

## **Appendix C**

### **Program Descriptions**

#### **Coronary Artery Risk Detection in Appalachian Communities (CARDIAC)**

Facilitated by West Virginia University, this project is a partnership between local schools and the Rural Health Education Partnership primary care centers. Fifth-grade students are screened for cholesterol, hypertension, and obesity to test the hypothesis that universal cholesterol screening of prepubertal schoolchildren is effective in identifying those families at risk of developing premature coronary heart disease in a high-risk population. This program will expand statewide in 2003. For more information, contact William A. Neal, M.D. at (304) 293-1202.

#### **Healthy Hearts: A Web-based Instructional Module for Children on Cardiovascular Health**

This is one of the first instructional (e-learning) modules that uses the Internet to teach youngsters about the risk factors associated with cardiovascular disease (cholesterol, poor nutrition, physical inactivity, and tobacco use). This project was piloted in approximately 20 fifth-grade classrooms and will allow student knowledge, attitudes, and behaviors related to nutrition, physical activity, and tobacco to be studied. For more information, contact Eloise Elliott, Ph.D. at (304) 384-5345; [www.healthyhearts4kids.org](http://www.healthyhearts4kids.org).

#### **Choosy Kids**

The Choosy Kids Club at West Virginia University is an afterschool program for elementary schoolchildren from a tri-county area. Active lifestyles based on healthy decisions is the theme of the program. WVU students, serving as personal trainers for the children, monitor blood pressure and changes in height and weight. "Activity homework" is given to help reinforce lessons at home. For more information, contact Linda Carson, WV Motor Development Center at (304) 293-3295 ext. 5276; <http://www.bechoosy.org>

#### **Helping Educators Attack CVD Risk Factors Together (HEART)**

The goal of HEART is to develop an infrastructure to support school-based programs to improve cardiovascular health in grade-school children, increase the number of students and staff who engage in healthy behaviors, screen students and families for CVD risks, and evaluate effectiveness of interventions. This project is being implemented in Cabell, Lincoln, and Wayne counties by St. Mary's Regional Heart Center. For more information, contact Shari Wiley, R.N., M.S.N., FNP-CS at (304) 526-8339.