

Commonwealth Regional Specialty Hospital CHNA Activities 2022 - 2024						
Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Partners	Effectiveness of Activity
Chronic disease prevention and chronic disease management.	Goodwill Career Center	Blood Pressure Checks	4/1/2022	10 participants	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the dangers of chronic high blood pressure.
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.	Bear Hustle Health & Safety Fair	Sugar in beverages demo	4/1/2022	200 participants	MCH Health and Wellness	Education to make healthier eating easier
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.	Chandler Park Assisted Living	Blood pressure checks	4/1/2022	30 participants	Med Center Health -Health and Wellness	Increased awareness of the dangers of chronic high blood pressure.

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.	CRSH Facebook Post	Posted about the diagnosis of Aphasia that can be caused by stroke, brain injury, tumor, or progressive neurological disease.	4/1/2022	118 people reached	National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, MCH Health and Wellness	Education on the affects a stroke may cause
Disease Management	CRSH Facebook Post	Posted on social media about 3D mammography and breast cancer prevention	4/1/2022	111 people reached	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Education on the importance of mammograms
Chronic Disease Prevention	CRSH Facebook Post	Importance of Exercise Post on Social Media, education that excercise can help prevent chronice diseased that become more common with age: type 2 diabetes, osteoporosis, and arthritis	4/1/2022	86 people reached	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Education on disease prevention
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.	CRSH Facebook Post	Wold Health Day post on Social Media, emphasizing that activity can help prevent heart disease, cancer, and stroke.	4/1/2022	96 people reached	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,	Education that activity can help prevent diseases

Chronic disease prevention and management--focus on diabetes	CRSH Facebook Post	Social Media post encouraging people to attend Med Center Health-Health and Wellness Diabetes Support Group via zoom.	4/1/2022	91 people reached	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Encouraging people to get education on diabetes and encouraging them to attend the support group
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.	CRSH Facebook Post	Social media post targeted on educating people on the symptoms of a heart attack.	4/1/2022	106 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Education provided on the symptoms of a heart attack.
Chronic disease prevention and management--focus on diabetes	CRSH Facebook Post	Social media post on Diabetes and importance of foot care.	4/1/2022	110 people reached	MCH Health and Wellness	Educated on the importance of diabetes prevention and foot care
Chronic disease prevention	CRSH Facebook Post	Social media post targeted to educate the risk factors associated with a stroke.	4/1/2022	92 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the stroke risk factors
Chronic disease prevention and management	CRSH Facebook Post	Social media post aimed to provide education on recognizing the signs of a stroke and steps to take immediate action.	4/1/2022	80 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on what to do in case of stroke

Chronic disease prevention and management	CRSH Facebook Post	Social media post regarding stress. Post initiated to provide education on the risk of stress leading to an increase in stroke.	4/1/2022	93 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on stress and stroke
Chronic disease prevention and management	CRSH Facebook Post	Social media post aimed to educate people the urgency to call 911 immediately if signs of stroke are seen in someone or themselves.	4/1/2022	75 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the importance of getting immediate help.
Smoking/Vaping	Smoking/tobacco cessation program for the community	Smoking cessation calls with MCH employees	4/1/2022	30 participants throughout the month	American Cancer Society, American Lung Association, Bowling Green City Parks & Recreation, Drug Free Warren County, Barren River District Health Department	Educated on smoking cessation
Smoking/Vaping	Bear Hustle Health and Safety Fair	Vaping/smoking dangers information	4/1/2022	200 participants	American Cancer Society, American Lung Association, Bowling Green City Parks & Recreation, Drug Free Warren County, Barren River District Health Department	Vaping/smoking dangers information handed out
Smoking/Vaping	Healthy Kids Expo Smoking/Vaping dangers info, April 2022, 600 participants		4/1/2022	600 participants	American Cancer Society American Lung Association Bowling Green City Parks & Recreation Drug Free Warren County Barren River District Health Department	Vaping/smoking dangers information handed out

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.	Goodwill Career Center	Blood pressure checks	5/1/2022	10 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Increased awareness of chronic high blood pressure
Chronic disease prevention and management	Edmonson Senior Center	Blood pressure checks and stroke screenings	5/1/2022	15 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Increased awareness of chronic high blood pressure
Chronic disease prevention and management	Vermont Thread Gage	Blood pressure checks and BE FAST	5/1/2022	20 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Increased awareness of chronic high blood pressure and stroke symptoms
Chronic disease prevention and management	Housing Authority	Blood pressure checks and stroke screenings	5/1/2022	14 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Increased awareness of Chronic high blood pressure/ and stroke symptoms
Chronic disease prevention and management	Hotel Incorporation	Blood pressure checks and stroke screenings	5/1/2022	5 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Increased awareness of chronic high blood pressure and stroke symptoms

Chronic disease prevention and management with emphasis on eating healthy on a budget	Hotel Incorporation	"Eating on a budget" presentation	5/1/2022	12 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Education on eating healthy and how to do it on a budget
Chronic disease prevention and management	Adult Day Care	"Brain protector program" presentation	5/1/2022	60 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force; National Stroke Association	Education on brain protection
Chronic disease prevention and management, emphasis on pre-diabetes and diabetes	Aging Council	Diabetes risk and prevention presentation	5/1/2022	25 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Education on diabetes risks and prevention
Chronic disease prevention and management	CRSH Facebook Post	Statistical information from the CDC regarding stroke prevention	5/1/2022		MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Educated that 75% of strokes can be prevented by controlling blood pressure and high cholesterol
Smoking/Vaping	CRSH	Smoking cessation discussions with MCH employees via phone	5/1/2022	35 participants	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	Calls were made throughout the month to educate staff on smoking cessation

Smoking/Vaping	CRSH Facebook Post	Social media post on the benefits of quitting smoking	5/1/2022	75 people reached	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	Awareness of the benefits of stopping smoking
Chronic disease prevention and management	Goodwill Career Center	Blood pressure checks	6/1/2022	10 participants	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease &Stroke Prevention Task Force	Increased awareness of the dangers of chronic high blood pressure
Chronic disease prevention and management	Housing Authority	Blood pressure checks and early heart attack care	6/1/2022	14 participants	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease &Stroke Prevention Task Force	Increased awareness of the dangers of chronic high blood pressure
Chronic disease prevention and management, emphasis on pre-diabetes and diabetes	Summer Reading Program at the Corvette Museum	Sugary drinks demonstration	6/1/2022	2000 participants	MCH Health and Wellness	Increased awareness on sugary drinks and potential risk factors associated
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.	Bowling Green Parks and Recreation	Brain Protector Program	6/1/2022	120 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Increased awareness on protecting the brain

Chronic disease prevention and management	Senior Center	Diabetes, Heart Disease, and Early Heart Attack Care presentation	6/1/2022	18 participants	Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of chronic disease prevention
Chronic disease prevention and management	Warren Rural Electric	Blood pressure, body fat and stroke screenings	6/1/2022	103 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Employees had increased awareness on importance of maintaining healthy weight and blood pressure control
Chronic disease prevention and management	Hotel Incorporation	"Eating on a dime" presentation	6/1/2022	10 participants	MCH Health and Wellness	Educated on the importance of a healthy diet while being on a budget
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.	CRSH Facebook Post	Shared the CDC guidance for prevention on chronic diseases	6/1/2022	60 people reached		Increased awareness of chronic disease prevention
Smoking/Vaping	CRSH	Smoking cessation discussions with MCH employees via phone	6/1/2022	35 participants	MCH Health and Wellness	Employees were educated on the risks of smoking throughout the month via phone call discussions
Smoking/Vaping	Stand for Children's Day	Presentation on the dangers of smoking and vaping	6/1/2022	1500 participants	MCH Health and Wellness	Increased awareness on the dangers and risks associated with smoking and vaping
Chronic disease prevention and management	Goodwill Career Center	Blood pressure checks	6/1/2022	9 participants	Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Awareness on blood pressure control and risks of high blood pressure



Smoking/Vaping	CRSH	Smoking cessation discussions with MCH employees via phone	7/1/2022	28 participants	MCH Health and Wellness	Employees were educated on the risks of smoking throughout the month via phone call discussions
Smoking/Vaping	Fit and Fun Fair at the Foundry	Smoking and vaping cessation presentation	7/1/2022	300 participants	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Participants educated on smoking and vaping cessation
Smoking/Vaping	Warren County Back to School Bash	Information on the dangers of smoking and vaping	7/1/2022	100 reached		Attendees were educated on the dangers of smoking and vaping
Chronic disease prevention and management	Goodwill Career Center	Blood pressure checks	8/1/2022	9 participants	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the importance of blood pressure control
Chronic disease prevention and management	Housing Authority	Blood pressure checks and sodium handouts	8/1/2022	12 participants	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the importance of blood pressure control
Pre-diabetes and diabetes management	Senior Center	Diabetes friendly smoothies presentation	8/1/2022	6 participants	MCH Health and Wellness, Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Diabetes education and information on healthy eating
Chronic disease prevention and management	MCBG	Blood pressure class	8/1/2022	1 participant	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on importance of blood pressure control.

Chronic disease prevention and management	CRSH Facebook Post	Educational post on the symptoms of heart attack and importance of calling 9-1-1	8/1/2022	87 people reached	MCH Health and Wellness; National Stroke Association; Kentucky Heart Disease & Stroke Prevention Task Force;	Educated on importance of blood pressure control and chronic disease management
Chronic disease prevention and management	CRSH Facebook Post	Importance of blood pressure and signs to look for	8/1/2022	65 people reached	MCH Health and Wellness; National Stroke Association; Kentucky Heart Disease & Stroke Prevention Task Force;	Educated on the steps that can be taken to lower the risk of health problems from high blood pressure (hypertension), such as, heart disease and stroke
Chronic disease prevention and management	CRSH Facebook Post	Lifestyle choices can affect the chances of having a stroke	8/1/2022		MCH Health and Wellness; National Stroke Association; Kentucky Heart Disease & Stroke Prevention Task Force;	Educated on healthy lifestyle
Chronic disease prevention and management	CRSH Facebook Post	Education over CPR	8/1/2022		Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Educated on "hands only" CPR
Chronic disease prevention and management	CRSH Facebook Post	Informative information regarding stroke symptoms	8/1/2022	65 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increases awareness in regards to prevention of clot-related strokes
	Med Center Cares	Self-Managed Blood Pressure Class	9/1/2022	1 participant	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,	

	Goodwill Career Center	Blood pressure checks	9/1/2022	3 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	
	Edmonson Senior Center	Prediabetes/Diabetes Assessments	9/1/2022	100 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	
	A Day Just For Women	Prediabetes/Diabetes Assessments	9/1/2022	390 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	
	Housing Authority	Blood Pressure Checks	9/1/2022	20 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	
	Chandler Park Assisted Living	Blood pressure checks	9/1/2022	14 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	
	Fruit of the Loom	Blood Pressure 80 Stroke Risk 40	9/1/2022	300 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	
	Adult Day Center	Fruits and Vegetables Informative Class	9/1/2022	60 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	
	Hotel Incorporation	Nutrition on a Budget Seminar	9/1/2022	17 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	

	Senior Center	Popular Diets Seminar	9/1/2022	2 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	
	Fruit of the Loom	Prediabetes Presentation	9/1/2022	5 participants	Kentucky Heart Disease & Stroke Prevention Task Force, HOTEL INC, SoKY Marketplace, Community	
Chronic disease prevention and management	CRSH Facebook Post	Informative education on Sepsis	9/1/2022	37 people reached	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Educational post on sepsis, and that sepsis is the body's extreme response to an infection
Chronic disease prevention and management	CRSH Facebook Post	Stroke risk factors	9/1/2022	48 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the risk factors of stroke
Chronic disease prevention and management	CRSH Facebook Post	Potential outcomes and risks of high blood pressure	9/1/2022	39 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the risk factors of high blood pressure and the diseases it can result in
Chronic disease prevention and management	CRSH Facebook Post	Stroke risk factors	9/1/2022	39 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the "BE FAST" acronym for stroke symptoms
Chronic disease prevention and management	CRSH Facebook Post	"Hands only" CPR	9/1/2022	110 people reached	Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke	Increased awareness on "hands only" CPR

Smoking/Vaping	CRSH Facebook Post	Risks and symptoms associated with Lung Cancer	9/1/2022	56 people reached	American Cancer Society, American Lung Association	Educated on lung cancer- including that lung cancer is the number one cause of cancer deaths in the United States and that smoking is the main risk factor.
Chronic disease prevention and management	CRSH Facebook Post	Risks and symptoms associated with Breast Cancer	10/1/2022	57 people reached	Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Increased awareness from the CDC regarding breast cancer.
Chronic disease prevention and management	CRSH Facebook Post	Awareness of Breast Cancer being spread among CHC staff	10/2/2022	126 people reached	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Increased awareness by showing hospital staff wearing pink to promote awareness of breast cancer
Chronic disease prevention and management	CRSH Facebook Post	Education on daily routine on Breast Cancer prevention	10/4/2022	46 people reached	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Increased awareness by sharing a link to educate on routine breast care
Chronic disease prevention and management	CRSH Facebook Post	Informative video on breast cancer and why it is acknowledged in the month of October	10/5/2022	45 people reached	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Shared a link to a video from WBKO television on breast cancer month
Chronic disease prevention and management	CRSH Facebook Post	Mental Health Awareness	10/10/2022	53 people reached	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	Spotlight on World Mental Health Day in hopes to engage and create awareness among signs to look for regarding mental health
Chronic disease prevention and management	CRSH Facebook Post	Stroke symptoms	10/25/2022	48 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the importance of calling 911 for stroke symptoms

Chronic disease prevention and management	Med Center Health 10K Classic		10/1/2022	1100 participants	National Stroke Association, Kentucky Heart Disease & Stroke, Prevention Task Force, HOTEL INC, SOKY Marketplace, Community Farmers Market, International Center, Warren Co & BG Independent Schools, Barren River District Health Department	Provided Body Fat Analysis at MCH 10K Health and Fitness Expo to 75 of the participants
Chronic disease prevention and management	GoodWill	Blood pressures	10/1/2022	4 participants	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on blood pressure control
Smoking /Vaping	City of Bowling Green Health Fair	Dangers of vaping provided via handouts	10/1/2022	50 participants	MCH Health & Wellness, American Cancer Society, American Lung Association	Enhance public understanding of the dangers of smoking while specifically targeting e-cigarettes
Chronic disease prevention and management	Adult Day Care	Germ and Flu Prevention	11/9/2022	45 participants		Increased awareness of disease prevention
Chronic disease prevention and management	CRSH Facebook Post	Eduaction on stroke symptoms	11/1/2022	55 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the signs of stroke
Chronic disease prevention and management	Farmer's Appreciation Event	Blood pressure checks	11/1/2022	20 participants	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of blood pressure control

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.	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky-specifically pertaining to eye donation	11/12/2022	62 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of Eye Donation Month, by sharing a link to join the Kentucky Organ Donor Registry
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Chronic Obstructive Pulmonary Disease (COPD)	11/16/2022	54 people reached		Increased awareness of COPD on World COPD Day
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky-specifically pertaining to eye donation	11/19/2022	49 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of Eye Donation Month by sharing a link to join the Kentucky Organ Donor Registry
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky-specifically pertaining to eye donation.	11/26/2022	57 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of Eye Donation Month by sharing a link to join the Kentucky Organ Donor Registry
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky-specifically pertaining to eye donation.	11/30/2022	55 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of Eye Donation Month by sharing a link to join the Kentucky Organ Donor Registry

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.	Healthy Holiday tips at Adult Day Care	Displayed some healthy habits to remember during the holiday season and to develop into a lifestyle.	12/1/2022	40 participants	National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, MCH Health and Wellness, Barren River District Health Department	Provided education to the clients on healthy weight management and emphasized the importance of lifestyle management in the role of weight management and chronic disease management.
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.	Chandler Park Assisted Living	Blood pressure checks	12/1/2022	15 participants	National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, MCH Health and Wellness	Promoted resources available to reduce obesity, manage high blood pressure, prevent and manage disease. Increase awareness of the dangers of chronic high blood pressure.
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.	Goodwill	Blood pressure checks	12/4/2022	4 participants	National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, MCH Health and Wellness	Promoted chronic disease prevention. Promoted resources available to reduce obesity, manage high blood pressure, prevent and manage disease. Increase awareness of the dangers of chronic high blood pressure.



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.	Housing Authority	Blood pressure checks	12/6/2022	16 participants	National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, MCH Health and Wellness	Promoted education to the community on healthy weight management and educated on chronic disease prevention. Promoted resources that are available to reduce obesity, manage high blood pressure, prevent and manage disease.
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.	Med Center Cares- Self Managed Blood Pressure Class	Blood pressure checks	12/8/2022	1 participant	National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, MCH Health and Wellness	Emphasized the importance of lifestyle management in the role of weight management and chronic disease management. Promote resources available to reduce obesity, manage high blood pressure, prevent and manage disease. Increased awareness of the dangers of chronic hypertension.
Struggling with anxiety and ways to appropriately cope with mental health issues during the holiday season	CRSH Social Media/Facebook Post	Link to an informative article on how to handle the "holiday blues"	12/8/2022	72 people reached		Offered healthy coping mechanisms that are available if experiencing social anxiety due to social events or shopping, as well as other pressures that can lead to and/or trigger anxiety.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to offer knowledge over the concept of "BE-FAST." In the case of possible stroke occurs	12/8/2022	55 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the importance of calling 911 for stroke symptoms

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link to an article providing information on hypertension and the potential outcomes and risks of having high blood pressure	12/10/2022	38 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the risk factors of high blood pressure and the diseases it can result in
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky. Illustrates the gift of saving a life of someone awaiting an organ transplant.	12/11/2022	40 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of Organ donation, by sharing a link to join the Kentucky Organ Donor Registry and giving the gift of life.
Smoking/Vaping	CRSH Social Media/Facebook Post	Risks and symptoms associated with Lung Cancer per CDC	12/11/2022	30 people reached	American Cancer Society, American Lung Association	Educated on lung cancer- including that lung cancer is the number one cause of cancer deaths in the United States and that smoking is the main risk factor.
Chronic disease prevention and management	CRSH Facebook Post	Education on stroke symptoms- that a healthy body is key to a healthy brain and sharp mind	12/12/2022	37 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the signs of stroke. Increased awareness of ways to reduce risk of stroke, heart disease, memory loss and different thinking and learning.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky. Illustrates the gift of saving a life of someone awaiting an organ transplant this holiday season.	12/19/2022	33 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of organ donation, by sharing a link to join the Kentucky Organ Donor Registry and giving the gift of life. Pertains to any new organ, eye, or tissue donors.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to offer knowledge over the concept of "BE-FAST." In the case of possible stroke occurs	12/23/2022	25 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the importance of calling 911 for stroke symptoms
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	Commonwealth Regional Specialty Hospital CHNA Activities 2022 - 2024					
Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Partners	Effectiveness of Activity
	Adult Day Center	Healthy New Year's Resolutions	1/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Encore of Bowling Green	Diabetes Awareness	1/1/2023	75 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Village Manor	Healthy New Year Goals and Brain Health	1/1/2023	4 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Housing Authority	Blood Pressure Checks	1/1/2023	15 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Med Center Cares	Self- Managed Blood Pressure Class	1/1/2023	4 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Smucker's Health Fair	Prediabetes/Diabetes Education	1/1/2023	25 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

	Health and Wellness Expo	Prediabetes/Diabetes Education	1/1/2023	1000 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	KY Commodity Conference	Blood Pressure Checks	1/1/2023	46 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding Lung Cancer screening that will be offered during the Health and Wellness Expo with a link provided with more screenings and activities that will be there as well.	1/5/2023	44 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	The turnout of the event was successful and so much of the community came out to take advantage of the free eye screenings, blood pressure checks, etc.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post regarding hands-only CPR and tutorial on how to properly use an AED. Includes a link to a video from the American Heart Association on simple steps to save a life and calling 911.	1/5/2023	35 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the proper demonstration of hands-only CPR and steps of using an AED.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky through the organ donor registry. A link provided to the Red Cross to sign up for donating blood in honor of Blood Donor Month.	1/7/2023	57 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of Blood Donor Month by sharing a link to join the Kentucky Organ Donor Registry and a link to sign up to donate blood at the Red Cross.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information regarding the Health and Wellness Expo with details about the various free health screenings that will be provided at the event.	1/8/2023		MCH Health and Wellness; National Stroke Association; Kentucky Heart Disease &Stroke Prvention Task Force;	Informational post regarding details towards the annual Health and Wellness Expo.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Further information promoting the Health and Wellness Expo. Including a list of the screenings and further healthcare organizations that will be present at the event.	1/11/2023		MCH Health and Wellness; National Stroke Association; Kentucky Heart Disease &Stroke Prvention Task Force;	Informational post regarding details towards the annual Health and Wellness Expo.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	A picture of CRSH staff actively participating in the Health and Wellness Expo. CRSH staff contributed by offering free blood pressure screenings.	1/14/2023	225 people reached 99 post engagements	MCH Health and Wellness; National Stroke Association; Kentucky Heart Disease &Stroke Prvention Task Force;	Increased awareness of chronic high blood pressure and stroke symptoms.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Video shared from WBKO regarding the Health and Wellness Expo with staff interacting with others within our community throughout the event.	1/18/2023	53 people reached 4 post engagements	MCH Health and Wellness; National Stroke Association; Kentucky Heart Disease &Stroke Prvention Task Force;	Increased awareness of chronic high blood pressure and stroke symptoms. Demonstrated what screenings are offered annually at this health event to promote to others in the community to attend next year.
Chronic disease prevention and management. Obesity/overweight	CRSH Social Media/Facebook Post	Informative post regarding cardiac arrest and what to do in the event that It happens and someone needs to know how to administer CPR.	1/18/2023	88 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Education provided on the symptoms of cardiac arrest and how to perform CPR.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Resources and links provided for Glaucoma Awareness Month- along with a brief insight into to the audience on what the disease entails/ways to prevent, etc.	1/25/2023		American Cancer Society	Briefly educated others on Glaucoma Awareness and provided further details with attached resources and links.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Support and provide education for families/caregivers of someone with cancer or an individual diagnosed. Provided resources and links for a cancer support group.	1/25/2023		American Cancer Society, MCH Health and Wellness	Provided information to a cancer support group for families of those with cancer or know of someone suffering with cancer.
Chronic disease prevention and management--focus on diabetes	CRSH Social Media/Facebook Post	Social Media post encouraging people to attend Med Center Health-Health and Wellness Diabetes Support Group.	1/27/2023		MCH Health and Wellness	Encouraging people to get education on diabetes and encouraging them to attend the support group
Chronic disease prevention and management	CRSH Social Media/Facebook Post	National Wear Red Day- Information on DYK Heart Disease and a link provided with further resources and information as leading into a new month.	1/30/2023	149 people reached 5 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided insight on February being Heart Health Month- educating on heart disease.
	Adult Day Center	Heart Health Seminar	2/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

	Active Day	Heart Disease/Heart Health	2/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Village Manor	Heart Disease in women Information	2/1/2023	12 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Housing Authority	Blood Pressure Checks	2/1/2023	18 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Med Center Cares	Self- Managed Blood Pressure Class	2/1/2023	4 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Goodwill	Blood Pressure Checks	2/1/2023	3 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	



	Chandler Park Assisted Living	Blood Pressure Checks	2/1/2023	16 residents	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Hotel Incorporation	Presentation on Nutrition on a Budget	2/1/2023	3 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information spreading Heart Disease Awareness. Including ways to protect your heart health with a link provided to the National Heart, Lung, and Blood Institute.	2/2/2023	46 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided education on Heart Disease and tips to protect your heart health.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Social media post honoring and celebrating all female healthcare providers who are devoted to caring for the healthcare needs of our community. Included a 90 seconds to better health video featuring Heart Health and Lung and Vascular Surgeon (Dr. Karen Nelson) of Med Center.	2/3/2023	62 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on Heart Health and how it contributes to Lung and Vascular health. Provided a video with links for people to seek education on the topic further.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Social media post including an image of CRSH staff wearing red in support of heart health. Education provided on cardiac and stroke events with helpful tips to institute lifestyle changes.	2/3/2023	3,920 people reached 274 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided education and tips on how to promote healthy changes into a healthier lifestyle in order to support heart health.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided from the CDC with information on regular monitoring of Blood Pressure and how it can greatly decrease your risk for heart disease and stroke.	2/5/2023	34 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on how to regularly monitor blood pressure in order to decrease risk for future heart disease or stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a heart attack. A link to an educational video and tips on common heart attack warning signs is also included on this post that was constructed by MCH staff.	2/8/2023	41 people reached 7 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of heart attack and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post that provides tips on how to keep blood pressure under control. Some risks of high blood pressure are addressed with an article from the CDC on how to properly measure your own BP at home.	2/11/2023	46 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided increased awareness of chronic high blood pressure and educated on risks associated if unable to keep blood pressure under control.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky through the organ donor registry.	2/13/2023	41 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post for National Donor Day. Details on how to "share the love" and giving the gift of life by becoming an organ, eye or tissue donor. Includes a link to the donate life KY registry to sign up.	2/14/2023	36 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Symbolic post from CRSH in thought of heart health month. Image and details provided on what CRSH staff thinks of when they think of love- what encourages and motivates them to stay healthy and take care of themselves. Facts are scattered around the bulletin board providing tips on how to incorporate healthier lifestyle changes, reduce risk of heart disease, and importance of cardiovascular health.	2/14/2023	895 people reached 65 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided an educational and interactive opportunity for staff to think deeper on what it means to be heart healthy. This activity encouraged staff, visitors, and patients to make important changes in their lifestyle to protect those they love.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link posted to follow to heart.org with facts and information on signs and symptoms of heart failure.	2/16/2023	47 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post with a link to the CDC inquiring about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided.	2/21/2023	42 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of stroke symptoms. As well as an understanding on what the term "FAST" symbolizes in healthcare.
	Hotel Incorporation	Blood Pressure Checks and Healthy Recipe Handouts	3/1/2023	20 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Active Day	Nutrition Seminar	3/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Village Manor	Nutrition Seminar	3/1/2023	7 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Housing Authority	Blood Pressure Checks	3/1/2023	16 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

	Med Center Cares	Self- Managed Blood Pressure Class	3/1/2023	1 participant	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Goodwill	Blood Pressure Checks	3/1/2023	4 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Doctor's Day	Blood Pressure/Body Fat Analysis	3/1/2023	15 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Adult Day Center	Nutrition Seminar	3/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Kiwanis Club	Healthy Dieting Presentation	3/1/2023	55 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Colorectal Cancer Awareness Month (March). Link provided to Med Centers website for people to get in contact with general surgery to schedule a colonoscopy- which is the best way to detect colorectal cancer early.	3/1/2023	39 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided a resource for people to seek the first step of assistance in scheduling a colonoscopy and being early on preventing colorectal cancer.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a stroke. A link to an educational video and tips on common stroke warning signs is also included on this post that was constructed by MCH staff.	3/2/2023	37 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post with a link to the CDC inquiring about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided along with further education on the topic.	3/10/2023	43 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational and informative post on March also being National Kidney Month with a link provided to <a href="http://organdonor.gov">organdonor.gov</a> . Statistics are enscripted on minorities on the national transplant list that are currently waiting for a kidney.	3/12/2023	30 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Education provided on the importance of clean hands and prevention of infections. Elaboration on why hand hygiene contributes to safe healthcare with an attachment to the CDC website for further information.	3/14/2023	21 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided awareness on the correlation between having clean hands and attributing to safe healthcare in order to prevent infections, etc.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the signs to look for when a stroke may be occurring. A link to video is provided with additional signs and symptoms.	3/16/2023	48 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding the national transplant list. Link provided to donatelife.org for people to register as a donor and be someone's "lucky charm."	3/17/2023	56 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on springing into action and giving the gift of life. Link provided to donatelife.org for people to register as an organ, eye, or tissue donor.	3/20/2023	54 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Post shared from the CDC educating parents on keeping their kids safe by keeping medications and other supplements out of sight and away from children.	3/21/2023		MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided increased awareness for keeping medications away from children in order to keep them out of harms way.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on performing CPR. Certification and formal training alongside having education on the technique could prepare someone if cardiac arrest occurs.	3/22/2023	64 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on the proper demonstration of hands-only CPR and steps of using an AED.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a stroke. A link to an educational video and tips on common stroke warning signs is also included on this post that was constructed by MCH staff.	3/26/2023	61 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Patient story from CRSH. Education on persevering and growing healthier and stronger at the organization.	3/31/2023	457 people reached 116 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided a motivational outcome for others to look to as inspiration to seek medical assistance earlier rather than later and that positive outcomes are attainable.



Chronic disease prevention and management	CRSH Social Media/Facebook Post	National Donate Life Month. Link provided to become an organ donor in Kentucky through the organ donor registry.	4/1/2023	59 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of National Donate Life Month by sharing a link to join the Kentucky Organ Donor Registry and further information on the natural world of a pond coming to life in the spring.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	World Autism Day- education provided at autismcollective.org. Emphasized on the importance of to learn how individuals living with autism may communicate, interact, behave, and learn in ways different from most people.	4/2/2023	51 people reached	MCH Health and Wellness	Provided education on Autism and more beneficial ways to communicate and interact with individuals with Autism.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a heart attack. A link to an educational video and tips on common heart attack warning signs is also included on this post that was constructed by MCH staff.	4/6/2023	62 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of heart attack and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
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.	CRSH Social Media/Facebook Post	World Health Day- Tips on how to eat healthy and staying active. Education on how these two concepts alone can help prevent heart disease and improve personal wellbeing. Link provided to learn more about the basics of fitness.	4/7/2023	66 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased and spread awareness on the importance of living a healthier lifestyle through exercise and eating healthy.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information regarding registration for organ donation. Link provided to <a href="https://donatelife.org">donatelife.org</a> for people to register as an organ, eye, or tissue donor.	4/8/2023	89 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of organ donation by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	#BlueGreenDay- Med Center Health, supporter of the national campaign to increase organ donor registrations. Link provided to register to become a donor as well as a date that you can show your support by wearing blue or green at work.	4/9/2023	56 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of organ donation by sharing a link to join the Kentucky Organ Donor Registry. Also providing a time to come in to show support of organ donation by wearing blue or green.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post with a link to the CDC inquiring about the signs and symptoms of stroke and what you should be looking for.	4/13/2023	66 people reached 4 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of stroke symptoms and what you should be looking for. Also provided what to do if these symptoms occur.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Donate Life KY. A video and link provided to become an organ donor in Kentucky through the organ donor registry.	4/14/2023	63 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the organization of DONATE Life KY by sharing a link and informative video to join the Kentucky Organ Donor Registry
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a stroke. A link to an educational video and tips on 5 common stroke warning signs is also included.	4/20/2023	74 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to donatelife.org for people to register as an organ, eye, or tissue donor.	4/22/2023	73 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a stroke. A link to an educational video and tips on common stroke risk factors and the increase in chances of a stroke occurring if you have certain factors. Link provided with further information.	4/27/2023	69 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Melanoma Monday. Education on skin cancer is provided with a website link attached to help detect skin cancer by performing a skin self-exam.	5/1/2023	59 people reached	American Cancer Society, MCH Health and Wellness	Provided awareness on the severity of conducting personal skin exams to aid in the early detection/prevention of skin cancers.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided along with further education on the topic.	5/1/2023	69 people reached 6 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post to inform about the importance of stroke care. A list of preventative programs that are offered by Med Center Health are also provided.	5/1/2023	54 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Informed on the programs provided by the organization that can give access to prevention of stroke through education.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	National Stroke Month. Educational post on learning the risks associated with a stroke and ways to reduce it. Link provided to a simple stroke scorecard to determine your personal risks.	5/3/2023	53 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on the significance of National Stroke Month. As well as, the stroke scorecard that is offered free to anyone to complete it and assess own personal risk factors.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Continued education on the signs of stroke, in this case pertaining to demographically men and women. Link provided with further information.	5/4/2023	55 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Further education provided to increase awareness on the importance of stroke. Highlighted the demographical differences in signs and symptoms to look for.
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.	CRSH Social Media/Facebook Post	National High Blood Pressure Month. Highlighting the selection and preparation of foods that can help to lower blood pressure. Link provided with further education and tips on choosing low sodium food options.	5/9/2023	62 people reached 4 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided education on the risk factors associated with high blood pressure. Including tips on how to make healthier food decisions in order to reduce sodium intake and lower blood pressure.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "BE FAST" is provided along with further education on the topic.	5/9/2023	62 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
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.	CRSH Social Media/Facebook Post	National High Blood Pressure Month. Educational post on the risk factors associated with high blood pressure. Stressed the importance of having your blood pressure checked annually. Link provided for further information.	5/11/2023	51 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided education on the importance of getting blood pressure checks assessed annually as a way for prevention of high blood pressure risk factors.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided to Med Center Health's website to elaborate on how certain types of strokes can be treated.	5/16/2023	42 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.

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.	CRSH Social Media/Facebook Post	World Hypertension Day. Tips on how you can keep your blood pressure in a healthy range to reduce the risk of developing hypertension. Link attached with further information.	5/17/2023	45 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the reality of hypertension and how you can reduce the risk of obtaining this disease by regularly monitoring your blood pressure and other tips to maintain in a healthy range.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on knowing your risk for stroke. Elaboration on the conditions that can increase chances of stroke. Link with further education provided.	5/17/2023	38 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated and provided awareness on the risks associated with each individual based on specific conditions that can increase the chances of stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on maternal sepsis and what to look for. Link provided to Med Center Health's website for further education on the topic.	5/18/2023	87 people reached 4 post engagements	MCH Health and Wellness	Informed awareness on the issue of maternal sepsis and signs to look for in yourself and those around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the signs to look for when a stroke may be occurring. A link to video is provided with additional signs and symptoms.	5/18/2023	43 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on signs and symptoms of stroke. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.

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.	CRSH Social Media/Facebook Post	Educational post broadcasting Osteoporosis Awareness and Prevention Month with information on the bone health basics.	5/19/2023	54 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on Osteoporosis and the importance of being educated on bone health in order to increase prevention.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Influential post on stroke survivors as they shared their stories to raise awareness of looking for signs and symptoms. Video attached from UK Healthcare.	5/20/2023	43 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Influenced others with usage of personal narratives of others stroke experiences in order to spread awareness on paying attention to signs and symptoms.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the signs to look for when a stroke may be occurring. A link to video is provided with additional signs and symptoms.	5/24/2023	66 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on signs and symptoms of stroke. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on importance of protecting your skin from the sun to prevent skin cancers. Sun safety tips attached for further education.	5/28/2023	57 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the importance of making skin protection against sun a priority and ways to increase sun safety.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Continued education on the signs of stroke, in this case pertaining to demogrphically men and women. Link provided from the CDC with further information.	5/4/2023	56 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force, American Cancer Society, American Lung Association	Further education provided to increase awareness on the importance of stroke. Highlighted the demographical differences in signs and symptoms to look for.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on stress, anxiety, and depression. Highlighting what to do to help improve your mental health. Further information attached from stroke.org on how depression can affect your heart health.	5/30/2023	35 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Educated others on the connection between taking care of your mental health and how it can affect your physical health and vice versa.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on strokes with a personal video and story attached from a Med Center Health employee's experience.	5/30/2023	38 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Provided awareness on the severity of strokes and taking care of yourself to ensure a decreased risk through prevention.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post elaborating on the effects on the brain when a stroke occurs. Video attached to demonstrate on common ways it affects people and their brains.	6/1/2023	52 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Educated on the effects a stroke can have on the brain and common ways it occurs in individuals.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on HAV Hope- National day of awareness to highlight how American hospitals and health systems combat violence in workplaces and communities. Link to educational video on the matter.	6/2/2023	55 people reached 1 post engagement		Increased awareness on HAV Hope to spread the message on how to handle violence throughout the workplace and within the communities.



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.	CRSH Social Media/Facebook Post	Informative post on June being Men's Health Month. A link provided to register to sign up as an organ, eye, and/or tissue donor.	6/2/2023	38 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on importance of protecting your skin from the sun to prevent skin cancers. Sun safety tips attached for further education.	6/3/2023	46 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the importance of making skin protection against sun a priority and ways to increase sun safety.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Cancer's Survivors Day. Small message out to anyone who has been touched by cancer in some way at all.	6/4/2023	49 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on Cancer's Survivors Day and spoke out to not just those who have had cancer, but the family members and friends that have also been affected personally by the disease.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the two steps you can take to save a life. Link attached to join the nation of life savers with the American Heart Association.	6/7/2023	63 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided information on how to register through the American Heart Association to begin saving lives.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative and educational post regarding the harmful exposure to secondhand smoke. Article attached from the CDC on secondhand smoke and the toxic chemicals that can cause cancer.	6/8/2023	32 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on risks associated with secondhand smoke and how it can still cause some to develop cancers from the toxic chemicals being breathed in.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information on National Aphasia Awareness Month. Statistics from the American Heart Association on the topic of aphasia, as well as a link provided for further information.	6/8/2023	46 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided attention on National Aphasia Awareness Month and the importance that it serves with extended education offered on the topic.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Education on skin cancer is provided from the CDC with a link attached to help detect skin cancer by performing a skin self-exam and tips on how to begin prevention methods.	6/10/2023	42 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided awareness on the severity of conducting personal skin exams to aid in the early detection/prevention of skin cancers.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative and persuasive post on how to beat the heat and protect others by never leaving children or pets in a parked car. Further information attached from the CDC on the matter.	6/11/2023	42 people reached 7 post engagements	MCH Health and Wellness	Provided awareness on the risks associated with leaving children or pets in a parked car, specifically during the higher temperatures.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky through the organ donor registry. A link provided to the Red Cross to sign up for donating blood as it is also a crucial role in organ donation.	6/14/2023	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the importance of the role blood donors have in the organ donation process by sharing a link to join the Kentucky Organ Donor Registry and a link to sign up to donate blood at the Red Cross.

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.	CRSH Social Media/Facebook Post	Information on the Mens Health Alliance. Information provided on what it is and the resources it includes such as, free health screenings and discounts on other screenings and programs. Video attached on the topic.	6/15/2023	46 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided awareness of the Mens Health Alliance and their offerings to individuals who decide to join.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on the severity of high blood pressure. Information provided on leading causes of poor blood pressure control and life-threatening diseases that can result from high blood pressure. Video attached to millionhearts.org.	6/15/2023	45 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Emphasized on the severity of high blood pressure and provided knowledge on the other diseases that result from not managing your blood pressure.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Education on skin cancer is provided from the CDC with a link attached to help detect skin cancer by performing a skin self-exam and tips on how to begin prevention methods and maintain protection.	6/17/2023	56 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided awareness on the severity of conducting personal skin exams to aid in the early detection/prevention of skin cancers.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on why it's important to regularly check your blood pressure. Further education attached on high blood pressure and the serious health problems that it can further cause.	6/22/2023	55 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided information on the serious health problems that can occur from not monitoring your blood pressure regularly and developing high blood pressure.

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.	CRSH Social Media/Facebook Post	Informative post on June being Men's Health Month. A link provided to register to sign up as an organ, eye, and/or tissue donor.	6/25/2023	56 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Tips on how to stay cool in extreme heat- attachment to WBKO on further information.	6/28/2023	33 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided awareness on the risks associated with heat extremities and tips on how to stay cool during these times.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information provided on how to schedule an appointment with the American Red Cross as Med Center Health hosts a blood drive with general public welcome. A link provided to the Red Cross to sign up.	6/30/2023	33 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided a link to sign up to donate blood through the Red Cross. As well as, further information regarding the blood drive that Med Center Health is hosting with general public welcome and encouraged to attend and donate.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Tips provided on how to prevent heat-related illness. An article attached from the CDC provided on the matter.	6/30/2023	26 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided education on the risks associated with the heat and how to prevent developing any heat-related illnesses.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on prevention methods for heat exhaustion. Symptoms to look out for and watch for in others. Link to WNKY attached on further information.	6/30/2023	30 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the prevention of heat exhaustion and signs and symptoms to be aware of in yourself and others during high temps.

	Babysitting Clinic	CPR and Early Heart Attack Care	7/1/2023		MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	The International Center	Hypertension Presentation	7/1/2023	24 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	The Hive	Diabetes Management Presentation	7/1/2023	17 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Housing Authority	Blood Pressure Checks	7/1/2023	12 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Trinity Baptist Church	CPR	7/1/2023	4 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	The International Center	Diabetes Management Presentation	7/1/2023	30 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	St. Joseph School	CPR	7/1/2023	11 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Active Day	The Importance of Hydration	7/1/2023	40 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Adult Day Center	The Importance of Hydration	7/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	The Foundry Fit and Fun Fair	Sugar Demonstration	7/1/2023	200 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Warren County Parks and Recreation Summer Camps	Sugar Demonstration	7/1/2023	170 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

Updated 10/04/2023

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the safety of hearing loss. Link provided for further information on how to protect your hearing, especially during the holidays with loud noises.	7/1/2023	46 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the risks associated with hearing loss.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Donate Life KY and how you can light up someone's life. A video and link provided to become an organ donor in Kentucky through the organ donor registry.	7/4/2023	101 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the organization of DONATE Life KY by sharing a link and informative video to join the Kentucky Organ Donor Registry
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided along with further education on the topic.	7/6/2023	46 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post regarding hands-only CPR. Includes a link to a video from the American Heart Association on simple steps to save a life and calling 911.	7/8/2023	91 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the proper demonstration of hands-only CPR.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the high risks associated with heat-related illnesses. Incorporates the proper questions to ask to know who is at high risk for a heat related illness. Link provided with further information on the topic.	7/12/2023	41 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the demographics of those with high risk for heat related illness and what to look for.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Cord Blood Awareness in honor of Cord Blood Awareness Month. Provides the statistics on organ donation for babies. A link provided with further information on how to register as an organ donor or learn more on cord blood stem cells.	7/12/2023	41 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the impact and importance of cord blood stem cells through donation.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the signs to look for when a stroke may be occurring. A link to video is provided with additional signs and symptoms.	7/13/2023	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on signs and symptoms of stroke. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Sarcoma and the important signs to look and listen for in your body. Link provided with further information regarding resources to finding a cancer specialist if needed.	7/14/2023	49 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on Sarcoma in honor of Sarcoma Awareness Month. As well as provided resources on how to find a specialist and proper signs and symptoms to be on the lookout for.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the high risks associated with heat-related illnesses. Tips provided on how to beat the heat and avoid getting sick. Link provided with further education and tips on the topic.	7/16/2023	40 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on heat-related illness and provided tips on how to prevent them from occurring.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on skin cancer. Information provided from the CDC on sun safety and prevention. Link and video attached for further information from the CDC.	7/18/2023	36 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on skin cancer and provided statistics on how to prevent and protect yourself and others.

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.	CRSH Social Media/Facebook Post	Informative post on how you can keep your blood pressure in a healthy range to reduce the risk of developing hypertension. Details the severity of high blood pressure and the leading causes of poor blood pressure control. Link attached with further information.	7/20/2023	56 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the reality of hypertension and how you can reduce the risk of obtaining this disease by regularly monitoring your blood pressure and other tips to maintain in a healthy range.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Cord Blood Transplants. Statistics and further information provided on the importance of saving an umbilical cord. Link with additional information attached.	7/26/2023	38 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the impact and importance of cord blood transplants.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided along with further education on the topic.	7/27/2023	67 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
	Adult Day Center	Reducing Sodium Intake Presentation	8/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	



	Active Day	Reducing Sodium Intake Presentation	8/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Housing Authority	Blood Pressure Checks	8/1/2023	14 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Goodwill	Blood Pressure Checks	8/1/2023	7 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Fruit of the Loom	Stress Management Presentation	8/1/2023	35 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding Lung Cancer screening and qualifications to determine if you are eligible for a Lung Cancer Screening. Link provided with additional information provided on the symptoms and early detection tips.	8/1/2023	41 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on Lung Cancer and provided attention to the importance of a Lung Cancer Screening if you qualify.

Updated 10/04/2023

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on people who are living with diabetes and tips on how to lower their risk of stroke. Additional information on the acronym "FAST" with the signs and symptoms to be known.	8/3/2023	86 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased stroke awareness while also educating on diabetes risks associated with the disease. Further information provided from the American Heart Association.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information regarding registration for organ donation. Link provided to donatelife.org for people to register as an organ, eye, or tissue donor.	8/6/2023	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of organ donation by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on August being National Immunization Awareness Month. Resources to Med Center Health's primary care clinics attached.	8/9/2023	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided knowledge of August being National Immunization Month. Educated on the importance of staying up to date with immunizations.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the signs to look for when a stroke may be occurring. A link to video is provided with additional signs and symptoms.	8/10/2023	68 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post regarding everyone being a universal donor for corneal tissue. Link provided to register as a donor.	8/13/2023	57 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of corneal tissue as a universal donor by sharing a link to join the Kentucky Organ Donor Registry.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym " BE FAST" is provided along with further education on the topic.	8/14/2023	47 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding Lung Cancer screening and qualifications to determine if you are eligible for a Lung Cancer Screening. Link provided with a short quiz to find out how much you know about Lung Cancer Screening.	8/15/2023	53 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on Lung Cancer and provided attention to the importance of getting screened.
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.	CRSH Social Media/Facebook Post	Educational post on the risk factors associated with high blood pressure, stroke and heart disease. Stressed the importance of having your blood pressure checked annually. Link provided for further information.	8/17/2023	61 people reached 4 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided education on the importance of getting blood pressure checks assessed annually as a way for prevention of high blood pressure risk factors. Information provided on understanding blood pressure readings.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym " BE FAST" is provided along with further education on the topic. Video attached from Med Center Health.	8/25/2023	43 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on the statistics of those in need of organ transplants. Link provided to become an organ donor in Kentucky through the organ donor registry.	8/26/2023	47 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of National Donate Life Month by sharing a link to join the Kentucky Organ Donor Registry and further information on the natural world of a pond coming to life in the spring.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the Zephyr Valve. Importance that the device offers on severe emphysema patients.	8/31/2023	193 people reached 21 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided awareness on the first FDA-approved, minimally-invasive device called the Zephyr Valve. Link provided with additional information on the new revolutionary device.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided to Med Center Health's website to elaborate on how certain types of strokes can be treated.	8/31/2023	61 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
	Adult Day Center	Healthy Eating Presentation	9/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

	Active Day	Healthy Eating Presentation	9/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Hotel Incorporation	Eating on a Budget Presentation	9/1/2023	31 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Housing Authority	Blood Pressure Checks	9/1/2023	7 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Goodwill	Blood Pressure Checks	9/1/2023	4 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

Updated 10/04/2023

	Fruit of the Loom	Blood Pressure Checks	9/1/2023	22 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Med Center Health and Fitness 10k Expo	Blood Pressure Checks and Body Fat Analysis Screenings	9/1/2023	70 screenings	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Bendix Health Fair	Blood Pressure Checks and Body Fat Analysis Screenings	9/1/2023	200 screenings	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Med Center Health	10k Classic Marathon	9/1/2023	900 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

Updated 10/04/2023

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information regarding registration for organ donation. Link provided to donatelifeky.org for people to register as an organ, eye, or tissue donor.	9/2/2023	55 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of organ donation by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided on additional signs of stroke in men and women.	9/7/2023	75 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym " BE FAST" is provided along with further education on the topic. Video linked from stroke.org.	9/14/2023	61 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information regarding registration for organ donation. Statistics provided on kidney disease. Link provided to donatelifeky.org.	9/16/2023	52 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of Kidney disease and other organ donation by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information regarding registration for organ donation. Highlighted on the important role that the DMV plays in signing up for new organ, eye, and tissue donors. Link provided to donatelifeky.org.	9/17/2023	56 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on DMV's role in signing up new organ, eye, and tissue donors. Link to join the Kentucky Organ Donor Registry.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on prioritizing hand hygiene. Link provided from the CDC regarding the habits that can protect yourself and your family from getting sick.	9/19/2023	50 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the importance of hand hygiene and additional habits to take to protect yourself and others from getting sick with a link from the CDC.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on updated information regarding COVID-19 vaccines. Resources provided for Med Center Health's Vaccine Clinic and where to get more information.	9/21/2023	49 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided resources on COVID-19 vaccines being offered at the Med Center Health Vaccine Clinic. Link provided with additional information.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on National Transplant Waiting List and Hispanic Heritage Month. Link provided to donatelife.org for people to register as an organ, eye, or tissue donor.	9/21/2023	39 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym F.A.S.T. is provided along with further education on the topic.	9/21/2023	64 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided on additional signs of stroke in men and women.	9/28/2023	90 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.



Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on the importance of a mammogram to help in prevention	10/1/2023	72 people reached and 3 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of risks associated with not getting an annual mammogram in honor of breast cancer awareness month
	Adult Day Center	Sugary Beverages Presentation	10/1/2023	60 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Housing Authority	Blood Pressure Checks	10/1/2023	12 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Goodwill	Blood Pressure Checks	10/1/2023	7 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	City of Bowling Green Health Fair	Body Fat Analysis Screenings	10/1/2023	15 screenings	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Women's Conference	Blood Sugar Readings	10/1/2023	15 readings	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

	The Foundry	Blood Sugar Readings	10/1/2023	10 readings	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Med Center Health Scottsville Health Fair	Stroke Information	10/1/2023	200 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Med Center Health Scottsville Health Fair	Blood Pressure Checks and Body Fat Analysis Screenings	10/1/2023	52 screenings	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education post about the signs and symptoms of Stroke. Link provided with website discussing signs and symptoms of stroke	10/4/2023	66 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of signs and symptoms of stroke. Also education to call EMS when signs or symptoms appear
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on CDC education related to breast cancer	10/6/2023	54 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of risks associated with not getting an annual mammogram in honor of breast cancer awareness month
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on risk factors for Breast Cancer	10/11/2023	56 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of risk factors for breast cancer in honor of breast cancer awareness month
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education post about the signs and symptoms of Stroke. Link provided with website discussing signs and symptoms of stroke	10/12/2023	62 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of signs and symptoms of stroke. Also education to call EMS when signs or symptoms appear

Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on when to call 911 should someone suffer cardiac arrest, and how to start CPR if that should happen	10/17/2023	67 people engaged and 0 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of hands-only CPR and cardiac arrest
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education regarding lung cancer screening	10/18/2023	72 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of importance of lung cancer awareness if you have risk factors for lung cancer
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on the importance of a mammogram to help in prevention	10/20/2023	72 people reached and 2 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of risks associated with not getting an annual mammogram in honor of breast cancer awareness month
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on the importance of a mammogram to help in prevention	10/2/2023	73 people reached and 3 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of risks associated with not getting an annual mammogram in honor of breast cancer awareness month
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education post about the signs and symptoms of Stroke. Link provided with website discussing signs and symptoms of stroke	10/4/2023	67 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of signs and symptoms of stroke. Also education to call EMS when signs or symptoms appear
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on CDC education related to breast cancer	10/6/2023	55 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of risks associated with not getting an annual mammogram in honor of breast cancer awareness month
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on the importance of a mammogram to help in prevention	10/20/2023	73 people reached and 2 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of risks associated with not getting an annual mammogram in honor of breast cancer awareness month

Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on the importance of a mammogram to help in prevention	10/2/2023	74 people reached and 3 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of risks associated with not getting an annual mammogram in honor of breast cancer awareness month
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on when to call 911 should someone suffer cardiac arrest, and how to start CPR if that should happen	10/17/2023	68 people engaged and 0 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of hands-only CPR and cardiac arrest
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education regarding lung cancer screening	10/18/2023	73 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of importance of lung cancer awareness if you have risk factors for lung cancer
	Fruit of the Loom Health Fair	Healthy Recipes and Stroke Information Handouts	11/1/2023	100 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Fruit of the Loom Health Fair	Early Heart Attack Care Signatures	11/1/2023	34 signatures	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	BG26.2 Expo	Body Fat Analysis Screenings	11/1/2023	24 screenings	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

	BG26.2 Expo	Healthy Recipes Handouts	11/1/2023	400 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Goodwill	Blood Pressure Checks	11/1/2023	6 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Housing Authority	Blood Pressure Checks	11/1/2023	12 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Lawless Orthodontics	CPR Seminar	11/1/2023	17 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Adult Day Center	Healthy Holiday Eating Presentation	11/1/2023	50 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Community Action	Prediabetes/Diabetes Presentation	11/1/2023	35 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	

	Sumitomo	Meal Planning Presentation	11/1/2023	40 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Facebook Video	Information on diabetes apps that can help with managing your blood sugar, carb counting and tracking your activity	11/1/2023		MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Hotel Incorporation	Healthy Eating on a Budget Presentation	11/1/2023	5 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education regarding Ion Robot navigational bronchoscopy and how it can help to find lung cancer in airways	11/13/2023	49 people reached and 0 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of lung cancer risks and tools that MCH possesses in order to help treat lung cancer
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education regarding how smoking increase risks for lung cancer	11/15/2023	46 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on importance of quitting smoking and its relationship to decreased risk of lung cancer
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education that lung cancer is the number one cause of cancer deaths in the US and that quitting smoking is the easiest way to decrease risk	11/26/2023	64 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on importance of quitting smoking and its relationship to decreased risk of lung cancer

Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education regarding eye donation and how to register to become an organ donor	11/19/2023	77 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of importance of organ donation and how to register
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on how to quit smoking and resources related to it	11/20/2023	61 people reached and 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on how to quit smoking
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education regarding how to learn to do hands-only CPR	11/21/2023	88 people reached and 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on importance of knowing how to do hands-only CPR and when to use it
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on s/s of stroke and when to call 911	11/24/2023	95 people reached and 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Importance of knowing s/s of stroke
	Goodwill	Blood Pressure Checks	12/1/2023	8 participants	Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
	Housing Authority	Blood Pressure Checks	12/1/2023	10 participants	MCH Health and Wellness: Kentucky Heart Disease & Stroke Prevention Task Force,	
	Adult Day Center	Handwashing Presentation	12/1/2023	50 participants	Kentucky Heart Disease & Stroke Prevention Task Force, National Stroke Association	
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on s/s of a heart attack	12/3/2023	83 people reached and 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Importance of knowing s/s of heart attack
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education regarding how smoking increases risks of heart and vascular disease	12/6/2023	61 people reached a 0 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Importance of quitting smoking to decrease risks of heart and vascular disease and effects that second hand smoke has on others

Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on how many people are waiting for a heart transplant and how to register to become an organ donor	12/10/2023	88 people reached and 0 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of importance of organ donation and how to register
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on s/s of stroke and when to call 911	12/14/2023	88 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Importance of knowing s/s of stroke
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education regarding seasonal changes that can lead to Seasonal Affective Disorder and how to seek help	12/20/2023	44 people reached and 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Importance of knowing the signs/symptoms of SAD and how to get treatment
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on s/s of stroke and when to call 911	12/28/2023	126 people reached and 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Importance of knowing s/s of stroke



Chronic Disease Prevention and Management	CRSH Social Media/Facebook Post	Education post about the signs and symptoms of Stroke. Link provided with website discussing signs and symptoms of stroke	1/4/2024	75 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of signs and symptoms of stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on Radon being issued as the leading cause of lung cancer deaths according to the EPA. Link provided with further information.	1/7/2024	105 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on Radon and some symptoms to look for to protect yourself and your families.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the signs to look for when a stroke may be occurring. A link to video is provided with additional signs and symptoms.	1/9/2024	85 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
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.	CRSH Social Media/Facebook Post	Educational post on the risk factors associated with high blood pressure, stroke and heart disease. Stressed the importance of having your blood pressure checked annually. Link provided for further information.	1/10/2024	85 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided education on the importance of getting blood pressure checks assessed annually as a way for prevention of high blood pressure risk factors. Information provided on understanding blood pressure readings.

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.	CRSH Social Media/Facebook Post	Information regarding the Health and Wellness Expo with details about the various free health screenings that will be provided at the event.	1/12/2024	67 people reached 3 post engagements	MCH Health and Wellness; National Stroke Association; Kentucky Heart Disease & Stroke Prevention Task Force;	Informational post regarding details towards the annual Health and Wellness Expo.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided along with further education on the topic.	1/19/2024	96 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided for further education on stroke symptoms.	1/25/2024	75 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a heart attack. A link to an educational video on how to understand your risks to prevent a heart attack from heart.org.	1/26/2024	37 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of heart attacks and knowledge to have to help improve your health. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on the severity of high blood pressure. Statistics provided on the average amount of women in the U.S. whom are pregnant and suffer from high blood pressure.	1/27/2024	78 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Emphasized on the severity of high blood pressure and provided knowledge on the other diseases that result from not managing your blood pressure.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	National Wear Red Day- Information on Heart Disease and a link provided with further resources and information as leading into a new month.	1/29/2024	58 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided insight on February being Heart Health Month- educating on heart disease.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information spreading Heart Disease Awareness. Including ways to protect your heart health with a link provided to the National Heart, Lung, and Blood Institute.	1/31/2024	50 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided education on Heart Disease and tips to protect your heart health.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "BE FAST" is provided along with further education on the topic.	1/31/2024	61 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	National Wear Red Day- Information on Heart Disease and a link provided with further resources and information as heart disease being the leading cause of death in the U.S.	2/1/2024	57 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Provided insight on February being Heart Health Month- educating on heart disease.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Social media post including an image of CRSH staff wearing red in support of heart health. Education provided on cardiac and stroke events with helpful tips to institute lifestyle changes.	2/2/2024	225 people reached 66 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided education and tips on how to promote healthy changes into a healthier lifestyle in order to support heart health.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to become an organ donor in Kentucky through the organ donor registry. A link provided to the Red Cross to sign up for donating blood as it is also a crucial role in organ donation.	2/2/2024	64 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of the importance of the role blood donors have in the organ donation process by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on the severity of high blood pressure. Information provided on how to use a blood pressure monitor at home. Link to stroke.org for further information.	2/3/2024	28 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Emphasized on the severity of high blood pressure and provided knowledge on the other diseases that result from not managing your blood pressure.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Social media post honoring and celebrating all female healthcare providers who are devoted to caring for the healthcare needs of our community. Included a 90 seconds to better health video featuring Heart Health and Lung and Vascular Surgeon (Dr. Karen Nelson) of Med Center.	2/3/2024	43 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on Heart Health and how it contributes to Lung and Vascular health. Provided a video with links for people to seek education on the topic further.

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.	CRSH Social Media/Facebook Post	Informative post on how you can keep your blood pressure in a healthy range to reduce the risk of developing hypertension. Details the severity of high blood pressure and the leading causes of poor blood pressure control. Link attached with further information.	2/4/2024	45 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the reality of hypertension and how you can reduce the risk of obtaining this disease by regularly monitoring your blood pressure and other tips to maintain in a healthy range.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the power women have to protect their hearts and prevent heart disease. Link provided to Med Center Health website with further information on how to reduce heart-related problems.	2/6/2024	28 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided information on how to protect and prevent heart disease by learning personal risk factors and healthier lifestyle changes.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the heart truth for women. Early detection of high blood pressure and importance of getting it checked annually.	2/7/2024	41 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on the age and statistics related towards the correlation between women and high blood pressure.
Chronic Disease Prevention and Management	CRSH Social Media/Facebook Post	Education post about the signs and symptoms of Stroke. Link provided with website discussing signs and symptoms of stroke.	2/8/2024	54 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of signs and symptoms of stroke. Also educated on the statistics between women and strokes.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the heart truth for women. Early detection of high blood pressure and importance of getting it checked annually.	2/9/2024	46 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on the demographics and statistics related towards the correlation between women of ethnicity and high blood pressure.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on high blood pressure and the threat it poses on your quality of life. Link provided to stroke.org for more information.	2/10/2024	31 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on the importance of hypertension and watching for the signs over time.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on ways to manage high blood pressure. Some ways to adopt a healthier lifestyle are discussed with a link provided from stroke.org.	2/11/2024	23 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on high blood pressure lifestyle changes to decrease the risk of developing hypertension.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the heart truth for women. Early detection of high blood pressure and importance of getting it checked annually.	2/12/2024	28 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on the demographics and statistics related towards the correlation between women of color and high blood pressure.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post for National Donor Day. Details on how to "share the love" and giving the gift of life by becoming an organ, eye or tissue donor. Includes a link to the donate life KY registry to sign up.	2/14/2024	291 people reached 9 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on stroke being the number 3 cause of death among women. Statistics provided along with a link for further information.	2/15/2024	38 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on the statistics between women and stroke each year. Signs to look for to determine when medical attention is needed.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on heart-healthy lifestyle changes to adapt to control your cholesterol. Tips listed to motivate for change.	2/17/2024	55 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided education on heart healthy cholesterol levels and some tips on changing to live a healthier life.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on the severity of high blood pressure. Statistics provided on the average amount of women in the U.S. whom are pregnant and suffer from high blood pressure.	2/20/2024	40 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Emphasized on the severity of high blood pressure and provided knowledge on the other diseases that result from not managing your blood pressure.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on high blood pressure and the healthy range to stay in. Link provided for further information.	2/24/2024	30 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Emphasized on the severity of high blood pressure and educated on it being the number one preventable cause of stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding the national transplant list. Link provided to donatelife.org for people to register as a donor.	2/24/2024	61 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Colorectal Cancer Awareness Month (March). Link provided to Med Centers website for people to get in contact with general surgery to schedule a colonoscopy- which is the best way to detect colorectal cancer early.	2/26/2024	77 people reached 4 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided a resource for people to seek the first step of assistance in scheduling a colonoscopy and being early on preventing colorectal cancer.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided along with further education on the topic.	2/28/2024	152 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Colorectal Cancer Awareness Month (March). Link provided to Med Centers website for people to get in contact with general surgery to schedule a colonoscopy- which is the best way to detect colorectal cancer early. Wear Blue for Colon Cancer Awareness.	3/1/2024	45 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided a resource for people to seek the first step of assistance in scheduling a colonoscopy and being early on preventing colorectal cancer.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	CRSH photo of staff showing support for Colorectal Cancer Awareness Month by wearing blue.	3/1/2024	219 people reached 75 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided a link for further education on how early detection can save lives.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational and informative post on March also being National Kidney Month with a link provided to <a href="http://organdonor.gov">organdonor.gov</a> . Statistics are enscripted on minorities on the national transpant list that are currently waiting for a kidney.	3/4/2024	60 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided to Med Center Health's website to elaborate on how certain types of strokes can be treated.	3/8/2024	45 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.



Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on clean hand hygiene and infection prevention while in healthcare.	3/12/2024	30 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Increased awareness on the importance of hand hygiene and how easy it is to spread bacteria, germs, and infections working in a healthcare facility.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided to Med Center Health's website to elaborate on how certain types of strokes can be treated.	3/13/2024	51 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on routine screening for cancer prevention. Link provided to MCH website to further educate on Colorectal Cancer.	3/14/2024	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Increased awareness on the significance of routine screening as a prevention method for Cancer. Further education provided.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the number of women every year who become living organ donors with statistics versus men in honor of Womens History Month.	3/17/2024	48 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Provided awareness on Womens History Month, as well as highlighting some organ donation statistics to recognize women .

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information regarding registration for organ donation and being someone's lucky charm. Link provided to donatelifeky.org for people to register as an organ, eye, or tissue donor.	3/17/2024	47 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of organ donation by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Springing into action and giving the gift of life by signing up to be an organ donor. Link provided to donatelifeky.org for people to register as an organ, eye, or tissue donor.	3/17/2024	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of organ donation by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided for further education on stroke symptoms.	3/20/2024	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post in honor of National Kidney Month. Link provided with additional information and website to register as an organ donor and give the gift of life.	3/22/2024	47 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on National Kidney Month with statistical data towards minorities. Link provided to learn more on national transplant list.	3/24/2024	45 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on the National Transplant List and education on kidney transplants. Further information provided.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on routine screening for cancer prevention. Link provided to MCH website to further educate on Colorectal Cancer.	3/25/2024	43 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the significance of routine screening as a prevention method for Cancer. Further education provided.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a stroke. Manageable Stroke risk factors listed along with additional video provided for learning opportunity.	3/27/2024	59 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Living Donor Day. Statistics included from 2022 and the impact people made to give one of their kidneys or a part of their liver to someone waiting for a second chance at life. Link provided to register to be an organ, tissue or eye donor.	4/3/2024	80 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.

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.	CRSH Social Media/Facebook Post	Educational post on ways to get active. Information provided on how walking is the easiest and most cost-effective form of exercise there is that offers so many benefits. Link provided to heart.org for further information.	4/3/2024	46 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided education on the importance of exercise and how it does not have to be expensive or elaborate. Offered information on walking and other cost-effective options to improve a healthier lifestyle.
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.	CRSH Social Media/Facebook Post	World Health Day- Tips on how to eat healthy and staying active. Education on how these two concepts alone can help prevent heart disease and improve personal wellbeing. Link provided to learn more about the basics of fitness.	4/7/2024	73 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased and spread awareness on the importance of living a healthier lifestyle through exercise and eating healthy.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	#BlueGreenDay- Med Center Health, supporter of the national campaign to increase organ donor registrations. Link provided to register to become a donor as well as a date that you can show your support by wearing blue or green at work.	4/8/2024	78 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of organ donation by sharing a link to join the Kentucky Organ Donor Registry. Also providing a time to come in to show support of organ donation by wearing blue or green.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Information regarding registration for organ donation. Link provided to donatelifekey.org for people to register as an organ, eye, or tissue donor. And offer recipients a second chance at life.	4/14/2024	70 people reached	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of organ donation by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Link provided to donatelifekey.org for people to register as an organ, eye, or tissue donor.	4/28/2024	74 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on the decision to become a donor. Becoming an organ donor gives hope and light to over 100,00 people on the national transplant waiting list. Link provided to donatelifekey.org for people to register as an organ, eye, or tissue donor.	4/30/2024	73 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post with statistics from the American Stroke Association. Highlighting the importance of blood pressure checks and tips on how to keep your blood pressure in a healthy range.	5/1/2024	67 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on regularly checking blood pressure and maintaining a healthy lifestyle to prevent hypertension and stroke.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on handwashing. Highlighting on the importance of proper handwashing to prevent you and your family from getting sick and stay healthy. Link provided to the CDC site	5/5/2024	42 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on the importance of hand hygiene and how easy it is to spread bacteria, germs, and infections working in a healthcare facility.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post with statistics from the American Stroke Association. Up to 80% of strokes may be prevented by having regular medical checkups and knowing your risk factors.	5/6/2024	60 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on regularly checking in with your doctor if you have risk factors as well as making lifestyle changes to help in preventing a stroke. Link provided to stroke.org.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on Asthma. One of the most common long-term diseases of children. Link provided for further information on prevention.	5/7/2024	75 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on Asthma as one of the most common long-term diseases in children that continues on to adulthood. Highlighted on the importance of treatment and proper medication intake.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post with statistics from the American Stroke Association. Nearly half of American adults have hypertension, putting them at higher risk for stroke and heart disease. Link provided for further information	5/10/2024	74 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on regularly checking your blood pressure if you are at risk for hypertension. Further education on how to properly measure your blood pressure provided.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post regarding hands-only CPR and tutorial on how to properly use an AED. Includes a link to a video from the American Heart Association on simple steps to save a life and calling 911.	5/11/2024	65 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the proper demonstration of hands-only CPR and steps of using an AED.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on the importance of annual screening mammograms. Highlighted on the best exams for breast cancer screenings with statistics on breast cancer death rates among women.	5/11/2024	39 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Educated on the significance of annual mammogram screenings and how to prevent breast cancer early on.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post with statistics from the American Stroke Association. Nearly 1 in 4 stroke survivors will have another stroke. Steps to prevention are provided to uncover risk factors.	5/16/2024	68 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on regularly checking your blood pressure if you are at risk for hypertension. Further education on how to prevent a stroke from occurring and factors that may put you at higher risk.
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.	CRSH Social Media/Facebook Post	World Hypertension Day. Tips on how you can keep your blood pressure in a healthy range to reduce the risk of developing hypertension. Link attached with further information.	5/17/2024	65 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the reality of hypertension and how you can reduce the risk of obtaining this disease by regularly monitoring your blood pressure and other tips to maintain in a healthy range.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a heart attack. Statistics provided on how frequently someone in the United States experiences a heart attack.	5/18/2024	122 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of heart attack and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided along with further education on the topic.	5/18/2024	59 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Statistics offered from the American Stroke Association. Elaboration of the acronym "FAST" is provided along with further education on the topic.	5/19/2024	64 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as the most common signs to be aware of for stroke. Link provided for further information.



Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the increased risk of heart attack and stroke with diabetes. Information on questions to ask your doctor about diabetes and your heart. Link provided to American Heart Association.	5/20/2024	80 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of risks associated with diabetes such as heart attack or stroke. Offered further education with a link to the American Heart Association website.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the importance of sun screen and sun safe habits.	5/24/2024	61 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of sun safety and tips to practice sun safe habits.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the early stages of heart attack. Statistical information provided on symptoms and the amount of heart attacks that happen in the U.S. each year.	5/29/2024	80 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of risks associated with diabetes such as heart attack or stroke. Offered further education with a link to the American Heart Association website.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "BE FAST" is provided along with further education on the topic.	5/30/2024	66 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on how every forty seconds someone in the United States has a heart attack. Link provided to learn additional facts on heart attack and heart disease.	6/1/2024	63 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of risks associated with heart attacks and heart disease.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the risks associated with high blood pressure. Information provided from the American Heart Association on tips to keep your blood pressure in a healthy range.	6/5/2024	157 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of high blood pressure and provided tips on how to maintain a healthy range to avoid these risk factors. Link provided with further education.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the importance of sun screen and sun safe habit to prevent skin cancer.	6/8/2024	60 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of sun safety and tips to practice sun safe habits.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on June as Mens Health month. Statistics provided on mens risks to certain diseases and needs for transplants. Link provided to donatelifeky.org for organ donation.	6/9/2024	71 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Provided education on the more succetiple diseases and risks that are higher as a male. Link provided to donatelifeky.org to sign up as an organ donor.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post regarding hands-only CPR. Includes a link to a video from the American Heart Association on simple steps to save a life and calling 911.	6/11/2024	76 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the proper demonstration of hands-only CPR.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative and persuasive post on how to beat the heat and prevent heat-related illnesses. Further information attached from the CDC on the matter.	6/13/2024	88 people reached 5 post engagements	MCH Health and Wellness	Provided awareness on the risks associated with heat-related illnesses, specifically during the higher temperatures.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided to Med Center Health's website to elaborate on how certain types of strokes can be treated.	6/14/2024	46 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post highlighting on the crucial role blood donors play in organ donation. Link provided to become an organ donor in Kentucky through the organ donor registry.	6/14/2024	69 people reached 3 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of blood donation by sharing a link to join the Kentucky Organ Donor Registry.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative and persuasive post on how to beat the heat and protect others by never leaving children or pets in a parked car. Further information attached from the CDC on the matter.	6/15/2024	46 people reached 2 post engagements	MCH Health and Wellness	Provided awareness on the risks associated with leaving children or pets in a parked car, specifically during the higher temperatures.
Chronic Disease Prevention and Management	CRSH Social Media/Facebook Post	Education on when to call 911 should someone suffer cardiac arrest, and how to start CPR if that should happen as well as statistics on out-of-hospital cardiac arrest fatalities.	6/15/2024	47 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of hands-only CPR and cardiac arrest
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative and persuasive post on how to beat the heat and prevent heat-related illnesses. Further information attached from the CDC on the matter.	6/16/2024	59 people reached 2 post engagements	MCH Health and Wellness	Provided awareness on the risks associated with heat-related illnesses, specifically during the higher temperatures.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "BE FAST" is provided along with further education on the topic.	6/21/2024	43 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on how spending time outdoors can improve overall health and wellness. Also provided information on decreasing the risk of skin cancer.	6/22/2024	51 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the use of sun protection while acknowledging the benefits of being outdoors.

Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on when to call 911 should someone suffer cardiac arrest, and how to start CPR if that should happen as well as statistics on out-of-hospital cardiac arrest fatalities.	6/22/2024	47 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Increased awareness of hands-only CPR and cardiac arrest
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on how every forty seconds someone in the United States has a heart attack. Link provided to learn additional facts on heart attack and heart disease.	6/23/2024	46 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force, American Cancer Society, American Lung Association	Increased awareness of risks associated with heart attacks and heart disease.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided to Med Center Health's website to elaborate on how certain types of strokes can be treated.	6/27/2024	49 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative and persuasive post on how to beat the heat and protect others by never leaving children or pets in a parked car. Further information attached from the CDC on the matter.	6/15/2024	46 people reached 2 post engagements	MCH Health and Wellness	Provided awareness on the risks associated with leaving children or pets in a parked car, specifically during the higher temperatures.

Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on when to call 911 should someone suffer cardiac arrest, and how to start CPR if that should happen as well as statistics on out-of-hospital cardiac arrest fatalities.	6/29/2024	69 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of hands-only CPR and cardiac arrest
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post regarding what steps to take if someone around you is experiencing symptoms of a heart attack. A link to an educational video on how to understand your risks to prevent a heart attack from heart.org.	6/30/2024	86 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of heart attacks and knowledge to have to help improve your health. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.

Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Informative post on lighting up someones life by being an organ donor. Link provided to register as an organ, eye, and tissue donor at registermeky.org.	7/3/2024	57 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Increased awareness on organ donation and provided a link to register as a donor.
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education regarding how to learn to do hands-only CPR	7/5/2024	72 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Increased awareness on importance of knowing how to do hands-only CPR and when to use it
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the signs to look for when a stroke may be occurring. A link to video is provided with additional signs and symptoms.	7/6/2024	61 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force, American Cancer Society, American Lung Association	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided along with further education on the topic.	7/11/2024	72 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on the high risks associated with heat-related illnesses. Incorporates the proper questions to ask to know who is at high risk for a heat related illness. Link provided with further information on the topic.	7/13/2024	41 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prvention Task Force	Educated on the demographics of those with high risk for heat related illness and what to look for.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on Cord Blood Awareness in honor of Cord Blood Awareness Month. Provides the statistics on organ donation for babies. A link provided with further information on how to register as an organ donor or learn more on cord blood stem cells.	7/13/2024	56 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the impact and importance of cord blood stem cells through donation.
Chronic Disease Prevention and Management	CRSH Social Media/Facebook Post	Education on when to call 911 should someone suffer cardiac arrest, and how to start CPR if that should happen	7/14/2024	65 people engaged 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of hands-only CPR and cardiac arrest
Chronic Disease Prevention and Management	CRSH Social Media/Facebook Post	Education on the spanish acronym for stroke "Rapido." Information regarding identifying the symptoms of stroke, call 911, and the impact it could have on saving your life or the life of a loved one.	7/18/2024	59 people engaged 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on spanish acronym for stroke and the steps to take if encountering these symptoms.
Chronic Disease Prevention and Management	CRSH Social Media/Facebook Post	Educational post on the out-of-hospital cardiac arrest statistics in the U.S. Video provided for additional education on how to properly perform CPR and use and AED.	7/20/2024	43 people engaged 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the statistics regarding cardiac arrest outside of the hospital with additional information on how to perform CPR and use an AED.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on how every forty seconds someone in the United States has a heart attack. Link provided to learn additional facts on heart attack and heart disease.	7/21/2024	38 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of risks associated with heart attacks and heart disease.



Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "FAST" is provided along with further education on the topic.	7/25/2024	58 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post regarding hands-only CPR. Includes a link to a video from the American Heart Association on simple steps to save a life and calling 911.	7/27/2024	54 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the proper demonstration of hands-only CPR.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on routine screening for cancer prevention. Link provided to MCH website to further educate on Colorectal Cancer.	8/3/2024	55 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the significance of routine screening as a prevention method for Cancer. Further education provided.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided for further education on stroke symptoms.	8/4/2024	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on how to help save a life with certain types of strokes. Link provided with additional information and statistics at MedCenterHealth.org	8/8/2024	54 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.

Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Education on s/s of a heart attack	8/10/2024	49 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Importance of knowing s/s of heart attack
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how everyone is a universal donor for corneal eye tissue, regardless of demographics. Link provided to register as a donor	8/11/2024	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on education pertaining to demographics eligible for being a corneal eye donor.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided for further education on stroke symptoms.	8/15/2024	41 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that occurs to someone around you.
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on the out-of-hospital cardiac arrest statistics in the U.S. Video provided for additional education on how to properly perform CPR and use an AED.	8/17/2024	49 people engaged 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on the statistics regarding cardiac arrest outside of the hospital with additional information on how to perform CPR and use an AED.
Chronic Disease Prevention and Management	CRSH Social Media/ Facebook Post	Educational post on donor diversity. Including statistics on the amount of patients waiting on transplants. Link provided to become a donor	8/18/2024	29 people engaged 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness on donor diversity with additional link to register as a donor provided.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on how every forty seconds someone in the United States has a heart attack. Link provided to learn additional facts on heart attack and heart disease.	8/18/2024	39 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of risks associated with heart attacks and heart disease.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided for further education on stroke symptoms.	8/22/2024	49 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post regarding hands-only CPR. Includes a link to a video from the American Heart Association on simple steps to save a life and calling 911.	8/24/2024	62 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the proper demonstration of hands-only CPR.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "BE FAST" is provided along with further education on the topic.	8/29/2024	50 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of chronic high blood pressure and stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post regarding hands-only CPR. Includes a link to a video from the American Heart Association on simple steps to save a life and calling 911.	8/31/2024	32 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the proper demonstration of hands-only CPR.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided for further education on stroke symptoms.	9/5/2024	38 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post regarding hands-only CPR. Includes a link to a video from the American Heart Association on simple steps to save a life and calling 911.	9/7/2024	42 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Educated on the proper demonstration of hands-only CPR.
Chronic Disease Prevention and Management	CRSH Social Media/Facebook Post	Education on when to call 911 should someone suffer cardiac arrest, and how to start CPR if that should happen as well as statistics on out-of-hospital cardiac arrest fatalities.	9/11/2024	58 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of hands-only CPR and cardiac arrest
Chronic Disease Prevention and Management	CRSH Social Media/Facebook Post	Education regarding thyroid cancer screening with additional education provided through a link to Med Centers website	9/12/2024	61 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of importance of thyroid cancer awareness if you have risk factors for thyroid cancer
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym F.A.S.T. is provided along with further education on the topic.	9/12/2024	44 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on National Transplant Waiting List and Hispanic Heritage Month. Link provided to <a href="https://donatelife.ky.gov">donatelife.ky.gov</a> for people to register as an organ, eye, or tissue donor.	9/15/2024	44 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness of becoming an organ donor by sharing a link to join the Kentucky Organ Donor Registry.

Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on sepsis in honor of sepsis awareness month. Link provided to the CDC website for additional education.	9/16/2024	36 people reached 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on what sepsis is and what to look for. Additional education provided with a link to the CDC.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post on handwashing. Highlighting on the importance of proper handwashing to prevent you and your family from getting sick and stay healthy. Link provided to the CDC site	9/18/2024	45 people reached 2 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force, American Cancer Society, American Lung Association	Increased awareness on the importance of hand hygiene and how easy it is to spread bacteria, germs, and infections working in a healthcare facility.
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Educational post about the signs and symptoms of stroke. Elaboration of the acronym "BE FAST" is provided along with further education on the topic. Video linked from stroke.org.	9/19/2024	39 people reached 2 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased stroke awareness with providing information on stroke symptoms and what to pay attention to in the case you or someone you know begins experiencing signs of a stroke.
Chronic Disease Prevention and Management	CRSH Social Media/Facebook Post	Education regarding lung cancer screening	9/25/2024	53 people reached and 1 post engagement	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of importance of lung cancer awareness if you have risk factors for lung cancer
Chronic disease prevention and management	CRSH Social Media/Facebook Post	Informative post on how you can save a life by calling 911 if you notice any stroke symptoms in yourself or anyone around you. Link provided on additional signs of stroke in men and women.	9/26/2024	51 people reached 1 post engagements	MCH Health and Wellness, National Stroke Association, Kentucky Heart Disease & Stroke Prevention Task Force	Increased awareness of stroke symptoms. As well as proper warning signs and steps to be prepared for and how to respond in the event that is occurs to someone around you.