

**Help us to Help you!**

**Join us in this endeavor to make a change in the health of our city—one citizen at a time.**

**How many of us are as healthy as we want to be?**

**Do you have any room for improvement in your health?**

**This program can help you evaluate your current health status, make recommendations for improvement, and provide you with the tools to meet your personal health goals.**



## **Suffolk Partnership** for a Healthy Community

**Mission—To coordinate the resources of our community in a collaborative effort to improve mental, physical, socioeconomic, and spiritual health of all citizens**

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A special thanks to the  
Obici Healthcare Foundation  
for making this program possible.



## **Positive Lifestyle Commitment Program**

**Become as healthy as you  
want to be.**

## What is the Positive Lifestyle Commitment Program?

It is a health enhancement program that can:

- ◇ motivate you to increase activity
- ◇ educate you on healthy eating and increase your healthy eating habits
- ◇ reduce your chronic disease risks
- ◇ encourage you to implement healthy behavior changes to better manage chronic diseases.

## How?

By helping you:

- \* identify your own healthy and risky lifestyle behaviors
- \* set goals and attain measurable health improvements
- \* empower you to sustain healthy lifestyle choices and improvements throughout life = self responsibility for health

## But how?

By using a web-based program, you will receive a custom health improvement plan.

- \* First - a base-line health status is determined through comprehensive blood work, vital signs, and thorough self-reported health history.

- \* Next, after the base-line health status is evaluated, individual goals are established.
- \* Then through use of innovative tools you are guided step-by-step toward improved health. Each person has a custom home page that continually shows progress on the plan and provides rewards for achieving wellness goals.
- \* In addition to the web-based individualized program, you will receive:
  - personal touch with RN coaching and physician review;
  - prevention score tracks your personal progress and health proactivity and personal health record.
- \* In addition, a local Peer Health Advocate will assist you in utilizing the electronic health profile and educational resources.



## Cost?

- \* No Cost
- \* One year commitment to work on improving and/or maintaining a healthy lifestyle

## Why Suffolk?

*In Suffolk:*

- 62% of adults and 25% of children are deemed overweight or obese—higher than the state average

*In Western Tidewater (Franklin, Southampton, Suffolk, and Isle of Wight):*

- Percent of Adults diagnosed with:
  - Diabetes - 8.6%
  - High Blood Pressure - 28.7%
- Morbidity Rates per 10,000
  - ◇ Heart Disease rate is 144.4 vs 98.1 in Virginia
  - ◇ Chronic Obstructive Pulmonary Disease is 32.4 vs 26.9 in Virginia
  - ◇ Diabetes is 18.3 vs 15.1 in Virginia
- Mortality rate per 100,000
  - ◇ Diabetes is 40.4 vs 21.7 for Virginia
  - ◇ Stroke and heart disease also significantly worse than state rate.



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