



**Mission:** To enhance the wellness of the community of Caroline County through disease prevention and health promotion.

**Priorities:** We address: 1) obesity, 2) tobacco use, 3) Non-marital (father absent) births, and 4) lack of access to medical care

P. O. Box 6  
Bowling Green, Virginia 22427  
E-mail: [kathryn.burruss@vdh.virginia.gov](mailto:kathryn.burruss@vdh.virginia.gov)

August 4, 2008

To Chamber members:

The Caroline County Health Alliance was authorized by the Caroline Board of Supervisors to identify major health risks of our community. Obesity, tobacco usage, father-absent births, and lack of access to medical care have been identified as the primary issues.

During the past year, the Alliance has focused on obesity and has conducted walking programs to get people moving. Results show that 64% of the participants had elevated blood pressure readings when starting the programs and 24% saw their blood pressures improve. The Alliance will be combining the walking programs with nutrition education to see if health risks can be reduced even more. A recent study released by Prevention Institute indicates that for every \$1 invested in community-based programs to increase physical activity, improve nutrition, and prevent smoking and other tobacco use provides a return of \$5.60.

We need the help of businesses such as yours to continue to improve our community's health. You can do this by donating to this effort. Contributors will be recognized in the following manner:

1. Having their business logo used in promotional materials throughout the community
2. Being included on the sponsor banner to be displayed at events throughout the year and included in the thank you ad when contributing \$500 or more
3. Being included in the thank you ad when contributing \$250 to \$499
4. Being included in the flyer promoting programs when contributing less than \$250

Additionally, the Alliance would be happy to provide programs for your staff to help reduce their health risks. Why not let the community benefit from your advertising dollars? Checks should be made out to Caroline County with Health Alliance in the memo section of the check. Mail the check to the Caroline County Health Alliance, P. O. Box 6, Bowling Green, Virginia 22427.

We look forward to hearing from you.

Sincerely,

Kathryn Burruss, Chair  
Caroline County Health Alliance