

Med Center Health Franklin CHNA Activities 2019-2021

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular disease	Blood Pressures at Vermont Thread Gage	Blood pressure	April 1-15			
Cardiovascular disease/Lung disease	Franklin Precision Industry Health Fair	Blood pressure; colon cancer awareness; freedom from smoking awareness; Pulmonary Function test; bone density	4/18/2019	250	115 participants for BP; colon cancer and freedom from smoking education; 42 PFT; 34 bone densities performed	
Obesity	Beginner aerobics with Caren Gibson at MCF	Beginner aerobics	Every Monday and Thursday	10-14 each class	A total of 90-126 participated	
Cardiovascular disease	Blood Pressures at Vermont Thread Gage	Blood pressure	May 21-22	77		
Cardiovascular disease /Lung disease/ diabetes/ obesity	Vermont Thread Gage Health Fair	Blood pressure; colon cancer awareness; freedom from smoking awareness; Pulmonary Function Test; bone density; glucose screenings; lipid profile	May 21 & 22	100	77 blood pressures & freedom from smoking awareness; 42 PFT; 34 bone density screenings; 50 glucose screenings (21 with 75-94 range; 12 with 95-104 range; 11 with 105-124 range; 4 with 125-144 ranges; 1 with 144-200 range; 1 with 200+)	
Obesity	Beginner aerobics with Caren Gibson at MCF	Beginner aerobics	Every Monday and Thursday	10-14 each class	A total of 90-126 participated	
Cardiovascular Disease /Lung disease/ diabetes/ obesity	Berry Global Health Fair	Blood pressure; freedom from smoking awareness; Pulmonary function test; bone density; glucose screenings; lipid profile	5/29/2019	170	82 BP & Freedom from Smoking awareness; 45 PFT; 34 bone density screenings; 52 glucose screenings (4 with 50-74 range; 13 with 75-94 range; 8 with 95-104 range; 13 with 105-124 range; 8 with 125-144 range; 3 with 144-200 range; 3 with 200+)	

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Cardiovascular disease	Blood Pressures at Vermont Thread Gage	Blood pressure; EHAC education	6/3/2019	36 blood pressures completed	36 Blood pressures: 10 with prehypertension, 10 with stage 1 hypertension, 1 with blood pressure in the hypertensive crisis range.	Those with stage 1 or higher were advised to follow up w/MD re: blood pressure. The one with hypertensive crisis BP has been this way for some time and each time I educate on the dangers of high BP and long term effects. Has refused to see MD
Blood Donation	Med Center Franklin Blood Drive 7a-11am	Blood donation	6/6/2019	18 participants scheduled	18 scheduled donors, 13 donors actually signed in, 11 units of Whole Blood collected. 2 first time donors	
Immunizations	Lowes	Onsite hepatitis B injections for Lowes Safety Team	6/24/2019	6 participants	6 people received the first of 3 injections of Hepatitis B. protects against occupational exposure to blood and body fluids.	
Physical Activity, Obesity	Beginners Aerobics Mondays and Thursdays 5-6pm	Cardiovascular activity	June 3, 6, 10, 13, 17, 20, 24, 27	80 participants	Improves cardiovascular health, increases bone mass and bone density aids in weight loss and improves mental health	
Wellness	Vermont Thread Gage	Wellness Coaching every Wednesday	6/5 1-4p, 6/12 8a-12N, 6/19 1-4p, 6/26 8a-12N.	31 participants	Educated employees on Diabetes, Stress test results and terminology, Interpretation of Health Fair lab results, answered questions regarding upcoming surgery, nutrition and handouts on lowering Cholesterol and Triglycerides and importance of f/u with primary Dr. for High Blood Pressure and side effects of smoking cessation drug and how to deal with withdrawal symptoms and urges to smoke.	
Drug Free Workplace Environment	Silgan Plastics	Random Drug Screens	6/11 and 6/17	6 participants	Improve productivity, reduce employee turnover, reduce on-the-job accidents, lower worker's compensation insurance and healthcare costs, and decreased absenteeism. Drug screening can also create a more constructive work environment and demonstrate to employees that the employer cares about their safety.	All 6 Negative

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Cardiovascular disease	Vermont Thread Gage	BP screening	Jun-19	38 participants	BP screenings for employees. Provided immediate results and education to each patient. Education related to Hypertension; prevention by smoking cessation, diet, exercise. Management by compliance with medication, f/u appoints with PCP, diet, exercise, tobacco cessation. One patient was scheduled with the Primary Clinic for follow up.	One employee followed up that day with PCP. Started new prescription and scheduled follow up for wellness with PCP
Immunizations	Vermont Thread Gage	Onsite hepatitis B titers drawn for VTG Safety Team	7/17/2019 7/25/2019	6 participants	6 people Hepatitis B Surface Antigen venipuncture. Results 7/25/19 1:1 patient education concerning immunization	Each participant verbalized understanding concerning titer results. 6 immunity
Physical Activity, Obesity	Beginners Aerobics Mondays and Thursdays 5-6pm	Cardiovascular activity	July 1,8,11,15,18,22,25,29	40-68 (5-8 participants each class)	improves cardiovascular health, increases bone mass and bone density aids in weight loss and improves mental health	
Wellness	Free Hearing Screenings	Hearing screening	7/3/2019	14	Provides hearing exams to the community. Connects participants with resources and medical follow up if needed.	
Drug Free Community	NAR-ANON Meeting- Education Building		July 11, 18, 25		Meeting for those affected by someone else's addiction	
Cardiovascular disease	Blood Pressures at Vermont Thread Gage	Blood pressure; EHAC education	8/5/2019	38 blood pressures completed	38 Blood pressures: 10 normal 17 with prehypertension, 10 with stage 1 hypertension, 1 with blood pressure in the hypertensive crisis range.	Those with stage 1 or higher were advised to follow up w/MD re: blood pressure. The one with hypertensive crisis BP has been this way for some time and each time I educate on the dangers of high BP and long term effects. Has refused to see MD
Immunizations	Vermont Thread Gage	Hepatitis B results provided and education	8/1/2019	6 total	6 people received the results of Hepatitis B. antibodies titer. Hepatitis B vaccine protects against occupational exposure to blood and body fluids.	
Physical Activity, Obesity	Garden Spot 5K/10K		8/10/2019	800+ participants	Community 5K/10K and fun run. Several local industries participated.	Medical Center Franklin is a sponsor of this event

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Physical Activity, Obesity	Beginners Aerobics Mondays and Thursdays 5-6pm	Cardiovascular activity	August	80 participants	Improves cardiovascular health, increases bone mass and bone density aids in weight loss and improves mental health	
Cardiovascular disease	Blood Pressures at Vermont Thread Gage	Blood pressure; EHAC education	9/16/2019	36 blood pressures completed	38 Blood pressures: 12 normal 15 with prehypertension, 11 with stage 1 hypertension	Those with stage 1 or higher were advised to follow up w/MD re: blood pressure. I educate on the dangers of high BP and long term effects. Educated ways to reduce blood pressure by diet and exercise.
Immunizations	Holley	Hepatitis B vaccine provided and education	9/13/2019	2 total	2 people received 3rd dose of Hepatitis B. vaccine. Hepatitis B vaccine protects against occupational exposure to blood and body fluids.	
Physical Activity, Obesity	Relay for Life	Simpson County	9/14/2019		Relay for Life Cancer Walk and fundraiser	Medical Center Franklin is a sponsor of this event
Physical Activity, Obesity	Beginners Aerobics Mondays and Thursdays 5-6pm	Cardiovascular activity	September	80 participants	Improves cardiovascular health, increases bone mass and bone density aids in weight loss and improves mental health	
Cardiovascular disease	Vermont Thread Gage	Blood pressure checks & education	10/14/2019	38	BP range from normal to hypertensive crisis. Education provided	1 person was given a referral for treatment.
Cardiovascular disease	Emerson Electric Health Fair	Hands Only CPR	10/22/2019	85	Participants practiced hands only CPR. Call 911. Begin compressions	
Cardiovascular Disease/Obesity	Lions Club Diabetic Health Fair	Blood pressure and Education	10/15/2019	20-30	Education provided on BP management	
Cardiovascular Disease/Obesity	Dollar General Health Fair	Blood pressure and Education	10/29/2019	47	Education on BP management.	Stroke assessments performed by H&W
Diabetes	Lions Club Diabetic Health Fair	HGB; A1C	10/15/2019	25-30	Diabetes education--prevention and maintenance.	Lab provided results of labs; f/u with provider was advised when appropriate.
Diabetes/Obesity	Lions Club Diabetic Health Fair	Health Cooking	10/15/2019	25-30	Samples & demonstration of health menu items. Low carb/low sugar/low sodium	
Access to Care	Vermont Thread Gage	Flu Vaccines	10/15/2019	21	Flu vaccine provided	Flu education provided.

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Access to Care	New Mather Metal	Flu Vaccines	10/29 & 31/19	89	Flu vaccine provided	Flu education provided.
Access to Care	Simpson Co Fiscal Court	Flu Vaccines	10/30/2019	9	Flu vaccine provided	Flu education provided.
Cardiovascular Disease/Obesity	Beginners Aerobics	Provided aerobics at MCF	every Monday & Thursday			
Substance Abuse	MCF	Hosted Nar-ANON meeting	10/24/2019			
Cardiovascular disease	Vermont Thread Gage	Blood pressure & Education	11/4/2019	38	Education on BP management.	1 referral made to provider
Cardiovascular disease	Franklin Simpson Middle School Health Event	Blood pressure & Education	11/4/2019	100+	Education on BP management.	
Access to Care	Simpson Co Board of Education	Acquired School Nurses	11/1/2019	5 schools	Acquired school nurse program to provide services to students	Referrals to school NP increased 50%
Cardiovascular Disease/Obesity	Beginners Aerobics	Provided aerobics at MCF	every Monday & Thursday			
Substance Abuse	MCF	Hosted Nar-ANON meeting	11/7 & 14 & 12/19			
Diabetes	New Mather Health Fair	HgbA1C testing & glucose	1/15/2020	70	Education provided on diabetes awareness	
Cardiovascular Disease	New Mather Health Fair	Pulmonary Function Test	1/15/2020	60		
Cardiovascular Disease	New Mather Health Fair	Blood pressure Screening	1/15/2020	80	Education on BP management.	
Cardiovascular Disease	New Mather Health Fair	Hands Only CPR training	1/15/2020	85	Education provided and hands on training to employees on hands only CPR	
Cardiovascular Disease	New Mather Health Fair	Stroke Screening Assessment	1/15/2020	60	Stroke Screening Assessment and education of warning signs	
Obesity/ Cardiovascular Disease	Aerobic classes	Provided aerobics at MCF	Every Mon and Thurs	60		
Substance Abuse	MCF	Hosted Nar-ANON meeting	2/6,13, 20, 27/20			
Obesity/ Cardiovascular Disease	Beginners Zumba	Provided space for Zumba classes	Every Mon and Thurs	60+		
Obesity/ Cardiovascular Disease	Beginners Yoga	Provided space for Yoga class	2/4,11,18/20	?		

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Cardiovascular Disease/Obesity/ Access to Care/Diabetes	Franklin Simpson Community Health Fair	Dietary education, bone density, A1C testing and PSA, Pulmonary function test, Blood pressure screenings, Stroke screenings, education on hands only CPR	3/7/2020	350+	There were over 36 MCH booths with screenings and information on access to care with various specialties	
Prevention	TMC-Franklin Facebook Post	Stop the Spread Reminders	Frequently		Reminders of measures that can be taken to stop the spread of COVID-19.	
Obesity/Prevention	Garden Spot Virtual Run	5K to be completed on participants own time due to COVID restrictions	8/1/2020	300	Physical activity encouragement for the entire community.	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	8/28/2020		Stuffed Sweet Potato recipe.	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	9/4/2020		Granola bar recipe	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	9/11/2020		Potato and artichoke heart pasta salad recipe.	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	9/25/2020		Oatmeal cup with berries and toasted almonds recipe.	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	10/9/2020		Sweet potato bison chili recipe	
Cancer Prevention	Franklin Professional Women's Business	Breast Cancer Awareness Education	10/12/2020	20	Participants were educated on the importance of early detection of breast cancer, the importance of an exam and how/how often to do breast self exams.	
Obesity/Prevention	Franklin Simpson Bicentennial 200 mile relay	Race Sponsor	11/30/2020	80	Physical activity encouragement for the entire community.	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	11/6/2020		Chicken soup recipe	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	11/13/2020		Paleo pumpkin bread with chocolate chips recipe	

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Prevention	TMC-Franklin Facebook Post	Healthy Recipe	11/27/2020		Zucchini, corn and black bean soup recipe	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	12/11/2020		Beef stew recipe	
Obesity/Prevention	TMC-Franklin Facebook Post	Fitness	12/12/2020		Use of a heart rate monitor	
Diabetes education	TMC-Franklin Facebook Post	diabetes education	12/22/2020		Diabetes education resources	
Prevention	TMC-Franklin Facebook Post	stroke prevention	12/24/2020		Food choices can prevent risk of stroke	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	1/4/2021		Healthy pizza recipe	
Prevention	TMC-Franklin Facebook Post	Fitness Resolutions	1/5/2021		Fitness goals for 2021	
Prevention	TMC-Franklin Facebook Post	Healthy Food	1/9/2021		Advertising local farmer's market	
Prevention	TMC-Franklin Facebook Post	stroke prevention	1/14/2021		Stroke awareness tips	
Prevention	TMC-Franklin Facebook Post	Healthy Recipe	1/15/2021		Healthy treat recipe	
Prevention	TMC-Franklin Facebook Post	Heart disease awareness	1/16/2021		Heart disease risk factors	
Prevention	TMC-Franklin Facebook Post	Health Recipe	1/26/2021		Smoothie bowl recipe	
Cardiovascular Disease/Obesity/ Access to Care/Diabetes	TMC-Franklin Facebook Post	Women's Heart Health	2/1/2021		Promoting Heart Health Day	
Cardiovascular Disease/Obesity/ Access to Care/Diabetes	TMC-Franklin Facebook Post	Fitness	2/6/2021		Physical activity controls weight and reduces risk of heart disease and type 2 diabetes	
Prevention	TMC-Franklin Facebook Post	Stroke awareness	2/11/2021		CDC guide to healthy living	
Cardiovascular Disease/Obesity/ Access to Care/Diabetes	TMC-Franklin Facebook Post	Healthy Living	2/15/2021		CDC heart health tips	
Cancer Prevention	TMC-Franklin Facebook Post	Healthy Eating	2/16/2021		Diet impacting the risk of cancer	

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Prevention	TMC-Franklin Facebook Post	Healthy Recipe	2/20/2021		Omelet recipe	
Prevention	TMC-Franklin Facebook Post	Heart disease awareness	2/22/2021		AHA quiz	
Cancer Prevention	TMC-Franklin Facebook Post	Colon Cancer Awareness	3/1/2021		Dress blue in recognition of colon cancer	
Prevention	TMC-Franklin Facebook Post	Stroke Awareness	3/11/2021		"FAST" warning signs	
Prevention	TMC Franklin Onsite Vermont Thread Gage Health fair	Bone Density screening	5/10/2021	12	Education: Bone Density	
Cancer Prevention	TMC Franklin Onsite Vermont Thread Gage Health fair	Lung Cancer Screening	5/10/2021	4	Education: Lung Cancer Awareness	
Cancer Prevention	TMC Franklin Onsite Vermont Thread Gage Health fair	Breast Cancer Awareness	5/10/2021	6	Education: Self breast exam/early detection and screening	
Prevention	TMC Franklin New Mather Metals	COVID Vaccine Clinic	6/22/2021	20	Community vaccination	
Prevention	TMC Franklin New Mather Metals	COVID Vaccine Clinic	7/13/2021	18	Community vaccination	
Obesity	TMC-Franklin Facebook Post	healthy eating post	7/6/2021		reached 76 people on FaceBook	
Obesity	TMC-Franklin Facebook Post	Healthy Recipe	7/16/2021		reached 93 people with 4 engagements on FaceBook	
Obesity	TMC-Franklin	Healthy Recipe	7/30/2021		reached 103 people with 4 engagements on FaceBook	
Substance Abuse	TMC-Franklin Facebook Post	Alcohol Abuse	7/31/2021		reached 109 people with 1 engagement	
Cardiovascular Disease /Obesity	Franklin-Simpson Garden Spot Run 5k	sponsored 5K event	8/14/2021	500-600	Community 5k run/walk event	Successful event that was live and virtual. Event occurs annually.

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Prevention	On-site Crown, Cork, & Seal	Flu vaccine clinic	10/5/2021	10	Community vaccination	
Prevention	On-site Crown, Cork, & Seal	Flu vaccine clinic	10/7/2021	15	Community vaccination	
Prevention	TMC-Franklin New Mather Metal	Flu vaccine clinic	10/9/2021	16	Community vaccination	
Prevention	On-site New Mather Metal	Flu vaccine clinic	10/12/2021	33	Community vaccination	
Prevention	TMC-WKU Athletics	Flu vaccine clinic	10/24/2021	67	Community vaccination	
Prevention	TMC-Woodcraft Industries	Flu vaccine clinic	11/2/2021	13	Community vaccination	
Prevention	TMC-Franklin New Mather Metal	Flu vaccine clinic	10/12/2021	11	Community vaccination	
Prevention	TMC-WKU Athletics	Flu vaccine clinic	11/2/2021	20	Community vaccination	
Prevention	TMC-WKU Athletics	Flu vaccine clinic	11/3/2021	20	Community vaccination	
Prevention	TMC-Franklin New Mather Metal	Hep B Vaccine Clinic	12/7/2021	4	Community vaccination	
Prevention	TMC-Franklin New Mather Metal	Hep B Vaccine Clinic	12/9/2021	6	Community vaccination	
Diabetes	Facebook post	Tips for Healthy Eating	11/24/2021	291	Reached 291 people with 2 engagements	
Cardiovascular Disease /Obesity	Facebook post	Uncommon causes of stroke	12/3/2021	89	reached 89 people	
Access to Care	The Joint Commission Survey	Received Acute Stroke Ready Hospital Certification	3/11/2022	NA	Receiving certification provides up to date best practice care for community members that suffer CVAs.	
Access to Care	3D mammography	Purchased 3D mammography equipment to better detect breast cancer	3/17/2022	NA	3D unit replaced 2D unit. 3D unit will be able to better detect breast cancers.	
Access to Care	School Based Health Clinic	School nurse visits	Jan-March 2022	over 4000	Over 4000 school nurse visits in Simpson County.	School nurse visits resulted in approximately 500 referrals to Nurse Practitioner in schools to help provide access to care.
Access to Care	Annual Wellness Visits	Process changes to AWV	2/1/2022	NA	Process changes to increase efficiencies and volumes of AWVs.	Addresses chronic health needs of patients and closes gaps to maximize health. Volume of AWV increased significantly.

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Smoking/Vaping	Social Media Post	Early detection of lung cancer thru low dose lung CT	1/26/2022	reached 98 people	Provided information on receiving low dose lung CT screening	
Obesity/HBP	Social Media Post	Be FAST education	1/10/2022	reached 119 people	Education on signs of stroke; BE-FAST	
Obesity/HBP/Diabetes	Social Media Post	Signs of heart attack	1/9/2022	reached 178 people	Education on signs of a heart attack	
Obesity/HBP	Social Media Post & video	Symptoms of a heart attack	2/8-9/22	reached 264 people	Education on signs of a heart attack	
Smoking/Vaping	Social Media Post	Early detection of lung cancer thru low dose lung CT	2/15/2022	reached 146 people	Provided information on receiving low dose lung CT screening	
Access to Care	Social Media Post	Primary Care Providers within Med Center Health	2/16/2022	reached 196 people	Primary care provider clinic locations in the BRADD area	
Obesity/HBP/Diabetes	Social Media Post	Heart Disease risk factors	2/23/2022	reached 78 people	Education on risk for heart disease or stroke	
Obesity/HBP	Social Media Post	Be FAST education	3/2/2022	reached 101 people	Education on signs of stroke; BE-FAST	
Diabetes	Social Media Post	Risk Factors of diabetes	3/5/2022	reached 119 people	Education regarding risk factors of diabetes	
Obesity/HBP/Diabetes	Social Media Post	Healthy Eating	3/8/2022	reached 61 people	Promoted healthy food diets	
Access to Care	Social Media Post	Sr. Perspectives Outpatient Counseling Program	3/11/2022	reached 429 people	Promoted outpatient behavioral health program for depression and anxiety in the elderly population	
Smoking/Vaping	Social Media Post	Early detection of lung cancer thru low dose lung CT	3/14/2022	reached 131 people	Provided information on receiving low dose lung CT screening	
Smoking/Vaping	Social Media Post	Drug & Alcohol Facts Week	3/23/2022	Reached 65 people	Provided resources teens.drugabuse.gov	