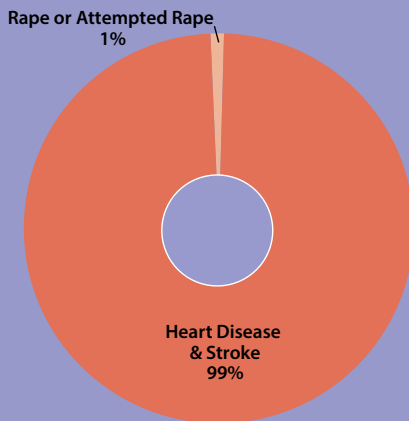


# Preventive Health and Health Services Block Grant

## United States Virgin Islands

### How the United States Virgin Islands Invested PHHS Block Grant Funding

Total FY 2015 Funding: \$240,924



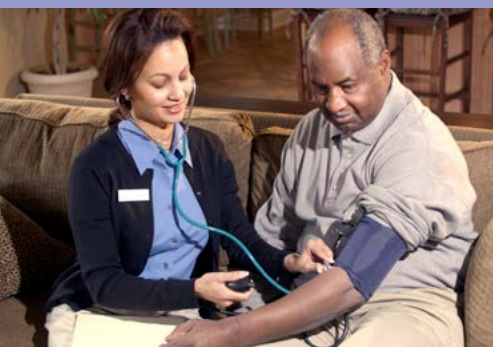
### Fighting Heart Disease with the Cardiovascular Health Initiative

Heart disease is one of the most common chronic diseases in the US Virgin Islands (USVI), leading to loss of life, frequent hospital stays, and medical complications. In 2012, almost 31% of deaths in the USVI were due to heart disease and stroke. Increased tobacco use, obesity, lack of physical activity, and unhealthy food choices are some of the factors that contribute to heart disease. To address this major health challenge, the Virgin Islands Department of Health used Preventive Health and Health Services (PHHS) Block Grant funds to develop and launch its Cardiovascular Health Initiative (CHI).

CHI began in April 2016 with support from a team of medical providers and other health professionals. The goal was to create a health and wellness program for residents older than 30 who are at risk for, or have a diagnosis of, heart disease. CHI started a 12-week pilot program with a group of 26 people. The program educated the group about risk factors for cardiovascular disease and ways to stay healthy, counseled them on nutrition, encouraged them to be physically active, discussed biometric measurements (e.g., DNA analysis to identify hereditary risk factors for heart disease), and provided resources to help participants improve their self-care. CHI supported home visits by medical providers when needed. PHHS funding was also used to pay for the services of an exercise therapist, a chef for a healthy cooking class, and a cardiologist for patient consultation, examination, and education.

After enrolling in the CHI pilot, 16 of the 26 participants reported that the program increased their understanding of heart disease. The program also helped 38% of participants lose weight, 50% reduce their blood pressure, and 42% maintain their blood pressure. Sixty-nine percent of participants reported exercising more and feeling more confident and motivated.

Because of this program, many participants now know more about how to improve their cardiovascular health. The PHHS Block Grant is helping residents of the USVI take healthy steps to combat heart disease.



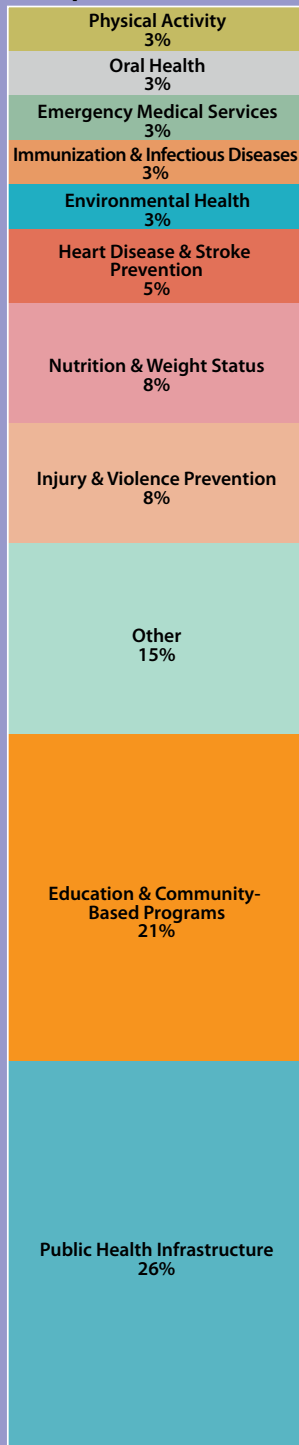
The PHHS Block Grant is helping residents of the US Virgin Islands take healthy steps to combat heart disease.



Centers for Disease Control and Prevention  
Office for State, Tribal, Local and Territorial Support

# Preventive Health and Health Services Block Grant

## 2015 Top-Funded Health Areas



*Excludes all non-discretionary funding: administrative costs (up to 10%), direct assistance, and funds set aside for sexual violence (rape prevention).*

## What is the PHHS Block Grant?

The Preventive Health and Health Services (PHHS) Block Grant provides flexible federal funding to 61 states, tribes, and US territories. These grantees use the funding to meet vital public health needs within their jurisdictions that align with national priorities—the Healthy People (HP) 2020 objectives.

## Block Grant Investment Across the Nation

In fiscal year 2015, the 61 grantees received about \$126 million from the PHHS Block Grant to support critical programs and services. Most funds (85%) supported HP 2020 objectives in 10 key areas: 1) Public Health Infrastructure, 2) Education and Community-Based Programs, 3) Injury and Violence Prevention, 4) Nutrition and Weight Status, 5) Heart Disease and Stroke Prevention, 6) Environmental Health, 7) Immunization and Infectious Diseases, 8) Emergency Medical Services, 9) Oral Health, and 10) Physical Activity.

Public Health Infrastructure was the most funded area (26% of total funding); 43 grantees directed funds toward public health systems assessment, health improvement planning, accreditation, quality improvement, laboratory services, and other infrastructure activities. Education and Community-Based Programs was the second-most funded area (21% of total funding); 29 grantees directed funds toward community-based primary prevention services, worksite health promotion programs, and culturally appropriate community health programs.

Grantees also directed funds toward supporting local organizations working to improve community health (27% of total funding) and reduce health disparities (23% of total funding).