

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 My Plate 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.	
Cardiovascular	WCPL Winter Reading Kick off at SOKY Market Place	How and When to call 911	12/1/2019	250		Allowing repetition for them to be able to retain the importance of How and when to call 911.
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	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	

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.
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
Obesity	Adult Day Care	Heart Healthy New Years Resolutions	1/7/2020	60	10 Healthy New Years Resolutions were discussed	Participants were able to set at least one healthy resolution for this year
Cardiovascular Disease	Health & Wellness Expo	Stroke Risk Assessments	1/11/2020	40	Participants able to identify what they're risk is of suffering from a stroke.	Participants aware of signs/symptoms of stroke, risk factors and what they can do to change their risk of developing a stroke.
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure	1/14/2020	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
Obesity	UK Extension Office	"Are you Well" Balanced Nutrition and My Plate	1/14/2020	14	Participants will be able to plan a balanced meal using MyPlate template and learn about intuitive eating	Participants were able to plan a balanced meal using MyPlate template
Cardiovascular Disease	New Mather Metals	Stroke Risk Assessments	1/15/2020	92	Blood pressure results: 15 WNL; 31 in Caution Zone; 46 High	92 Participants educated re: their stroke risk based on blood pressure and other risk factors identified through the screening.

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Cardiovascular Disease	Western KY Heart & Lung	CPR	1/31/2020	12	12 Participants CPR Certified	
Cardiovascular Disease	KY Partnership Annual Meeting	Blood Pressure and Hands only CPR	2/1/2020	10	Blood Pressure results: 3 WNL; 7 High	Participants encouraged to seek medical attention for high blood pressure. Participants engaged in how to perform hands only CPR if someone is in need.
Cardiovascular Disease	Adult Day Care	Heart health	2/5/2020	65		
Cardiovascular Disease	Morningside Assisted Living	Blood Pressure & EHAC	2/7/2020	40	Blood pressure results: 15 WNL; 16 in Caution Zone; 9 in High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure & EHAC	2/11/2020	16	Blood Pressure Results: 8 WNL; 8 in Caution	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911
Obesity, Diabetes	Active Day Adult Day Care	Balanced Nutrition	2/13/2020	52	Objectives: 1) Identify 5 food groups 2) Recognize best choices for types of foods in each food group 3) Follow MyPlate pattern to plan a balanced meal	Clients assisted in planning a balanced meal by choosing foods from each food group to create a "meal" on a dry erase board
Cardiovascular Disease	Charters	Blood Pressure & EHAC	2/18/2020	16	Blood Pressure Results: 5 WNL; 8; 3 in High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911
Cardiovascular Disease	Housing Authority of Bowling Green	Blood Pressure & EHAC	2/19/2020	14	Blood Pressure Results: 6 WNL; 4 in Caution; 4 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911

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Cardiovascular Disease	Village Manor	Blood Pressure & EHAC	2/20/2020	9	Blood Pressure Results: 4 WNL; 3 in Caution; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911
Cardiovascular Disease	Western KY Heart & Lung	CPR	2/21/2020	4	4 Participants CPR Certified	
Diabetes	Women in Charge Luncheon	The Heart of Diabetes	2/25/2020	40	Participants aware of how to prevent diabetes as well as signs and symptoms of diabetes.	
Obesity	Adult Day Care	Nutrition	3/3/2020	65	10 Nutrition tips were discussed	Participants were able to name at least 3 Nutrition tips for a healthier plate
Cardiovascular Disease	Franklin Simpson Health Fair	Stroke Risk Assessments	3/7/2020	45	Participants able to identify what they're risk is of suffering from a stroke.	Participants aware of signs/symptoms of stroke, risk factors and what they can do to change their risk of developing a stroke.
Cardiovascular Disease	Mt.Zion Baptist Church	Stroke Risk Assessments	3/7/2020	20	Blood Pressure Results: 3 WNL; 7 in Caution; 10 High	Participants educated re: their stroke risk based on blood pressure and other risk factors identified through the screening.
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure	3/10/2020	13	Blood Pressure Results: 8 WNL; 5 in Caution	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, Obesity	HeathCo Health Fair	Blood Pressure, Stroke Risk Assessment, Body Fat, Lipid profile	3/11/2020	23	Participants able to identify what they're risk is of suffering from a stroke, identify where their blood pressure is and should be and understand what their body fat % is and how that affects their overall health.	

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Obesity	Exercise as a Family	Facebook Post	3/29/2020		Posts regarding the importance of exercising and ideas to exercise as a family.	
Cardiovascular Disease	How to Manage High Blood Pressure	Facebook Post	3/23/2020		Posts regarding how to manage high blood pressure.	
Obesity	Foods to combat stress	Facebook Post	3/22/2020		Article on different foods that can help lower stress levels.	
Obesity	Physical Activity	Facebook Post	4/5/2020		How to incorporate balance work into your cardio and strength workout routine.	
Overall Health	Stress Management	Facebook Post	4/14/2020		How to practice self-care to reduce overall stress. Also, how to meditate for beginners.	
Obesity, Prevention	Every Kid Healthy Week	Facebook Video	4/20 -4/24/2020		Every kids health week focuses on overall health & wellbeing for children with different suggested activities each day.	
Overall Health	Loneliness	Facebook Post	4/27/2020		Loneliness during COVID 19 isolation is an issue for the elderly. Dr. Grau explains how family members can maintain their mental health during the pandemic.	

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Overall Health	Stress Management	Facebook Video	4/20/2020		Dr. Grau discusses increased stress during COVID-19 and how to get support using telehealth.	
Obesity, Prevention	Healthy at Home Activities for Children	Facebook Post	4/29/2020		Article re: health activities to do at home with children.	
Cardiovascular Disease	Stroke & Heart Attack	Facebook Post	5/2/2020		Info graphic re: stroke & heart attack prevention.	
Diabetes	Non-perishable foods for persons with diabetes	Facebook Video	5/7/2020		Sarah Widener, RDN, CDE discusses non-perishable foods that people with diabetes can keep on hand for healthy meals.	
Obesity, Prevention	Physical Activity	Facebook Post	5/3, 5/23, 5/24/2020		Physical activity benefits, ideas how to increase physical activity, activity planner.	
Cardiovascular Disease	Stroke	Facebook Posts	May 1, 5, 8, 13, 15, 17, 28		Signs/symptoms of stroke. The importance of calling 911 if stroke symptoms present. Treatment of stroke.	
Prevention	Alzheimer's and Brain Awareness Month	Facebook Post	6/6/2020		Article re: steps to take nutritionally that support brain health & memory.	
Overall Health	Mental Health	Facebook Video	6/10/2020		Dr. Brula discusses mental health obstacles since the onset of COVID-19 and ways to cope.	

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Overall Health	Water Safety	Facebook Post	6/22/2020		Link to Pinterest board with information on how to practice water safety this summer.	
Prevention	Sun Safety	Facebook Post	5/22, 6/11, 6/24, 6/29		Posts regarding how to stay safe in the sun. Skin cancer prevention.	
Overall Health	Firework Safety	Facebook Video	6/30/2020		EMS discusses the dangers associated with fireworks and all the precautions need to keep the holiday weekend safe.	
Cardiovascular Disease	High Blood Pressure	High Blood Pressure Prevention & Management Facebook Live video on the Warren County Public Library Facebook Page	7/2/2020	824 Views	Sarah Widener, RDN, CDE discusses preventative measures to reduce the risk of high blood pressure as well as ways to manage high blood pressure	
Diabetes	Diabetes Foot Exam	Health and Wellness	7/10/2020	4	Diabetes can be harmful to the blood vessels and nerves in your feet.	Prevention and early detection of foot problems were discussed
Cardiovascular Disease	High Blood Pressure	Facebook Post	7/9/2020		Posts on how to manage high blood pressure	
Prevention	Eye Exams	Facebook Post	7/9/2020		Posts on how a comprehensive eye exam can help detect serious problems before you even know they exist	

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Obesity	Healthy Recipe	Facebook Post	7/11/2020		Banana berry smoothie recipe. A cool treat for the entire family to enjoy	
Prevention	Car seat safety	Facebook Post	7/15/2020		Practices for car safety are shared	
Prevention	Sun Safety	Facebook Video	7/17/2020		Sarah Widener, RDN, CDE discusses preventative measures to reduce the risk of UV related skin cancers and diseases	
Obesity, Prevention	National Hydration Day	Facebook Post	7/23/2020		Posts regarding information on how much water you should be consuming daily to maintain good health and high quality of life	
Cardiovascular Disease	Med Center Health	Babysitting Clinic	7/23/2020	9	EHAC and CPR are discussed in this class along with other safety tips	
Obesity	Healthy Recipe	Facebook post	7/25/2020		Dr. Mark Hyman, a national staple in the functional medicine world, shares his Raspberry lemon ice pops recipe for hot days	
Prevention	World Hepatitis Day	Facebook Post	7/28/2020		Posts regarding information on how to protect yourself and loved ones from Hepatitis	

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Obesity	Healthy Recipe	Facebook Posts	8/1/2020		Chocolate chip zucchini muffins recipe shared	
Overall Health	Children's Eye Health and Safety Month	Facebook Post	8/3/2020		Article regarding how regular eye exams and eye safety are important components for a child's overall health	
Prevention	Summer Sun Safety	Facebook Post	8/6/2020		Post regarding information on ways to protect your skin for the summer	
Obesity	Healthy Recipe	Facebook Post	8/7/2020		Chipotle Chicken Salad recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	8/8/2020		Five fresh forms of indoor fitness are shared	
Obesity	Healthy Recipe	Facebook Post	8/14/2020		Gluten free Zucchini muffins recipe shared from The Real Food Dietitians	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	8/15/2020		Exercise and eat smart to keep the weight off	
Prevention	National Immunization Awareness Month	Facebook Post	8/17/2020		Post regarding the importance of immunizations at all ages. Vaccines are key to preventing disease.	
Obesity	Healthy Recipe	Facebook Post	8/21/2020		Strawberry Cheesecake smoothie pops recipe shared from The Real Food Dietitians	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Physical Activity Fitness Tip	Facebook Post	8/22/2020		Post regarding the importance of properly fitted shoes	
Cardiovascular Disease	Stroke	Facebook Post	8/27/2020		Received the American Heart Association/American Stroke Association's Get with the Guidelines Stroke Gold Plus Quality Achievement Award	
Obesity	Healthy Recipe	Facebook Post	8/28/2020		Whole30 Taco Stuffed Sweet Potatoes recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	8/29/2020		4 ways to improve your workout and help the environment at the same time	
Overall Health	Sleep Quality	Facebook Video	8/31/2020		Mayo Clinic discusses 6 steps to better sleep	
Prevention, Cancer	90 Seconds to Better Health	Facebook Video	9/1/2020		Dr. Leachman discusses prostate cancer and possible treatment options	
Prevention, Cancer	Colon Cancer Awareness	Facebook Video	9/2/2020		Dr. Passer discusses the importance of making annual screenings part of your routine	
Obesity	Healthy Recipe	Facebook Post	9/4/2020		No Bake Peanut Butter Crunch Bars recipe shared by The Real Food Dietitians	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Mental Health	Youth Suicide Prevention Day	Facebook Post	9/10/2020		Article regarding the warning signs of suicide among youth. Discussions are necessary to save lives	
Obesity	Healthy Recipe	Facebook Post	9/11/2020		Italian Turkey Zucchini Meatball recipe shared by The Real Food Dietitians	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	9/12/2020		Article regarding the importance of a training log	
Obesity	Men and Belly Fat	WellNews Article	Summer 2020		Article discusses the health risks associated with having extra belly fat	
Cardiovascular Disease	Med Center EMS	Facebook Post	9/11/2020		EMS received the American Heart Association's Mission: Lifeline EMS Gold Plus Award for implementing quality improvement measures for the treatment of patients who experience severe heart attacks	
Prevention, Cancer	Prostate Cancer	Facebook Video	9/16/2020		Dr. Heltsley discusses the warning signs, prevention and treatment options for Prostate Cancer	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Mental Health	Suicide Prevention	Facebook Post	9/17/2020		Post regarding resources from the National Institute of Mental Health to help raise awareness about suicide prevention	
Obesity	Healthy Recipe	Facebook Post	9/18/2020		Potato and Artichoke Heart Pasta Salad from Forks over Knives recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	9/19/2020		Running tips and how to add running to your exercise routine	
Mental Health	World Alzheimer's Day	Facebook Post	9/21/2020		Post regarding education, prevention, treatment and care for the disease	
Cardiovascular Disease	90 Seconds to Better Health	Facebook Video	9/24/2020		Dr. Danapal, M.D. discusses causes, prevention and treatment of Carotid Artery Disease	
Obesity	Healthy Recipe	Facebook Post	9/25/2020		Freezer friendly Oatmeal cups with Berries and toasted almonds by forks over knives	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	9/26/2020		Weight Training for Women and the health benefits are discussed	
Prevention, Cancer	90 Seconds to Better Health	Facebook Video	9/29/2020		Dr. Lynes-Eme M.D. discusses prevention methods of Cervical Cancer	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	World Heart Day	Facebook Post	9/29/2020		Graphic post regarding risk factors and prevention of cardiovascular disease from the World Heart Federation	
Obesity, Cardiovascular Disease	Women's Health and Fitness Day	Facebook Post	9/30/2020		Information on why annual wellness screenings are so important	
Obesity, Cardiovascular Disease	Obesity's Gender Divide	WellNews Article	Summer 2020		Article discusses the different health effects for men and women	
Prevention, Cancer	HPV Vaccines: A Shot at Protection	WellNews Article	Summer 2020		Article discusses the importance of the HPV vaccination	
Obesity	Medical Center Surgical Weight Loss Program	WellNews Article	Summer 2020		Dr. Nwanguma discusses Bariatric Surgery	
Cardiovascular Disease	High Blood Pressure	Facebook Post	10/1/2020		Posts on how to manage high blood pressure	Link posted to take your own blood pressure quiz
Obesity	Healthy Recipe	Facebook Post	10/2/2020		Whole 30 roasted chicken recipe	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	10/3/2020		Posts on how Building your strength can help you live with a better quality of life	
Prevention, Cancer	Breast Cancer	Facebook Post	10/5/2020		Post on how early detection can make all the difference in diagnosis and treatment of breast cancer	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Stroke	Facebook Post	10/8/2020		Signs/symptoms of stroke. The importance of calling 911 if stroke symptoms present. Treatment of stroke.	
Obesity	Healthy Recipe	Facebook Post	10/9/2020		Sweet potato bison chili created by the Real Food RDs	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	10/10/2020		How regular exercise can help keep conditions like diabetes and heart disease at bay. The best exercises for your 40's and beyond.	
Overall Health	Mental Health	Facebook Post	10/10/2020		World Mental Health Day. The challenging time has considerably changed our daily lives due to COVID 19	
Cardiovascular Disease	Stroke	Facebook Post	10/15/2020		Hemorrhagic strokes are discussed	
Obesity	Healthy Recipe	Facebook post	10/16/2020		Burrito Bowl recipe from Forks Over Knives	
Prevention	Mammography Day	Facebook Post	10/16/2020		Post discusses the importance of early detection and the key to successful treatment of breast cancer	
Obesity	Fitness Tip	Facebook Posts	10/17/2020		4 accountability tips discussed to help you stay on track and remain dedicated to a fitness routine	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Overall Health	Children's Eye Health and Safety Month	Facebook Post	10/17/2020		Article regarding how regular eye exams and eye safety are important components for a child's overall health	
Cardiovascular Disease	World Hypertension Day	Facebook Post	10/17/2020		Promotion of Free High Blood Pressure Class offered at Health and Wellness.	
Overall Health	Dental Hygiene Month	Facebook Post	10/19/2020		The importance of oral hygiene for your overall health and wellness is discussed	
Prevention, Cancer	Breast Cancer	Facebook Video	10/21/2020		Importance of self examinations and annual mammograms can help catch breast cancer at an early stage and make treatment and recovery easier	
Prevention, Cancer	Breast Cancer	Facebook Post	10/2/2020		Real Men Wear Pink Campaign. Dr. Cabrera encourages participation in the fight against breast cancer	
Obesity	Healthy Recipe	Facebook Post	10/23/2020		Stuffed sweet potato with protein and veggies	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	10/24/2020		How to be physically active while social distancing	
Obesity	Med Center Health 10K Classic	Virtual Race	10/24/2020	297 Participants	10K, 5K, Children's Run	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Drug Awareness	Red Ribbon Week	Facebook Post	10/26/2020		How we need to focus on creating a safe and drug free environment for our children. The importance of speaking to your children about these topics and educate them on the dangers	
Overall Health, Prevention	Annual screenings	Facebook Post	10/27/2020		The importance of annual screenings to catch potential health risks early	
Cardiovascular Disease	Stroke	Facebook Video	10/29/2020		Make small changes to improve your brain function and prevent stroke	Stroke Quiz link posted
Cardiovascular Disease	Stroke	Facebook Live Video via Warren County Public Library Facebook Page	10/29/2020	212 Views	Sarah Widener discussed stroke prevention, risk factors of stroke, signs & symptoms of stroke and when to call 911.	
Overall Health	Healthy Recipe	Facebook Post	10/30/2020		Pumpkin Chocolate Chip Bars from The Real Food Dietitians	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	10/31/2020		How to work out safely in the cold	
Diabetes	Diabetes	Facebook Video	11/3/2020		Discusses how many people are unaware that they are living with Prediabetes.	Diabetes Quiz link posted
Cardiovascular Disease	Stroke	Facebook Post	11/5/2020		Causes and signs/symptoms of stroke. The importance of calling 911 if stroke symptoms present.	

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Obesity	Healthy Recipe	Facebook Posts	11/6/2020		Chicken soup recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	11/7/2020		Great workouts to do at home	
Cardiovascular Disease	Stroke	Facebook Post	11/9/2020		The Norton Healthcare/UK Healthcare Stroke Care Network recognized The Medical Center with 2020 Karpf Award for its work in improving stroke care and outcomes in the communities they serve and for improving stroke systems of care throughout Kentucky	
Cardiovascular Disease	Stroke	Facebook Post	11/10/2020		Discusses how Strokes and Heart Attacks increase when flu like illnesses rise	
Diabetes	Diabetes Q&A	Facebook Post	11/12/2020		Risk for Diabetes and what lifestyle changes you need to make to help treat the problem. Questions and Answers with Sarah Widener, RD,CDE.	
Obesity	Healthy Recipe	Facebook Post	11/13/2020		Paleo Pumpkin Bread with chocolate chips from The Real Food Dietitians	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	11/14/2020		Article regarding the perfect guide to a heart smart exercise routine	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Diabetes	World Diabetes Day	Facebook Post	11/14/2020		Article on how to manage diabetes properly if you have been diagnosed	
Overall Health	Mental Health	WellNews Article	Fall 2020	Distributed to over 50,000 people	Article on caring for your mental health. Tips on how to support your mental health	
Diabetes, Overall Health	Eye Health	WellNews Article	Fall 2020	Distributed to over 50,000 people	Diabetic Retinopathy is discussed	
Diabetes	Diabetes Foot Exam	Heath and Wellness	11/13/2020	4	Cumberland Foot and Ankle Diabetic feet evaluation	
Obesity	Tips for stress related weight gain	WellNews Article	Fall 2020	Distributed to over 50,000 people	Article on ways to reduce stress that can lead to weight gain	
Obesity	Healthy Recipe	Facebook Post	12/4/2020		Healthy Breakfast Casserole	
Obesity	Fitness Tip	Facebook Post	12/5/2020		How to Stay Active This Winter	
Prevention	National Influenza Vaccination Week	Facebook Post	12/7/2020		Article on the importance of the flu vaccine	
Prevention	Hand washing Awareness Week	Facebook Post	12/8/2020		Article on the importance of washing your hands	
Cardiovascular Disease	Stroke	Facebook Post	12/10/2020		Article on Stroke in Children	
Obesity	Healthy Recipe	Facebook Post	12/11/2020		Cozy Beef Stew Recipe	
Obesity	Fitness Tip	Facebook Post	12/12/2020		Exercise and Target Heart Rate	
Cardiovascular Disease	Stroke	Facebook Post	12/17/2020		Article on Women: Midlife isn't too late to slash stroke risk	
Obesity	Healthy Recipe	Facebook Post	12/18/2020		Southern Chicken and Dumpling Soup	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Healthy Recipe	Facebook Live Video via Warren County Public Library Facebook Page	12/18/2020		Healthy recipe swaps for the holiday season	
Obesity	Fitness Tip	Facebook Post	12/19/2020		Article on Exercise in the Snow	
Diabetes	Diabetes Education	Facebook Post	12/22/2020		Article on Alcohol Use and People with Diabetes	
Cardiovascular Disease	Stroke	Facebook Post	12/24/2020		Article on how Mealtime Choices Could Affect Your Odds for Stroke	
Obesity	Healthy Recipe	Facebook Post	12/25/2020		Spaghetti Squash	
Obesity	Fitness Tip	Facebook Post	12/26/2020		Article on how to set goals the SMART way	
Cardiovascular Disease	Stroke	Facebook Post	12/31/2020		How to help prevent repeats of Heart Attack and Stroke	
Obesity	Healthy Recipe	Facebook Post	1/1/2021		Healthy pizza recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	1/2/2021		How to be physically active while social distancing	
Obesity, Cardiovascular Disease	Daily Challenge Fitness Tip	Facebook Post	1/3/2021		Article on how to deal with stress. Try meditating for 10 minutes to feel more relaxed and lower stress levels	
Obesity	Healthy Meal Planning	Facebook Post	1/4/2021		Post on how to plan out your healthy meals for the week	
Obesity, Cardiovascular Disease	Stroke	Facebook Post	1/5/2021		How to get more steps in and finding the right exercise program and the right preparation	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Healthy Recipe	Facebook Post	1/5/2021		Article on how to help you reach your fitness goals	Activity quiz posted
Obesity	Healthy Tips	Silver streaming	1/5/2021		Live video posted with the Warren County Public Library on Health Tips for the New Year	
Obesity	Daily Challenge Tip	Facebook Post	1/6/2021		Post on how to satisfy your sweet tooth with replacing them with fruit	
Obesity, Cardiovascular Disease	Mental Health	Facebook Post	1/7/2021		Mayo Clinic article on how to incorporate step ups into your routine	
Obesity, Cardiovascular Disease	Stroke	Facebook Post	1/7/2021		Article on how exercise can speed up stroke recovery	
Obesity	Healthy Recipe	Facebook post	1/8/2021		Carrot Oat Bran Muffins recipe shared	
Obesity	Fitness Tip	Facebook Post	1/10/2021		Mayo Clinic article on how to do proper squats	
Obesity	Healthy Recipe	Facebook Posts	1/12/2021		Article on how to switch up your regular breakfast routine with healthy Quinoa and Egg Breakfast Bowl	
Obesity	Fitness Tip	Facebook Post	1/13/2021		Article on how starting your day out with Yoga can help with anxiety and stress	
Overall Health, Prevention	Daily Challenge	Facebook Post	1/14/2021		Article on how getting enough sleep can prevent health conditions	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Stroke	Facebook Post	1/14/2020		Article on how to lower your risk for stroke	
Overall Health, Prevention	Hydration	Facebook Post	1/15/2021		Article on how to drink more water and to strive for 8 glasses a day	
Obesity	Healthy Recipe	Facebook Post	1/15/2021		Healthy and refreshing cherry vanilla frappe recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	1/16/2021		Post on how physical inactivity is a risk factor for heart disease.	
Obesity	Healthy Recipe	Facebook Post	1/18/2021		Zucchini potato pancakes recipe shared	
Obesity	Fitness Tip	Facebook Post	1/19/2021		Article on how resistance training is important to incorporate into your fitness routine and what exercise to do for strength gains	
Overall Health	Mental Health	Facebook Post	1/20/2021		Try deep breathing exercises for your overall well being. Deep breathing helps when you feel overwhelmed	
Obesity	Healthy Recipe	Facebook Post	1/21/2021		Smoothie Bowl recipe shared	
Cardiovascular Disease	Atrial Fibrillation	Facebook Post	1/21/2021		How healthy habits can prevent AF	
Obesity	Fitness Tip	Facebook Post	1/22/2021		Strength training exercises	
Obesity	Healthy Recipe	Facebook Post	1/22/2021		Pork Caritas recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Healthy Recipe	Facebook Post	1/24/2021		Healthy almond snack mix recipe shared	
Obesity	Fitness Tip	Facebook Post	1/25/2021		Post on how to work 30 minutes of exercise into your schedule daily	
Obesity	Healthy Recipe	Facebook Post	1/27/2021		Try fruit for a dessert. Winter Fruit Salad recipe shared	
Obesity	Fitness Tip	Facebook Post	1/28/2021		How dancing is a great way to stay active and relieve stress at the same time	
Overall Health	Mental Health	Facebook Post	1/29/2021		Laughing is important to maintaining your mental health	
Obesity	Healthy Recipe	Facebook Post	1/29/2021		Zesty grilled chicken with thyme recipe shared	
Obesity	Healthy Recipe	Facebook Post	1/30/2021		10 ways to enjoy Kale	
Prevention	Oral Cancer	Facebook Post	2/2/2021		The link between tobacco and oral cancer and how to reduce your risk	
Obesity	Healthy Recipe	Silver streaming	2/2/2021		Healthy Super Bowl recipe shared	
Cardiovascular Disease	Heart Attack in Women	Facebook Video	2/3/2021		Dr. Dawson talks about the importance of heart health	
Cardiovascular Disease	Stroke	Facebook Post	2/4/2021		Steps on how to lower your risk for stroke are discussed	
Obesity	Healthy Recipe	Facebook Post	2/5/2021		Healthy stovetop Chili recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Fitness Tip	Facebook Post	2/6/2021		Keeping physically active through winter helps control your weight and can reduce your risk of getting heart disease and diabetes	
Cardiovascular Disease	Healthy Lifestyle	Facebook Post	2/8/2021		How to make your Lifestyle Heart Healthy	
Prevention	Cervical Cancer	Facebook Post	2/9/2021		The importance of regular screenings and ways to prevent cervical cancer	
Cardiovascular Disease	EHAC	Charters	2/10/2021	8	Early Heart Attack Care was discussed with residents	
Cardiovascular Disease	Stroke	Facebook Post	2/11/2021		Article discusses stroke prevention tips	
Obesity	Healthy Recipe	Facebook Post	2/12/2021		Multigrain Chicken Soup recipe shared	
Obesity	Fitness Tip	Facebook Post	2/13/2021		How to be physically active while social distancing	
Cancer	Nutrition and Cancer	Facebook Post	2/16/2021		How your diet can affect your risk for cancer	Quiz from the American Cancer Society posted on what do you know about nutrition and cancer
Cardiovascular Disease	Early Heart Attack Care	Silver streaming	2/16/2021		Early Heart Attack Care was discussed	528 Views
Cardiovascular Disease	Stroke	Facebook Post	2/18/2021		Rehabilitation for Stroke is discussed	
Obesity	Healthy Recipe	Facebook Post	2/19/2021		Florentine Swiss Omelet recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Fitness Tip	Facebook Post	2/20/2021		Walking can be an easy way to incorporate physical activity into your routine	
Obesity, Cardiovascular Disease	Heart Health	Facebook Post	2/22/2021		How Healthy is your heart based in part on information from the AHA	How healthy is your heart quiz shared
Obesity	Healthy Recipe	Facebook Post	2/26/2021		Zucchini potato pancakes recipe shared	
Cardiovascular Disease	Healthy Tips	Facebook post	2/27/2021		Cherries may lower your risk for cancer, diabetes and heart disease	
Obesity	Healthy Recipe	Facebook Post	3/5/2021		Healthy breakfast on the run recipe shared	
Obesity	Fitness Tip	Facebook Posts	3/6/2021		How to prevent common running injuries	
Obesity	Healthy Eating	Facebook Live	3/6/2021		Healthy Snacking Tips shared by Jenna Polk, RD	
Cancer, Prevention	Colorectal Cancer	Facebook Post	3/9/2021		Colorectal Cancer risk assessment shared	
Cardiovascular Disease	Stroke	Facebook Post	3/11/2021		Recognize the FAST warning signs and know when to call 911	
Obesity	Healthy Recipe	Facebook Post	3/12/2021		Do it yourself trail mix	
Obesity	Fitness Tip	Facebook Post	3/13/2021		How to overcome barriers to physical activity	
Diabetes	Diabetes	My Health Matters Support Group	3/15/2021		Diabetes signs/symptoms and prevention was discussed with Jenna Polk, RD	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cancer, Prevention	Cervical Cancer	Facebook Post	3/16/2021		The importance of regular screenings and ways to decrease your risk are discussed	
Obesity	Healthy Eating	Facebook Live	3/16/2021		What a balanced plate should look like discussed by Jenna Polk, RD	
Cardiovascular Disease	Stroke	Facebook Post	3/18/2021		signs and symptoms of a stroke. Fast action matters when a stroke hits	
Obesity	Healthy Recipe	Facebook Post	3/19/2021		Mediterranean diced salad recipe shared	
Obesity	Fitness Tip	Facebook Post	3/20/2021		Tips on ways to improve flexibility and range of motion	
Obesity	Healthy Recipe	Facebook Post	3/23/2021		Early detection through testing is important and how to tell if you are at an increased risk	
Obesity	Nutrition Facts and Fiction	Facebook Live with WC Library	3/23/2021		Nutrition Myths are discussed with Sarah Widener, RD	301 Views
Cardiovascular Disease	Stroke	Facebook Post	3/25/2021		How to prevent repeat heart attack and strokes are discussed	
Obesity	Healthy Recipe	Facebook Post	3/26/2021		Vegan enchiladas recipe shared	
Obesity	Healthy Eating	Facebook Video	3/26/2021		Meal planning and Preparations with Sarah Widener, RD	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	3/27/2021		How using sports psychology can improve your fitness	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cancer	Prostate Cancer	Facebook Post	3/30/2021		How early detection is important. Listen to your body and schedule regular checkups with your primary care physician	
Lung Cancer	Med Center Health	Smoking Cessation Program	4/1-4/30	40	Employees that wish to stop smoking enroll in the Tobacco Cessation Program	Out of 40 employees, more than half quit smoking. Others found ways to help them prepare better to stop smoking when they are ready
Obesity	Healthy Recipe	Facebook Post	4/2/2021		April fool recipe shared - an English dessert with cooked berries	
Obesity, Cardiovascular Disease	Weekend Fitness Tip	Facebook Post	4/3/2021		How to decrease your risk for Pelvic Floor problems	
Obesity, Cardiovascular Disease	Stroke	Video	4/7/2021		Dr. William Moss discusses stroke signs and symptoms. The BEFAST acronym can help you remember the main signs	
Cardiovascular Disease	Blood Pressure	Facebook Post	4/8/2021		Risk factors for high blood pressure are discussed	Quiz on high blood pressure is posted
Obesity	Healthy Recipe	Facebook Post	4/9/2021		Confetti wraps recipe shared	Activity quiz posted
Obesity	Fitness Tip	Facebook Post	4/10/2021		How to calculate how many calories you burn through activity	Calorie burn rate calculator posted
Obesity, Cardiovascular Disease	Mental Health	Facebook Post	4/10/2021		How to uplift your mental health and wellness through healthy lifestyle, sleep, balanced diet and connecting with others	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Healthy Recipe	Facebook Post	4/16/2021		Crunchy Chicken Salad recipe shared	
Obesity	Fitness Tip	Facebook post	4/17/2021		Foot Health is discussed	
Obesity, Cardiovascular Disease	Stroke	Video	4/21/2021		Dr. Suman Shekar discusses blood pressure and cholesterol correlation with stroke	
Obesity	Healthy Recipe	Facebook Posts	4/23/2021		Fiesta Shrimp recipe shared	
Obesity	Fitness Tip	Facebook Post	4/24/2021		Conditioning strategies for peak athletic performance are discussed	
Overall Health	Mental Health	Facebook Post	4/26/2021		How to teach your kids to practice peaceful mindfulness	
Overall Health	Wellness Wednesday	Facebook Post	4/28/2021		Simple ways to incorporate health and wellness components into your children's routine are provided	
Obesity	Healthy Eating	Facebook Live Video	4/28/2021		Jenna Polk, RD discusses organic produce	
Overall Health	Thoughtful Thursday	Facebook Post	4/29/2021		How to teach your kids early about building positive social relationships	
Cardiovascular Disease	Atrial Fibrillation	Facebook Post	4/29/2021		Ways to control your body weight, blood pressure and smoking can help prevent Afib	
Obesity	Healthy Recipe	Facebook Post	4/30/2021		Ginger Grilled Pork recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Prevention	Sun Safety	Facebook Post	5/1/2021		Signs of heat stroke and exhaustion are discussed	
Obesity, Cardiovascular Disease	Fitness Friday	Facebook Post	4/30/2021		How physical activity for your kids not only fuels the body but also the mind	
Prevention	Med Center Health	Smoking Cessation Program	5/1-5/31	36	Employees that wish to stop smoking enroll in the Tobacco Cessation Program	Out of 36 employees, more than half quit smoking. Others found ways to help them prepare better to stop smoking when they are ready
Obesity, Cardiovascular Disease	Healthy Eating, Stroke	Facebook Post	5/6/2021		How mealtime choices could affect your odds for stroke	
Obesity	Healthy Recipe	Facebook Post	5/7/2021		Cherry Swirl Pudding recipe shared	
Prevention	Sun Safety	Facebook Post	5/8/2021		Suggestions from the American Red Cross on How to keep safe at the campground	
Access to Care	Med Center Health	Facebook Post	5/11/2021		Med Center Health welcomes new oncology physicians	Prejesh Phillips, M.D. and Kayla Smith, APRN
Cardiovascular Disease	Stroke	Facebook Post	5/13/2021		Dr. Garima Agrawal discusses genetic factors that can play a role in stroke	
Cardiovascular Disease	Stroke	Facebook Post	5/13/2021		Article discusses that there may be a link between gum disease, heart disease and stroke.	Regular dental checkups, brushing and flossing your teeth may protect you against stroke
Obesity	Healthy Recipe	Facebook Post	5/14/2021		Ciabatta Pizza recipe shared	
Access to Care	Med Center Health	Facebook Post	5/14/2021		New Primary Care practice added Dr. Grover Dils to the StayWell Clinic	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Prevention	Sun Safety	Facebook Post	5/15/2021		How to protect yourself from the sun's harmful UV rays	
Diabetes	Diabetes Prevention and Education	Facebook Video	5/15/2021		Tammy Davis, RN discusses tips for the prevention of diabetes and answers to some commonly asked questions	
Obesity	Healthy Recipe	Facebook Post	5/17/2021		Article on learning about the basics on what you need to know about your blood pressure numbers	Blood pressure quiz posted
Obesity	Stroke	Video	5/19/2021		Dr. Garima Agrawal discusses stroke in younger adults	
Cardiovascular Disease	Stroke	Facebook Post	5/20/2021		Know the true signs and symptoms of a stroke	Stroke Quiz posted
Obesity	Healthy Recipe	Facebook Post	5/21/2021		Strawberry Spinach Salad recipe shared	
Obesity	Nutrition	Facebook Video	5/21/2021		Jenna Polk, RD discusses how to make fruits and vegetables more affordable	
Prevention, Skin Cancer	Summer Safety	Facebook Post	5/22/2021		How to protect yourself and your family from a sunburn and who is at most risk	
Prevention	Skin Cancer	Facebook Post	5/24/2021		Sun safety and how to take care of your skin is discussed. May is Melanoma and Skin Cancer Awareness month	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity, Cardiovascular Disease	Stroke	Silver streaming	5/25/2021		Sarah Widener, RD. discusses stroke signs and symptoms	288 Views
Cardiovascular Disease	Stroke	Facebook Post	5/27/2021		Transient Ischemic Attack (TIA) are discussed	
Prevention	Don't Fry Day	Facebook Post	5/28/2021		How to take small steps to protect your skin everyday that can reduce your risk for skin cancer	
Obesity	Healthy Recipe	Facebook Post	5/28/2021		Tuna Salad in the round is shared	
Prevention	World No Tobacco Day	Facebook Post	5/31/2021		The American Cancer Society and American Lung Association offer several tips for those that are trying to quit using tobacco products	
Prevention	Disease Prevention	Facebook Post	6/1/2021		How much do you know about preventing disease quiz posted	Quiz posted
Prevention	Med Center Health	Smoking Cessation Program	6/1-6/30	30	Employees that wish to stop smoking enroll in the Tobacco Cessation Program	Out of 30 employees, more than half quit smoking. Others found ways to help them prepare better to stop smoking when they are ready
Cardiovascular Disease	Stroke	Facebook Post	6/3/2021		How to take steps in preventing stroke by controlling your medical conditions	
Access to Care	Med Center Health	Facebook Post	6/3/2021		Heather Lusby, D.O. Joins Infectious Disease and Travel Medicine Specialists.	
Obesity	Healthy Recipe	Facebook Post	6/4/2021		Topped Potatoes recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Prevention, Obesity, Cardiovascular Disease	Warren Rural Electric (Buck Jenkins)	Health Fair and Biometric Screenings	6/3/2021	28	Blood Pressure, Body Fat Analysis, Stroke Screenings, Colon Cancer Quiz, and labs were provided	
Obesity	Healthy Recipe	Facebook Post	6/4/2021		Topped Potatoes recipe shared	
Access to Care	Med Center Health	Facebook Post	6/4/2021		Emily Cecil, M.D. joins Primary Care specializing in Family Medicine	
Prevention, Skin Cancer	Summer Safety	Facebook Post	6/5/2021		The importance of protecting yourself in the sun is discussed	Summer Sun Exposure Quiz posted
Cardiovascular Disease, Obesity	Parks and Recreation Summer Camp	Brain Protector Program	6/8/2021	75	This program helps teach children the importance of healthy habits to prevent you from having a stroke. Also learn the signs and symptoms of a stroke in this class	Children are able to recognize the signs and symptoms and know when to call 911.
Prevention	Hydration	Facebook Post	6/8/2021		The importance of drinking water and the quality and safety of water is discussed	Drinking Water Quiz posted
Prevention, Obesity, Cardiovascular Disease, Cancer	Warren Rural Electric (Franklin)	Health Fair and Biometric Screenings	6/8/2021	16	Blood Pressure, Body Fat Analysis, Stroke Screenings, Colon Cancer Quiz, and labs were provided	
Cardiovascular Disease	Blood Pressure	Facebook Video	6/9/2021		7 Steps to better blood pressure control is discussed	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Stroke	Facebook Post	6/10/2021		How a healthy lifestyle can prevent a stroke is discussed	
Cardiovascular Disease, Obesity	Parks and Recreation Summer Camp	Brain Protector Program	6/9/2021	80	This program helps teach children the importance of healthy habits to prevent you from having a stroke. Also learn the signs and symptoms of a stroke in this class	Children are able to recognize the signs and symptoms and know when to call 911.
Cardiovascular Disease	Stroke	Facebook Post	6/10/2021		How a healthy lifestyle can prevent a stroke is discussed	
Prevention, Obesity, Cardiovascular Disease, Cancer	Warren Rural Electric (Leitchfield)	Health Fair and Biometric Screenings	6/10/2021	17	Blood Pressure, Body Fat Analysis, Stroke Screenings, Colon Cancer Quiz, and labs were provided	
Obesity	Healthy Recipe	Facebook Post	6/11/2021		Strawberry-Kiwi Spritzer recipe shared	
Prevention, Obesity, Cardiovascular Disease, Cancer	Warren Rural Electric (Morgantown)	Health Fair and Biometric Screenings	6/15/2021	15	Blood Pressure, Body Fat Analysis, Stroke Screenings, Colon Cancer Quiz, and labs were provided	
Prevention, Obesity, Cardiovascular Disease, Cancer	Warren Rural Electric (Bowling Green)	Health Fair and Biometric Screenings	6/17/2021	39	Blood Pressure, Body Fat Analysis, Stroke Screenings, Colon Cancer Quiz, and labs were provided	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Healthy Recipe	Facebook Post	6/18/2021		Southwestern Spaghetti Squash and Turkey Meatballs recipe shared	
Obesity	Healthy Recipe	Facebook Post	6/18/2021		Southwestern Spaghetti Squash and Turkey Meatballs recipe shared	
Obesity	Healthy Recipe	Facebook post	6/25/2021		Blue-Green Canapes recipe shared	
Prevention, Skin Cancer	Summer Safety	Facebook Post	6/26/2021		The importance of wearing sunglasses in the sun	
Obesity, Prevention, Sun Safety	Stand for Children's Day	Health Fair	6/27/2021		Sugar Demonstration, Nutrition information handouts, healthy recipes and sun protection and bracelets were provided	Parents and children were able to visually see how much sugar is in different beverages and the best choices
Prevention	Men's Health	Facebook Post	6/29/2021		The importance of screenings and prevention guidelines for men are discussed	
Obesity, Cardiovascular Disease	Stroke	Facebook Post	7/1/2021		Symptoms of a hemorrhagic stroke are discussed and what you can do to lower your chances of having a stroke	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Lung Cancer	Med Center Health	Smoking Cessation Program	7/1-7/30	38	Employees that wish to stop smoking enroll in the Tobacco Cessation Program that consists of three sessions	Out of 38 employees, more than half quit smoking. Others found ways to help them prepare better to stop smoking when they are ready
Obesity	Healthy Recipe	Facebook Post	7/2/2021		Apple Carrot Salad recipe shared	
Access to Care	Med Center Health	Facebook Post	7/5/2021		Med Center Health welcomes new OB/GYN, Shebna Unes, M.D. to Women's Health Specialists	
Obesity	Healthy Eating for a Healthy Weight	Facebook Post	7/6/2021		An eating plan that helps manage your weight including a variety of health foods without complete restriction is discussed	
Access to Care	Med Center Health	Facebook Post	7/7/2021		Med Center Health welcomes Heather Lusby, D.O. to Infectious Disease & Travel Medicine Specialists	
Diabetes	Med Center Health	Diabetes Foot Exam	7/9/2021	3	Cumberland Foot and Ankle evaluate feet and discuss prevention and early detection of foot problems associated with Diabetes	
Obesity	Healthy Recipe	Facebook Post	7/9/2021		Gourmet Pizza Burgers recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity and Prevention	Foundry Fit and Fun Fair	Sugary beverage display, My Plate, Healthy snacks, Sun safety	7/10/2021	100	Kids and adults learned how much sugar is in different beverages and that water is best	100% were able to identify that water has no sugar and is the best beverage to drink
Obesity, Cardiovascular Disease	Healthy Eating Tips	Facebook Post	7/13/2021		Healthy eating tips including the need for fiber and healthy fats for your whole family are discussed	
Obesity, Cardiovascular Disease	Goodwill Career Center	Blood Pressure and Stroke Risk Assessments	7/14/2021	7	Participants educated regarding their stroke risk based on blood pressure and other risk factors identified through the screening	
Obesity, Cardiovascular Disease	Stroke	Facebook Post	7/15/2021		Using the letters in F.A.S.T. to spot stroke signs and know when to call 911	
Obesity	Healthy Recipe	Facebook Post	7/16/2021		Greek Roasted Vegetable Sandwich recipe is shared	
Prevention	Colon Cancer	Facebook post	7/18/2021		Learn how a colonoscopy can prevent colorectal cancer through detection and removal of precancerous growths, as well as detect cancer early when most treatable	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Med Center Health	Kids Healthy Life Class	7/19/2021		Kids learn strategies for healthy eating, adequate sleep, regular exercise and stress management	
Obesity, Cardiovascular Disease	Why is it important to eat vegetables	Facebook Post	7/20/2021		Article discusses how to incorporate vegetables into your daily diet	
Cardiovascular Disease	St. Joseph School	CPR	7/20/2021	5	5 participants CPR certified	
Obesity, Cardiovascular Disease	FAST action matters when a stroke hits	Facebook Post	7/22/2021		Action steps to take if someone is having a stroke are discussed	
Obesity	Healthy Recipe	Facebook Post	7/23/2021		Peach Melba Smoothie recipe is shared	
Access to Care	Covid Clinic at Urgentcare	Med Center Health	7/23/2021		Medical Center Urgentcare is now offering Covid-19 vaccines for adults and children ages 12 and older	
Cardiovascular Disease	Babysitting Clinic at Health Sciences Complex	EHAC & CPR	7/23/2021	17	Early Heart Attack Care and Hands only CPR were discussed and performed	Young adults are able to perform hands only CPR. They are also able to list signs and symptoms of a heart attack and when to call 911
Prevention	UV Safety	Facebook Post	7/26/2021		How to take the proper precautions against the sun's dangerous rays	
Obesity	Med Center Health	Adult Balanced Health Class	7/26/2021		Adults learn strategies for healthy eating, adequate sleep, regular exercise and stress management	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Healthy Eating	Facebook Post	7/27/2021		How to find out how much you know about healthy eating	Quiz posted from the Academy of Nutrition and Dietetics
Access to Care	Med Center Health	Facebook Post	7/27/2021		Med Center Health welcomes Abigail Santos, M.D. to Infectious Disease and Travel Medicine Specialists	
Cardiovascular Disease	Goodwill Career Center	Blood Pressure, Stroke Risk Assessments and EHAC	7/28/2021	9	Participants educated regarding their stroke risk based on blood pressure and other risk factors identified through the screening	They are also able to list signs and symptoms of a heart attack and when to call 911
Prevention	Heat related illness in children and teens	Facebook Post	7/28/2021		Ways to protect yourself and your loved ones in the heat are discussed	
Cardiovascular Disease	Babysitting Clinic at Auburn School	EHAC & CPR	7/28/2021	18	Early Heart Attack Care and Hands only CPR were discussed and performed	Children are able to perform hands only CPR. They are also able to list signs and symptoms of a heart attack and when to call 911
Obesity, Cardiovascular Disease	Preventing Repeat Heart Attack and Stroke	Facebook Post	7/29/2021		Actions to take as a stroke or heart attack survivor to prevent reoccurrence are discussed	
Obesity	Healthy Recipe	Facebook Post	7/30/2021		Seasoned Salmon recipe shared	
Prevention	Colon Cancer	Wellness Boards	7/30/2021	12	Colon Cancer signs and symptoms posted at local industries	12 Industries shared flyer with employees on signs and symptoms of colon cancer
Cardiovascular Disease	St. Joseph School	CPR	8/2/2021	12	12 participants CPR certified	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Men and Stroke	Facebook Post	8/4/2021		Ways to decrease your stroke risk are discussed	
Obesity	Med Center Health	Surgical Weight Loss Seminar	8/5/2021		Dr. Raphael Nwanguma shared the latest information on weight loss surgery	
Obesity, Cardiovascular Disease	Exercise your way to a healthy heart	Facebook Post	8/6/2021		Ways to create a healthier lifestyle for your heart are discussed	
Obesity, Cardiovascular Disease	Goodwill Career Center	Blood Pressure and Body Fat Analysis	8/11/2021	9	Participants educated regarding their stroke risk based on blood pressure and other risk factors identified through the screening. Body fat percentage was also measured and participants learned ways to reduce their body fat percentage	
Prevention	Colon Cancer	Facebook Post	8/9/2021		American Cancer Society recommends stating screening at age 45	
Obesity, Cardiovascular Disease	Preventing Stroke: Healthy Living	Facebook Post	8/11/2021		How to decrease your chances of a stroke are discussed	
Cardiovascular Disease	Senior Perspectives	First Aid	8/11/2021	5	5 participants First Aid certified	
Cardiovascular Disease	Dr. Sturgill	CPR	8/12/2021	2	2 participants CPR certified	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Exercise for your 40s and beyond	Facebook Post	8/13/2021		Four strength training moves that can help add years to your life are discussed	
Obesity, Cardiovascular Disease	Behaviors that increase risk for stroke	Facebook Post	8/18/2021		How your lifestyle choices can affect your chances of having a stroke	
Obesity, Cardiovascular Disease	Biking your way to a better health	Facebook Post	8/20/2021		Ways on how to get the most exercise out of your bike ride are discussed	
Prevention	National Immunization Awareness Month	Facebook Post	8/24/2021		Article discusses the vaccines that you and your family need to protect yourselves against unwanted illness	
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure	8/24/2021	11	Residents are able to identify what category their blood pressure is in and what the treatment options are if out of range	
Obesity, Cardiovascular Disease	Family history can increase risk for stroke	Facebook Post	8/25/2021		Article discusses family history and other characteristics that increase risk for stroke	
Obesity	Fitness Friday	Facebook Post	8/27/2021		Tips on how to get back into exercising are discussed	
Cardiovascular Disease	Heart Disease	Facebook Post	8/30/2021		How to take action to beat heart disease and to prevent future heart problems	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Cholesterol	Facebook Post	9/1/2021		Article discusses how excess cholesterol in the arteries can narrow them and slow blood flow to the heart, brain and other organs	Cholesterol Quiz is posted
Prevention	Cancer screening	Facebook Post	9/2/2021		Article discusses how cancer screening increases the chance of detecting cancer early, which can save your life	
Prevention	Suicide Prevention Month	Facebook Post	9/10/2021		Article provides information that can be utilized by anyone in a time of need	
Obesity	Walk to end Alzheimer's	Bowling Green Ballpark	9/11/2021		Med Center Health sponsors this walk	
Diabetes	Med Center Health	Prediabetes Class	9/13/2021		This class provides information that you need to start developing healthier habits to prevent type 2 diabetes	
Prevention	Prostate Cancer	Facebook Post	9/13/2021		Article provides information on how to lower your risk of getting prostate cancer	
Prevention	Colorectal cancer	Facebook Post	9/14/2021		Article discusses the best way to find colon cancer early is through a colonoscopy	

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Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Brushing your teeth	Facebook Post	9/15/2021		Article discusses the link between gum disease and heart disease and stroke	
Lung Cancer	Smoking	Facebook Post	9/17/2021		Article discusses what happens to your body after you stop smoking	
Cardiovascular Disease	Cholesterol	Live Video	9/21/2021		Dr. Emily Cecil provides information on ways to prevent cholesterol issues through exercise and diet	
Access to Care	Med Center Health	Facebook Post	9/23/2021		Med Center Health welcomes Dr. Roshni Venugopal, Bariatric Surgeon to the Surgical Weight Loss Program	
Obesity, Cardiovascular Disease	Physical Activity	Facebook Post	9/24/2021		Article discusses how important exercise is in order to improve health. It is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death	
Cardiovascular Disease	A woman's guide to beating heart disease	Facebook Post	9/27/2021		Article discusses how the risk of heart attack and stroke increase with age, especially after menopause	
Cardiovascular Disease	Stroke warning signs	Facebook Post	9/29/2021		Article discusses the warning signs of a stroke	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity, Cardiovascular Disease	Potter Gray Elementary School	5-2-1-0 Program	10/1/2021	40	This program incorporates lessons and activities about healthy eating and physical activity for children	Students were able to explain the importance of eating 5 fruits and vegetables, limiting screen time to 2 hours or less, getting at least 1 hour of exercise and drinking beverages with 0 sugar
Obesity	Nutrition	Facebook Post	10/1/2021		28 healthy snacks for kids are shared	
Obesity	Healthy Recipe	Facebook Post	10/2/2021		Buffalo cauliflower wings with yogurt ranch	
Prevention	Breast Health: Preventive Care	Facebook Post	10/5/2021		Preventive care plan for breast cancer is discussed	
Cardiovascular Disease	Crown Cork & Seal Health Fair	Blood Pressure	10/5/2021	18	Employees are able to identify what category their blood pressure is in and what the treatment options are if out of range	
Overall Health	Sleep	Facebook Post	10/5/2021		Article explains the importance of sleep for children and some tips to ensure your child gets a good night sleep	
Cardiovascular Disease	Stroke	Facebook Post	10/6/2021		Article discusses how your blood pressure and cholesterol could be putting you at risk for stroke	
Cardiovascular Disease	Crown Cork & Seal Health Fair	Blood Pressure	10/7/2021	20	Employees 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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Obesity	Healthy Recipe	Facebook Post	10/8/2021		Sweet potato & black bean chili recipe shared	
Access to Care	Med Center Health	Facebook Post	10/10/2021		Med Center Health welcomes Radiation Oncologist, Dr. Irene Li to the Cancer Treatment Center	
Prevention	Breast Cancer in Men	Facebook Post	10/11/2021		Article explains that both women and men have breast tissue that can turn into cancer	
Cardiovascular Disease	Bluegrass Oral Health	CPR	10/12/2021	6	6 employees CPR certified	
Cardiovascular Disease	Med Center Cares Program	Blood Pressure Management	10/13/2021	2	This program is for people with pre-hypertension/hypertension and the goal is to lower their blood pressure within 6 months with education and goal settings with each class	100% effective in lowering blood pressure
Obesity	Apples	Facebook Video	10/13/2021		Jenna Polk, RD discusses the importance and benefits of eating apples	
Obesity, Cardiovascular Disease	Stroke	Facebook Post	10/14/2021		Article discusses that 80% of second clot-related strokes may be preventable	
Cardiovascular Disease	City of Bowling Green Health Fair	Early Heart Attack Care (EHAC)	10/14/2021	18	Early Heart Attack Care was discussed with employees	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Healthy Recipe	Facebook Post	10/15/2021		Gingered honey salmon and goat cheese and spinach stuffed chicken recipes shared	
Cardiovascular Disease	Bluegrass Oral Health	CPR	10/18/2021 & 10/19/2021	11	11 employees CPR certified	
Access to Care	Med Center Health	Facebook post	10/19/2021		Med Center Health Primary Care welcomes Dr. Helen Carter	
Cardiovascular Disease	Goodwill Career Center	Blood Pressure	10/20/2021		Individuals are able to identify what category their blood pressure is in and what the treatment options are if out of range	
Prevention	Breast Cancer	Facebook Video	10/20/2021		Dr. Li discusses breast cancer awareness and prevention	
Obesity, Cardiovascular Disease	Nutrition	Facebook Post	10/20/2021		Article from Cleveland Clinic on how to add healthy seeds to your diet	
Cardiovascular Disease	Stroke	Facebook Post	10/21/2021		The different types of stroke and how to prevent a stroke are discussed	
Obesity	Med Center Health	Virtual 10K Classic	10/23/2021	430	430 adults and children participated in the annual 10K event	
Obesity, Cardiovascular Disease	Dollar General Health Fair	Blood Pressure	10/25/2021 & 10/26/2021	45	Employees are able to identify what category their blood pressure is in and what the treatment options are if out of range	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Prevention	Colorectal Cancer	Facebook Post	10/26/2021		Article discusses the 6 common beliefs about colorectal cancer	Quiz posted from American Cancer Society
Obesity	Healthy Recipe	Facebook Post	10/26/2021		Spaghetti squash recipe shared	
Cardiovascular Disease	Stroke	Facebook Post	11/1/2021		Article discusses how stress can increase your risk for stroke and the importance of finding ways to decrease the effect of stress on your body	
Cardiovascular Disease	Bluegrass Oral Health	CPR	11/2/2021		6 employees CPR certified	
Obesity	Rock Steady Boxing	Nutrition Presentation	11/2/2021	5	Participants were able to discuss healthy balanced meals and understand special needs for meal planning with Parkinson's medication	Participants were able to discuss healthy balanced meals
Lung Cancer	Lung Cancer Awareness	Facebook Post	11/2/2021		Article discusses how to lower your risk for lung cancer	
Cardiovascular Disease	Goodwill Career Center	Blood Pressure	11/3/2021	5	Individuals are able to identify what category their blood pressure is in and what the treatment options are if out of range	
Diabetes, Cardiovascular Disease	Diabetes	Facebook Video	11/3/2021		Tammy Davis, RN shares signs and symptoms of diabetes as well as what to do if you think you are at risk	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Bluegrass Oral Health	CPR	11/4/2021	6	6 employees CPR certified	
Cardiovascular Disease	Stroke	Facebook Post	11/4/2021		Article discusses how to reduce your risk of stroke by keeping a healthy body, healthy brain and sharp mind	
Diabetes	Prediabetes	Facebook Video	11/5/2021		Video quiz to find out your risk for prediabetes	
Prevention, Access to Care	Med Center Health Urgentcare	Covid Vaccine Clinic	11/8/2021		Covid-19 Vaccines now given to children ages 5-11	
Prevention	Cancer Screening	Facebook Post	11/8/2021		Article discusses the screening guidelines for women and men at every age	
Cardiovascular Disease	Bluegrass Oral Health	CPR	11/8/2021 & 11/9/2021	11	11 employees CPR certified	
Diabetes, Cardiovascular Disease	Risk factors for Diabetes	Facebook Live	11/10/2021		Jenna Polk, RD discusses risk factors for type 2 diabetes.	
Prevention	Covid Vaccine	Facebook Video	11/12/2021		Dr. Helen Carter discusses that the vaccine is now available for children ages 5-11	
Overall Health	Sleep	Facebook Post	11/12/2021		Article explains that lack of sleep can affect everything related to good health	
Cardiovascular Disease	Stroke	Facebook Post	11/13/2021		Article from the Mayo Clinic on ways to prevent a stroke by knowing your risk factors	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Lung Cancer	Lung Cancer Awareness	Facebook Post	11/14/2021		Article discusses the importance of screenings that can help detect possible problems early	
Cardiovascular Disease	Med Center Cares Program	Blood Pressure Management	11/15/2021 & 11/16/2021	2	This program is for people with pre-hypertension/hypertension and the goal is to lower their blood pressure within 6 months with education and goal settings with each class	100% effective in lowering blood pressure
Cardiovascular Disease	Stroke	Facebook Post	11/17/2021		Article from the American Stroke Association on the correlation of high blood pressure and stroke	
Diabetes, Cardiovascular Disease	Diabetes	Facebook Live	11/17/2021		Tammy Davis, RN discusses resources available for managing your diabetes	
Obesity	Healthy Recipe	Facebook Post	11/19/2021		Berry chia pudding recipe shared	
Diabetes	American Diabetes Month	Facebook Post	11/20/2021		Article explains that exercise is one of the best ways to keep your diabetes under control	
Diabetes	Prediabetes	Facebook Post	11/20/2021		Article explains your risks for type 2 diabetes	Prediabetes Quiz posted
Obesity, Cardiovascular Disease	Health through the Holidays	Facebook Video	11/22/2021		Jenna Polk, RD discusses tips on how to survive the holiday buffets	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Preventive	Colorectal Cancer	Facebook Post	11/21/2021		Article discusses the importance of regular screenings to detect early cancer when it is easier to treat	
Cardiovascular Disease	Heart Disease	Facebook Post	11/23/2021		Article discusses the risk for heart disease in women	
Access to Care	Med Center Health	Facebook Post	11/23/2021		Med Center Health welcomes Kathy Lewis, PA to the Staywell Clinic and works with Dr. Grover Dils	
Obesity, Diabetes	Healthy eating	Facebook Video	11/24/2021		Jenna Polk, RD shares some great tips on keeping your body healthy especially if you are at high risk for type 2 diabetes	
Cardiovascular Disease	Stroke	Facebook Post	11/26/2021		Article from the American Stroke Association explains the risk factors and how you can control and treat them	
Cardiovascular Disease	CPR	Facebook Video	11/30/2021		Video from the American Heart Association demonstrates how to perform hands only CPR	
Access to Care	Med Center Health	Facebook Post	12/1/2021		Med Center Health welcomes Maria Thompson, audiologist with Med Center ENT	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Stroke	Facebook Post	12/2/2021		Article from the American Stroke Association explains the less common symptoms of a stroke	
Cardiovascular Disease	Dr. Lawless	CPR	12/3/2021	6	6 employees CPR certified	
Diabetes	Med Center Health	Free Prediabetes Class	12/6/2021		Free education prediabetes class offered on how to learn healthier habits to prevent type 2 diabetes	
Obesity, Cardiovascular Disease	Sleep and Activity through the Holidays	Facebook Live	12/6/2021		Jenna Polk, RD discusses how to sleep well and exercise even around the holiday season	
Preventive	Handwashing	Facebook Post	12/8/2021		Article discusses that handwashing is one of the best ways to protect yourself and your family from getting sick	
Cardiovascular Disease	Stroke	Facebook Post	12/9/2021		Article from the American Stroke Association discusses stroke in children	
Obesity	Healthy Recipe	Facebook Post	12/11/2021		Tortilla soup recipe shared	
Cardiovascular Disease	Vermont Thread Gage	Blood Pressure	12/16/2021	25	Employees are able to identify what category their blood pressure is in and what the treatment options are if out of range	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Dr. Lawless	CPR	12/16/2021	12	12 employees CPR recertified	
Obesity, Cardiovascular Disease	Health through the Holidays	Facebook Video	12/20/2021		Jenna Polk, RD shares some great tips on eating healthy through the holidays	
Obesity, Cardiovascular Disease	Exercise	Facebook Post	12/21/2021		Seven tips on how to work exercise into your busy schedule are shared	
Cardiovascular Disease	Diabetes and Stroke Prevention	Facebook Post	12/23/2021		Video from the American Heart Association discusses the correlation between diabetes and stroke	
Obesity	Healthy Recipe	Facebook Post	12/23/2021		Last minute Christmas recipes shared	
Cardiovascular Disease	Healthy New Year Goals	Facebook Live	12/27/2021		Sarah Widener, RD discusses realistic health goals for the New Year	
Cardiovascular Disease	Med Center Cares Program	Blood Pressure Management	12/29/2021	1	This program is for people with pre-hypertension/hypertension and the goal is to lower their blood pressure within 6 months with education and goal settings with each class	100% effective in lowering blood pressure
Obesity	Healthy Recipe	Facebook Post	12/30/2021		Hoppin John recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	WBKO Midday Live	Healthy New Year Goals	12/30/2021		Sarah Widener, RD interviews on WBKO about how to set healthy goals for the New Year	
Cardiovascular Disease	Dr. Buchanan	CPR	12/30/2021	4	4 employees CPR recertified	
Lung Cancer	Smoking, Vaping and Tobacco Use	Facebook Post	12/31/2021		Article from the American Stroke Association explains how smokers are more likely to develop heart disease, stroke and lung cancer	Ways on how to quit from the American Stroke Association are also discussed
Obesity, Cardiovascular Disease	Healthy Weight, Nutrition and Physical Activity	Facebook Post	1/1/2022		Article from the CDC explains that maintaining a healthy weight includes healthy eating, physical activity, optimal sleep and stress reduction	
Lung Cancer	Radon Action Month	Facebook Post	1/2/2022		Article from the Environmental Protection Agency about the risk from radon	
Obesity	Medical Nutrition Therapy	Facebook Video	1/4/2022		Sarah Widener discusses how the registered dietitian can help you gain back or maintain your health in the new year	
Obesity	Health Sciences Complex	Surgical Weight Loss Seminar	1/6/2022		Free informational seminar if you are considering weight loss surgery	

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Cardiovascular Disease	Stroke	Facebook Post	1/6/2022		Article discusses a daily half hour walk can boost survival after stroke	
Cardiovascular Disease	Heart Attack Signs	Facebook Post	1/9/2022		Signs and symptoms of a heart attack are shared	
Cardiovascular Disease	Cholesterol	Facebook Post	1/12/2022		Article explains that high blood cholesterol is a major risk factor for heart disease and stroke	
Cardiovascular Disease	Stroke	Facebook Post	1/13/2022		Article from the American Stroke Association discusses depression after stroke	
Cardiovascular Disease	Western KY Heart and Lung	CPR	1/14/2022	5	5 employees CPR certified	
Diabetes	How to control your diabetes	Facebook post	1/19/2022		Article explains how simple changes can help you control your diabetes	
Cardiovascular Disease	Stroke	Facebook Post	1/20/2022		Article from the American Stroke Association on cognitive challenges	
Cardiovascular Disease	Western KY Heart and Lung	CPR	1/21/2022	8	8 employees CPR certified	
Cardiovascular Disease	Exercise	Facebook Post	1/23/2022		Article discusses the health benefits for adults with moderate intensity, aerobic physical activity	
Lung Cancer	Lung Cancer Awareness	Facebook Post	1/26/2022		Screening is the key to early detection	Quiz posted from American Lung Association

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Stroke	Facebook Post	1/27/2022		Article from the American Stroke Association about the warning signs of a stroke	
Cardiovascular Disease	Heart Disease	Facebook Post	1/28/2022		Article from the CDC explains that heart disease is the leading cause of death in the United States	
Prevention	Cervical Cancer	Facebook Video	1/29/2022		Article on Cervical Cancer Prevention	
Cardiovascular Disease	Heart Disease	Facebook Post	1/31/2022		Are you at risk for heart disease quiz is posted	
Cardiovascular Disease	American Heart Month	Facebook Video	2/1/2022		Sarah Widener, RD discusses the signs and symptoms of a heart attack	
Cardiovascular Disease	Med Center Cares Program	Blood Pressure Management	2/1/2022	2	This program is for people with pre-hypertension/hypertension and the goal is to lower their blood pressure within 6 months with education and goal settings with each class	100% effective in lowering blood pressure
Cardiovascular Disease	Heart Disease	Facebook Video	2/3/2022		Jacqueline Dawson Dowe shares an important message about women and heart disease	
Cardiovascular Disease	Stroke	Facebook Post	2/3/2022		Signs and symptoms of a stroke are shared	
Cardiovascular Disease	Heart Attack Signs	Facebook Post	2/8/2022		Article explains the signs and symptoms of a heart attack	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Prevention	Cancer Prevention	Facebook post	2/6/2022		Article from the American Association for Cancer Research explains preventable causes for cancer	
Cardiovascular Disease	Stroke	Facebook Post	2/10/2022		Article from the American Stroke Association on the physical effects from a stroke	
Cardiovascular Disease	Encore	Heart Health	2/11/2022	80	Presentation on heart health to adult day care residents at Encore	
Cardiovascular Disease	Heart Disease	Facebook Post	2/18/2022		Heart Disease is the # 1 cause of death in women	
Cardiovascular Disease	Med Center Health	Heart Health	2/21/2022	10	Heart healthy diet presentation to cardiology fellows	
Obesity, Cardiovascular Disease	Heart Disease	Facebook Post	2/23/2022		Cardiovascular disease accounts for one in five female deaths but prevention is possible	
Cardiovascular Disease	Med Center Cares Program	Blood Pressure Management	3/1/2022	2	This program is for people with pre-hypertension/hypertension and the goal is to lower their blood pressure within 6 months with education and goal settings with each class	100% effective in lowering blood pressure
Cardiovascular Disease	Stroke	Facebook Post	3/2/2022		Stroke risk factors are discussed	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Medical Center-WKU Health Sciences Complex	Surgical Weight Loss Seminar	3/3/2022		This class is offered to those that are considering weight loss surgery	
Prevention	Colon Cancer Prevention	Facebook Video	3/3/2022		Dr.Darin Passer explains the best way to find colorectal cancer early is through a colonoscopy	
Obesity	Adult Day Care	Nutrition	3/30/2022		Presentation on healthy eating habits to adult day care residents at Barren River Adult Day Care	
Cardiovascular Disease	Hands only CPR	Facebook Post	3/9/2022		Hands only CPR is discussed	
Cardiovascular Disease	Goodwill	Blood Pressure	3/9/2022	5	Individuals are able to identify what category their blood pressure is in and what the treatment options are if out of range	
Cardiovascular Disease	Stroke	Facebook Post	3/10/2022		Stroke risk factors are discussed	
Cardiovascular Disease	Babysitting Clinic at South Warren Middle School	EHAC and CPR	3/14/2022 & 3/15/2022	11	Early Heart Attack Care and Hands only CPR were discussed and performed	Children are able to perform hands only CPR. They are also able to list signs and symptoms of a heart attack and when to call 911
Cancer Prevention	Breast Cancer	Facebook Post	3/17/2022		A proactive approach to early detection	
Cardiovascular Disease	Stroke	Facebook Post	3/17/2022		Stroke risk factors are discussed	
Obesity	WKU Health Sciences Complex	Surgical Weight Loss Seminar	3/22/2022		This class is offered to those that are considering weight loss surgery	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure	3/23/2022	14	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	
Drug Abuse	National Drug and Alcohol Facts Week	Facebook Post	3/23/2022		This is a week long health observance that inspires dialogue about the science of drug use and addiction among youth	
Cardiovascular Disease	Stroke	Facebook Post	3/24/2022		Stroke risk factors are discussed	
Obesity	Parks and Recreation Bunny Trail	Sugary Beverage Demonstration	3/26/2022	150	Kids and adults learned how much sugar is in different beverages and that water is best	100% were able to identify that water has no sugar and is the best beverage to drink
Cardiovascular Disease	Babysitting Clinic at Rich Pond Elementary School	EHAC and CPR	3/28/2022 & 3/29/2022	8	Early Heart Attack Care and Hands only CPR were discussed and performed	Children are able to perform hands only CPR. They are also able to list signs and symptoms of a heart attack and when to call 911
Obesity, Cardiovascular Disease	Doctor's Day	Blood Pressure and Body Fat	3/30/2022	10	Body Fat Analysis and Blood Pressures were performed on physicians at Med Center Health for National Doctor's Day	
Cardiovascular Disease	Stroke	Facebook Post	3/31/2022		Stroke risk factors are discussed	