

Med Center Health Bowling Green

2022-2024 Community Health Needs Assessment Activities

Priority Issue:

Obesity/overweight with an emphasis on how to make healthy eating affordable, as well as chronic disease prevention and chronic disease management. Efforts toward disease management will be specifically focused on high blood pressure, prediabetes and diabetes.

Goals:

- Provide education to the community on healthy weight management.
 - Emphasize the importance of lifestyle management in the role of weight management & chronic disease management.
 - Promote resources available to reduce obesity, manage high blood pressure, prevent and manage disease.
 - Increase awareness of the dangers of chronic high blood pressure.
 - Provide resources and education to make healthier eating easier for those on a limited budget.
- Promote chronic disease prevention.

Community Partners:

National Stroke Association

Kentucky Heart Disease & Stroke Prevention Task Force

HOTEL INC

SoKY Marketplace

Community Farmers Market

International Center

Warren County & Bowling Green Independent Schools

Barren River District Health Department

Barren River Area Development District

The Foundry

Goodwill Industries

Activities/Outcome:

April 2022

- *Goodwill Career Center, Blood pressure checks, April 2022, 10 participants
- *Bear Hustle Health & Safety Fair, Sugar in Beverages demo, April 2022, 200 participants
- *Chandler Park Assisted Living, Blood pressure checks, April 2022, 30 participants
- *Healthy Kids Expo, Sugar in beverages demo, April 2022, 600 participants

May 2022

- *Goodwill Career Center, Blood pressure checks, May 2022, 10 participants
- * CPR, May 2022, 4 participants
- * Edmonson Senior Center, Blood pressure checks and stroke screenings, May 2022, 15 participants
- * Vermont Thread Gage, Blood pressure checks and BE FAST, May 2022, 20 participants
- * Housing Authority, Blood pressure checks and stroke screenings, May 2022, 14 participants

- *Hotel Inc, Blood pressure checks and stroke screenings, May 2022, 5 participants
- *Hotel Inc, Eating on a budget presentation, May 2022, 12 participants
- *Adult Day Center, Brain protector program presentation, May 2022, 60 participants
- *Aging Council, Diabetes risk and prevention presentation, May 2022, 25 participants

June 2022

- *Goodwill Career Center, Blood pressure checks, June 2022, 10 participants
- *Housing Authority, Blood pressure checks and early heart attack care, June 2022, 14 participants
- *Summer reading kickoff at Corvette Museum, Sugary drinks demonstration, June 2022, 2000 participants
- *Bowling Green Parks and Recreation summer camp, Brain protector program presentation, June 2022, 120 participants
- *Senior Center, Diabetes, Heart Disease, and Early Heart Attack Care presentation, June 2022, 18 participants
- *Warren Rural Electric, Blood pressure, body fat and stroke screenings, June 2022, 103 employees
- *Hotel Inc, Eating on a budget presentation, June 2022, 10 participants

July 2022

- *Goodwill Career Center, Blood pressure checks, July 2022, 5 participants
- *Housing Authority, Blood pressure checks and Diabetes presentation, July 2022, 18 participants
- *Senior Center, The importance of fiber in your diet, July 2022, 3 participants
- *Adult Day Center, The Importance of Hydration, July 2022, 60 participants
- *Gestational Diabetes presentation with Medical Center Residents, 12 students
- *CPR in July, 1 participant
- * Blood Pressure class in July 2022, 2 participants
- * Foundry fit and fun fair in July 2022, sugar demonstration and healthy recipe handouts, 300 participants

August 2022

- *Goodwill Career Center, Blood pressure checks, August 2022, 9 participants
- *Housing Authority, Blood pressure checks and sodium handouts, August 2022, 12 participants
- *Senior Center, Diabetes friendly smoothies presentation, August 2022, 6 participants
- *CPR in August 2022, 6 participants
- *Blood Pressure Class in August, 1 participant

September 2022

- *Med Center Cares, Self-Managed Blood Pressure Class, 1 participant
- *Goodwill, Blood Pressure, September 2022, 3 participants
- *Edmonson Co. Senior Center, Prediabetes/Diabetes, September 2022, 100 participants
- *A Day Just for Women, Prediabetes/Diabetes, September 2022, 390 participants
- *Housing Authority, Blood Pressure, September 2022, 20 participants
- *Chandler Park Assisted Living, Blood Pressure, September 2022, 14 participants
- *Fruit of the Loom, Blood Pressure 80, Stroke Risk 40, Other information, 300, September 2022
- *Adult Day Center, Fruits and Vegetables, September 2022, 60 participants
- *Hotel, Inc, Nutrition on a budget, September 2022, 17 participants
- *Senior Center, Popular Diets, September 2022, 2 participants
- *Fruit of the Loom, Prediabetes presentation, September 2022, 5 participants

October 2022

- *Med Center Health 10K Classic in October 2022, 1100 participants
- *Body Fat Analysis at Med Center Health 10K Health and Fitness Expo in October 2022, 75 participants
- *Blood Pressures at Goodwill in October 2022, 4 participants
- *Body Fat Analysis and healthy recipe handouts at City of Bowling Green Health Fair in October 2022, 50 participants

- *Prediabetes presentation at Med Center Health Scottsville Health Fair in October 2022, 30 participants
- *Blood Pressures at Housing Authority in October 2022, 15 participants
- *Body Fat Analysis and healthy recipe handouts at SKYCTC Health Fair in October 2022, 45 participants
- *Healthy Tips presentation at Village Manor in October 2022, 10 participants
- *Germ and Flu prevention at Adult Day Care in October 2022, 45 participants

November 2022

- *Nutrition on a budget presentation at HOTEL inc. in November 2022, 7 participants
- *Blood Pressures at Farmer's Appreciation Event in November 2022, 20 participants
- *Blood Pressures at Goodwill in November 2022, 10 participants
- *Eating during the Holiday presentation at Christian Care in November 2022, 8 participants
- *CPR/First Aid at St. Joseph School in November 2022, 5 participants
- *CPR/First Aid at Greenwood Church in November 2022, 6 participants
- *Blood pressures at Chandler Park Assisted Living in November 2022, 26 participants
- *Blood pressures at Housing Authority in November 2022, 20 participants
- *Blood Pressures and Body Fat Analysis at Westrock Fulfillment Center in November 2022, 25 participants
- *Diabetes presentation at Adult Day Center in November 2022, 60 participants
- *Diabetes flyers sent to 15 industries for Wellness Boards in November 2022

December 2022

- *Healthy Holiday tips at Adult Day Care in December 2022, 40 participants
- *Exercise/Fitness presentation at Village Manor in December 2022, 4 participants
- *Blood Pressure checks at Chandler Park Assisted Living in December 2022, 15 participants
- *Blood Pressure checks at Goodwill in December 2022, 4 participants
- *Blood pressure checks at Housing Authority in December 2022, 16 participants
- *Med Center Cares, Self-Managed Blood Pressure Class, December 2022, 1 participant

January 2023

- *Healthy New Year's Resolutions at Adult Day Center in January 2023, 50 participants
- *Diabetes awareness at Encore of Bowling Green in January 2023, 75 participants
- *Healthy New Year Goals and Brain Health at Village Manor in January 2023, 4 participants
- *Blood pressure checks at Housing Authority in January 2023, 15 participants
- *Med Center Cares, Self-Managed Blood Pressure Class, January 2023, 4 participants
- *Prediabetes/Diabetes education provided at Smucker's Health Fair in January 2023, 25 participants
- *Prediabetes/Diabetes information at Health and Wellness Expo in January 2023, 1000 participants
- *Blood Pressure checks at KY Commodity Conference in January 2023, 46 participants

February 2023

- *Heart Health at Adult Day Center in February 2023, 50 participants
- *Heart Disease/Heart Health at Active Day in February 2023, 50 participants
- *Heart Disease in women at Village Manor in February 2023, 12 participants
- *Blood pressure checks at Housing Authority in February 2023, 18 participants
- *Med Center Cares, Self-Managed Blood Pressure Class, February 2023, 4 participants
- *Blood pressure checks at Goodwill in February 2023, 3 participants
- *Blood pressure checks at Chandler Park Assisted Living in February 2023, 16 residents
- *Presentation at HOTEL, INC. on Nutrition on a budget in February 2023, 3 participants

March 2023

- *Blood Pressure checks and healthy recipe handouts at Hotel, INC in March 2023, 20 participants
- *Nutrition at Active Day in March 2023, 50 participants

- *Nutrition at Village Manor in March 2023, 7 participants
- *Blood pressure checks at Housing Authority in March 2023, 16 participants
- *Med Center Cares, Self-Managed Blood Pressure Class, March 2023, 1 participant
- *Blood pressure checks at Goodwill in March 2023, 4 participants
- *Blood Pressure/Body Fat Analysis at Doctor's Day in March 2023, 15 participants
- *Nutrition at Adult Day Center in March 2023, 50 participants
- *Healthy dieting at Kiwanis Club in March 2023, 55 participants

April 2023

- *Exercise presentation and chair exercises performed at Active Day in April 2023, 65 participants
- *Hypertension presentation at Village Manor in April 2023, 6 participants
- *Blood pressure checks at Housing Authority in April 2023, 16 participants
- *Med Center Cares, Self-Managed Blood Pressure Class, April 2023, 1 participant
- *Blood pressure checks at Goodwill in April 2023, 5 participants
- *Exercise at Adult Day Center in April 2023, 60 participants
- *5210 presentation at the Foundry in April 2023, 25 elementary students
- *Blood pressure checks at the Cultural Health Fair in April 2023, 75 participants
- *Blood pressure checks at NAACP Health Fair in April 2023, 25 participants
- *Nutrition information was given out at the Expectant Parent Fair in April 2023, 116 participants
- *Hands on CPR at Drakes Creek Middle School during babysitting class in April 2023, 9 participants
- *Eating on your own presentation at Bowling Green High School in April 2023, 125 students
- *Nutrition on a budget presentation at HOTEL INC. Foundation Class in April 2023, 20 participants

May 2023

- *Stroke presentation at Active Day in May 2023, 50 participants
- *Blood pressure checks at Housing Authority in May 2023, 15 participants
- *Blood pressure checks at Goodwill in May 2023, 8 participants
- *Brain Protector Program presented at Adult Day Center in May 2023, 60 participants

June 2023

- *Sun safety tips presentation at Active Day in June 2023, 60 participants
- *Blood pressure checks at Housing Authority in June 2023, 14 participants
- *Blood pressure checks at Goodwill in June 2023, 2 participants
- *Sun safety tips presented at Adult Day Center in June 2023, 50 participants
- *CPR at Trinity Baptist Church in June 2023, 4 participants
- *Diabetes Management presentation at Lifeline Home Health in June 2023, 20 participants
- *Nutrition on a budget presentation at HOTEL INC in June 2023, 25 participants

July 2023

- *Sugar demonstration at Warren County Parks and Recreation Summer Camps in July 2023, 170 participants
- *Sugar demonstration at the Foundry Fit and Fun Fair in July 2023, 200 participants
- *The importance of hydration at Adult Day Center in July 2023, 50 participants
- *The importance of hydration at Active Day in July 2023, 40 participants
- *CPR at St. Joseph School in July 2023, 11 participants
- *Diabetes Management presentation at The International Center in July 2023, 30 participants
- *CPR at Trinity Baptist Church in July 2023, 4 participants
- *Blood pressure checks at Housing Authority in July 2023, 12 participants
- *Diabetes presentation at the Hive in July 2023, 17 participants
- *Hypertension presentation at The International Center in July 2023, 24 participants
- *CPR and Early Heart Attack Care provided at Babysitting Clinic in July 2023

August 2023

- *Reducing sodium intake presentation at Adult Day Center in August 2023, 50 participants
- *Reducing sodium intake presentation at Active Day in August 2023, 50 participants
- *Blood pressure checks at Housing Authority in August 2023, 14 participants
- *Blood pressure checks at Goodwill in August 2023, 7 participants
- *Stress management presentation at Fruit of the Loom in August, 35 participants

September 2023

- *Healthy eating presentation at Adult Day Center in September 2023, 50 participants
- *Healthy eating presentation at Active Day in September 2023, 50 participants
- *Eating on a budget presentation at HOTEL, INC in September 2023, 31 participants
- *Blood pressure checks at Housing Authority in September 2023, 7 participants
- *Blood pressure checks at Goodwill in September 2023, 4 participants
- *Blood pressure checks at Fruit of the Loom Health Fair in September, 22 participants
- *35 Blood pressure checks and 35 body fat analysis at the Med Center Health and Fitness 10K Expo in September 2023
- *80 Blood pressure checks, 80 body fat screenings and 40 stroke screenings at Bendix Health Fair in September 2023
- *Med Center Health 10K Classic in September 2023, 900 participants

October 2023

- *Sugary beverages presentation at Adult Day Center in October 2023, 60 participants
- *Blood pressure checks at Housing Authority in October 2023, 12 participants
- *Blood pressure checks at Goodwill in October 2023, 7 participants
- *15 Body fat analysis at the City of Bowling Green health fair in October 2023
- *15 Blood sugar readings at the Women's Conference in October 2023
- *10 Blood sugar readings at the Foundry in October 2023
- *Stroke information provided at the Med Center Health Scottsville health fair, 200 participants
- *26 Blood Pressure screenings and 26 Body fat analysis at Dollar General at Scottsville health fair

November 2023

- *34 Early Heart Attack Care (EHAC) signatures, healthy recipes and stroke information at the Fruit of the Loom Health Fair in November 2023, 100 participants
- 24 Body fat analysis and healthy recipes at the BG26.2 Expo in November, 400 participants
- *6 Blood pressure checks at Goodwill in November 2023
- *12 Blood pressure checks at Housing Authority in November 2023
- *CPR at Lawless Orthodontics in November 2023, 17 participants
- *Healthy Holiday Eating presentation at Adult Day Center in November 2023, 50 participants
- *Prediabetes and Diabetes presentation at Community Action in November 2023, 35 participants
- *Meal planning presentation at Sumitomo in November 2023, 40 participants
- *Healthy Eating on a Budget presentation at HOTEL INC. in November 2023, 5 participants
- *Facebook video on diabetes apps that can help with managing your blood sugar, carb counting and tracking your activity. Video by Tammy Davis, diabetes care & education specialist

December 2023

- *8 Blood pressure checks at Goodwill in December 2023
- *10 Blood pressure checks at Housing Authority in December 2023
- *Handwashing presentation at Adult Day Center in December 2023, 50 participants
- *Facebook video by Bethany Crask, Dietitian, on healthy eating in December

January 2024

- *Diabetes and Medical Nutrition information at Health and Wellness Expo, 550 participants
- *115 blood pressure and stroke risk assessments performed at Health and Wellness Expo
- *16 Body fat analysis at Health and Wellness Expo
- *10 Blood pressure checks at Housing Authority
- *12 Blood Pressure checks at Bowling Green Towers
- *CPR at Western Kentucky Heart & Lung, 8 employees
- *HeartSaver CPR at HomePro, 9 employees
- *Healthy New Year Resolutions presentation at Adult Day Care, 50 participants

February 2024

- *Eating on a budget presentation at Hotel Inc., 9 participants
- *Diabetes, Blood pressure and Early Heart Attack Care presentations at the International Center, 55 students
- *4 Blood pressure checks at Goodwill
- *11 Blood pressure checks at Housing Authority
- *7 Blood Pressure checks at Bowling Green Towers
- *Early Heart Attack Care at the Foundry, 15 participants
- *CPR at Western Kentucky Heart & Lung, 8 employees
- *Heart Health presentation at Adult Day Care, 60 participants
- *Early Heart Attack Care and a sugar demonstration at Lost River Family Fun Night, 100 participants
- *25 Blood pressure checks and 15 Body fat analysis were also performed

March 2024

- *5 Blood pressure and body fat screenings with the Boys & Girls Club
- *4 Blood pressure checks at Goodwill
- *11 Blood pressure checks at Housing Authority
- *5 Blood Pressure checks at Bowling Green Towers
- *Heartsaver/First Aid at Vermont Thread Gage, 15 employees
- * Nutrition presentation at Adult Day Care, 60 participants
- *25 Blood pressure and body fat screenings at Doctor's Day
- * The Importance of Handwashing presentation at the Foundry, 30 students

April 2024

- *10 Blood pressure checks at SoKY Farmer's Market
- *13 Blood pressure checks at Goodwill
- *12 Blood pressure checks at Housing Authority
- *5 Blood Pressure checks at Bowling Green Towers
- *Stroke and Early Heart Attack Care at the Chalybeate Health Fair, 150 participants
- *Brain Protectors Program presentation at the Warren County Public Library, 9 participants
- *Nutrition presentation at Adult Day Care, 60 participants
- *Hygiene presentation at the International Center, 50 students
- *Nutrition and Exercise information presented at South Warren High School, 350 students
- *CPR and Early Heart Attack Care provided at the Babysitting Clinic at Drakes Creek Middle School, 11 students
- *Nutrition information at Expectant Parent Fair, 50 participants

May 2024

- *45 Blood pressure checks and 20 stroke screenings at Carhartt Health Fair
- *15 Blood pressure checks at Goodwill
- *9 Blood pressure checks at Housing Authority
- *Brain protector program presentation at Adult Day Center, 60 participants
- *Eating healthy on a budget at HOTEL INC, 10 participants

*Healthy eating presentation at Bowling Green High School, 30 students

June 2024

- *12 Blood pressure checks at Housing Authority
- *10 Blood pressure screenings at the Foundry
- *Hydration presentation at Adult Day Center, 60 participants
- *Eating healthy on a budget at HOTEL INC, 6 participants
- *CPR and Early Heart Attack Care provided at Babysitting Clinic, 7 participants

July 2024

- *5 Blood pressure checks at Housing Authority
- *15 Blood pressure screenings at Goodwill
- *Nutrition presentation for the BG26.2 running group, 10 participants
- *Nutrition presentation for Cultivate BG Women's Group, 8 participants
- *Skin Cancer Prevention at Adult Day Center, 60 participants
- *CPR and Early Heart Attack Care provided at Babysitting Clinic, 11 participants
- *CPR at Hall Family Dentistry in Cave City, 8 participants

August 2024

- *12 Blood pressure checks at Housing Authority
- *14 Blood pressure screenings at Goodwill
- *Healthy habits presentation at Adult Day Center, 60 participants
- *Atomic habits presentation for SKYCTC, 250 participants

September 2024

- *10 Blood pressure checks at Housing Authority
- *14 Blood pressure screenings at Goodwill
- *Nutrition, diabetes information and healthy recipes at Constellium Health Fair (135 participants), Lost River Elementary Health Fair (40 participants) and Bendix Health Fair, 200 participants
- *Med Center Health 10K Classic, 1,500 participants
- *MCH Cares Blood Pressure Class, 1 participant

Priority Issue:

Smoking/Vaping specifically targeting middle and high school students, as well as parents.

Goals:

- Smoking/tobacco cessation program for the community.
- Enhance public understanding of the dangers of smoking, specifically targeting e-cigarettes.
- Provide education to schools around smoking, vaping and tobacco use dangers.

Community Partners:

American Cancer Society
American Lung Association
Warren County & Bowling Green Independent Schools
Bowling Green City Parks & Recreation
Drug Free Warren County
Barren River District Health Department
Warren County Library
The Foundry

Activities/Outcome:

April 2022

- *Smoking cessation calls with MCH employees, April 2022, 30 participants throughout the month
- *Bear Hustle Health & Safety Fair, Vaping/Smoking dangers info, April 2022, 200 participants
- *Healthy Kids Expo Smoking/Vaping dangers info, April 2022, 600 participants

May 2022

- *Smoking cessation calls with MCH employees, May 2022, 35 participants throughout the month

June 2022

- *Smoking cessation calls with MCH employees, June 2022, 35 participants throughout the month
- *Stand for Children's Day, Dangers of smoking and Vaping, June 2022, 1500 participants

July 2022

- *Smoking cessation calls with MCH employees, July 2022, 28 participants throughout the month
- *Vaping/Smoking information distributed at the Fit and Fun Fair at the Foundry in July 2022. 300 participants
- *Smoking/Vaping dangers information at Warren County Back to School Bash in July 2022. 100 participants

October 2022

- *Dangers on vaping education at SKYCTC Health Fair in October 2022, 45 participants
- *Dangers on vaping education at City of Bowling Green Health Fair, October 2022, 50 participants

November 2022

- *Dangers on vaping handouts at SKYCTC Health Fair in October 2022, 45 participants
- *Dangers on vaping handouts at City of Bowling Green Health Fair, October 2022, 50 participants

January 2023

- *The dangers on vaping were demonstrated at the Health and Wellness Expo in January 2023, 15 participants
- *Lung Cancer was discussed with WBKO on MIDDAY Live for the Health and Wellness Expo event in January 2023

March 2023

- *Dangers on vaping/smoking handouts at Franklin Health Fair in March 2023, 100 participants

April 2023

- *Smoking cessation calls with Med Center Health employees in April 2023, 20 employees counseled throughout the month

May 2023

- *Smoking cessation calls with Med Center Health employees in May 2023, 40 employees counseled throughout the month

June 2023

- *Smoking cessation calls with Med Center Health employees in June 2023, 32 employees counseled throughout the month
- *Dangers of smoking/vaping presented at the Library Reading Event in June 2023 at the Corvette Museum, 600 participants
- *Dangers of smoking/vaping presented at Stand for Children's Day in June 2023, 600 participants

July 2023

- *Smoking cessation calls with Med Center Health employees in July 2023, 30 employees counseled throughout the month
- *Dangers of smoking/vaping presented at the Warren County Back to School Bash in July 2023

September 2023

- * Smoking cessation counseling sessions with cancer patients, 3 individuals

October 2023

- *6 Smoking cessation counseling sessions with cancer patients, 2 individuals

November 2023

- *2 Smoking cessation counseling sessions with cancer patients, 2 individuals

December 2023

- *10 Smoking cessation counseling sessions, 4 cancer patients, 2 employees

January 2024

- *4 Smoking cessation counseling sessions with cancer patients, 4 individuals
- *39 smoking cessation phone calls with Med Center Health employees, 13 employees

February 2024

- *6 Smoking cessation counseling sessions with cancer patients, 4 individuals
- *40 smoking cessation phone calls with Med Center Health employees, 18 employees

March 2024

- *4 Smoking cessation counseling sessions with cancer patients, 4 individuals
- *36 smoking cessation phone calls with Med Center Health employees, 14 employees
- *Smoking/Vaping information at the Foundry, 100 participants

April 2024

- *4 Smoking cessation counseling sessions with cancer patients, 4 individuals
- *22 smoking cessation phone calls with Med Center Health employees, 10 employees
- *Smoking/Vaping information at the Foundry, 100 participants
- * Vaping information provided to South Warren High School, 350 students

May 2024

- *4 Smoking cessation counseling sessions with cancer patients, 4 patients
- *3 smoking cessation phone calls with Med Center Health employee

June 2024

- *Smoking/Vaping dangers presented at Stand for Kids Day, 1000 participants
- *3 Smoking cessation counseling sessions with cancer patients, 3 patients
- *3 smoking cessation phone calls with Med Center Health employee

July 2024

- *Smoking/Vaping dangers presented at Back-to-School Bash, 1,500 participants
- *5 Smoking cessation counseling sessions with cancer patients, 3 patients
- *6 smoking cessation phone calls with Med Center Health employees, 2 employees

August 2024

- *2 Smoking cessation counseling sessions with cancer patients in, 2 patients
- *6 smoking cessation phone calls with Med Center Health employees, 2 employees

September 2024

- * 2 Smoking cessation counseling sessions with cancer patients, 2 patients
- * 6 smoking cessation phone calls with Med Center Health employees, 2 employees
- *Vaping Dangers at Adult Day Center, 60 participants