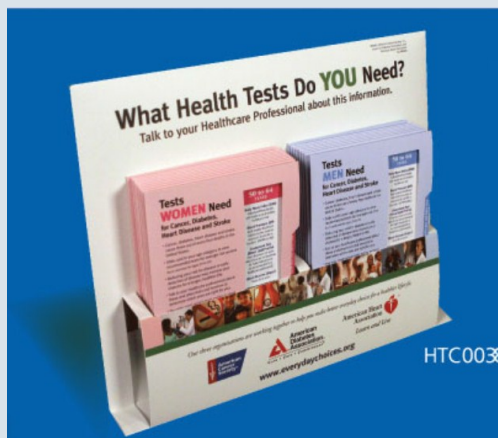
Early detection saves lives, and Bonnie's Bus is playing a major role in this regard. To date, nine women diagnosed with breast cancer were initially screened on the Bus. "We also strive to generate breast cancer awareness," said Sara Jane Gainor, director of Bonnie's Bus. "Our staff encourages women to engage in self-care and further examination and women leave the Bus feeling competent to take charge of their breast health."

Keeping a program like Bonnie's Bus rolling does have its challenges and many of those are financial. "As a traveling mammography unit, we have more expenses than a stationery mammography facility," said Gainor. "For instance, we need gasoline for traveling from community to community and once we arrive to our destination we have to continue running the generator on the Bus to operate the mammography equipment. It gets about four miles per gallon."

The Bus refers women who need follow-up care back to their community providers. "We are proud of the fact that we can serve every West Virginia woman age 40 and older, even if she has no method of paying for a mammogram. We are continuing to seek funding to support those mammograms and to operate Bonnie's Bus. To help us meet these funding challenges we've already experienced an outpouring of grassroots community support through local fundraisers and donations." The Bus also partners with the WV Breast and Cervical Cancer Screening Program (WVBCCSP) to provide free or low-cost mammograms to women that meet WVBCCSP eligibility criteria.

Mark your calendar now for a unique fundraising event on May 2-4, 2014, Vandalia-Con: Saving the Mothers of Invention. Proceeds from the fundraiser will be split between Bonnie's Bus and WVBCCSP. For details about Vandalia-Con, see pages 10 and 11!





WVBCCSP Partner: The American Cancer Society



By: Michelle Chappell

New Tool Released to Guide Health Professional and Patient Conversations

The American Cancer Society, the American Diabetes Association and the American Heart Association have collaborated to create new tools aimed at improving and encouraging conversations between patients and health professionals about important health tests. The new health cards for men and women are designed to be used in a clinical setting to guide conversations about:

- A patient's knowledge of appropriate screenings
- The public's understanding about the clinical role for prevention
- The number of people being screened

The materials are free to clinicians, with nominal shipping and handling fees. An average kit contains 200 cards (125 female health cards and 75 male health cards), a health card pop-up stand, three health card tear-away pads, and two health card wall-mount posters. To order the health cards and supporting materials, and to find more information about patient-centered materials developed by the three organizations, please visit www.everydaychoices.org/card.

The American Cancer Society offers free materials to help you continue encouraging colorectal cancer screening among your patients 50 and older. You play the most important role in getting people screened for colorectal cancer. If your patients don't hear about screening from you, they may not think they need it. Our clear, concise materials can help you explain colorectal cancer tests to patients. For more information visit cancer.org/colonmd. You may also contact Kevin Tephabock at the American Cancer Society for support at: Kevin.Tephabock@cancer.org or 304.282.5575.

WVBCCSP Partner: West Virginia Comprehensive Cancer Program



By: Jim Keresztury and Jenny Ostien

The West Virginia Comprehensive Cancer Program works on strategies to ensure that all of the state's cancer fighting organizations – from state government programs to non-profit organizations – are working together to fight cancer in every community on all fronts, from prevention and early detection to treatment, rehabilitation, and end-of-life care. A key component to this effort is the Mountains of Hope Cancer Coalition (MOH). MOH is a membership organization that is the author of the West Virginia Cancer Plan, a collaborative, consensus-based, statewide blueprint for cancer prevention and control activities and is used as a road map to direct cancer control activity in West Virginia. The coalition provides leadership to West Virginia cancer partners by coordinating efforts to meet Cancer Plan goals and objectives aimed to reduce the impact of cancer in West Virginia. These efforts include quarterly membership meetings, educational opportunities, an annual patient navigation/survivorship summit, and funding opportunities for local cancer projects. We encourage everyone affected by cancer, who works with cancer, or is concerned about cancer control in West Virginia to join the Mountains of Hope Cancer Coalition. To learn more about the coalition or to join, please call 304-293-2370 and ask for Jim Keresztury (Coalition Facilitator) or Jenny Ostien (Coalition Manager). You can also email Jenny at jostien@hsc.wvu.edu.



Eat & Drink for Pink: Partnering with Fat Patty's and The American Medical Women's Association

By: Brenda Harlow

The American Medical Women's Association (AMWA) sponsored the annual Eat & Drink for Pink event at the Huntington location of Fat Patty's. In addition to raising awareness about the importance of screening and early detection of breast and cervical cancer, the event also raised over \$700 to benefit the WV Breast and Cervical Cancer Diagnostic and Treatment Fund. The Fund, appropriated by the WV Legislature in 1996, assists uninsured women throughout West Virginia with diagnostic and treatment services for breast and/or cervical cancer.

According to Dr. Gerard Oakley, Medical Director of the Edwards Comprehensive Cancer Center and a member of the WV Breast and Cervical Cancer Screening Program's medical advisory board, "It is important to raise awareness about breast cancer, however, we also want to remind women about the importance of routine visits with their gynecologist. Many organizations raise money to support breast cancer awareness, but the WV Breast and Cervical Diagnostic and Treatment Program and its efforts also helps women who may be at risk for cervical cancer. We support AMWA for choosing this cause."

Vandalia-Con: Saving the Mothers of Invention

Fundraiser for WVBCCSF and Bonnie's Bus

By: Shelly Dusic

In recent years "Geek Culture" has been gaining popularity. With box-office hits such as Sherlock Holmes and Captain America and TV shows like Big Bang Theory, Supernatural, Arrow, and Castle, media has taken the once nerdy and obscure and vaulted it into popularity. For those who have yet to discover Geek Culture, allow me to explain. Geeks are like football fans that love their teams, watch all the games, travel to see their favorite players, get all the gear, dress up in their team colors, and gather with friends to celebrate victory and cheer on their teams. Geeks do the same things except instead of teams we tend to follow genres, and instead of playoffs we have conventions. Some people like Lord of the Rings while others prefer Star Wars. Some love superheroes and others have a taste for the paranormal. For those who love old science fiction stories - like 20,000 Leagues Under the Sea, or Around the World in 80 Days or like movies such as Wild Wild West or Back to the Future Part 3 - those people are the fans of Steampunk. Steam refers to the Victorian-Industrial Era of mechanical works and steam powered technology and punk means to make something one's own style. You can generally spot a fan of steampunk by their costumes; lots of brown, gears, goggles, watches, top hats, moustaches, monocles, and corsetry create the Steampunk look. So fans of the Steampunk genre tend to celebrate a whimsical history that has some deep roots right here in the Mountain State.

In the late 1800's the women of WV were getting up early, cooking meals in the coal camps to fuel our miners and oil workers as they got ready for their day. Those men pulled from these mountains the coal and oil that fueled the Industrial Revolution. The Industrial Revolution fueled the imagination of great writers such as H.G. Wells, Jules Verne, and H.P. Lovecraft and science fiction was born. Science fiction writers such as these fueled what is now a 20 year old artistic movement known as Steampunk, with millions of fans world-wide. Wouldn't it just be fitting if Steampunk were able to give something back to the women of WV who were there from the beginning. They are the mothers of invention, and they need our help.

Many of the cities in West Virginia were prosperous in the late 1800's and early 1900's, at the time when West Virginia was becoming a state. We were a cosmopolitan center of industry and we have the architecture to prove it. Parkersburg, WV is a great example of this rich state history and with the generosity of its people and businesses, we will be sharing a part of our culture with the world. Parkersburg is in many ways the city that Steam built. The Blennerhassett Hotel, an icon of the city, will be host to a Breast Cancer Event like no other - **Vandalia-Con!**

(continued on page 11)



Blennerhassett Hotel



Vandalia-Con Logo



The Mansion on Blennerhasset Island



(continued from page 9)

The convention invites you to come celebrate this rich history that we share while enjoying the whimsy of future imaginations and helping with the needs that are a reality today. We will be offering classes, workshops, and panels throughout the weekend. We have live musical entertainment, guest authors, artists, and vendors. On Friday night we will host a charity Saloon - The Miner's Lament - where you can go to the Company Store and get your mining script to try your hand at the tables and then use your winnings to bid on items at the Red Eye Auction! Saturday evening we are hosting the Rivergem Grande Ball. And don't forget to check out some of our special events like the Haunted Parkersburg Tour, a Magic and Hypnosis Show, and Circus Sideshow performers. This is a family friendly event and while costumes are welcome they are not required. Weekend passes also include tours of many downtown historic sites and our VIP passes include tours of the Blennerhassett Museum and State Park. Sunday we open our doors and take to the streets with a parade downtown followed by a health fair and community block party that is free and open to the public. To learn more about all the exciting events at Vandalia-Con, visit our website at www.vandaliacon.org or check out our page on Facebook. Tickets may be purchased online here: <http://www.eventbrite.com/e/vandalia-con-saving-the-mothers-of-invention-tickets-8053394921>.

We look forward to seeing you at this unique and amazing event. Won't you join us in the fight against breast cancer and become a Hero of Vandalia?



Examples of Steampunk costuming.



The Oil & Gas Museum
(tour included with weekend pass).



Horse Drawn Carriage on the Island
(need a gold ticket).



Island Belle Sternwheeler
(need a silver or gold ticket).

January: Cervical Health Awareness Month (CHAM) at the Bureau for Public Health



Teal and white rubber ducks? Duck hunt?

Teal bracelets? Wear Teal Day?

What happened on the fourth floor of the Bureau for Public Health in January?

During the first two weeks of January posters announcing a duck hunt were spotted on the fourth floor of the Diamond Building in Charleston. Letters were sent to WVBCCSP providers and DHHR staff proclaiming Friday, January 10, as Wear Teal Day. Thursday night, January 9th, twelve teal and white rubber ducks were hidden in the common areas of the fourth floor. The next morning, the duck hunt was on! Anyone that found a rubber duck took it to the reception desk. There they placed a cervical cancer fact on the bulletin board, received a copy of Michele Whitlock's book, "How I Lost My Uterus and Found My Voice," and their names were placed in a drawing for two additional prizes. All **seventy-five** employees that wore teal on Friday, January 10th, received a teal bracelet.

The bulletin board with cervical cancer facts stayed up all month. **Did you know that:**

1. Cervical cancer is the easiest gynecological cancer to prevent with regular screening tests and follow-up?
2. Cervical cancer is highly curable when found and treated early?
3. Although cervical cancer occurs most often in women over age 30, all women are at risk for cervical cancer?
4. The main cause of cervical cancer is the Human Papillomavirus (HPV)?
5. Each year, about 12,000 women in the United States get cervical cancer?
6. The HPV vaccine protects against the types of HPV that most often cause cervical and other gynecological cancers. The HPV vaccine is recommended for girls/boys and women/men aged 9 - 26?
7. Approximately 4,030 women died of cervical cancer in the US in 2013?
8. In WV, 80 women were diagnosed with invasive cervical cancer in 2013?
9. If you are 30 or older and your screening tests are normal, your chance of getting cervical cancer in the next few years is very low?
10. The 2 tests that help prevent cervical cancer or find it early are: the Pap test and the HPV test?
11. Smoking increases the risk of cervical cancer?
12. The West Virginia Breast and Cervical Cancer Screening Program (WVBCCSP) is dedicated to helping low-income, uninsured, or underinsured WV women receive free or low-cost Pap tests?

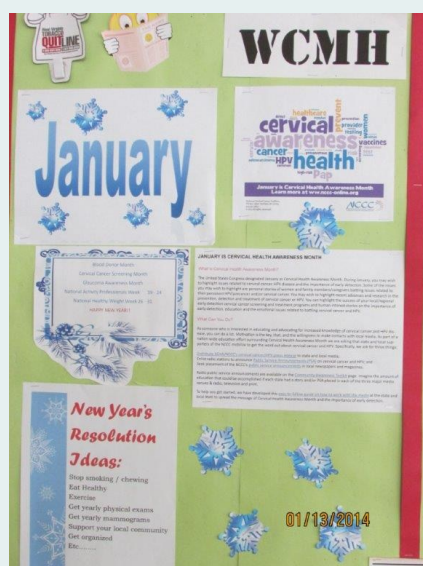
The BPH also distributed a Cervical Health Awareness Month press release throughout the state. Getting cervical health information out to WV women is a top priority for the WVBCCSP and the BPH. Being informed allows women to make better screening choices, affecting their overall health in a positive way.

January: Cervical Health Awareness Month

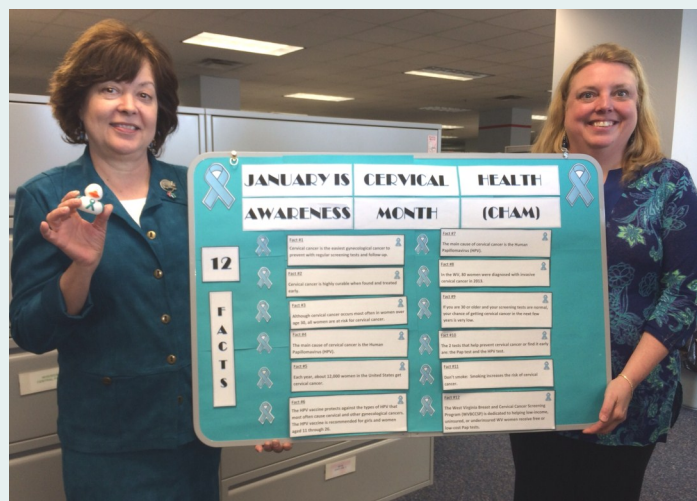
The WVBCCSP Health Information Specialists (HISs) organized CHAM activities that took place throughout the state, reaching over 3,500 women. Some of the activities included:

- ◆ Proclamation signings and wreath hangings
- ◆ Distribution of CHAM flyers by the Health Information Specialists and community partners
- ◆ Free screening clinics with an emphasis on displaying cervical health awareness materials
- ◆ Bulletin boards and display boards that were left up all month at many screening clinics, health departments, and other facilities
- ◆ All WVBCCSP screening providers received CHAM information, and flyers recognizing CHAM and the Celebration of the Second Annual “Wear Teal Day” on Friday, January 10th
- ◆ An estimated additional 1,500 women were reached through Facebook posts
- ◆ CHAM information and messages were also seen across the state through many newspaper articles, radio station PSAs, TV news reports.

The HISs and community volunteers shared CHAM information across the state, helping to inform WV women of the importance of finding cervical cancer early through Pap tests. During January, women all over WV were reminded of the importance of cervical cancer screening. All women should talk with their doctors about cervical cancer screening.



Bulletin Board Display at Webster County Memorial Hospital in January.



Kay Cooper and Beth Staats with the Cervical Cancer Fact Bulletin Board used in the Duck Hunt.



Autum McAbee - In Person Assistor (IAP) at Pendleton County Health Department.



Misty Stone at Access Health OB/GYN in Beckley.



Nancy Rotruck, Mary Kay Representative in Grant County.

January: Observing Wear Teal Day



Staff at Minnie Hamilton Health System in Glenville.



Staff at River Valley Health and Wellness Center in Jackson County.



Partners Acknowledged February as Heart Health Month and February 7, 2014 as National Wear Red Day



The Office of Community Health Systems and Health Promotion.

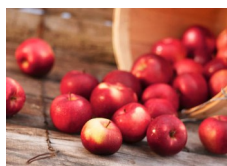
Wirt County Health
Services Association, Inc.



Minnie Hamilton Health
System in
Grantsville.



Healthy Recipe: Apple Coffee Cake



Apples and raisins keep this cake delectably moist - which means less oil and more heart health.

Ingredients:

5 c tart apples, cored, peeled, chopped
1 c dark raisins
1/4 c vegetable oil
1 egg, beaten
1 tsp baking soda

1 c sugar
1/2 c pecans, chopped
2 tsp vanilla
2 c all-purpose flour, sifted
2 tsp ground cinnamon

Directions:

1. Preheat oven to 350° F. Lightly oil 13x 9x 2-inch pan.
2. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes.
3. Stir in oil, vanilla, and egg.
4. Sift together flour, soda, and cinnamon, and stir into apple mixture about 1/3 at a time—just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35-40 minutes. Cool cake slightly before serving.

Yield: 20 servings - Serving size = 3 1/2-inch x 2 1/2-inch piece
Calories 196

Nutritional Information Per Serving:

Carbohydrates	31 g	Saturated Fat	1 g
Dietary Fiber	2 g	Total Fat	8 g
Cholesterol	11 mg	Potassium	119 mg
Protein	3 g	Sodium	67 mg

Recipe from *When Delicious Meets Nutritious: Recipes for Heart Health*; developed for the Heart Truth campaign by the National Heart, Lung, and Blood Institute (NHLBI), U.S. Department of Health and Human Services.

Healthy Recipe: Classic Macaroni and Cheese



Here's a scrumptious, lower-fat version of a favorite dish.

Ingredients:

2 c macaroni
1/2 c evaporated skim milk
1/4 t black pepper
1 1/4 c (4 oz) low fat sharp cheddar cheese, finely shredded
1/2 c onions, chopped
1 medium egg, beaten
As needed, nonstick cooking spray

Directions:

1. Cook macaroni according to directions, but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray. Preheat oven to 350° F.
3. Lightly spray saucepan with nonstick cooking spray. Add onions and sauté for about 3 minutes.
4. In another bowl, combine macaroni, onions, and rest of ingredients and mix.
5. Transfer mixture into casserole dish.
6. Bake it for 25 minutes, or until bubbly. Let stand for 10 minutes before serving.

Yield: 8 servings - Serving size = 1/2 cup - Calories 200			
Nutritional Information Per Serving:			
Carbohydrates	29 g	Saturated Fat	2 g
Dietary Fiber	1 g	Total Fat	4 g
Cholesterol	34 mg	Potassium	119 mg
Protein	11 g	Sodium	120 mg

Recipe from *When Delicious Meets Nutritious: Recipes for Heart Health*; developed for the Heart Truth campaign by the National Heart, Lung, and Blood Institute (NHLBI), U.S. Department of Health and Human Services.

West Virginia Breast and Cervical Cancer Screening Program 2014 Provider Training Schedule



March 5, 2014

April 2, 2014

June 4, 2014

July 2, 2014

August 6, 2014

September 3, 2014

October 1, 2014

November 13, 2014

December 3, 2014

* May 2014- No Training



Pre-Registration is required.

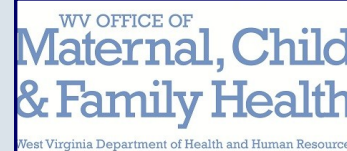
Contact: Pam Postalwait, RN, Clinical Care Services, WVBCCSP

Work: 304-356-4401, **Cell:** 304-546-7645, **email:** pam.a.postalwait@wv.gov

All classes are scheduled 9:00 a.m. - 3:00 p.m. each day at WVDHHR on 350 Capitol Street (the old Diamond Building).

Attendees must report to the Capitol Street side of the Diamond Building before 9:00 a.m. to sign-in and will then be escorted to the conference room on the fourth floor for the training.

Office of Maternal, Child & Family Health Mini-Grants Awarded



And the Winners Are ...

In recognition of **National Women's Health Week, May 11-17, 2014**, the Office of Maternal Child and Family Health (OMCFH), Division of Perinatal and Women's Health (PWH) announced the selection of three clinics to receive the first mini-grants offered through OMCFH/PWH for Women's Health Week initiatives. Awards of \$2,500 each were made to:

- Marion County Health Department
- Rainelle Medical Center
- WV Health Right, Charleston

While each proposal was unique, all three will focus on raising awareness about women's health and encouraging well-woman visits during May and June 2014. The next issue of Provider Press will feature descriptions and photos of the activities at each site. This was the first time these mini-grants were made available, and it is hoped that next year's response will be even greater.

DON'T FORGET



SAVE-THE-DATE

Women's Health Information Programs (WHIPs)

Tuesday, May 20, 2014 at the Holiday Inn & Suites
400 Second Street
South Charleston, WV

Thursday, May 22, 2014 at the WVU Erikson Alumni Center
One Alumni Drive
Morgantown, WV



WEST VIRGINIA
Breast & Cervical
CANCER SCREENING PROGRAM

You're Worth It

This newsletter is for providers participating in the WVBCSP and WISEWOMAN programs. If you would like to contribute information or article ideas for the next edition of the Provider Press, please contact:

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WV OFFICE OF
**Maternal, Child
& Family Health**

West Virginia Department of Health and Human Resources



MARY BABB

RANDOLPH CANCER CENTER
at West Virginia University