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Mission, Vision, and Values

Mission

Med Center Health/Commonwealth Regional Specialty Hospital's mission is to care for people and improve the quality of life in the communities we serve.

Vision

Med Center Health/Commonwealth Regional Specialty Hospital will be an innovative leader in healthcare delivery and outcomes.

What We Value

Quality

We are committed to providing the highest level of care and service at every opportunity.

People

People are our most valuable resource. We work together to achieve our organization's goals. We treat everyone with honor, dignity and respect.

Accountability

Each of us is responsible for managing our resources ethically and wisely.

Purpose

Purpose

The Community Health Needs Assessment has been completed for the following reasons:

- To help meet the Hospital's mission to care for people and improve the quality of life in the communities we serve;
- To comply with the Patient Protection and Affordable Care Act of 2010 and maintain the Hospital's tax-exempt status;
- To establish community health needs for the Hospital's service area, to determine areas of greatest need, and for the Hospital to develop a strategic plan to address those needs;
- To involve internal and external resources to ensure needs of individuals are met and that efforts are not duplicated; and
- To create a sustainable process for conducting a community health needs assessment that can be continued for future assessments.

Executive Summary

The Patient Protection and Affordable Care Act of 2010 includes a provision that requires every tax exempt, non-governmental hospital to:

- Conduct a Community Health Needs Assessment (CHNA) at least every three years.
- Adopt a Strategic Implementation Plan that includes how the needs identified in the assessment will be met.
- Report to the Internal Revenue Service via its 990-tax form how it is meeting its implementation plan.

The Community Health Needs Assessment Report details the process used to collect, disseminate and prioritize the information in the assessment. Commonwealth Regional Specialty Hospital used primary data obtained from a community survey in partnership with the BRIGHT Coalition and Barren River Health Department. A secondary survey to community leadership was used as well as secondary market research.

The end result of the assessment process was the development by the hospital of a strategic plan to address the major needs identified.

Organizational Description

In 2004, Commonwealth Health Corporation opened the doors of Commonwealth Regional Specialty Hospital. Commonwealth Regional Specialty Hospital offers patients in the BRADD area convenient access to experienced physicians, quality healthcare services and health information. Commonwealth Regional Specialty Hospital's purpose is to serve the needs of the patients and physicians of the greater Bowling Green area. It is a licensed Long Term Acute Care Hospital (LTACH); focused on treating complex, high acuity patients with the need for extended acute care level of care. The staff at Commonwealth Regional Specialty Hospital care for these patients with advanced clinical skills, a multidisciplinary approach, compassion and sensitivity to the needs of the patient and family. Commonwealth Regional Specialty Hospital is a "hospital-within-a-hospital" leasing space from the Medical Center at Bowling Green. It is housed on the sixth floor of the Medical Center. Commonwealth Regional Specialty Hospital operates as a separate and distinct entity with its own board of directors, medical staff, and employees. Commonwealth Regional Specialty Hospital is 1 of the 7 acute care hospitals encompassed within Med Center Health.

2022-2024 Survey Cycle Successes

The priority issues for our previous cycle included obesity/overweight and chronic disease prevention & management; specifically focusing on high blood pressure, prediabetes and diabetes. Smoking and vaping education as well as cessation were also an area of focus.

Med Center Health (MCH) offers ongoing programing to our partners that includes nutrition, eating healthy on a budget, overall health, physical activity, prediabetes & diabetes, heart health, stroke prevention, dangers of vaping/smoking & tobacco use. We also offer blood pressure and blood sugar screening.

We added a one-on-one smoking cessation program with a BREATHE certified coach. This program is open to the public and can be completed in person or via telehealth. MCH participated with other health systems around the country in National Lung Cancer Screening Day to hold lung cancer screenings on a Saturday in November 2023 and November 2024. Low dose CT scans were offered for those who met the criteria for the lung cancer screening. Patients who reported they were still smoking were provided smoking cessation information after their screening. The intent of the event was to offer the community increased access to lung cancer screening on a day most facilities are normally closed.

Currently the only diabetes support group in the Barren River area is offered by MCH in Bowling Green. In the fall of 2024, MCH Health & Wellness expanded their Diabetes Support Group to Scottsville. They will continue to try to grow the Scottsville support group in 2025.

We started gathering data at community events throughout the cycle in an effort to not only work toward our priority issues but also find out what trends we are seeing in the community related to healthcare needs. Identifying trends will help guide programming as well as identify gaps that MCH and our community partners can work to fill. We were able to determine in regards to Diabetes Self-Management Education that people are not aware of the service. Trends that were identified related to

barriers to healthcare were high costs as well as stigmatization from healthcare providers towards patients. Trends in healthcare needs include mental health, weight loss care and high deductibles were listed again. The information collected can be found on page 27

See “Activities Completed” on pages 48-57 for a full list of activities completed in the 2022-2024 cycle.

Service Area Description

The Barren River District serves 10 counties including Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson and Warren Counties.

The primary service area for Commonwealth Regional Specialty Hospital is Warren County and the contiguous counties of Allen, Barren, Butler, Edmonson, Logan and Simpson have an estimated population of approximately 282,326 per the U.S. Census as of July 1, 2023. The total population of all 10 counties in the BRADD area is 323,838. Bowling Green, Kentucky, where the corporation's major facilities are located, is the county seat of Warren County. According to the 2023 U.S. Census estimate as of July 1, 2023, Bowling Green had a population of approximately 76,212 and Warren County had an estimated population of 142,229. Warren County has increased in population by ~5.7% since 2020.

Community Demographics

Warren County, Kentucky Demographics

	Warren County	Kentucky
Population	142,229*	4,512,310*
% Below 18 Years of Age	23.10%	22.30%
% 65 and Older	13.60%	17.60%
% Non-Hispanic Black	9.50%	8.40%
% American Indian or Alaska Native	0.30%	0.30%
% Asian	5.40%	1.80%
% Native Hawaiian or Other Pacific Islander	0.70%	0.10%
% Hispanic	5.90%	4.30%
% Non-Hispanic White	76.00%	83.20%
% Not Proficient in English	3%	1%
% Female	50.50%	50.30%
% Rural	27.30%	41.30%

*Census estimates as of July 1, 2023 per [census.gov](https://www.census.gov)

Bowling Green Arrivals by Nationality: 2018 - 2022

Nationality	Total Arrivals
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Democratic Republic of the Congo	1222
Afghanistan	461
Burma	313
Cuba	182
Afghanistan	461
Burundi	20
Other	36
Grand Total	2283

Source: <https://www.kentuckyrefugees.org/refugees-in-kentucky/bowling-green/>

Social & Economic Factors	Warren County	Kentucky
High School Completion	89%	88%
Some College	66%	63%
Unemployment	3.60%	3.90%
Children in Poverty	20%	21%
Income Inequality	4.7	4.9
Children in Single-Parent Households	23%	25%
Social Associations	8.7	10.2
Injury Deaths	70	106

Health Factors	Warren County	Kentucky
Uninsured	8%	7%
Primary Care Physicians	1,520:1	1,600:1
Dentists	1,520:1	1,500:1
Mental Health Providers	300:01:00	340:01:00
Preventable Hospital Stays	2,792	3,457
Mammography Screening	44%	42%
Flu Vaccinations	47%	44%

Health Factors	Warren County	Kentucky
Adult Smoking	20%	20%
Adult Obesity	39%	41%
Food Environment Index	7.8	6.8
Physical Inactivity	27%	30%
Access to Exercise Opportunities	66%	70%
Excessive Drinking	15%	15%
Alcohol-Impaired Driving Deaths	22%	26%
Sexually Transmitted Infections	465.7	410.3
Teen Births	17	26
Food Insecurity	12%	13%
Limited Access to Healthy Foods	5%	6%
Drug Overdose Deaths (per 100,000 population)	22	43

Insufficient Sleep

38%

39%

Kentucky Data

This data was collected in the Kentucky Department for Public Health Assessment 2023:

- In 2021, 30.5% (32.3% females and 28.7% of males) of Kentucky adults reported no leisure time physical activity
- ~22.6% of Kentucky adults reported fair or poor health
- In 2021, an estimated 6.1% of Kentucky adults reported ever being told by a doctor they have coronary artery disease (U.S. median is 3.8%)
- ~13.8% of Kentucky adults reported being told by a doctor that they have diabetes (U.S. median 10.9%)
- In 2021, an estimated 40.3% of Kentucky adults were classified as being obese (U.S. median 33.9%)
- In 2021, Kentucky youth obesity was 19.6% (U.S. average 16.3%)

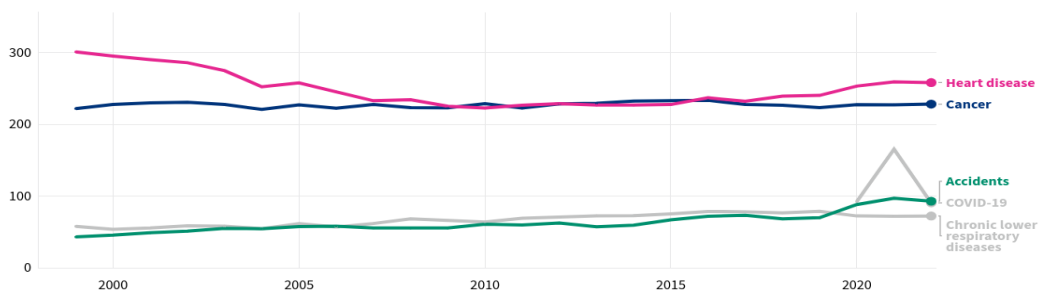
From the Kentucky Department for Public Health Assessment 2023, the Our Healthy Kentucky Home, One Year to Wellness initiative was established for 2025. This campaign is meant to engage and inspire Kentuckians to embark on a personal journey of achievable health and wellness improvement through physical activity, improved nutritional health, and decreased social isolation through targeted interventions.

Obesity, lack of physical activity, poor nutrition and smoking all contribute to chronic disease development including diabetes, hypertension and cardiovascular disease.

The leading cause of death in Kentucky is heart disease. Data from Kentucky.gov shows in 2022, heart disease deaths in Kentucky were 23.3% higher than the national average. Kentucky also has a high rate of stroke than the national average. High blood pressure, physical inactivity and obesity are the primary risk factors for heart disease and stroke.

The leading causes of death in Kentucky are consistently heart disease and cancer.

2022's top five causes of death per 100,000 people in Kentucky



Source: National Center for Health Statistics, National Center for Health Statistics

USA FACTS

According to the county health rankings, as of 2021 39% of Warren County adults have a BMI of 30 or greater indicating obesity. This is compared to 41% of Kentuckians overall and 34% of Americans who have obesity.

The American Diabetes Association reports that ~13.8% of the adult population have diagnosed diabetes with about 20,700 adults in Kentucky are diagnosed with diabetes annually.

The cost of diabetes and obesity is expensive. The American Diabetes Association estimates Americans with diabetes have 2.6 times higher medical expenses than those who do not have diabetes. And that having obesity more than doubles an individual's health care costs for care.

Tobacco use remains the leading cause of preventable death and disease in Kentucky. Kentucky still has a high percentage of cigarette smokers with the latest statistic of 20% of adult Kentuckians reporting they smoke. The national average is 15%. Per County Health Rankings, the adult smoking rate in Kentucky is trending down from 22% in 2023 and 25% in 2022. In Warren County, 20% of adults are current smokers. In the past, Warren County has fared better with less smokers than the average in Kentucky. Warren County is now in line with the state average.

In 2023, about 4.9% of high school students in Kentucky smoked cigarettes per the Truth Initiative. In 2024, the national average of youths smoking cigarettes dropped significantly with a reported 1.7% of high school students and 1.1% of middle school students per the 2024 National Youth Tobacco Survey. E-cigarettes remain the most commonly used nicotine product among U.S. youths. In Kentucky, 19.7% of high school students and 10.6% of middle school students reported using electronic vapor products. These rates have trended down since 2021.

As discussed above, most chronic diseases are preventable through lifestyle adjustments including healthy diet, physical activity and smoking cessation. Reducing preventable disease requires ongoing effort and community education by many community partners. While there is no "one size fits all" solution, there are, realistic, evidenced based steps that can be taken by most individuals and parents to reduce their overall risk as well as their families risk for chronic disease as well as to ensure a healthier community.

Process

Med Center Health continues to play an active role with the BRIGHT Coalition. The BRIGHT Coalition is a non-profit coalition made up of multiple entities serving the ten county Barren River region. The BRIGHT Coalition wants every resident in the Barren River Area Development District (BRADD) to have the best quality of life possible by ensuring a safe place to live, work, and play. Healthy individuals, families, and communities are the cornerstone of this vision. BRIGHT strives to create equal opportunities to be healthy with an emphasis on personal responsibility for health and wellness through collaboration among all stakeholders.

From the previous community health assessment, the BRIGHT Coalition had determined five areas of focus including nutrition, diabetes, substance use (including tobacco), physical activity and mental health. The current survey was designed to understand the community's strengths and barriers as well as community members' thoughts related to those five priorities.

The BRIGHT Coalition board approved to bring Dr. Lauren McClain on with Grantibly to help with survey development, dissemination and analysis of the data collected. In addition, a data committee was formed from membership within the BRIGHT Coalition to help guide the development of the survey, aid with individual interviews, focus groups, dissemination, etc.

The data committee consisted of the following BRIGHT members:

Amanda Reckard	Barren River District Health Department
Dr. Kim Link	Western Kentucky University
Dr. Susan Eagle	Western Kentucky University
Sarah Widener	Med Center Health
Annette Runyon	Med Center Health
Susan Willis	Barren River District Health Department
Olivia McGhee	Barren River District Health Department
Ashli McCarty	Barren River Health Department
Dr. Qingfang Song	Western Kentucky University
Lynn Blankenship	UK Extension Office
Dr. Lauren McClain	Grantibly

The data committee chose to use the Community Health Assessment Toolkit (<https://www.healthycommunities.org/resources/community-health-assessment-toolkit>) as a guide to executing the survey. The goal with this survey was to reach as many people and populations as possible within our communities being intentional with the data we gathered and voices we heard. We wanted to not only increase the number of surveys completed but more importantly ensure the survey responses represented the

diversity of our community. In Warren County specifically, this meant intentionally reaching out to our refugee and immigrant populations as well as the entities that are serving those populations.

The survey committee reviewed several surveys used by other health departments across the state and used some of the questions from those surveys in addition to questions determined by the data committee based on the end goal. Alchemer was used to create and administer the survey.

Methodology

The survey was created and administered in Alchemer, an online survey platform used by health departments around the country. While the Data Committee reviewed similar surveys by other health departments around the state and used some questions, most of the questions in this survey were created by Dr. Lauren McClain in consultation with the Data Committee. The goal of the survey is to learn about community members' thoughts and experiences related to the priorities of BRIGHT, namely Physical Health, Nutrition, Diabetes, Tobacco Use, Substance Use, Mental Health, and Other Community Health Needs. We focused on both community strengths and barriers to good health as well as respondents' attitudes and knowledge of certain health issues and sociodemographic background indicators. Questions were written at an 8th grade reading level. All questions were closed-ended. Data analysis was conducted in SAS and Excel.

The survey launched on August 15, 2024 and closed on November 13, 2024. The survey link was shared in a variety of ways: through the BRIGHT Coalition membership who shared it on their social media pages and with their networks, the BRIGHT social media pages, through email listservs of community nonprofits, at community events, on table tents or small flyers at Graves Gilbert and Med Center locations and at a few local businesses, as stickers on pizza boxes at Papa John's in Bowling Green, and through the local newspapers. Direct mailing invitations were sent to a random selection of 50 addresses in the 10 counties (350+ invitations) to encourage participation. Not all efforts to share the survey were successful or have unknown levels of success. We asked a number of school districts to send announcements to their families but that was not permitted. We reached out to a number of organizations specifically to increase participation of hard-to-reach groups and asked them to send the survey invitation out but we are not sure if that happened consistently.

During the survey window, Med Center Health had the survey posted as a popup on their website, displayed on Visix boards in the hospital and physician offices, had table tents in the cafeteria and posted regularly on their social media pages. The table tents were used at other events including as displays on tables at the pasta party for the

MCH 10K Classic. Flyers with a QR code were included in race packets for the MCH 10K Classic participants. The survey was also included multiple times in the MCHLife email that goes out to the entire MCH corporation weekly.

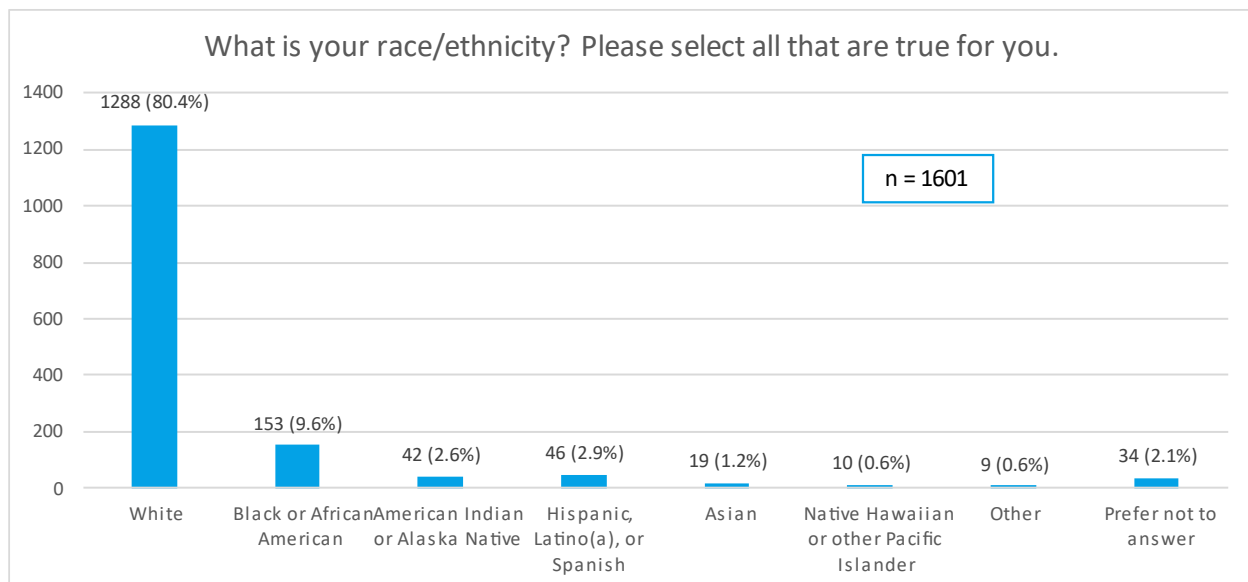
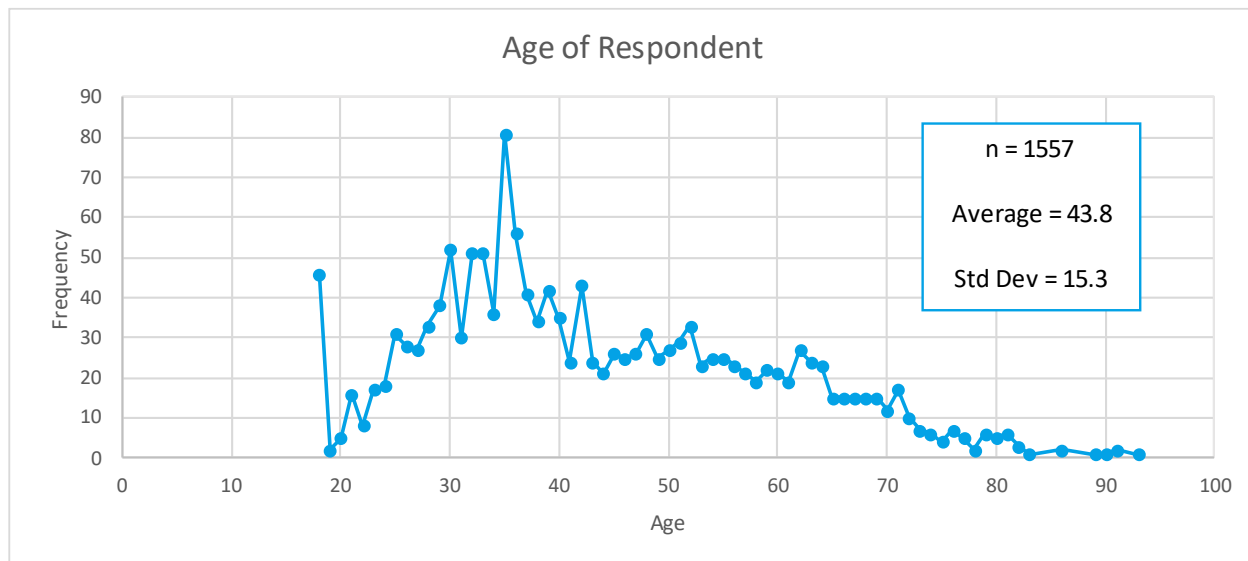
In addition to the above efforts, numerous events including industry health fairs were attended by MCH staff where the survey QR code and/or paper versions of the survey were available. The BRIGHT Coalition also attended numerous events throughout the BRADD region to distribute the survey.

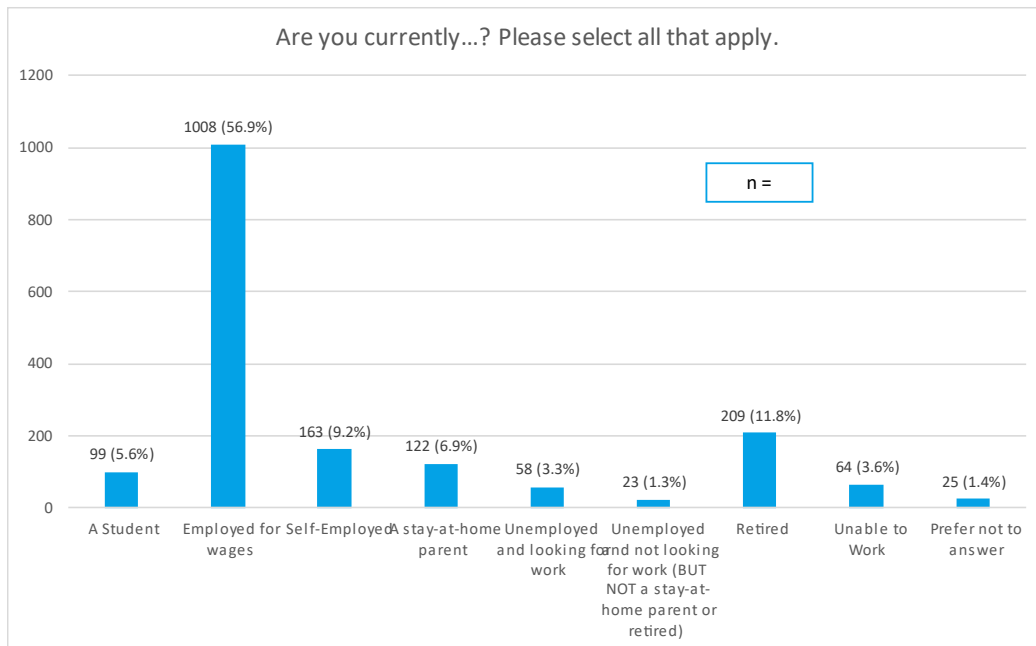
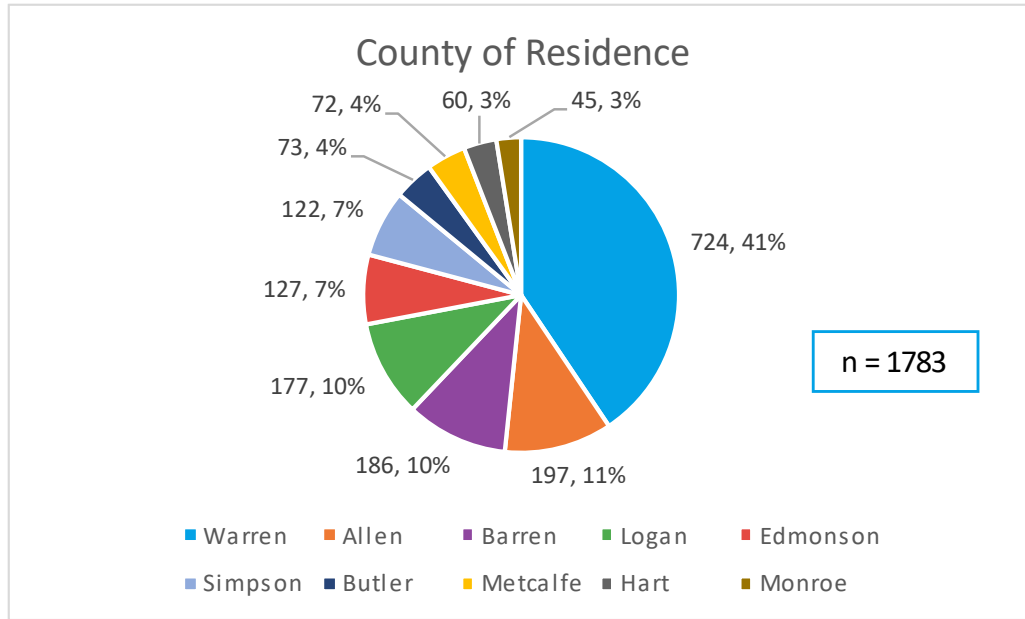
To gather more information members of the data committee conducted individual interviews with leaders from The Foundry Bowling Green and The International Center of Kentucky in addition to two Family Resource Youth Services Center directors from local schools. In addition to the interview, a focus group was held with eight participants at The International Center of Kentucky.

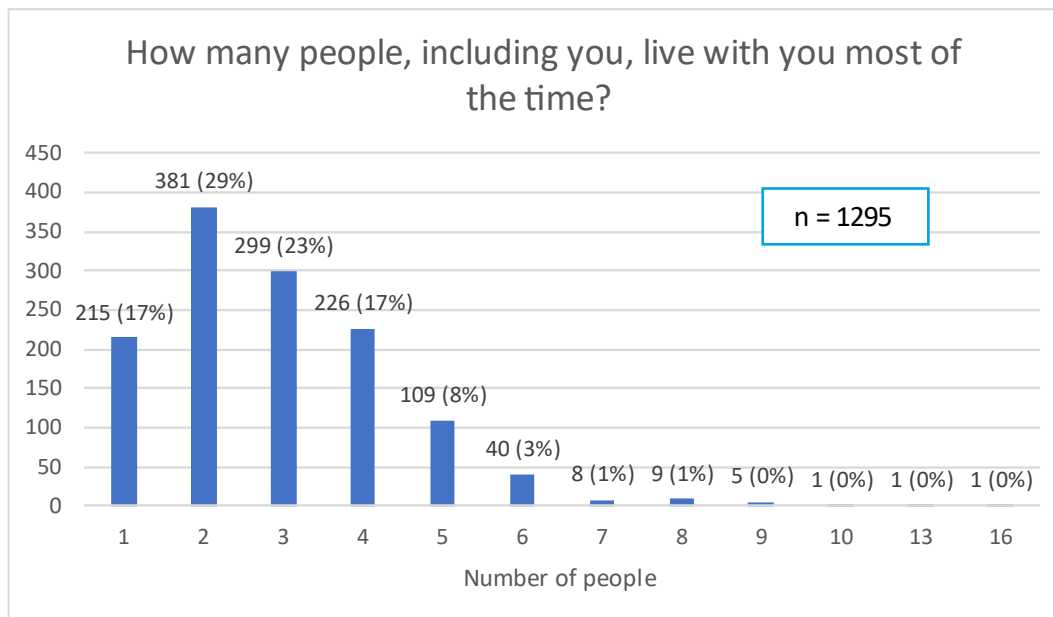
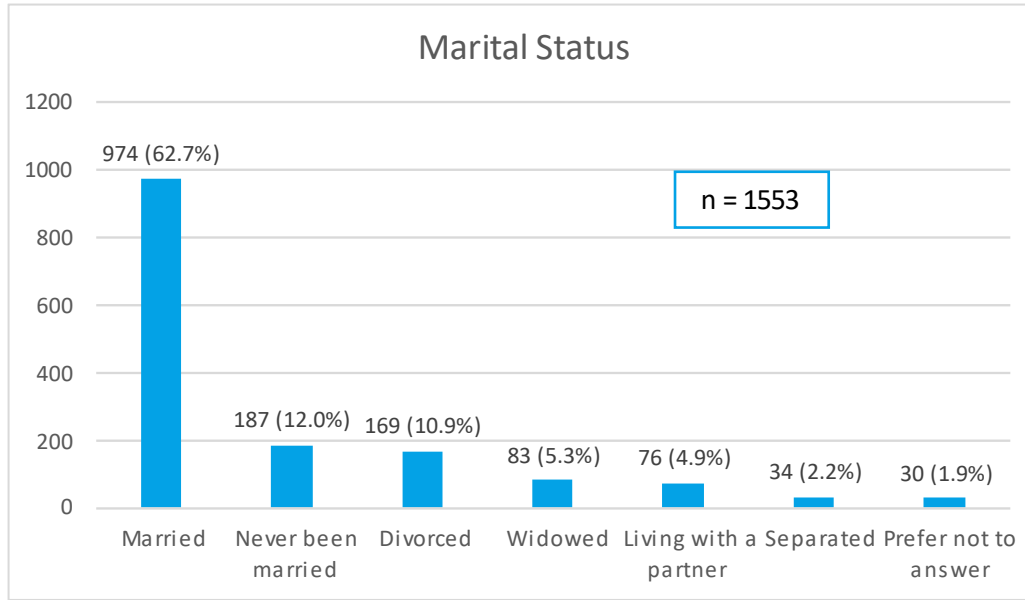
Survey Participant Demographics

A total of 1783 surveys were completed and analyzed. The average age of those completing the survey was 43 years old with 74.7% of those identifying as female and 23.3% identifying as male. Of the surveys collected, 80.4% identified their race as white, 9.6% identified their race as black or African American, 2.6% American Indian, 2.9% as Hispanic, Latino or Spanish, 1.2% as Asian and 0.6% as Native Hawaiian or other Pacific Islander.

The following graphs represent respondent demographics:

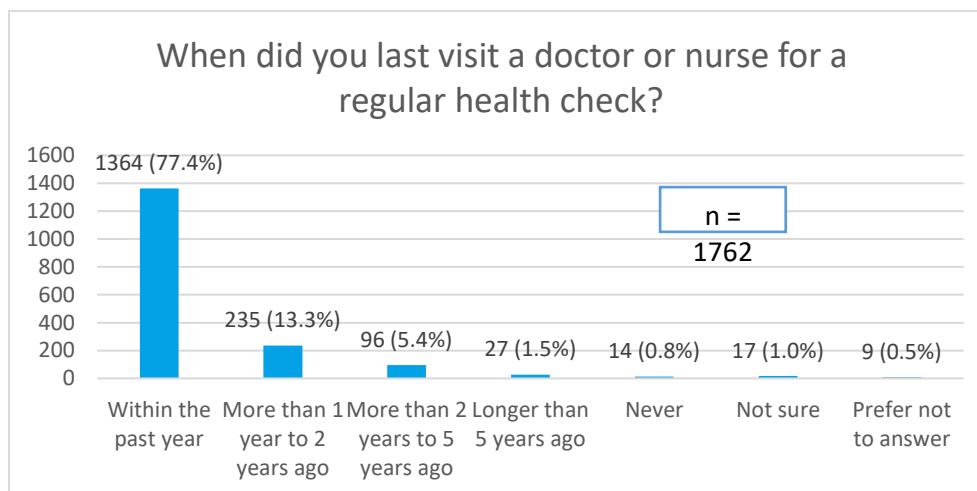
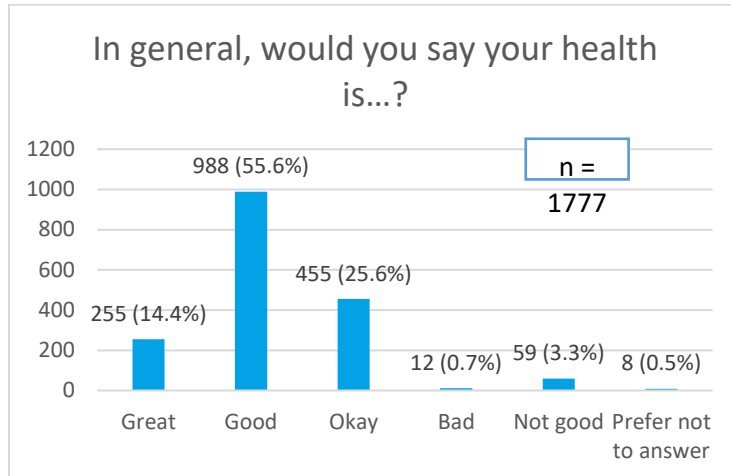


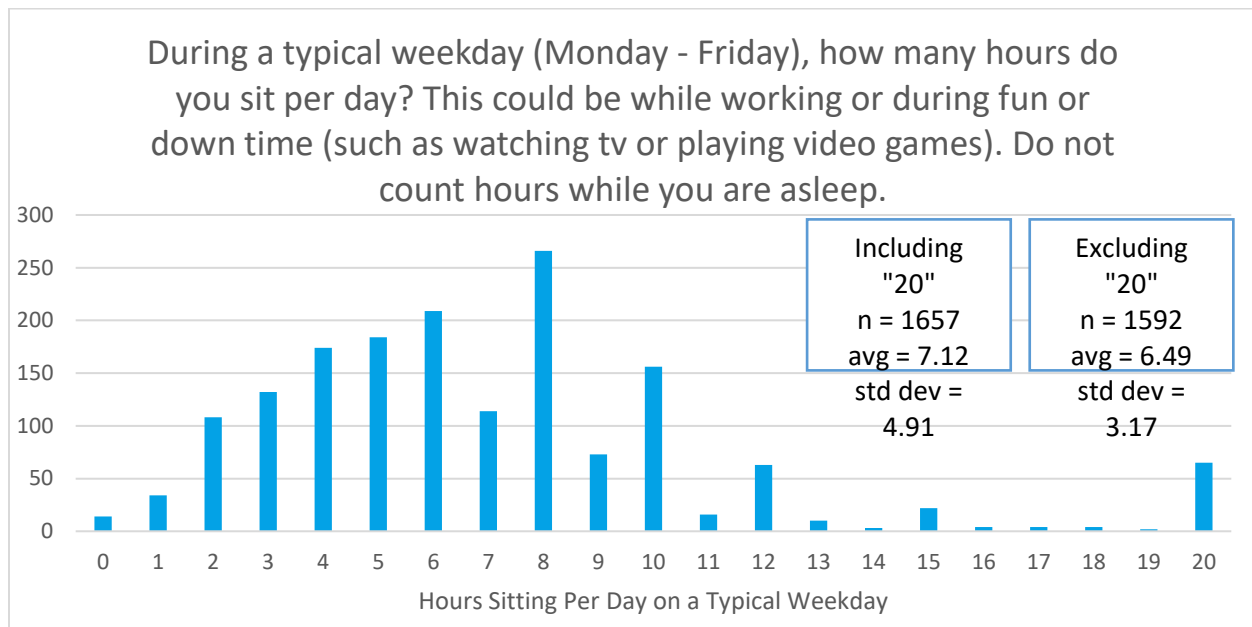
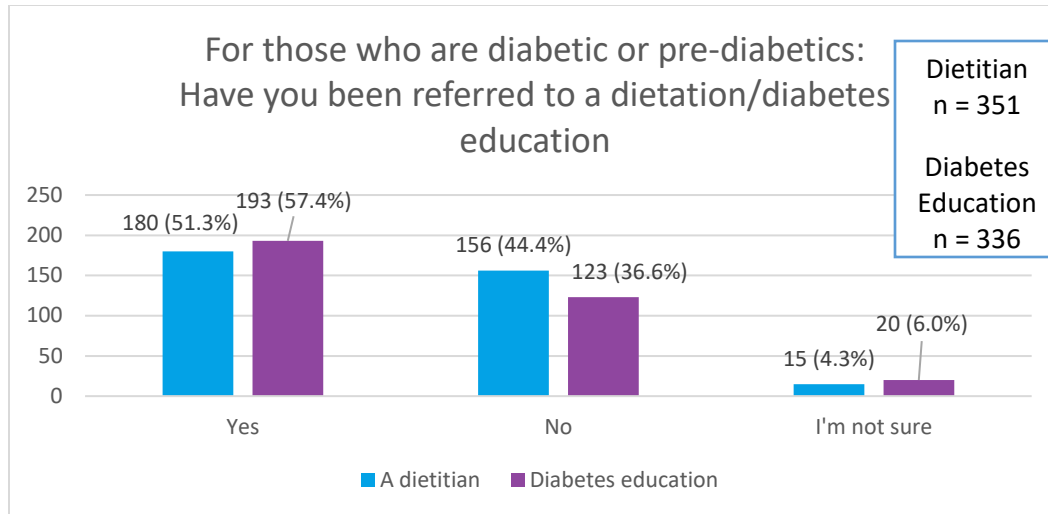


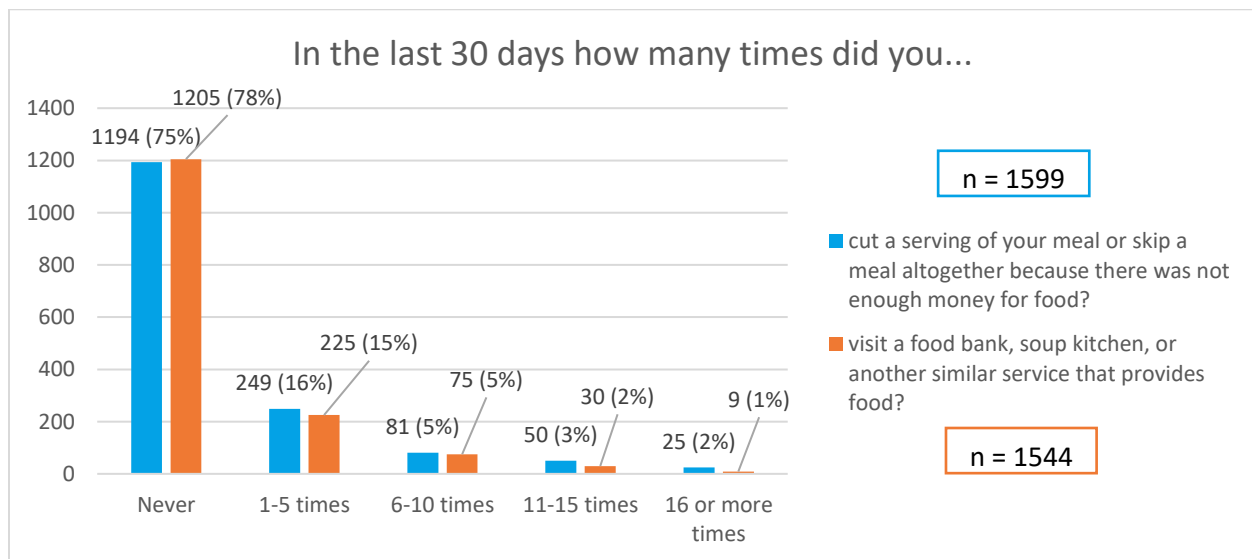
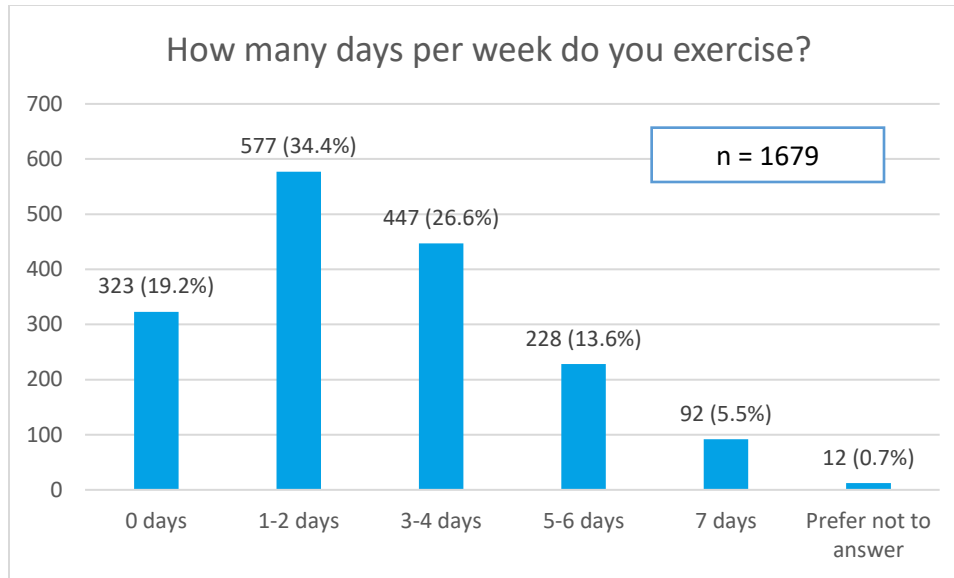


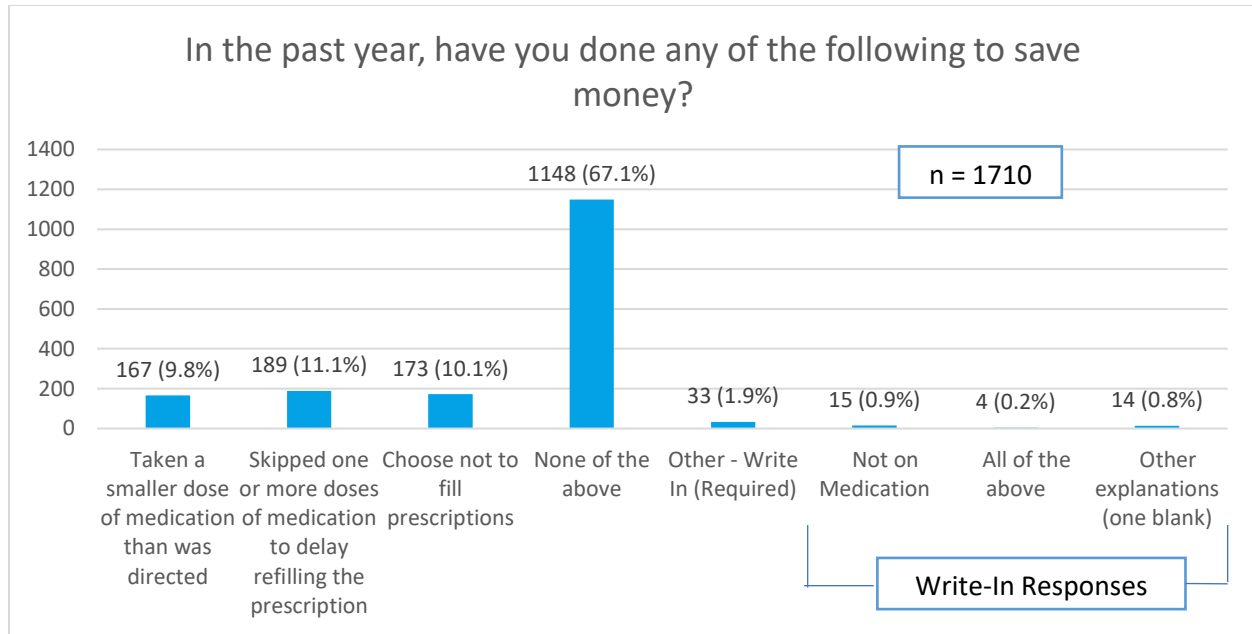
Survey Results

The following graphs and charts represent the overall responses to the survey questions.

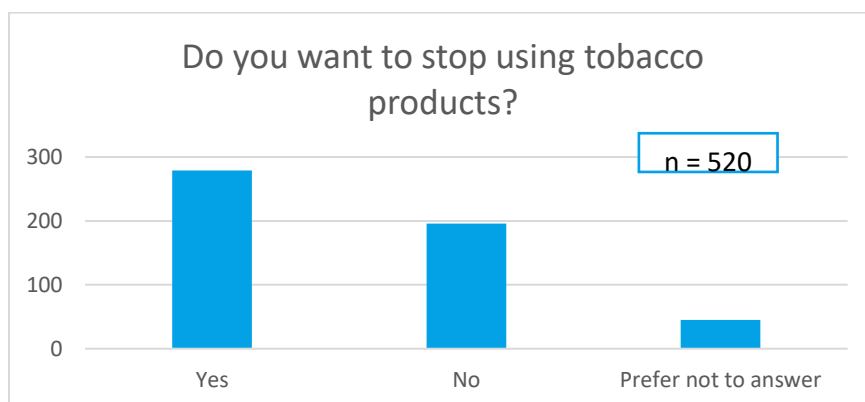


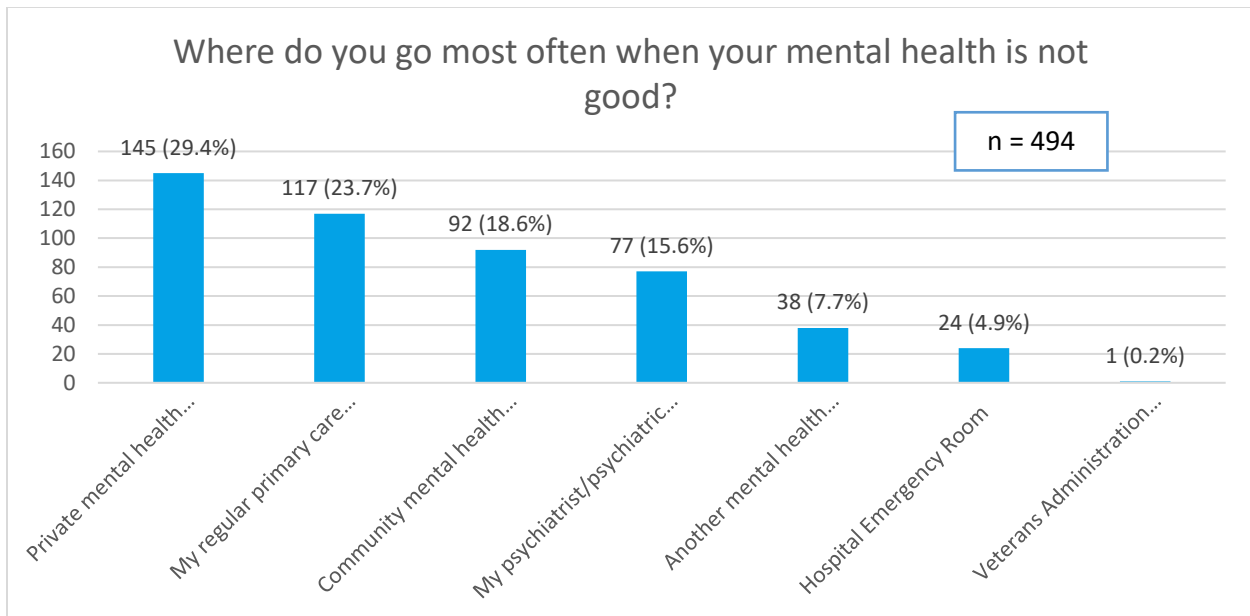
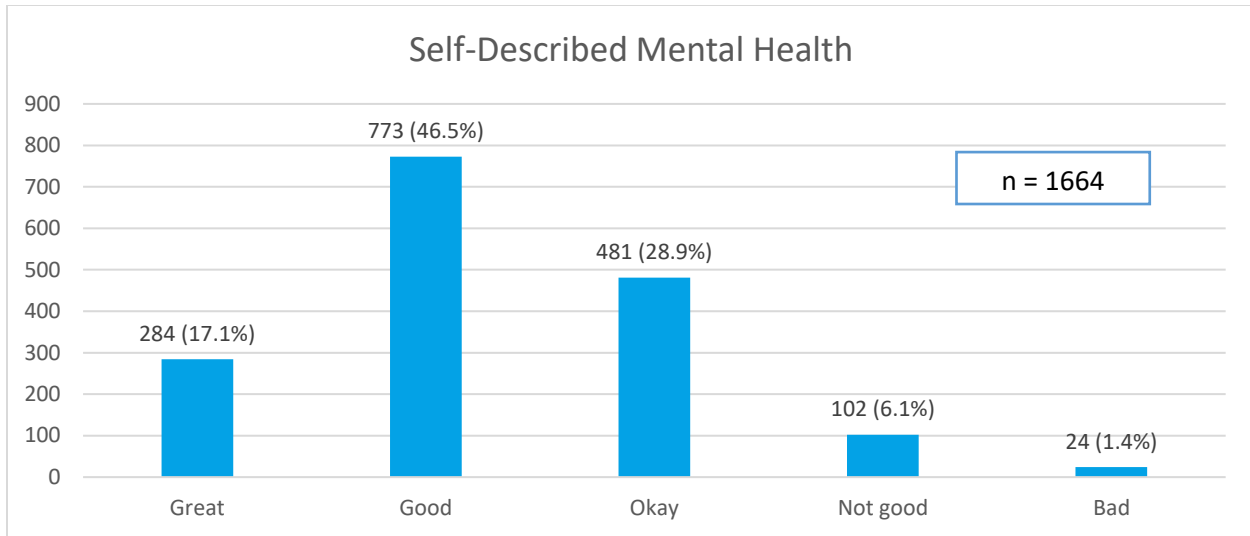






How often do you use each of the following? (Count/%)					
	Everyday	Some Days	Not at All	Prefer not to Answer	Total
Smoke cigarettes	224 (13.7%)	186 (11.4%)	1199 (73.4%)	25 (1.5%)	1634 (100%)
Use chewing tobacco or snuff	47 (2.9%)	99 (6.1%)	1453 (89.5%)	25 (1.5%)	1624 (100%)
Use e-cigarettes or other electronic vaping products	109 (6.7%)	176 (10.8%)	1318 (80.9%)	26 (1.6%)	1629 (100%)





Survey Results Specific to Warren County

Access to medical care is not the only factor of a person's health outcomes. The economic and social needs of people affect their overall health. Social drivers of health (SDOH) are the environments people are born, work, live, learn and play and these areas of life affect a person's health outcomes and quality of life.

The survey responses reflect the importance of keeping the SDOH in mind as evidenced by the top three significant issues or barriers they believe have a negative impact on health were poor eating habits, lack of exercise and lack of a livable wage.

The following three charts outline housing, financial wellbeing and insurance by county.

The chart below shows housing stability per county. Within Warren County, 90.9% of responses were stable housing.

Housing Stability by County				
County	Stable housing	Insecure housing	No housing	Total
Allen	136	30	7	173
	78.6	17.3	4.1	100%
Barren	129	27	5	161
	80.12	16.77	3.11	100%
Butler	52	8	2	62
	83.9	12.9	3.2	100%
Edmonson	88	14	9	111
	79.3	12.6	8.1	100%
Hart	36	10	6	52
	69.23	19.23	11.54	100%
Logan	133	12	3	148
	89.9	8.1	2.0	100%
Metcalfe	43	13	5	61
	70.5	21.3	8.2	100%
Monroe	27	9	5	41
	65.9	22.0	12.2	100%
Simpson	87	4	5	96
	90.6	4.2	5.2	100%
Warren	548	45	10	603
	90.9	7.5	1.7	100%
Total	1279	172	57	1508

Financial Wellbeing by County

	Living comfortably		Getting by		Finding it difficult to get by		Finding it very difficult to get by		Total	
	Count	% of County	Count	% of County	Count	% of County	Count	% of County	Count	% of Respondents
Allen	52	30.1	76	43.9	28	16.2	17	9.8	173	11.4
Barren	60	37.7	73	45.9	15	9.4	11	6.9	159	10.5
Butler	13	20.6	41	65.1	7	11.1	2	3.2	63	4.2
Edmonson	32	28.3	59	52.2	18	15.9	4	3.5	113	7.5
Hart	16	29.1	26	47.3	6	10.9	7	12.7	55	3.6
Logan	63	42.9	65	44.2	15	10.2	4	2.7	147	9.7
Metcalfe	7	11.7	40	66.7	10	16.7	3	5.0	60	4.0
Monroe	11	26.2	25	59.5	3	7.1	3	7.1	42	2.8
Simpson	31	33.3	42	45.2	15	16.1	5	5.4	93	6.2
Warren	239	39.4	270	44.5	67	11.0	31	5.1	607	40.2
Total	524	100%	717	100%	184	100%	87	100%	1512	100%

This chart shows financial wellbeing per county. In Warren County, 39.7% of respondents answered “living comfortably” while 44.5% of respondents answered “getting by” as far as their financial health.

Insurance by County

Count % of County	Insurance through an employer	Insurance through the government	Self-pay insurance	No insurance	Total
Allen	86 50	61 35.47	15 8.72	10 5.81	172 100%
Barren	75 46.01	59 36.2	12 7.36	17 10.43	163 100%
Butler	32 50	16 25	9 14.06	7 10.94	64 100%
Edmonson	44 38.6	39 34.21	16 14.04	15 13.16	114 100%
Hart	19 34.55	24 43.64	8 14.55	4 7.27	55 100%
Logan	92 60.13	48 31.37	11 7.19	2 1.31	153 100%
Metcalfe	25 41.67	23 38.33	7 11.67	5 8.33	60 100%
Monroe	21 50	15 35.71	2 4.76	4 9.52	42 100%
Simpson	46 51.69	34 38.2	4 4.49	5 5.62	89 100%
Warren	432 71.4	130 21.49	24 3.97	19 3.14	605 100%
Total	872 57.48	449 29.6	108 7.12	88 5.8	1517 100%

This chart shows respondent insurance coverage by county. In Warren County, over 70% of the responses were “insurance through an employer”. Only 3.14% of the responses were “no insurance” and 3.97% were “self-pay”. Insurance coverage in Warren County does not stand out as an issue as it may in other surrounding counties.

As outlined in the chart below, the five healthy community factors in Warren County were identified as access to healthcare, healthy behaviors and good jobs.

Top 5 Healthy Community Factors by County

County	1st Factor (% Selected)	2nd Factor (% Selected)	3rd Factor (% Selected)	4th Factor (% Selected)	5th Factor (% Selected)
Allen	Access to Healthcare (41.12%)	Healthy Behaviors (28.93%)	Strong Families (24.37%)	Good Jobs (23.35%)	Low Crime (20.81%)
Barren	Access to Healthcare (40.86%)	Healthy Behaviors (34.41%)	Strong Families (17.74%)	Good Schools (16.67%)	Low Crime (24.19%)
Butler	Access to Healthcare (32.88%)	Belonging (26.03%)	Low Crime (28.77%)	Healthy Behaviors (24.66%)	Good Jobs (23.29%)
Edmonson	Access to Healthcare (29.92%)	Good Place to Raise Kids (29.13%)	Belonging (26.77%)	Low Crime (25.98%)	Healthy Behaviors (23.62%)
Hart	Low Crime (35.0%)	Access to Healthcare (33.33%)	Healthy Behaviors (26.67%)	Strong Families (25.00%)	Good Jobs (23.33%)
Logan	Access to Healthcare (42.37%)	Healthy Behaviors (27.68%)	Belonging (27.12%)	Good Place to Raise Kids (24.29%)	Low Crime (22.60%)
Metcalfe	Access to Healthcare (41.67%)	Healthy Behaviors (33.33%)	Belonging (29.17%)	Farmers' Market (23.61%)	Affordable Housing (Tied, Clean Environment) (20.83%)
Monroe	Belonging (31.11%)	Access to Healthcare (31.11%)	Healthy Behaviors (28.89%)	Low Crime (24.44%)	Good Schools (24.44%)
Simpson	Access to Healthcare (50.00%)	Healthy Behavior (27.87%)	Low Crime (30.33%)	Good Jobs (22.95%)	Community Parks (22.13%)
Warren	Access to Healthcare (49.86%)	Healthy Behaviors (35.91%)	Good Jobs (28.18%)	Clean Environment (20.99%)	Community Parks (19.34%)

Identified Priority Areas

Key findings emphasize the importance of accessible healthcare, healthy lifestyles, and economic stability in promoting overall well-being. Critical gaps were identified in mental health services, where issues such as cost and social stigma restrict access to necessary care. Economic barriers further exacerbate difficulties in accessing essential health services, including those related to substance use and tobacco consumption.

The assessment highlights several specific areas needing attention:

1. **Mental Health Services:** High demand across counties underscores the need for affordable and comprehensive mental health care.
2. **Chronic Conditions:** High prevalence of conditions like diabetes and physical inactivity points to the need for improved physical activity options and nutritional education.
3. **Healthcare Accessibility:** Economic instability and employment-related barriers significantly hinder healthcare access. Suggestions include employer-supported health time-off and expanded service hours in rural areas.
4. **Vaccination and Preventative Health:** Despite a general acknowledgment of the importance of vaccines, skepticism persists, necessitating enhanced public education and outreach.
5. **Provider-Patient Relationships:** Concerns about discrimination in healthcare suggest a need for provider sensitivity training and community outreach to build trust.

The BRIGHT Coalition is positioned to lead collaborative efforts with local organizations, government entities, and healthcare providers to address these issues. By focusing on enhancing access to care, improving economic stability, and educating the community on health practices, the Coalition can significantly uplift public health standards and ensure equitable health outcomes for all residents in the BRADD region.

This survey asked participants to identify the top three factors they believe help people stay healthy in their community. The most frequently selected factor was access to healthcare, chosen by 43.8% (780 participants), emphasizing the importance of readily available medical services. The second most chosen factor was healthy behaviors and lifestyles, with 31.7% (565 participants) pointing to the role of diet, exercise, and other habits in maintaining health. The third most common response was good jobs and a healthy economy, selected by 23.9% (426 participants), reflecting the link between financial stability and access to health-promoting resources.

Participants were invited to identify up to three significant issues or barriers within their community that they believed had a negative impact on their health. The top five concerns highlighted by participants were poor eating habits, lack of exercise, lack of a livable wage, substance misuse, and limited access to healthcare. While additional issues were noted, these five emerged as the most pressing among respondents. Other significant challenges included homelessness or housing insecurity, limited access to healthy foods, excessive social media use and limited access to medications, underscoring the complex interplay of factors affecting community health.

5 Factors Positively Impacting Health	5 Issues or Barriers Impacting Health
Access to Healthcare	Poor Eating Habits
Healthy Behaviors and Lifestyle	Lack of Exercise
Good Jobs & a Healthy Economy	Lack of Livable Wage
Low Crime/Safe Neighborhoods	Substance Misuse
Clean Environment	Limited Access to Healthcare

As noted in the full survey results, it is unclear if the factors positively impacting health are present in the community or it is the opinion of the survey participants that these are factors that contribute to an overall healthy community.

Prioritized Areas

Taking into consideration survey responses, secondary community data and state initiatives, the following priorities will be our focus for the next cycle:

- **Obesity with an emphasis on nutrition & physical activity**
- **Tobacco Cessation**

We will focus on these areas with the goal of improving the overall health of our community members while also preventing or decreasing severity of chronic disease.

The other identified priorities including substance misuse and limited access to healthcare are initiatives MCH will continue to prioritize moving forward but will not be the focus of this plan.

Identified priorities that will not be addressed at this time:

Access to care is identified as having a positive impact on health as well as one of the top five barriers that negatively impacts health. The chart below outlines the top five barriers to health services identified specifically in Warren County.

Top Five Barriers to Health Services Warren County	
Barrier	Percent
I don't have any barriers	40.2
Costs too much for appointments, procedures, or medications	24.2
Can't get an appointment that works for my schedule	13.8
Worried the doctor won't take me seriously	9.8
Can't take time off work	9.7
Worried the doctor doesn't like caring for or treating with people like me	6.2

Med Center Health has ongoing programs to address the barriers to health services in the counties it serves. The Med Center Health Community Clinic currently operates two programs that ease the financial burden to patients in need of basic medical and dental care. The Community Clinic coordinates basic medical and referral services for eligible patients while The Dental Clinic offers a low-cost alternative for those in need of basic dental care. Basic medical services for eligible patients are provided by Medical Center Primary Care located on The Medical Center campus. Guidelines for these services are outlined on the Med Center Health website:

<https://medcenterhealth.org/location/community-clinic/>.

Through the WorkLife program, Med Center Health places registered nurses and advanced practice registered nurses in schools and industry throughout the BRADD region. The WorkLife Primary Care Program offers primary care services to meet both sick/sudden onset illnesses as well as preventive and wellness screenings.

Med Center Health is building the region's first combination urgent care and emergency department in Warren County. The goal is to alleviate pressure on the hospitals' current emergency departments and improve care response time for patients.

New providers and specialties practices are consistently being added as needs are identified to meet the health needs of the BRADD region.

The Medical Center at Bowling Green and The Medical Center at Albany were certified as Sexual Assault Nurse Examiner (SANE)-ready hospitals. The two hospitals now maintain a Sexual Assault Nurse Examiner on call at every moment. The Medical Center at Bowling Green has more than tripled its credentialed SANE nurses in the past two years, giving the hospital the capacity to provide 24/7 SANE coverage in its Emergency Department.

MCH has not only added providers to existing practices, we have added multiple physician practices including cardiology and pulmonology, urology, gastroenterology, neurology, gynecologic oncology as well as inpatient pediatric hospitalists. MCH plans to grow through recruitment of additional providers, with particular focus on primary care to meet community need as outlined in our strategic initiatives.

Med Center Health began planning investments in its entry level workforce in 2021 following the need for a more livable wage. The organization first made a multi-million dollar investment in 2021 by increasing its minimum wage from \$7.25 to \$10.50 in April 2021 and from \$10.50 to \$14.00 in November 2021. We continued investing in livable wages in 2022 with a 3% average wage increase and in 2023 by increasing our minimum wage to \$15.00. These increases were done through careful planning and analysis of regional and state livable wages, healthcare industry, and general industry market data as well as the on-going impact to the organization's recruitment and retention of entry level and support positions. Med Center Health's current minimum wage is \$15.25, and we continue to evaluate and plan for future increases to our minimum wage through an annual evaluation of the organization's compensation program.

Mental health and substance use are ongoing issues in the BRADD region. While these will not be direct priorities focused on in this community health plan, they are ongoing issues that MCH continues to address. Med Center Health has partnered with the Barren River District Health Department, Barren River Area Development District and LifeSkills to execute the Anchor Project. A regional office of Drug Control Policy will be established for the entire region. The office will serve as point guard for all projects within the region and help local decision makers maximize the use of federal, state and local dollars. A mental health crisis intake center will be established. The center will house a 24/7 triage that will be located within LifeSkills umbrella of services. The center will mitigate countless expenses in man-hours and create thousands of dollars in savings to communities experiencing substance use and mental health crisis.

Community Resources Available to Address Needs

United Way 2-1-1

Food Access, Assistance and Nutrition Education

Community Farmers Market
WIC
Delafield Market
Commodity Supplemental Food Program for seniors
Supplemental Nutrition Assistance Program
MCH Medical Nutrition Therapy
Feeding America
House on the Hill

Substance Use Assistance

LifeSkills, Inc.
Rivendell Behavioral Health Hospital
MARC
AA
Journey Pure
The Bridge to Recovery
Behavioral Health Group
Spero Health
Applegate Recovery of Bowling Green
More to Life Counseling
Stepworks of Bowling Green
NeuLife Rehabilitation

Physical Activity

Bowling Green Parks & Rec
Anytime Fitness
Workout Anytime
Total Fitness Connection
BAC
Fuel Fortress
Club Pilates
The Spot
Be Happy Yoga
Local Parks:
Covington Woods Park
Basil Griffin Park
Ephram White Park
Buchanon Park
Chuck Crume Nature Park
Lampkin Park
Preston Miller Park
Kereiakes Park
Lovers Lane Soccer Complex

Healthcare Facilities

Med Center Health
Primary Care
Urgent Care
Emergency Care
Multiple Specialties
Commonwealth Regional Specialty Hospital
Fairview Community Health Center
Graves-Gilbert Clinic
Primary Care
Urgent Care
Multiple Specialties
Greenview Regional Hospital
Rapid Relief Clinic
Valor Healthcare
Rivendell Behavioral Health Hospital

Mental Health Resources

Medical Center Psychiatry
Alliance Counseling Associates
Kentucky Psychiatry
Lake Behavioral Health Management
LifeSkills, Inc
The Bridge to Recovery
Fuller Life Counseling
Insight Psychiatry
Lighthouse Counseling
Cultivate Behavioral Health & Education
Onyx Regent Health & Wellness
Oak Haven Psychiatry

COMMONWEALTH REGIONAL SPECIALTY HOSPITAL IMPLEMENTATION STRATEGIES FOR ADDRESSING COMMUNITY HEALTH NEEDS 2025-2027

Through the research and recommendations from the Community Health Needs Assessment and hospital staff, administration and Board of Directors, the following strategies will guide The Medical Center leadership in addressing our community's health needs over the next three years.

Partnerships with Key Community Health Providers & Organizations

Key Partners:

- National Stroke Association
- Kentucky Heart Disease and Stroke Prevention Task Force
- American Lung Association
- American Heart Association
- UK Markey Cancer Center
- Norton Healthcare & UK Healthcare Stoke Care Network
- Barren River District Health Department
- Fairview Community Health Center
- American Cancer Society- Warren Co. Chapter
- Kentucky Cancer Program
- International Center
- HOTEL INC
- Western Kentucky University
- Warren County Schools/Bowling Green Independent City Schools
- WBKO
- UK Extension Office
- LifeSkills, Inc.
- Goodwill, Inc.
- Warren County Public Library
- Bowling Green City Parks & Recreation
- Housing Authority of Bowling Green
- The Foundry
- Drug Free Warren County
- KY Steps
- Council for Tobacco Treatment Training Programs for the Breathe Program

Implementation Strategies

Identified Priority: Obesity with a focus on nutrition & physical activity

Partners:

- International Center
- HOTEL INC
- Western Kentucky University
- Warren County Schools/Bowling Green Independent City Schools
- UK Extension Office
- Goodwill, Inc.
- Warren County Public Library
- Bowling Green City Parks & Recreation
- Housing Authority of Bowling Green
- The Foundry
- KY Steps
- Barren River Adult Day Center
- BRIGHT Coalition
- WIC Program

Goals:

Reduce the prevalence of obesity as well as the burden obesity presents on a person's health through promotion of realistic, evidenced based nutrition and physical activity strategies.

Plan:

1. Provide nutrition education to community partners including the housing authority, The Foundry and HOTEL INC with realistic strategies accommodating a range of income levels.
2. Continue to offer Medical Nutrition Therapy to the community.
3. Ensure patient plans for Medical Nutrition Therapy and Diabetes Self-Management Education include physical activity goals.
4. Promote physical activity through our Diabetes Support Group by starting the first 10 minutes of each group with an inclusive physical activity.
5. Provide free classes to the community onsite or in the community as requested to promote nutrition & physical activity.
6. Provide resources of where to purchase healthy affordable food options to the community including the Delafield Co-op, The Community Farmer's Market, SNAP benefits and senior nutrition programs.

7. Develop resources for the public that include healthy, inexpensive meal options using whole foods.
8. Promote initiation of or ongoing physical activity with the Med Center Health 10K Classic that includes walking or running options for the community.
9. Ensure healthy weight loss and maintenance with a goal of long-term health improvement with individualize plans and goals for persons using a variety of weight loss tools including medications and surgical weight loss through medical nutrition therapy.
10. Utilize Morrison's "Teaching Kitchen" in the community to present hands-on, easy, affordable meal preparation.

Identified Priority: Tobacco and Vape Use

Partners:

- American Cancer Society
- American Lung Association
- Warren County Schools/Bowling Green Independent City Schools
- Drug Free Warren County
- Barren River District Health Department
- Council for Tobacco Treatment Training Programs for the Breathe Program
- BRIGHT Coalition

Goal:

- Provide information at community health fairs outlining the dangers of smoking and vaping as well as resources for cessation.
- Provide education to schools.

Plan:

1. Offer one on one smoking cessation counseling.
2. Educate students and parents on the dangers of e-cigarettes.
3. Provide resources available to aid with cessation.

Communication Plan

Med Center Health will publish the Community Health Needs Assessment inclusive of the survey results and strategic plan on its website and make hard copies available to the public upon request. In addition, the results will be added in the hospital's annual IRS tax form 990 submission.

FULL BRIGHT SURVEY

Community Health Needs Assessment

1) Which county do you live in? *

- ☐ Allen
☐ Barren
☐ Butler
☐ Edmonson
☐ Hart
☐ Logan
☐ Metcalfe
☐ Monroe
☐ Simpson
☐ Warren
☐ Another county or state - **Please do not complete the survey if you live in another county or state**

2) What is the ZIP code where you live (or where you most often stay)?

3) What helps people stay healthy in your community? **Pick the top 3.**

- ☐ Good place to raise children
☐ Low crime / safe neighborhoods
☐ Good schools
☐ Access to health care (e.g., family doctor)
☐ Parks and recreation
☐ Clean environment
☐ Affordable housing
☐ Arts and cultural events
☐ Inclusive community (in other words, people are accepted for who they are)
☐ Good jobs and healthy economy
☐ Strong family life
☐ Healthy behaviors and lifestyles
☐ Farmer's markets
☐ Local leaders (such as government or school leaders) who prioritize health
☐ Sense of community belonging (for example: religious participation, welcoming community events and places)
☐ Other - Write In (Required):
- _____

☐ Prefer not to answer

4) Where do you usually get information about staying healthy? **Check all the places you use.**

- ☐ Healthcare provider

- ☐ Public health officials (such as your local health department or the CDC)
☐ Friends/family
☐ Social media (such as TikTok, Facebook, Instagram, YouTube)
☐ Internet sources other than social media (sources such as Google or WebMD)
☐ Television (news programs)
☐ Radio
☐ Community Events (such as health fairs or events for particular health concerns)
☐ Other - Write In (Required):

5) In general, would you say your health is...?*

- ☐ Great
☐ Good
☐ Okay
☐ Not good
☐ Bad
☐ Prefer not to answer

6) In the last month, how many days did being sick, ill, or hurt stop you from your usual activities like taking care of yourself, working, or having fun?*

7) When did you last visit a doctor or nurse for a regular health check?*

- ☐ Within the past year – **Skip to # 9**
☐ More than 1 year to 2 years ago
☐ More than 2 years to 5 years ago
☐ Longer than 5 years ago
☐ Never
☐ Not sure
☐ Prefer not to answer

8) If you haven't seen a doctor in the last year, why not? **Check all the reasons.**

- ☐ Cost of the visit
☐ Transportation
☐ Unable to take time off work
☐ Cost of the treatment
☐ Don't have health insurance
☐ Lack of child care
☐ Lack of available doctors
☐ Could not find a doctor that accepts my insurance
☐ I don't like or trust doctors
☐ Other - Write In (Required):
- _____

9) Do you have diabetes?*

- ☐ Yes, I am diabetic
☐ I am pre-diabetic
☐ No, I am not diabetic - Skip to #11
☐ I do not know - Skip to #11
☐ Prefer not to answer - Skip to #11

10) Have you been referred to

	Yes	No	I'm not sure
a dietitian (someone who helps you learn what foods to eat and what foods to avoid)			
diabetes education (to help you learn more about your condition and how to care for yourself)			

11) In the past year, have you done any of the following to save money?

- ☐ Skipped one or more doses of medication to delay refilling the prescription
☐ Choose not to fill prescriptions
☐ Taken a smaller dose of medication than was directed
☐ Other – Write In (Required):

☐ None of the above

12) In the last year, was there anything you or your family needed but couldn't get? **Check all the boxes that apply.***

- ☐ Addiction Services
☐ Mental health care services
☐ Child Care
☐ Clothing
☐ Domestic Violence Assistance
☐ Elder Care
☐ Employment
☐ Food
☐ Health Care
☐ Housing

- ☐ Adult educational services
☐ Transportation
☐ Utilities
☐ None of the above
☐ Other - Write In (Required):

☐ Prefer not to answer

13) What makes it hard for you to get health services? **Check any problems you face. ***

- ☐ I don't have any barriers
☐ Costs too much for appointments, procedures, or medications
☐ I don't have a car or can't afford gas for my car/truck
☐ Don't have someone to give me a ride
☐ Can't take time off work
☐ Disability (mental/physical)
☐ Worried the doctor won't take me seriously
☐ Worried the doctor doesn't like caring for or treating with people like me
☐ Don't know where to obtain services
☐ Can't get an appointment that works for my schedule
☐ No doctors available
☐ I don't have insurance
☐ Don't have child care
☐ Language barriers
☐ Other - Write In (Required):

☐ Prefer not to answer

14) During a typical weekday (Monday - Friday), how many hours do you sit per day? This could be while working or during fun or down time (such as watching tv or playing video games). Do not count hours while you are asleep.*

15) How many hours do you sleep on a normal week night? *

16) How many **days per week** do you exercise? This could include walking, running, riding a bike, lifting weights, doing yoga or Pilates, playing a sport, or any other activity that you do to work out your body. Do NOT include physical activity that is part of your job. *

- ☐ 0 days
☐ 1-2 days
☐ 3-4 days
☐ 5-6 days
☐ 7 days

☐ Prefer not to answer

17) On days you exercise, how many minutes per day do you usually exercise for?

18) How would you describe your overall mental health?*

☐ Great

☐ Good

☐ Okay

☐ Not good

☐ Bad

19) Now thinking about your mental health, which includes stress, depression, and problems with emotions, how many days during the past 30 days was your mental health **not** good?*

20) People can get counseling, treatment, or medicine for many different reasons, such as:
For feeling depressed, anxious, or “stressed out”
Personal problems (like when a loved one dies or when there are problems at work)
Family problems (like marriage problems or when parents and children have trouble getting along)
Needing help with drug or alcohol use
For mental or emotional illness

In the last 12 months, did you get counseling, treatment, or medicine for any of these reasons?*

☐ Yes – **Skip to #23**

☐ No – **Continue to #21 & #22 but skip #23**

☐ Prefer not to answer

21) In the last 12 months, did you **want to** get counseling, treatment, or medicine but were unable to?

☐ Yes, I wanted to but couldn't

☐ No, I did not want counseling, treatment, or medicine

22) What stops you from getting mental health services when you need them? **Check all that apply.**

☐ I am ashamed or uncomfortable talking about personal issues

☐ I do not have internet access to find a provider

☐ I can't get in to see a mental health provider

☐ Don't have a ride or a way to get there

☐ Language/cultural

☐ The times they are open do not work with my schedule

☐ I don't have insurance

☐ I have insurance but it doesn't cover mental health

☐ Services cost too much

☐ Tried before, it didn't work

☐ Tried before, takes too long to get an appointment

☐ Other - Write In (Required):

23) Where do you go most often when your mental health is not good?

☐ Community mental health center (ex: LifeSkills)

☐ Private mental health practice (ex: a therapist with their own place or with a small group of other therapists)

☐ My psychiatrist/psychiatric nurse practitioner

☐ Hospital Emergency Room

☐ My regular primary care doctor

☐ Veterans Administration Hospital (VA)

☐ Another mental health service (please specify): _____

24) How often do you feel lonely or like you are by yourself?

☐ Always

☐ A lot

☐ Often

☐ Sometimes

☐ Never

25) How often do you use each of the following?*

	Every day	Some days
Smoke cigarettes		
Use chewing tobacco or snuff		
Use e-cigarettes or other electronic vaping products		

If you use any cigarettes, chewing tobacco, snuff, e-cigarettes, or other electronic vaping products, please answer #26. If not, please skip to #27

26) Do you want to stop using tobacco products?*

☐ Yes

☐ No

☐ Prefer not to answer

27) Which of the following options for quitting smoking are available in your community? Check all that apply.

- ☐ Nicotine patch
 - ☐ Nicotine gum or lozenges
 - ☐ Prescription medication
 - ☐ Counseling, support groups, or help line
 - ☐ Switching to electronic or e-cigarettes (vaping)
 - ☐ Cold turkey or stopping without any other substitute or intervention
 - ☐ Other - Write In (Required):
-

28) During the past 30 days, how many days per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

29) Have you ever felt you should cut down on your drinking?

- ☐ Yes
- ☐ No

30) In the last 30 days how many times did you... cut a serving of your meal or skip a meal altogether because there was not enough money for food?

- ☐ Never
 - ☐ 1-5 times
 - ☐ 6-10 times
 - ☐ 11-15 times
 - ☐ 16 or more times
- visit a food bank, soup kitchen, or another similar service that provides food?
- ☐ Never
 - ☐ 1-5 times
 - ☐ 6-10 times
 - ☐ 11-15 times
 - ☐ 16 or more times

31) Which of the following caregiving responsibilities do you have on a regular basis? **Check all the boxes that are true for you.***

- ☐ One or more children under age 5
- ☐ One or more children between the ages of 5 and 11
- ☐ One or more children between the ages of 12 and 18

☐ One or more family members (including children) with disabilities

☐ One or more family members (including children) with significant health care issues

☐ Aging parents who live with me

☐ Aging parents who do not live with me but who I care for regularly

☐ Other - Write In (Required):

☐ I do not have caregiving responsibilities

If you do not have caregiving responsibilities, skip to #33.

32) Have you had difficulties with any of the following? **Check all the boxes that are true for you.**

- ☐ Finding childcare options
 - ☐ The cost of childcare
 - ☐ Finding preschools
 - ☐ The availability of preschool spots
 - ☐ Afterschool care for children
 - ☐ Finding doctors for those I care for
 - ☐ Affording health care costs for those I care for
 - ☐ Finding someone to help care for aging parents
 - ☐ Difficulty affording help to care for aging parents
 - ☐ Finding support for disabled family member
 - ☐ My own mental health or stress for providing care
 - ☐ I don't have time for myself due to caregiving responsibilities
 - ☐ I do not have caregiving difficulties
 - ☐ Other - Write In (Required):
-

33) To what extent do you agree or disagree with the following statement:

The community has adequate mental health services for people who need them.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neither Agree nor Disagree
- ☐ Agree
- ☐ Strongly Agree

34) To what extent do you agree or disagree with the following statement:

All income groups have access to mental health services.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neither Agree nor Disagree
- ☐ Agree
- ☐ Strongly Agree

35) Overall, what are the **top three** mental health needs in the community that should be addressed? *

- ☐ Addressing the stigmatization of those with mental health issues
- ☐ Affordable health insurance that includes mental health care
- ☐ Affordable mental health services
- ☐ Affordable prescriptions
- ☐ Availability of transportation to mental health services
- ☐ Care for Caregivers
- ☐ Children's mental health services
- ☐ High quality mental health services
- ☐ More mental health education
- ☐ More number of mental health care providers
- ☐ Substance abuse prevention/treatment
- ☐ Suicide prevention
- ☐ Another mental health need (please specify)::

☐ I don't know

36) In your opinion, what are the **issues in our community** that have the greatest **negative** impact on our health? **Please select the top 3.**

- ☐ Limited access to healthcare
- ☐ Limited access to medications
- ☐ Not getting vaccines
- ☐ Limited access to healthy foods
- ☐ Poor eating habits
- ☐ Lack of exercise
- ☐ Lack of a livable wage
- ☐ Homelessness or housing insecurity
- ☐ Distracted driving
- ☐ Not using seat belts/child safety seats
- ☐ Dropping out of school
- ☐ Excessive social media use
- ☐ Bullying
- ☐ Substance misuse (for example, alcohol, opioids, meth)
- ☐ Tobacco use
- ☐ E-cigarette use (vaping, JUULS)
- ☐ Racism
- ☐ Child abuse or neglect
- ☐ Adult or senior abuse or neglect
- ☐ Domestic violence/intimate partner violence
- ☐ Community violence
- ☐ Unsafe sex
- ☐ Human trafficking
- ☐ Rape/sexual assault

☐ Other - Write In (Required):

37) What help is available in your community for people who want to stop using drugs or drinking too much alcohol? (Check all that apply)

- ☐ Talking to a counselor or therapist
- ☐ Going to a place where they help you stop (rehabilitation or treatment centers)
- ☐ Meeting groups where people support each other (ex: Alcoholics Anonymous, Narcotics Anonymous)
- ☐ Learning programs about not using drugs or drinking
- ☐ Doctors who help with stopping
- ☐ Programs for exchanging used needles safely
- ☐ Help with laws and rules about using drugs (legal aid services related to substance use)
- ☐ Outreach and community support services
- ☐ None that I am aware of
- ☐ Other - Write In (Required):

☐ I don't know

38) To what extent do you agree with the following statement: "Vaccines are important for the health of the community."*

- ☐ Strongly disagree
- ☐ Disagree
- ☐ Neither agree nor disagree
- ☐ Agree
- ☐ Strongly agree
- ☐ Prefer not to answer

39) For each vaccine below, please select the statement that is true for you.

Flu shot

- ☐ I have gotten this shot – Skip #40
- ☐ I have not gotten this shot – Got to # 40
- ☐ I don't know if I've gotten this shot – Skip #40

40) Why didn't you get **the flu shot**?

- ☐ I didn't know where to go to get it
- ☐ The times to get it didn't work with my schedule
- ☐ I couldn't afford it
- ☐ I did not have transportation to get it
- ☐ I didn't know I needed it or I don't know what it is
- ☐ I wanted it but it wasn't available
- ☐ I was concerned about the risk
- ☐ I don't want to get it
- ☐ Other - Write In (Required):

TDAP (tetanus, diphtheria, pertussis)

- ☐ I have gotten this shot – Skip #41
☐ I have not gotten this shot – Got to # 41
☐ I don't know if I've gotten this shot – Skip #41

41) Why didn't you get **the TDAP shot**?

- ☐ I didn't know where to go to get it
☐ The times to get it didn't work with my schedule
☐ I couldn't afford it
☐ I did not have transportation to get it
☐ I didn't know I needed it or I don't know what it is
☐ I wanted it but it wasn't available
☐ I was concerned about the risk
☐ I don't want to get it
☐ Other - Write In (Required):
-

COVID-19 Vaccine

- ☐ I have gotten this shot – Skip #42
☐ I have not gotten this shot – Got to # 42
☐ I don't know if I've gotten this shot – Skip #42

42) Why didn't you get **the COVID-19 vaccine**?

- ☐ I didn't know where to go to get it
☐ The times to get it didn't work with my schedule
☐ I couldn't afford it
☐ I did not have transportation to get it
☐ I didn't know I needed it or I don't know what it is
☐ I wanted it but it wasn't available
☐ I was concerned about the risk
☐ I don't want to get it
☐ Other - Write In (Required):
-

COVID-19 Boosters

- ☐ I have gotten this shot – Skip #43
☐ I have not gotten this shot – Got to # 43
☐ I don't know if I've gotten this shot – Skip #43

43) Why didn't you get **the COVID-19 booster**?

- ☐ I didn't know where to go to get it
☐ The times to get it didn't work with my schedule
☐ I couldn't afford it
☐ I did not have transportation to get it
☐ I didn't know I needed it or I don't know what it is
☐ I wanted it but it wasn't available
☐ I was concerned about the risk
☐ I don't want to get it
☐ Other - Write In (Required):
-

44) What kind of health care insurance do you currently have?*

- ☐ Health insurance through an employer (my own, my spouse's, or my parents)
☐ Health insurance through the government (such as Medicare, Medicaid, or Indian Health Service)
☐ Health insurance I or my spouse pays for on my/our own (such as Cobra or a health plan on the state or federal marketplace such as KYNECT)
☐ I do not have health insurance
☐ Not sure
☐ Prefer not to answer

45) What is your age*

46) Are you...?*

- ☐ Female
☐ Male
☐ Trans female/Transwoman
☐ Trans male/Transman
☐ Genderqueer/Gender nonconforming
☐ I prefer to describe my identity as... (write in):
-

☐ Prefer not to answer

47) Do you think of yourself as...?*

- ☐ Straight or heterosexual
☐ Lesbian, gay, or homosexual
☐ Bisexual
☐ Another identity (please specify):
-

☐ Not sure

☐ Prefer not to answer

48) What is your race/ethnicity? **Please select all that are true for you.***

- ☐ White
☐ Black or African American
☐ American Indian or Alaska Native
☐ Hispanic, Latino(a), or Spanish
☐ Asian
☐ Native Hawaiian or other Pacific Islander
☐ Other - Write In (Required):
-

☐ Prefer not to answer

49) What is your marital status?*

- ☐ Married
☐ Divorced
☐ Widowed
☐ Separated
☐ Never been married
☐ Living with a partner

☐ Prefer not to answer

50) What is the highest grade or year of school you completed?*

- ☐ Never attended school or only attended kindergarten
☐ Grades 1 through 8 (Elementary)
☐ Grades 9 through 11 (Some high school)
☐ High school graduate
☐ GED or alternative high school credential
☐ Some college credit but no degree
☐ Associates degree
☐ Bachelor's degree (for example, BA, BS)
☐ Master's degree (for example, MA, MS, MBA)
☐ Professional or doctoral degree (for example, MD, JD, PhD)
☐ Prefer not to answer

51) Are you currently...? **Please select all that apply.***

- ☐ A Student
☐ Employed for wages
☐ Self-Employed
☐ A stay-at-home parent
☐ Unemployed and looking for work
☐ Unemployed and not looking for work (BUT NOT a stay-at-home parent or retired)
☐ Retired
☐ Unable to Work
☐ Prefer not to answer

52) What was your total household income last year before taxes?*

- ☐ Less than \$10,000
☐ \$10,001 to \$15,000
☐ \$15,001 to \$20,000
☐ \$20,001 to \$35,000
☐ \$35,001 to \$50,000
☐ \$50,001 to \$65,000
☐ \$65,001 to \$80,000
☐ \$80,001 to \$100,000
☐ \$100,001 to \$120,000
☐ \$120,001 to \$150,000
☐ More than \$150,000
☐ Prefer not to answer

53) How would you describe your financial well-being? *

- ☐ Living comfortably
☐ Getting by
☐ Finding it difficult to get by

☐ Finding it very difficult to get by

☐ Prefer not to answer

54) What is your housing situation today? *

- ☐ I have housing
☐ I have housing today, but I am worried about losing housing in the future
☐ I do not have permanent housing (staying with others, in a hotel, in a shelter, living outside on the street, on a beach, in a car, or in a park)
☐ Prefer not to answer

55) How many people, including you, live with you most of the time?

Discrimination

56) How often have you been discriminated against or treated unfairly for any of the following?

	Never	Sometimes	Regularly
Race/Ethnicity			
Religion			
Age			
Gender			

Sexual Orientation			
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Data Collected during the 2022-2024 Survey Cycle**A Day Just for Women**

The chart below outlines data collected by the BRIGHT Coalition at The Medical Center's A Day Just for Women event surveying women on how often they get a routine mammogram and how often they see their gynecology for routine visits.

Age	Routine Mammogram	How often?	Routine Gynecology?	How often?
58	Yes	Annually	Yes	Annually
56	Yes	Annually	Yes	Annually
56	Yes	Annually	Yes	As Needed
47	Yes	Annually	Yes	Annually
59	Yes	Annually	Yes	Annually
59	Yes	Annually	Yes	Annually
38	Yes	Annually	Yes	Annually
28	No		Yes	Every 3 Years
27	Yes	Annually	Yes	Annually
63	Yes	Annually	Yes	Annually
36	No		Yes	Annually
33	No		Yes	Annually
57	No		No	
30	No		Yes	Annually
42	Yes	Annually	Yes	Annually
37	Yes	Annually	Yes	Annually
29	No		Yes	Annually
44	Yes	Annually	Yes	Annually
39	No		Yes	Annually
56	Yes	Every 2 Years	No	As Needed
23	No		Yes	Annually
23	No		No	
64	Yes	Annually	No	
42	Yes	Annually	Yes	Annually
53	Yes	Annually	No	
48	Yes	Annually	Yes	Annually
60	Yes	Annually	Yes	Annually
63	Yes	Annually	No	
51	Yes	Annually	Yes	Annually
53	Yes	Annually	No	
40	Yes	Annually	Yes	Annually
46	No		No	
42	Yes	Annually	Yes	Annually

53	Yes	Annually	Yes	Annually
65	Yes	Annually	No	
40	Yes	Every 6 months	Yes	Annually
56	Yes	Annually	Yes	Annually
54	Yes	Annually	Yes	Annually
44	Yes	Every 3 Years	Yes	Every 2 years
50	Yes	Annually	Yes	Annually
35	Yes	Every 4 Months	Yes	Annually
40	No		Yes	Annually
43	Yes	Annually	Yes	Annually
33	No		Yes	Annually
29	No		Yes	Annually
65	Yes	Annually	Yes	Annually
38	Yes	Annually	Yes	Annually
49	Yes		Yes	Annually
53	Yes	Annually	No	
50	Yes	Annually	Yes	Every 6 Months
57	Yes	Annually	Yes	Annually
34	No		Yes	Annually
29			Yes	Annually
50	Yes	Annually	Yes	Annually
48	Yes	Annually	Yes	Annually
29	No		Yes	Annually
23	No		Yes	Annually
43	Yes	Annually	Yes	Annually
60	Yes	Annually	Yes	Annually
63	Yes	Annually	Yes	Annually
65	Yes	Annually	Yes	Annually
53	Yes	Annually	Yes	Annually
52	Yes	Annually	Yes	Annually
32	No		Yes	Annually
41	Yes	Annually	Yes	Annually
57	Yes	Annually	Yes	Annually
65	Yes	Annually	No	
35	No		Yes	Annually
34	No		Yes	Annually
49	Yes	Annually	Yes	Annually

42	Yes	Annually	Yes	Annually
71	Yes		Yes	Annually
66	Yes	Annually	Yes	Annually
66	Yes	Every 2 years	Yes	Every 2 Years
75	Yes	Annually	Yes	Annually
69	Yes	Annually	No	
69	Yes	Annually	Yes	Annually
79	Yes	Annually	No	
87	No		Yes	Every 2 Years

PRIDE Festival

The Medical Center set up a vendor table at the annual PRIDE Festival in 2023. The attendees were asked to share their barriers to healthcare as well as their healthcare needs. Responses outlined below.

What are your barriers to healthcare?

- Accessibility
- Not enough effort diagnosing the symptoms they can't figure out
- Money
- High Deductibles
- Affordable mental health care
- Costs are always high
- Stigmatization
- Money
- Low income; anxious to advocate for myself
- Mental health
- Doctors who dismiss all issues as obesity or anxiety
- Doctors not believing women (esp. fat women)
- Awareness
- Not being believed
- Insurance cost

What are your healthcare needs?

- PTSD
- Love is Love
- Someone who listens
- PTSD, Heart Problems, Joint issues
- Psychiatry & controlled medicine
- Depression
- Vulvodynia
- A Dr. who knows what PCOS is and how to actually help!
- Nobody believes my symptoms are real
- Gender affirming care
- Mental Health
- POTS, ADHD, AUTISM, EDS, DID
- \$200 to get tested & told not sick
- Weight loss
- Undiagnosed stomach issues
- Psychiatric care w/kind professionals
- Eating disorder
- Mental Health Issues
- Mental Health Insurance benefits with GGC
- Weight loss care
- Mental health, weight loss
- Long appointment wait for specialists
- Mental health services
- High deductibles
- High-deductibles, no help paying the bills for medical
- Mental health
- Mental health testing & my medical needs being taken seriously as a plus sized woman
- Bipolar I (you aren't alone)
- Less stigma against BPD
- ADHD

Med Center Health -Health & Wellness Expo

At the Med Center Health Annual Health & Wellness Expo in 2024, the MCH outpatient diabetes coordinator wanted to know why attendees diagnosed with diabetes had not attended a Diabetes Self-Management and Education program.

These were the responses:

Insurance doesn't cover	2
I didn't know about the program	54
A1C at target goal	9
No time	2
No transportation	0
I know all I need to know	0

Activities Completed Last Cycle

Commonwealth Regional Specialty Hospital 2022-2024 Community Health Needs Assessment Activities

Priority Issue:

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

Goals:

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

Community Partners:

National Stroke Association

Kentucky Heart Disease & Stroke Prevention Task Force

HOTEL INC

SoKY Marketplace

Community Farmers Market

International Center

Warren County & Bowling Green Independent Schools

Barren River District Health Department

Barren River Area Development District

The Foundry

Goodwill Industries

Activities/Outcome:

April 2022

*Goodwill Career Center, Blood pressure checks, April 2022, 10 participants

*Bear Hustle Health & Safety Fair, Sugar in Beverages demo, April 2022, 200 participants

*Chandler Park Assisted Living, Blood pressure checks, April 2022, 30 participants

*Healthy Kids Expo, Sugar in beverages demo, April 2022, 600 participants

May 2022

*Goodwill Career Center, Blood pressure checks, May 2022, 10 participants

* CPR, May 2022, 4 participants

* Edmonson Senior Center, Blood pressure checks and stroke screenings, May 2022, 15 participants

- * Vermont Thread Gage, Blood pressure checks and BE FAST, May 2022, 20 participants
- * Housing Authority, Blood pressure checks and stroke screenings, May 2022, 14 participants
- *Hotel Inc, Blood pressure checks and stroke screenings, May 2022, 5 participants
- *Hotel Inc, Eating on a budget presentation, May 2022, 12 participants
- *Adult Day Center, Brain protector program presentation, May 2022, 60 participants
- *Aging Council, Diabetes risk and prevention presentation, May 2022, 25 participants

June 2022

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

July 2022

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

August 2022

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

September 2022

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

October 2022

- *Med Center Health 10K Classic in October 2022, 1100 participants
- *Body Fat Analysis at Med Center Health 10K Health and Fitness Expo in October 2022, 75 participants
- *Blood Pressures at Goodwill in October 2022, 4 participants
- *Body Fat Analysis and healthy recipe handouts at City of Bowling Green Health Fair in October 2022, 50 participants
- *Prediabetes presentation at Med Center Health Scottsville Health Fair in October 2022, 30 participants
- *Blood Pressures at Housing Authority in October 2022, 15 participants
- *Body Fat Analysis and healthy recipe handouts at SKYCTC Health Fair in October 2022, 45 participants
- *Healthy Tips presentation at Village Manor in October 2022, 10 participants
- *Germ and Flu prevention at Adult Day Care in October 2022, 45 participants

November 2022

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

December 2022

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

January 2023

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

February 2023

- *Heart Health at Adult Day Center in February 2023, 50 participants
- *Heart Disease/Heart Health at Active Day in February 2023, 50 participants
- *Heart Disease in women at Village Manor in February 2023, 12 participants
- * Blood pressure checks at Housing Authority in February 2023, 18 participants
- * Med Center Cares, Self-Managed Blood Pressure Class, February 2023, 4 participants
- * Blood pressure checks at Goodwill in February 2023, 3 participants

- * Blood pressure checks at Chandler Park Assisted Living in February 2023, 16 residents
- * Presentation at HOTEL, INC. on Nutrition on a budget in February 2023, 3 participants

March 2023

- * Blood Pressure checks and healthy recipe handouts at Hotel, INC in March 2023, 20 participants
- * Nutrition at Active Day in March 2023, 50 participants
- * Nutrition at Village Manor in March 2023, 7 participants
- * Blood pressure checks at Housing Authority in March 2023, 16 participants
- * Med Center Cares, Self-Managed Blood Pressure Class, March 2023, 1 participant
- * Blood pressure checks at Goodwill in March 2023, 4 participants
- * Blood Pressure/Body Fat Analysis at Doctor's Day in March 2023, 15 participants
- * Nutrition at Adult Day Center in March 2023, 50 participants
- * Healthy dieting at Kiwanis Club in March 2023, 55 participants

April 2023

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

May 2023

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

June 2023

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

July 2023

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

August 2023

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

September 2023

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

October 2023

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

November 2023

- *34 Early Heart Attack Care (EHAC) signatures, healthy recipes and stroke information at the Fruit of the Loom Health Fair in November 2023, 100 participants
- 24 Body fat analysis and healthy recipes at the BG26.2 Expo in November, 400 participants
- *6 Blood pressure checks at Goodwill in November 2023
- *12 Blood pressure checks at Housing Authority in November 2023
- *CPR at Lawless Orthodontics in November 2023, 17 participants

- *Healthy Holiday Eating presentation at Adult Day Center in November 2023, 50 participants
- *Prediabetes and Diabetes presentation at Community Action in November 2023, 35 participants
- *Meal planning presentation at Sumitomo in November 2023, 40 participants
- *Healthy Eating on a Budget presentation at HOTEL INC. in November 2023, 5 participants
- *Facebook video on diabetes apps that can help with managing your blood sugar, carb counting and tracking your activity. Video by Tammy Davis, diabetes care & education specialist

December 2023

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

January 2024

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

February 2024

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

March 2024

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

April 2024

- *10 Blood pressure checks at SoKY Farmer's Market
- *13 Blood pressure checks at Goodwill
- *12 Blood pressure checks at Housing Authority

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

May 2024

- *45 Blood pressure checks and 20 stroke screenings at Carhartt Health Fair
- *15 Blood pressure checks at Goodwill
- *9 Blood pressure checks at Housing Authority
- *Brain protector program presentation at Adult Day Center, 60 participants
- *Eating healthy on a budget at HOTEL INC, 10 participants
- *Healthy eating presentation at Bowling Green High School, 30 students

June 2024

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

July 2024

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

August 2024

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

September 2024

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

Priority Issue:

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

Goals:

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

Community Partners:

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

Activities/Outcome:

April 2022

*Smoking cessation calls with MCH employees, April 2022, 30 participants throughout the month

*Bear Hustle Health & Safety Fair, Vaping/Smoking dangers info, April 2022, 200 participants

*Healthy Kids Expo Smoking/Vaping dangers info, April 2022, 600 participants

May 2022

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

June 2022

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

July 2022

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

October 2022

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

November 2022

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

January 2023

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

March 2023

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

April 2023

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

May 2023

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

June 2023

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

July 2023

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

September 2023

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

October 2023

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

November 2023

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

December 2023

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

January 2024

*4 Smoking cessation counseling sessions with cancer patients, 4 individuals

*39 smoking cessation phone calls with Med Center Health employees, 13 employees

February 2024

*6 Smoking cessation counseling sessions with cancer patients, 4 individuals

*40 smoking cessation phone calls with Med Center Health employees, 18 employees

March 2024

*4 Smoking cessation counseling sessions with cancer patients, 4 individuals

*36 smoking cessation phone calls with Med Center Health employees, 14 employees

*Smoking/Vaping information at the Foundry, 100 participants

April 2024

*4 Smoking cessation counseling sessions with cancer patients, 4 individuals

*22 smoking cessation phone calls with Med Center Health employees, 10 employees

*Smoking/Vaping information at the Foundry, 100 participants

* Vaping information provided to South Warren High School, 350 students

May 2024

*4 Smoking cessation counseling sessions with cancer patients, 4 patients

*3 smoking cessation phone calls with Med Center Health employee

June 2024

*Smoking/Vaping dangers presented at Stand for Kids Day, 1000 participants

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

*3 smoking cessation phone calls with Med Center Health employee

July 2024

*Smoking/Vaping dangers presented at Back-to-School Bash, 1,500 participants

*5 Smoking cessation counseling sessions with cancer patients, 3 patients

*6 smoking cessation phone calls with Med Center Health employees, 2 employees

August 2024

*2 Smoking cessation counseling sessions with cancer patients in, 2 patients

*6 smoking cessation phone calls with Med Center Health employees, 2 employees

September 2024

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