

HPDP Program

The HPDP Program supports you and your healthcare team with tools and education needed to adopt positive health behaviors that lead to healthy lifestyles. The HPDP Program is committed to making sure health promotion and preventive services are:

- provided in a variety of ways
- offered in any setting where care is delivered
- matched toward Veterans' needs and preferences

The HPDP Program includes representatives from a variety of clinical settings working together to ensure effective and coordinated health promotion and preventive services are provided to our Veterans. Examples of these services include but are not limited to:

- Patient-Aligned Care Teams (PACT)
- [MOVE Weight Management Program](#)
- [Smoking & Tobacco Abuse Cessation Program](#)
- [Veteran Health Education](#)
- [My HealtheVet](#)
- [Women Veterans Program](#)
- Home Telehealth
- Primary Care-Mental Health Integration
- [VA Employee Wellness Program \(Wellness is Now\)](#)

These services are offered at Durham VAMC, off-site facilities and community-based outpatient clinics (CBOCs). The HPDP Program will help connect Veterans with programs and services in their own communities.

Healthy Living

Chronic diseases often result from unhealthy behaviors that may include: poor diet, physical inactivity, tobacco abuse, increase alcohol consumption, and other unsafe behaviors. The Durham VA Medical Center HPDP Program offers services and support to promote the following nine evidenced-based messages that lead to healthy living:

- [Get Involved in Your Health Care](#)
- [Be Tobacco Free](#)
- [Be Physically Active](#)
- [Eat Wisely](#)
- [Strive for a Healthy Weight](#)
- [Be Safe](#)
- [Manage Stress](#)
- [Limit Alcohol](#)



- [Get Recommended Screening and Immunizations](#)
- For more information on Health Promotion Disease Prevention please visit www.prevention.va.gov.

If you would like to learn more about the programs that support healthy lifestyles at Durham VA Medical Center contact:

Latishia Sherard-Fowler MSN, RN
Health Promotion Disease Prevention (HPDP) Program Manager
Latishia.Sherard-Fowler@va.gov
919-286-0411 ext 4621

W. Clint McSherry, PhD
Health Clinical Psychologist
Health Behavior Coordinator
William.McSherry@va.gov
919-286-0411 ext 4620