

Priority Issue: Obesity/overweight with children and adults.

Goals:

- Increase knowledge of healthy eating habits to assist with reducing obesity in children and adults.
- Assist with reducing obesity rates with children and adults.

Community Partners:

- Barren River District Health Department
- Medicaid Managed Care Program/Case Management
- Franklin Simpson Boys & Girls Club
- Franklin Simpson Schools
- Local Industries
- Franklin Simpson Chamber of Commerce
- Med Center Health Work Life Program
- Med Center Health Primary Care Franklin
- Franklin-Simpson Chamber of Commerce

Activities/Outcomes:

April 2022 Activities:

- April 7, 2022: Social media post on "Making Family Fitness Fun" to provide ideas for family activity while promoting health and preventing chronic conditions, reached 106 people.

July 2022 Activities

- July 26, 2022: Social media post, "Surgical Weight Loss Program", reached 98 people.

August 2022 Activities

- August 13, 2022: Sponsored the Annual Garden Spot 5K Run/Walk with over 500 participants.

October 2022 Activities

- October 2022: Med Center Health 10K Classic, 1100 participants
- October 2022: Body Fat Analysis and healthy recipe handouts at SKYCTC Health Fair, 45 participants.

August 2023 Activities

- August 12, 2023: Sponsored Garden Spot 5K Run/Walk in Simpson County, over 500 participants.

February 2024 Activities:

- February 6, 2024: Social media post on diet and exercise to help prevent heart disease, reached 82 people.
- February 17, 2024: Social media post on a heart-healthy lifestyle with a healthy weight and physical activity, reached 112 people.

March 2024 Activities

- March 2, 2024: Resources and information provided on surgical weight loss at Franklin-Simpson Community Health Fair, along with body mass index screenings, 300 participants.

April 2024 Activities:

- April 3, 2024: Social media post on walking, reached 123 people.

August 2024 Activities:

- August 10, 2024: Sponsored the Annual Garden Spot 5K Walk/Run, over 800 participants.

Priority Issue: High Blood Pressure

Goals:

- Increase knowledge of the effects of high blood pressure.
- Increase knowledge of management of high blood pressure along with follow- up visits with a primary care physician.
- Assist with community education to reduce health risks for a heart attack or stroke.

Community Partners:

- National Stroke Association
- Barren River District Health Department
- Kentucky Heart Disease and Stroke Prevention Task Force
- American Heart Association
- American College of Cardiology
- Local Industries

Activities/Outcomes:

April 2022 Activities

- April 9, 2022: Social media post on "Major Heart Attack Symptoms", reached 155 people.
- April 14, 2022 & April 21, 2022: Social media post "Manageable Stroke Risk Factors", reached 88 and 108 people.

May 2022 Activities

- May 3, 2022 & May 5, 2022: Social media post "High blood pressure increases your risk of stroke", reached 65 and 112 people.
- May 26, 2022: Social media post on "BE FAST" acronym for stroke symptoms, reached 86 people.

June 2022 Activities

- June 2, 2022: Social media post on "Excess sodium can increase your blood pressure...", reached 89 people.
- June 23, 2022: Social media post on "High blood pressure increases the risk of heart disease and stroke", reached 101 people.

July 2022 Activities

- July 6, 2022: Social media post, "Signs of Stroke", reached 138 people.

August 2022 Activities

- August 30, 2022: Social media post, "8 Ways to Help Prevent a Second Stroke", reached 84 people.
- August 24, 2022: Social media post, "Behaviors That Increase Risk for Stroke", reached 79 people.
- Social media post, August 4, 2022, "Manage High Blood Pressure", reached 102 people.

September 2022 Activities

- September 22, 2022: Local Industry Event, 28 participants received blood pressure screenings. Education also given to follow up with primary care physician and education provided on compliance with medication.
- September 26, 2022: Social media post, "Stroke Symptoms, BE-FAST", reached 50 people.
- September 21, 2022: Social media post, "High Blood Pressure: Beyond the Numbers", reached 79 people.

December 2022 Activities

- December 10, 2022: Social media post on risk factors of high blood pressure, reached 56 people.

April 2023 Activities:

- April 6, 2023: Social media post on symptoms of a heart attack, reached 118 people.

May 2023 Activities:

- May 3-4 & 17, 2023: Social media post on stroke risks, reached 188 people.
- May 9, 2023: Social media post on appropriate food preparation to reduce high blood pressure, reached 100 people.
- May 17, 2023: Social media post on keeping blood pressure in a healthy range, reached 162 people.
- May 29, 2023: Social media post on heart attack signs and symptoms, reached 80 people.
- May, 2023: Participated in local industry health fair. Provided information on diabetes management, blood glucose checks, nutrition, blood pressure/stroke education and chronic care management. Approximately 70 participants.

June 2023 Activities:

- June 15, 2023: Social media video on high blood pressure, reached 70 people.
- June 22, 2023: Social media post on the effects of high blood pressure, reached 72 people.
- June 1,8,29, 2023: Social media posts on stroke education, reached 200 people.

August 2023 Activities:

- August 1, 2023: Provided health event at Franklin Simpson Farmers Market. Performed blood pressure checks and provided cardio education, 8 participants.

- August 10, 2023: Social media post on signs and symptoms of a stroke, reached 87 people.

October 2023 Activities:

- October 17, 2023: Social media post on what to do if cardiac arrest happens, reach 129 people.

December 2023 Activities:

- December 3, 2023: Social media post on symptoms of a heart attack, reached 205 people.

January 2024 Activities:

- January 10, 2024: Social media post on risk factors of high blood pressure, reached 183 people.
- January 19, 2024: Social media post on symptoms of a stroke, reached 211 people.
- January 26, 2024: Social media post discussing risks of a heart attack, reached 107 people.
- January 27, 2024: Social media post discussing high blood pressure with pregnancies, reached 169 people.

February 2024 Activities:

- February 3, 2024: Social media post on instructions to monitor blood pressure at home, reached 87 people.
- February 7 & 9, 2024: Social media post on percentage of women with high blood pressure, reached 114 people and 113 people.
- February, 10-15, 2024: Multiple social media posts on heart health and controlling high blood pressure, reached a total of 475 people.

March 2024 Activities:

- March 2, 2024: Blood pressure screenings and education at the Franklin-Simpson Community Health Fair, 300 participants.

May 2024 Activities:

- May 6 & 17, 2024: Social media post on ways to lower high blood pressure according to the American Stroke Association, reached 160 & 176 people.
- May 18 & 19, 2024: Social media video and post on understanding of symptoms of a stroke, reached 106 and 152 people.

June 2024 Activities:

- June 5, 2024: Social media post on lower high blood pressure according to the American Heart Association, reached 124 people.
- June 13, 2024: Social media post on heart related illnesses, reached 334 people.

- June 30, 2024: Social media post on heart attacks and symptoms, reached 157 people.

August 2024 Activities:

- August 3, 2024: Social media post on routine health visits with primary care provider to manage high blood pressure, reached 134 people.
- August 18, 2024: Social media post on heart attack symptoms and risks, reached 115 people.

September 2024 Activities:

- September 29, 2024: Social media post on knowing your numbers for blood pressure to help prevent heart disease, reached 81 people.

Priority Issue: Diabetes/Prediabetes

Goals:

- Assist with reducing the incidence of Type 2 diabetes in the community.
- Provide education on prevention and management of diabetes.
- Provide education on prediabetes.

Community Partners:

- Barren River District Health Department
- Medicaid Managed Care Program/Case Management
- Med Center Health Primary Care Franklin
- Franklin-Simpson Chamber of Commerce
- Local Lion's Club
- Local Industries

Activities/Outcomes:

April 2022 Activities

- Social media post for Diabetes Support Group registration. Meeting held the 2nd Tuesday of each month, 3-4 pm, reached 97 people.

September 2022 Activities:

- September 27, 2022: Provided health fair at Franklin-Simpson Farmers Market, 17 participants received glucose screenings and 15 participated received counseling recommendations from dietician. Participants were recommended to follow up with their primary care providers.

November 2022 Activities:

- November 2, 2022: Social media post on risk factors of diabetes, reach 75 people.

May 2023 Activities:

- May, 2023: Participated in local industry health fair. Provided information on diabetes management, blood glucose checks, nutrition, blood pressure/stroke education and chronic care management. Approximately 70 participants.

August 2023 Activities:

- August 1, 2023: Provided health even at Franklin Simpson Farmers Market. Performed glucose checks and provided nutrition education, 8 participants.
- August 3, 2023: Social media post on diabetes and stroke risks, reached 134 people.

November 2023 Activities:

- November 8, 2023: Social media post on diabetes increasing the risk of stroke and heart attack, reached 144 people.
- November 8, 2023: Social media post on American Diabetes Month and information on access to care, reached 363 people.

March 2024 Activities:

- March 2, 2024: Glucose tests performed and nutrition education at the Franklin-Simpson Community Health Fair, 300 participants.

May 2024 Activities:

- May 20, 2024: Social media post on diabetes increasing the risk of a stroke, reached 155 people.

Priority Issue: Access to Care

Goals:

- Receive certification thru The Joint Commission as an Acute Stroke Ready Hospital. Continue to utilize Med Center Health Primary Care Franklin to manage chronic disease conditions within the community.
- Continue to utilize telemedicine services to provide access to specialists and primary care.
- Continue to provide the nurse program to the local school system and onsite nurse practitioner services.
- Continue to provide outpatient chemotherapy program at the hospital.
- Continue to develop strategies and resources in the treatment and prevention of COVID-19.
- Support organizations that provide treatment for mental health and substance abuse.

Community Partners:

- Med Center Primary Care-Franklin
- Med Center Health
- Barren River District Health Department
- Franklin-Simpson Schools
- The Joint Commission
- Franklin-Simpson EMS
- Kentucky Public Health
- Centers for Disease Control and Prevention
- Caravan Health

Activities/Outcomes:

April-June 2022 Activities

- Received certification thru The Joint Commission as an Acute Stroke Ready Hospital in March 2022.
- A total of 37 COVID-19 vaccines were administered during April-June 2022 at MCH Primary Care Franklin.
- Social media post providing information on the Senior Perspectives program, an outpatient counseling program to assist senior adults in coping with life changes, April 8, 2022 & May 6, 2022, reached 110 and 455 people.
- Standardized workflow processes at Med Center Health Primary Care Franklin that resulted in a 72% volume increase with performing annual wellness visits to help address chronic conditions.

July 2022 Activities

- July 25, 2022: Social media post, "Calling 911 for Strokes", reached 152 people.
- July 20, 2022: Social media post, "COVID-19 Vaccinations", reached 182 people.
- July 5, 2022: Social media post, "Primary Care Franklin Services", reached 252 people.

August 2022 Activities

- August 8, 2022: Social media post, "Calling 911 for Strokes", reached 191 people.
- August 2, 2022: Social media post, "Calling 911 for Symptoms of Heart Attack", reached 138 people.

September 2022 Activities

- September 14, 2022: Social media post, "Need to see your provider?", reached 87 people.
- September 22, 2022: Local Industry Event, 28 participants included with blood pressure screenings. Education also given to follow up with primary care physician and education provided on compliance with medication.
- September 27, 2022: Local Farmer's Market health fair, Provided information on outpatient behavioral health program, Sr. Perspectives, 18 participants.

October 2022 Activities

- October 6 & 25, 2022: Social media post on timely treatment for stroke symptoms, reached 167 people.
- October 10, 2022: Social media post on seeking treatment for mental health, reached 69 people.
- October 24, 2022: Social media post on access to care with 3D mammography, reached 206 people.
- October 29, 2022: Social media post on stroke signs and symptoms, reached 150 people.

November 2022 Activities

- November 8, 2022: Social media post on low dose lung cancer screening, reached 3.3K people.
- November 8 & 28, 2022: Social media post on timely treatment for strokes, reached 131 people.
- October-November 2022: Administered flu vaccines at various local industries and school districts, a total of 600 vaccines.

December 2022 Activities

- December 22 & 29, 2022: Social media post on BE FAST warning signs for stroke, reached 101 people.
- October-December 2022: Rural health clinic administered a total of 51 COVID-19 vaccines.

April 2023 Activities:

- April 13, 2023: Social media post on recognizing stroke symptoms and taking action, reached 96 people.
- April 20, 2023: Social media post on calling 911 with signs of stroke, reached 118 people.

May 2023 Activities:

- May 1, 2023: Social media post and video on stroke preventative programs, reached 80 people.
- May 24, 2023: Social media post on calling 911 with signs of stroke, reached 94 people.

June 2023 Activities:

- June 12, 2023: Social media post on quality preventative care and health screenings, reached 121 people.
- June 19, 2023: Social media post on various services offered by the hospital, reached 144 people.
- June 19, 2023: Provided 131 free sports physicals at Orthopedics Plus Physical Therapy to students of Simpson County

July 2023 Activities:

- July 6, 2023: Social media post on warning signs of a stroke, reached 107 people.
- July 11, 2023: Social media post on Senior Perspectives program for outpatient counseling for elderly adults, reached 3.2 K people.
- July 13, 2023: Social media post on access to care for a stroke, reached 92 people.

August 2023 Activities:

- August 17, 2023: Social media post on primary care services, reached 81 people.
- August 28, 2023: Social media post on annual wellness visits with primary care, reached 71 people.
- August 31, 2023: Social media post on calling 911 with signs of stroke, reached 91 people.

September 2023 Activities:

- September 7 & 28, 2023: Social media post on calling 911 with signs of stroke, reached 65 & 104 people.
- September 19, 2023: Social media post on telemedicine access with providers, reached 86 people.

October 2023 Activities:

- October 2, 2023: Social media post on signs and symptoms of a stroke, reached 109 people.

- October 19, 2023: Calling 911 with signs of a stroke, reached 100 people.
- October 29, 2023: Social media post on signs of a stroke, reached 110 people.
- October, 2023: Provided 119 flu & COVID vaccinations to local industries.

November 2023 Activities:

- November 10 & 16, 2023: Social media post on access to services with primary care, reached 484 people.
- November, 2023: Provided 70 flu & COVID vaccinations to local industries.

December 2023 Activities:

- December 14 & 28, 2023: FAST warning signs of a stroke and what to do, reached 394 people.
- December 15, 2023: Social media post on primary care services thru school-based clinics, reached 465 people.
- December 22, 2023: Social media post on primary care services at Med Center Health Primary Care Franklin, reached 294 people.

January 2024 Activities:

- January 2 & 9, 2024: Social media post on primary care services offered thru Med Center Health Primary Care Franklin, reached 240 people and 1.2K people.
- January 4 & 9, 2024: Social media post on calling 911 with symptoms of a stroke, reached 185 people and 143 people.
- January 18, 2024: Social media post on access to care at The Medical Center at Franklin, reached 658 people.

March 2024 Activities:

- March 2, 2024: BE FAST stroke education provided and local resources available, along with local access to care to outpatient behavioral health, cardiology, long term care, ophthalmology, surgical weight loss, general surgery, ENT, neurology and home care services at the Franklin-Simpson Community Health Fair, 300 participants.
- March 7 & 20, 2024: Social media post on access to stroke care, reached 143 and 151 people.

May 2024 Activities:

- May 8, 2024: Social media post on utilizing Annual Wellness Visits, reached 123 people.
- May 13, 2024: Social media post on finding a primary care provider, reached 329 people.
- May 30, 2024: Social media post on calling 911 with signs of a stroke, reached 144 people.

July 2024 Activities:

- July 6 & 11, 2024: Social media post on calling 911 with signs of a stroke, reached 122 & 117 people.

August 2024 Activities:

- August 2, 2024: Social media post on utilizing primary care services for preventive, wellness and disease management, reached 530 people.
- August 8 & 15 & 29, 2024: Social media post on calling 9-1-1 with signs of stroke to save lives, reached 140 & 108 & 129 people.

September 2024 Activities:

- September 5, 2024: Social media post on calling 9-1-1 with signs of stroke to save lives, reached 92 people.
- September 26, 2024: Social media post on calling 9-1-1 with signs of stroke to save lives, reached 121 people.

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

Goals:

- Support smoking/tobacco cessation programs 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:

- Barren River District Health Department
- Franklin-Simpson Schools
- Get Healthy Simpson Coalition
- Franklin-Simpson Boys and Girls Club

Activities/Outcomes:

April 2022 Activities

- April 14, 2022: Get Healthy Simpson County meeting. Group involving various community stakeholders met with focus on a "Stop Vaping Program" for the schools. Discussions supporting a smoke-free city ordinance.

May 2022 Activities

- May 12, 2022: Social media post "How Quitting Helps Women's Health", reached 126 people.
- May 25, 2022: Social media post on the harmful effects of smoking, reached 82 people.
- *Note: There was an 86% increase in providing tobacco abuse counseling and support for tobacco dependent treatment with patients at Med Center Health Primary Care Franklin, April-June 2022.*

July 2022 Activities

- July 2022: Smoking cessation calls with Med Center Health employees, 28 participants throughout the month.

August 2022 Activities

- August 1, 2022: Social media post, "Lung Cancer", reached 85 people.

September 2022 Activities

- September 13, 2022: Social media post, "Lung Cancer Screening", reached 80 people.

October 2022 Activities:

- October 2022: Dangers on vaping handouts at SKYCTC Health Fair, 45 participants

November 2022 Activities

- November 1, 2022: Social media post on smoking causing lung cancer, reached 72 people.
- November 16 & 24, 2022: Social media post on information to quit smoking, reached 124 people.

December 2022 Activities

- December 1, 2022: Social media post on effects of vaping, reached 65 people.
- December 5 & 12, 2022: Social media post on risk factors of smoking, reached 120 people.

April 2023 Activities:

- April 2023: Med Center Health provided smoking cessation calls to a total of 20 employees throughout the month.

May 2023 Activities:

- May 2023: Med Center Health provided smoking cessation calls to a total of 40 employees throughout the month.

June 2023 Activities:

- June 8, 2023: Social media post on effects on second hand smoke, reached 62 people.
- June 2023: Med Center Health performed 32 smoking cessation calls to employees throughout the month.

August 2023 Activities:

- August 7 2023: Social media post on smoking risk factors with lung cancer, reached 67 people.

November 2023 Activities:

- November 1, 2023: Social media post on early detection of lung cancer, reached 82 people.
- November 6 & 10, 2023: Social media post on lung cancer screenings available at Med Center Health, reached 95 people.
- November 7, 2023: Social media post on cigarette smoking, reached 82 people.
- November 14 & 16, 2023: Social media post with information on lung cancer and smoking as main risk factor, reached 776 people.
- November 20 & 27, 2023: Social media post on steps to quit smoking, reached 363 people.

December 2023 Activities:

- December 13, 2023: Social media post on vaping versus smoking, reached 230 people.
- December 15 & 21, 2023: Social media post on smoke free success, reached 353 people.

March 2024 Activities:

- March 2, 2024: Resources and education provided on long nodule program for early cancer detection at the Franklin-Simpson Community Health Fair, 300 participants.
- March 2, 2024: Vaping information and education at the Franklin-Simpson Community Health Fair, 300 participants.

August 2024 Activities:

- Social media post on smoking as main risk factor with lung cancer, reached 134 people.

September 2024 Activities:

- Social media post on smoking as main risk factor with lung cancer, reached 187 people.