

The Medical Center Bowling Green CHNA Activities 2019-2021

MED CENTER HEALTH & WELLNESS ACTIVITIES						
Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular disease	BG Retirement Village	Blood Pressure	4/8/2019	26	Blood Pressure Results: 15WNL; 7 in the Caution Zone; 4 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	4/9/2019	16	Blood Pressure Results: 11 WNL; 4 in the Caution Zone; 1 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Chandler Memory Care	Blood Pressure	4/17/2019	14	Blood Pressure Results: 9 WNL; 4 in the Caution Zone; 1 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	FPI Health Fair	Stroke Risk Assessments	4/18/2019	400 in attendance to health fair	Blood pressure results: 13 WNL; 16 in the Caution Zone; 1 High	Stroke screenings completed on 30 people others educated on stroke risk as well as signs/symptoms.
Cardiovascular disease	Jennings Creek Elementary School Health Fair	Early Heart Attack Care (EHAC) Education	4/18/2019	10	10 EHAC Educations Completed	EHAC education and the importance of calling 911 completed with 10 people.
Cardiovascular disease	Village Manor	Blood Pressure	4/24/2019	12	Blood pressure results: 6WNL; 5 in the Caution Zone; 1 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	Adult Day Care	Presentation on the importance of exercise for overall health	4/2/2019	50	Exercises were performed and discussed the importance of exercise	Participants were able to state 2 reasons why consistent exercise is important for their health.
Obesity	Housing Authority	Presentation on the importance of exercise for overall health	4/17/2019	18	Exercises were performed and discussed the importance of exercise	Participants were able to state 2 reasons why consistent exercise is important for their health.
Cardiovascular disease	Chandler Memory Care	Blood Pressure	5/1/2019	12	Blood pressure results: 7WNL; 5 in the Caution Zone	Residents are able to identify what category their blood pressure is in and what the treatment options are if out of range

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Cardiovascular disease	Richpond Elementary School	Babysitting Class EHAC & Hands only CPR	5/6 & 5/7/19	8	EHAC and hands only CPR were discussed and performed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911.
Cardiovascular disease	AFNI Health Fair	Blood Pressure, Body Fat, Stroke Risk Screenings	5/14/2019	20	Blood pressure results: 4 WNL; 10 in the Caution Zone; 6 High	Stroke screenings, blood pressure and body fat completed on 12 people others educated on stroke risk as well as signs/symptoms.
Cardiovascular disease	Carhart Health Fair	Stroke Risk Screenings	5/16/2019	50 in attendance 12 stroke risk screenings completed	Blood pressure results: 4 WNL; 4 in the Caution Zone; 4 High	Stroke screenings completed on 12 people others educated on stroke risk as well as signs/symptoms.
Cardiovascular disease	BG Retirement Village	Blood Pressure	5/20/2019	21	Blood pressure results: 11 WNL; 8 in the Caution Zone; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Vermont Thread Gage Health Fair	Stroke Risk Screenings	5/21 & 5/22/19	100 employees in attendance 19 Stroke Screenings completed	Blood pressure results: 8 WNL; 3 in the Caution Zone; 3 High	Stroke screenings completed on 19 people others educated on stroke risk as well as signs/symptoms.
Cardiovascular disease	Village Manor	Blood Pressure	5/23/2019	11	Blood pressure results: 6 WNL; 5 in the Caution Zone	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Warren East High School	Babysitting Class EHAC & Hands only CPR	5/29/2019	12	EHAC and Hands only CPR were discussed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911.
Cardiovascular disease	Vision Source Health Fair	Blood Pressure	5/31/2019	>700 in attendance 30 Blood Pressures completed	Blood pressure results: 15 WNL; 10 in Caution Zone; 5 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Adult Day Care	Stroke Education	5/7/2019	50	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.
Cardiovascular disease	Chandler Park Assisted Living	Stroke Education	5/14/2019	16	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.
Cardiovascular disease	Housing Authority	Stroke Education	5/15/2019	18	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.

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Cardiovascular disease	Warren East Middle School	Brain Protectors Program	5/22/2019	320	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.
Cardiovascular disease	Summer Hospital Volunteers program	Brain Protectors Program	6/3/2019	40	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.
Cardiovascular disease	Chandler Memory Care	Blood Pressure	6/5/2019	14	Blood pressure results: 2 WNL; 8 in the Caution Zone; 9 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	6/11/2019	14	Blood pressure results: 7 WNL; 5 in the Caution Zone; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cancer Prevention	International Center	Skin Cancer Presentation	6/19/2019	47	Students were educated on sun safety	Students were able to identify how to protect your skin when exposed to the sun
Obesity	Women in Charge Luncheon	What is a healthy diet? Presentation	6/25/2019	40	Diets were discussed	Participant Objectives: 1. Define the term "diet" 2. Explain the pros and cons of popular diets 3. Describe a healthy diet based on principles of balanced food intake and intuitive eating.
Cardiovascular disease	Bowling Green Retirement Village	Blood Pressure	6/25/2019	21	Blood pressure results: 10 WNL; 9 in the Caution Zone; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Village Manor	Blood Pressure	6/27/2019	10	Blood pressure results: 4 WNL; 4 in the Caution Zone; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	WKU Upward Bound Program	Nutrition/Health Eating Habits Presentation	6/5/2019	16	Nutrition information was discussed	Participant objectives: 1. Describe mindful eating based on hunger and fullness 2. Explain balanced eating choices using MyPlate plan

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Obesity	International Center	Nutrition and Food Safety Presentation	6/26/2019	55	Nutrition information was discussed	Participant objectives: 1. List a serving size for a vegetable and how many servings should be consumed each day. 2. List the serving size of a fruit and how many servings should be consumed each day.
Obesity	Adult Day Care	Importance of drinking water	7/2/2019	60	Reasons why you should drink more water and less sugary beverages were discussed	Participants were able to identify at least 3 reasons why more water should be consumed
Cardiovascular disease	Vermont Thread Gage	Blood Pressure Checks for employees	7/8/2019	28	6 WNL; 12 Caution Zone; 10 High	Employees can choose to have their blood pressure checked monthly as part of their wellness program.
Cardiovascular disease	Babysitting Clinic	Babysitting Class EHAC & Hands only CPR	7/10/2019	15	EHAC and Hands only CPR were discussed and performed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911
Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	7/11/2019	15	Blood pressure results: 8 WNL; 5 in Caution Zone; 2 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Bowling Green Retirement Village	Blood Pressure	7/16/2019	16	Blood pressure results: 9 WNL; 4 in Caution Zone; 3 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Babysitting Clinic	Babysitting Class EHAC & Hands only CPR	7/17/2019	15	EHAC and Hands only CPR were discussed and performed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911
Cardiovascular disease	Village Manor	Blood Pressure	7/18/2019	9	Blood pressure results: 4 WNL; 4 in Caution Zone; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cancer Prevention	Women in Charge Luncheon	A Guide to checking your skin	7/23/2019	44	Signs and symptoms of skin cancer were discussed	Participants were informed of prevention methods and treatment options as well what to look for with skin checks

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Obesity	Housing Authority Health Fair	Amount of sugar in beverages	7/19/2019	60	School aged children learned the amounts of sugar in beverages and why it's important to choose water more often than the sugary beverages.	Children were surprised at the amounts of sugar in some of their favorite beverages including chocolate milk and sports drinks.
Cardiovascular disease	Warren County Back to School Bash	EHAC	7/25/2019	> 1500 in attendance; 40 EHAC	40 educated on Early Heart Attack Care	EHAC education provided alongside EMS providing hands only CPR education
Cancer Prevention	Auburn Back to School Bash	Skin Cancer Screening and Prevention	7/29/2019	~300 in attendance	35 children educated on sun safety	Skin Cancer prevention education provided with sun safety bracelets with UV sensitive beads provided to the children
Cardiovascular disease	Franklin Simpson School	Babysitting Class EHAC & Hands only CPR	7/30/2019	9	EHAC and Hands only CPR were discussed and performed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911
Cardiovascular disease & Cancer Prevention	Bowling Green City Schools Readifest	EHAC & Sun Safety	7/30/2019	40 EHAC/75 Sun Safety	School aged children along with their parents were educated on Early Heart Attack Care (EHAC) including signs and symptoms of a heart attack and when to call 911. Students were also provided with UV bead bracelets and education on how to protect their skin in the sun.	Children were able to state 2 signs/symptoms of a heart attack. Children were able to state 3 ways to protect themselves in the sun and why they need to protect their skin.
Cardiovascular disease	HF Class, Health & Wellness	Heart Failure Class	8/2/2019	4	Nutrition and pharmaceutical information provided	Class objective: 1) Define Heart Failure, 2) Explain classes of drugs for HF and common side effects for each, 3) Describe the most common nutrition concerns for CHF

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Obesity	Adult Day Care	Sugar in beverages	8/6/2019	50	Sugar demonstration	Participants were able to identify how much sugar is in each drink and advised to drink more water as a healthier option
Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	8/13/2019	12	Blood pressure results: 7 WNL; 4 in Caution Zone; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Village Manor	Blood Pressure	8/22/2019	8	Blood pressure results: 4 WNL; 3 in Caution Zone; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	Adult Weight Management Health and Wellness	90 Minute Adult Weight Management Class	8/26/2019	4	Part pants can: 1) list ways to increase their physical activity 2) Identify the parts to MyPlate for creating a balanced, healthy meal 3) Set SMART goals to promote healthier habits	Each participant set one goal to work on individually
Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	9/10/2019	12	Blood pressure results: 6 WNL; 6 in Caution Zone	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cancer Prevention	Women's Conference	Skin Cancer Screening and Prevention	9/12/2019	385	49 Women Screened for skin cancer by dermatologist Dr. Skaggs; 63 Women educated on skin cancer prevention	
Cancer Prevention	Medical Center Scottsville Health Fair	Skin Cancer Prevention	9/14/2019	150	50 participants educated on skin cancer prevention and sun safety	
Obesity	10K Health & Fitness Expo	Body Fat	9/20/2019	~600 in attendance	150 screened for body fat percentage	Participants educated on where their body fat percent is in relation what is ideal for their sex and age as well as how body fat percent contributes to overall health.

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Cardiovascular Disease	10K Health & Fitness Expo	Blood Pressure	9/20/2019	~600 in attendance	150 Blood Pressures Completed	
Obesity	Med Center Health 10K Classic	10K Race 10K Wheelchair Race 5K Run/Walk Children's Race	9/21/2019	~1600 in attendance		~ 1600 participants in the community race
Cardiovascular Disease	Healthy & Safe Aging Conference	Stroke Risk Screenings	9/26/2019	~120 in attendance	Blood Pressure Results: 6WNL; 8 in Caution Zone; 6 High	Stroke screenings completed on 20 people others educated on stroke risk as well as signs/symptoms. Results turned into UKY Stroke Program
Prevention	Adult Day Care	Presentation on flu prevention	10/1/2019	55	Prevention methods were discussed	Participants were able to identify ways to help prevent the flu and recognize signs and symptoms
Cardiovascular Disease	Shop HQ	Blood Pressure	10/15/2019	18	Blood pressure results: 5 WNL; 8 in Caution Zone; 5 High	Several participants were not aware of a blood pressure issue and were advised to seek medical attention.
Obesity	City of Bowling Green	Healthy Cooking Demonstration	10/16/2019	100	Healthy snack was prepared and recipe was available	Employees were able to see and taste an easy healthy snack
Cancer Prevention	Morningside	Breast Cancer Prevention and Awareness	10/21/2019	80	Information was available for breast cancer prevention	
Obesity	Emmerson Climate Russellville	Body Fat Analysis	10/22/2019	20 Body fat analysis completed	5 out of 20 of the body fats were WNL. 15 were above desired limit for good health	Able to discuss how to reduce body fat in a healthy way and refer to our programs as applicable.
Cardiovascular Disease	Village Manor	Blood Pressure	10/24/2019	8	Blood pressure results: 3 WNL; 3 in Caution Zone; 2 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular Disease	Dollar General Scottsville	Stroke Risk Assessment	10/29/2019	22 Stroke Assessments Completed; ~100 in attendance for event	22 Participants educated re: their stroke risk based on blood pressure and other risk factors identified through the screening.	

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Obesity	Butler County High School	Body Fat Analysis	10/30/2019	140	40 out of 140 of the body fats were WNL. 100 were above desired limit for good health	Able to discuss how to reduce body fat in a healthy way and refer to our programs as applicable.
Obesity	BRASS	Healthy Eating and how to read nutrition labels	10/30/2019	5	Healthy Meal planning and how to read labels were discussed	Part pants were able to plan balanced meals using MyPlate model
Cardiovascular Disease	Village Manor	Stroke Risk Assessment	11/6/2019	22	Blood Pressure Results: 11 WNL; 6 in Caution Zone; 5 High	22 Participants educated re: their stroke risk based on blood pressure and other risk factors identified through the screening.
Obesity	Village Manor	Body Fat Analysis	11/6/2019	22	8 out of 22 body fat screenings were WNL. 14 were above desired limit for good health	Discussed how to reduce body fat in a healthy way and refer to our programs as applicable.
Cardiovascular Disease	Corvette Museum	Blood Pressure	11/8/2019	41	Blood Pressure Results: 23 WNL; 10 in Caution Zone; 7 High	Employees are able to identify what category their blood pressure is in and what the treatment options are if out of range. Employees are also eligible for a lower insurance premium if blood pressure is in range.
Obesity	Corvette Museum	BMI	11/8/2019	41	13 out of 41 BMI's were WNL; 19 overweight; 8 obese	Discussed how to lower BMI in a healthy way and refer to our programs as applicable.
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure	11/12/2019	14	Blood Pressure Results: 8 WNL; 5 in Caution; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range

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Substance Abuse	Bowling Green City School Systems	Donation made by MCH to support implementation of the substance use prevention program Preventure	Fall 2019	330	330 7th grade students at Bowling Green Junior High School were provided a screening. If they scored high in any of the 4 personality traits screened, they qualified to receive the Preventure program. The groups are led by facilitators trained in the Preventure program. 123 of the 330 students screened qualified for the program.	"Preventure reveals key information about participants' behaviors relating to substance use motives, drugs of choice, patterns of coping and sensitivity. Multiple studies have shown Preventure to be effective beyond reducing drinking and drug use rates. Benefits include: delayed onset of drinking and binge drinking; reduced risk for alcohol-related problems; reduced risk for mental health problems such as anxiety, depression; few misconduct problems." Students at BGJHS have been actively engaged in the program, enjoy and look forward to the group sessions.
Diabetes	Housing Authority	Presentation on diabetes	11/20/2019	12	Discussed diabetes prevention, prediabetes, signs & symptoms of diabetes and passed out the diabetes risk assessment questionnaire.	
Obesity	Adult Day Care	Healthy Holidays presentation	12/2/2019	60	10 tips on how to avoid weight gain during the holidays were discussed	
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure	12/10/2019	15	Blood Pressure Results: 8 WNL; 6 in Caution; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular Disease	Village Manor	Blood Pressure	12/19/2019	8	Blood pressure results: 4 WNL; 3 in Caution Zone; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range

MED CENTER HEALTH EMS ACTIVITIES

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular disease	Parker Bennett Block Party, Parker Bennett Elementary School	How and When to Call 911	4/6/2019	15 attended event and 15 participated in learning about How and When to Call 911	They were educated on when to call 911, signs and symptoms of a heart attack and stroke, to be aware of surroundings. What to expect when EMS comes and what information is needed to be given to the 911 dispatchers.	15 People were educated on the importance of contacting 911 in an emergency and about early heart attack signs
Cardiovascular disease	GEO International High School, BGF D Fire Station	How and When to Call 911 including signs and symptoms of Heart Attack and Stroke. Tour of the Ambulance with Q & A session. What Careers are in EMS and what education is needed to be qualified for career in EMS.	4/10/2019	60	60 students were exposed to How and When to Call 911 as well what careers are in EMS and how to get the education needed to work in EMS.	Several students expressed an interest not only in working in health care but also in working EMS.
Cardiovascular disease	Plano Elementary Career Fair, Plano Elementary	How and When to Call 911 including signs and symptoms of Heart Attack and Stroke. Tour of the Ambulance with Q & A session. What Careers are in EMS and what education is needed to be qualified for career in EMS.	4/12/2019	630	Every student participated in learning about EMS and How and When to call 911	Students learned about Heart attacks and strokes and the importance of calling 911. What career are available in EMS.

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Cardiovascular disease	Bristow Elementary PTA Spring Fling, Bristow Elementary	How and When to Call 911 including signs and symptoms of Heart Attack and Stroke.	4/26/2019	70	Learning the importance of How and When to call 911	Students learned about Heart attacks and strokes and the importance of calling 911.
Cardiovascular disease	American Red Cross Fund Raiser	How and When to Call 911 including signs and symptoms of Heart Attack and Stroke.	5/4/2019	100	Learning the importance of How and When to call 911	Participants learned about Heart attacks and strokes and the importance of calling 911.
Cardiovascular disease	Expectant Parents Fair. Med Center Health	Hands only Infant CPR and Choking	5/5/2019	500	Parents and Expectant Parents wear able to participate in learning and doing Infant hands only CPR and choking.	About 250 people participated in the hands only CPR and the rest were exposed to learning about the importance of how and when to call 911
Cardiovascular disease	Tour of Station Anchored Christian Academy, Medical Center EMS HQ	How and When to Call 911 including signs and symptoms of Heart Attack and Stroke.	5/13/2019	25	Learning the importance of How and When to call 911	Participants learned about Heart attacks and strokes and the importance of calling 911.
Cardiovascular disease	Living Hope Baptist Church Foster Parents Night Out, Living Hope Baptist Church	Tour of the ambulance and How and When to Call 911 including signs and symptoms of Heart Attack and Stroke.	5/13/2019	30	Learning the importance of How and When to call 911	Participants learned about Heart attacks and strokes and the importance of calling 911.
Cardiovascular disease	Girl Scouts First Aid	Basic first aid lesson and How and When to Call 911 including signs and symptoms of Heart Attack and Stroke.	5/21/2019	15	Learning the importance of How and When to call 911	Participants learned about Heart attacks and strokes and the importance of calling 911.

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Cardiovascular disease	WCPL Summer Reading Kick Off, Corvette Museum	Hands Only CPR, How and When to Call 911 including signs and symptoms of Heart Attack and Stroke. Tour of the Ambulance with Q & A session.	6/6/2019	3000	~2000 people participated in hands only CPR and learning about the importance of how and when to call 911	Educating the community on the importance of Hands only CPR and EHAC education and how and when to call 911
Cardiovascular disease	BGPR Summer Camp #1, Medical Center EMS HQ	Hands Only CPR, How and When to Call 911 including signs and symptoms of Heart Attack and Stroke. Tour of the Ambulance with Q & A session.	6/10/2019	83	All students participated in Hands Only CPR and learning the importance of how and when to call 911	Participants learned about Heart attacks and strokes and the importance of calling 911.
Cardiovascular disease	BGPR Summer Camp #2, Medical Center EMS HQ	Hands Only CPR, How and When to Call 911 including signs and symptoms of Heart Attack and Stroke. Tour of the Ambulance with Q & A session.	6/13/2019	77	All students participated in Hands Only CPR and learning the importance of how and when to call 911	Participants learned about Heart attacks and strokes and the importance of calling 911.
Cardiovascular disease	Stand for Children's Day, BG ball park	Hands Only CPR, How and When to Call 911 including signs and symptoms of Heart Attack and Stroke.	6/18/2019	2500	~2000 children participated in Hands Only CPR and learning the importance of how and when to call 911	Teaching multiple children the importance of Hands Only CPR and how and when to call 911
Cardiovascular disease	Boy Scouts	Basic first aid lesson and How and When to Call 911 including signs and symptoms of Heart Attack and Stroke.	6/26/2019	20	Learning the importance of How and When to call 911	Participants learned about Heart attacks and strokes and the importance of calling 911.

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Cardiovascular disease	VBS with Special Needs Children	How and When to Call 911 including signs and symptoms of Heart Attack and Stroke.	6/29/2019	100	Learning that EMS is friendly and not scary, as well as how and when to call 911	All students participated in the education of How and When to call 911
Cardiovascular	BGJH Summer Camp Bowling Green Jr High	Learning about the careers that are available in EMS and what kind of education is needed. How and When to call 911.	7/10/2019	23	Students learned about the importance of calling EMS early in an emergency as well as what careers and education is needed to be able to work in EMS.	Students were unaware of all the vast career opportunities in EMS
Cardiovascular	Health Fair Housing Authority of BG	Hands Only CPR and How and When to Call 911	7/19/2019	125	100 Children and 25 Adults participated in learning about hands only CPR as well as How and When to Call 911.	Several people were unaware of the importance of early detection of chest pain and calling 911 when it happens.
Cardiovascular	Warren County Back to School Bash Moss Middle School	Hands Only CPR and How and When to Call 911	7/25/2019	1500	382 Hands Only CPR, 420 How and When to Call 911	We were able to show the community how to do hands only CPR as well as the importance of early notification of the 911 system when experiencing chest pain
Cardiovascular	Kereiakes Park Boy Scout Run	How and When to Call 911, EHAC	7/27/2019	100		We were able to show the community the importance of early notification of the 911 system when experiencing chest pain
Cardiovascular	Richardsville Fire # 4 Open House	How and When to Call 911, EHAC and Hands Only CPR	7/27/2019	100		We were able to show the community how to do hands only CPR as well as the importance of early notification of the 911 system when experiencing chest pain
Cardiovascular	BRADC Barren River Adult Day Care	How and When to Call 911, What EMS is	7/29/2019	72	How and When to Call 911 Tour of the Ambulance	All clients participated in the tour and talk about how and when to call 911 with a Q and A after.
Cardiovascular	Readifest BG City School Back to School Parker Bennett Elementary School	Hands Only CPR, How and When to Call 911	7/30/2019	1000	170 Hands only CPR and 260 How and When to call 911	We were able to show the community how to do hands only CPR as well as the importance of early notification of the 911 system when experiencing chest pain

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Cardiovascular	Woodburn VFD Ice Cream Social Woodburn Ball Park	Hands Only CPR and How and When to Call 911	8/10/2019	500	375 people were educated on how and when to call 911 and the importance of early detection of heart attacks. 225 people participated with hands only CPR	We were able to show the community how to do hands only CPR as well as the importance of early notification of the 911 system when experiencing chest pain
Cardiovascular	Block Party Bristow Elementary	How and When to call 911	8/12/2019	250	Children learning the importance of knowing how and when to call 911	We were able to show the community the importance of early notification of the 911 system when experiencing chest pain
Cardiovascular	Community Cook Out Christ United Methodist Church	Hands Only CPR and How and When to Call 911	8/24/2019	750	500 people were educated on how and when to call 911 and the importance of early detection of heart attacks. 325 people participated with hands only CPR	We were able to show the community how to do hands only CPR as well as the importance of early notification of the 911 system when experiencing chest pain
Cardiovascular	Active Day Adult Day Care	How and When to call 911	9/4/2019	70		keeps it fresh on their minds of how and when to call 911 and allows them to ask questions and to not be afraid of EMS
Cardiovascular	BRADC	How and When to call 911	9/4/2019	65		The education keeps it fresh on the participant's minds of how and when to call 911 and allows them to ask questions and to not be afraid of EMS
Cardiovascular	WCPL Main Branch	Discussed the Jobs that are in EMS, what education is needed to work in EMS, How and when to call 911, and safety work sheets	9/6/2019	24	Several were unaware of the different careers available in EMS as well what education it takes to work in EMS	3 people were interested in careers in EMS
Cardiovascular	Creative Learning Day Care	How and When to call 911, read a book about EMS and work sheets	9/10/2019	50	The children are now able to tell you what number to call should you have an emergency and what an emergency is	The day care employees are going to work with the children to learn their addresses and phone numbers so they can be prepared

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Cardiovascular	Warren Elementary Kindergarten	How and When to call 911, read a book about EMS and work sheets	9/10/2019	200	The children are now able to tell you what number to call should you have an emergency and what an emergency is	The teachers are going to work with the children to learn their addresses and phone numbers so they can be prepared
Cardiovascular	TC Cherry Hero's	Talked with the students about EMS and showed them an ambulance	9/11/2019	300		
Cardiovascular	WCPL Adult Story Time	Discussed the Jobs that are in EMS, what education is needed to work in EMS, How and when to call 911, and safety work sheets	9/11/2019	35	They participants are now able to tell you what number to call should you have an emergency and what an emergency is.	All present participated with EMS and learned about EMS
Cardiovascular	A Day Just for Women	EHAC, the importance of early detection of a heart attack and the importance of taking ASA when having symptoms of a heart attack. How and when to call 911	9/12/2019	500	432 participants stop by and talk about heart attacks and risk of heart attacks as well as pick up ASA packets	We were able to educate the public on the importance of call 911 when heart attack symptoms start
Cardiovascular	Fundraiser for Jr Diabetes	How and When to call 911, tour of the ambulance, Hands Only CPR	9/21/2019	250	75 People learned how to do hands only CPR, 200 learned about how and when to call 911 and the early signs of heart attack and the importance of calling 911	We were able to educate the public on the importance of call 911 when heart attack symptoms start
Prevention	Adult Day Care	Presentation on flu prevention	10/1/2019	55	Prevention methods were discussed	Participants were able to identify ways to help prevent the flu and recognize signs and symptoms

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Shop HQ	Blood Pressure	10/15/2019	18	Blood pressure results: 5 WNL; 8 in Caution Zone; 5 High	Several participants were not aware of a blood pressure issue and were advised to seek medical attention.
Obesity	City of Bowling Green	Healthy Cooking Demonstration	10/16/2019	100	Healthy snack was prepared and recipe was available	Employees were able to see and taste an easy healthy snack
Cancer Prevention	Morningside	Breast Cancer Prevention and Awareness	10/21/2019	80	Information was available for breast cancer prevention	
Obesity	Emmerson Climate Russellville	Body Fat Analysis	10/22/2019	20 Body fat analysis completed	5 out of 20 of the body fats were WNL. 15 were above desired limit for good health	Able to discuss how to reduce body fat in a healthy way and refer to our programs as applicable.
Cardiovascular Disease	Village Manor	Blood Pressure	10/24/2019	8	Blood pressure results: 3 WNL; 3 in Caution Zone; 2 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular Disease	Dollar General Scottsville	Stroke Risk Assessment	10/29/2019	22 Stroke Assessments Completed; ~100 in attendance for event	22 Participants educated re: their stroke risk based on blood pressure and other risk factors identified through the screening.	
Obesity	Butler County High School	Body Fat Analysis	10/30/2019	140	40 out of 140 of the body fats were WNL. 100 were above desired limit for good health	Able to discuss how to reduce body fat in a healthy way and refer to our programs as applicable.
Obesity	BRASS	Healthy Eating and how to read nutrition labels	10/30/2019	5	Healthy Meal planning and how to read labels were discussed	Participants were able to plan balanced meals using MyPlate model

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular	SCK Launch	How and When to Call 911, What Careers are in EMS. How EMS does CPR and what you are able to do until EMS gets there, Hands only CPR	11/22/2019	4000	Students were able to talk with EMS about career options in EMS, all the different vast career paths as well as what kind of education is needed to work in EMS, they were able to see the Lucas as well as discuss the importance of knowing how to do CPR. They also learned the importance of early notification of the 911 system in an emergency.	All students who stopped by where able see how the Lucas worked, talked about careers in EMS and other health care related fields. Where given instruction on how and when to do Hands Only CPR, and what to expect when calling 911
Cardiovascular	WCPL Winter Reading Kick off at SOKY Market Place	How and When to call 911	12/1/2019	250		
Cardiovascular	Active Day	How and When to Call 911, what is an Emergency	12/4/2019	76	All the clients participated in a Q and A time to learn what is an emergency and what to do in case of an emergency	Allowing repetition for them to be able to retain the importance of How and when to call 911.
Cardiovascular	BRADC	How and When to Call 911, what is an Emergency	12/4/2019	70	All the clients participated in a Q and A time to learn what is an emergency and what to do in case of an emergency	Allowing repetition for them to be able to retain the importance of How and when to call 911.

MED CENTER HEALTH HOME CARE ACTIVITIES

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Chandler Memory Care	Blood Pressure	9/1/2019	15		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Edmonson Senior Center	Blood Pressure	9/1/2019	9		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Warren County Senior Center	Blood Pressure	9/1/2019	4		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Simpson County Senior Center	Blood Pressure	10/1/2019	6		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Massey Springs	Blood Pressure	10/8/2019	6		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Chandler Memory Care	Blood Pressure	10/9/2019	14		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Edmonson Senior Center	Blood Pressure	10/16/2019	13		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Arcadia Senior Living	Blood Pressure	10/22/2019	14		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Warren County Senior Center	Blood Pressure	10/24/2019	14		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Butler County Senior Center	Blood Pressure	10/25/2019	8		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Simpson County Senior Center	Blood Pressure & Diabetes Awareness	11/5/2019	9		Regular blood pressure checks made monthly at this facility. Information regarding signs/symptoms of diabetes handed out as well.
Cardiovascular Disease	Massey Springs	Blood Pressure	11/12/2019	9		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Chandler Memory Care	Blood Pressure	11/13/2019	16		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Butler County Senior Center	Blood Pressure & Diabetes Awareness	11/15/2019	9		Regular blood pressure checks made monthly at this facility. Information regarding signs/symptoms of diabetes handed out as well.
Cardiovascular Disease	Arcadia Senior Living	Blood Pressure	11/19/2019	13		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Edmonson Senior Center	Blood Pressure & Diabetes Awareness	11/20/2019	15		Regular blood pressure checks made monthly at this facility. Information regarding signs/symptoms of diabetes handed out as well.

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Warren County Senior Center	Blood Pressure & Diabetes Awareness	11/21/2019	10		Regular blood pressure checks made monthly at this facility. Information regarding signs/symptoms of diabetes handed out as well.
Cardiovascular Disease	Simpson County Senior Center	Blood Pressure	12/3/2019	20		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Massey Springs	Blood Pressure	12/10/2019	8		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Chandler Memory Care	Blood Pressure	12/17/2019	10		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Arcadia Senior Living	Blood Pressure	12/19/2019	6		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Butler County Senior Center	Blood Pressure	12/20/2019	6		Regular blood pressure checks made monthly at this facility.
Cardiovascular Disease	Warren County Senior Center	Blood Pressure	12/26/2019	16		Regular blood pressure checks made monthly at this facility.