

THE MEDICAL CENTER AT SCOTTSVILLE

THE MEDICAL CENTER SCOTTSVILLE

COMMUNITY HEALTH NEEDS ASSESSMENT & STRATEGIC IMPLEMENTATION PLAN

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MISSION, VISION, AND VALUES

Mission

The Medical Center at Scottsville/Med Center Health's mission is to care for people and improve the quality of life in the communities we serve.

Vision

The Medical Center Scottsville/Med Center Health 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

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. Med Center Health 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

Bowling Green-Warren County Hospital Corporation (the "Corporation"), is a non-stock, nonprofit Kentucky corporation that operates a 373 bed hospital facility in Bowling Green, Kentucky under the name "The Medical Center at Bowling Green" and since October 1996, a 25 bed critical access hospital and 110 bed nursing home facility in Scottsville, Kentucky under the name "The Medical Center at Scottsville." In addition, since January 2016, the Corporation has operated a 25 bed critical access acute care hospital in Horse Cave, Kentucky under the name "The Medical Center at Caverna." Also, "The Medical Center at Albany", a 25 bed critical access hospital, and "The Medical Center at Franklin", a 25 bed critical access hospital became part of the Corporation on April 1, 2024. "The Medical Center at Russellville", a 75 bed acute care hospital became part of the Corporation on July 1, 2024. The six (6) facilities are part of one corporation, but are separately licensed by the State of Kentucky. References herein to "The Medical Center" refer to the combined facilities.

The Corporation has been determined by the Internal Revenue Service (the "IRS") to be a charitable organization as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the "Code") and is exempt from federal income taxation by virtue of Sections 501(a) and 501(c)(3) of the Code.

Together, with another area non-profit acute care hospital corporation, the Corporation is an equal owner of the Barren River Regional Cancer Center Inc., (Center) an outpatient radiation therapy care service in Southcentral Kentucky organized as a charitable organization as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the "Code") and is exempt from federal income taxation by virtue of Sections 501(a) and 501(c)(3) of the Code.

The Corporation is the sole member of Medical Center EMS, LLC (EMS), Medical Center Pharmacy of Bowling Green, LLC (Riverside) and Med Center Health Partners. EMS provides ambulance services in Warren County, Kentucky. Riverside offers retail pharmacy services in Bowling Green, Kentucky. Med Center Health Partners is a Clinically Integrated Network of healthcare providers, working together under a physician-led structure to improve population health, improve patient experience and reduce the cost of healthcare. The Corporation is both the limited partner and a general partner in the Medical Plaza Partners, LLP which provides on-campus space for hospital departments and other non-affiliate medical-related services.

The Corporation is owned and controlled by Commonwealth Health Corporation, Inc., a non-stock, nonprofit Kentucky corporation ("CHC"), under a holding company arrangement which was established in 1984. CHC has been determined by the IRS to be a charitable organization as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the "Code") as is exempt from federal income taxation by virtue of Sections 501(a) and 501(c)(3) of the Code.

The Medical Center at Bowling Green was originally founded as the City Hospital in 1926. In 1949, the city hospital became jointly owned by the City of Bowling Green, Kentucky and the County of Warren, Kentucky and was operated by the Bowling Green-Warren County Hospital Commission

(the "Commission") as a public hospital. In 1977, the Corporation became the successor to the Commission with a stated purpose of leasing and operating the existing Commission facilities and financing, constructing and operating a new hospital facility.

The Medical Center at Bowling Green has undergone a series of expansions and has grown to be the largest and most comprehensive hospital facility in Southcentral Kentucky, offering a wide range of acute care and specialty services.

In 1980, The Medical Center at Bowling Green moved into a new six-story, state-of-the-art facility occupying 298,000 square feet on a 17-acre campus. Since 1980, because of an expanding demand for inpatient and outpatient services, several additions to The Medical Center at Bowling Green have been made and both clinical and patient areas have been renovated and modernized.

In 1982, a cancer treatment center was added. In 1984 and again in 1990, the outpatient service area was expanded.

In 1985, the Corporation assisted an affiliate, Commonwealth Medical Plaza Corp., in developing a 29,156 square foot medical office building adjacent to The Medical Center at Bowling Green. Today, the Corporation holds a 92% equity interest in the limited partnership that owns the building.

In 1992, a magnetic resonance imaging facility was acquired adjacent to The Medical Center at Bowling Green campus. In 1997, the Corporation built a 50,000 square foot medical office building adjacent to its outpatient service area.

In 1996, the Corporation acquired the hospital and nursing facility in Scottsville, Kentucky now known as The Medical Center at Scottsville from Health Endowment Properties. The building is located on an approximately 13-acre campus and now totals approximately 106,500 square feet.

In 2000, the hospital in Franklin, Kentucky was acquired, and is now known as The Medical Center at Franklin. The facility has 49,795 square feet,

In 2004, The Medical Center at Bowling Green completed new construction of approximately 59,500 square feet to house an expanded new ambulatory surgical area and an expanded emergency department. The two floor structure was constructed across High Street and is connected to the main hospital via an elevated floor housing the post anesthesia care unit. In addition, renovation of 23,000 square feet of the existing facility was completed to relocate and serve the growing needs of the Diagnostic Imaging Center and surgical areas.

In 2004, the Commonwealth Regional Specialty Hospital (CRSH), a 16 bed long-term acute care hospital, was opened on the sixth floor of The Medical Center at Bowling Green. CRSH has been determined by the Internal Revenue Service (the "IRS") to be a charitable organization as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the "Code") and is exempt from federal income taxation by virtue of Sections 501(a) and 501(c)(3) of the Code.

In 2009, The Medical Center at Bowling Green completed new construction consisting of two additional floors above the existing Emergency Department and Ambulatory Surgery wing of The Medical Center at Bowling Green. The new additional floors are supported by ancillary services across the connected bridge way. The project includes construction of a new egress stairwell to serve the new third and fourth floors only. The existing second floor is augmented with approximately 953 square feet of new infill construction adjacent to the new stairwell. The new third and fourth floors each contain approximately 23,238 square feet of space and accommodate 24 acute inpatient beds each. This expansion provided space to allow The Medical Center at Bowling Green to bring on-line its entire complement of 337 licensed beds.

In 2012, The Medical Center acquired Western Kentucky Diagnostic Imaging ("WKDI") to expand the hospital's diagnostic imaging capacity.

In August 2013, The Medical Center completed and opened an approximately 73,471 square foot, three story building known as The Medical Center - WKU Health Sciences Complex. Approximately 80% of the building is leased to Western Kentucky University under a 25 year "triple net" lease. The building houses the University's School of Nursing and Doctor of Physical Therapy programs. The Medical Center uses the remainder of the building for staff education purposes, including bed labs with state-of-the-art equipment such as patient simulators, including an iStan virtual patient.

In 2015, the hospital in Albany, Kentucky was acquired, and is now known as The Medical Center at Albany. The facility has 101,000 square feet.

In 2016, the Corporation acquired the hospital in Horse Cave, Kentucky, now known as The Medical Center at Caverna. The buildings located on the approximately 37-acre campus total approximately 41,000 square feet.

In October 2018, The Medical Center opened a new two story building with 48,000 square feet of office space adjacent to a five-level, 832-space parking structure. The building includes ground floor office space for The Medical Center and 24,000-square-feet on the second floor for the newly opened University of Kentucky College of Medicine-Bowling Green campus. The medical school provides a home to faculty, staff and a full class of 120 students. Amenities of the second floor include a computer lab, two large classrooms, four multi-purpose rooms, six small group rooms and eight simulation and standardized patient rooms.

In October 2020, The Medical Center opened their Hybrid OR. This new surgery suite combines an operating room with state-of-the-art imaging equipment, including an ARTIS *pheno* robotic imaging system Siemens. With this system, patients can undergo both endovascular and open surgical procedures in the same setting. The floor-mounted robotic C-arm system allows for individualized preprocedural planning, intraoperative guidance, and immediate checkup — regardless of patient condition or procedure complexity. The hybrid OR is used primarily for heart and vascular patients.

In June 2024, the Saheyta Medical Institute in Bowling Green, Kentucky was acquired, and is known as Med Center Health Primary Care Bowling Green. The building contains 33,672 square feet.

As mentioned earlier, in July 2024, the Corporation acquired the hospital in Russellville, Kentucky, now known as The Medical Center at Russellville. The building contains 81,000 square feet. The acquisition also includes medical office buildings on the main campus as well as rural health clinics located in Russellville, Auburn, and Elkton.

In August 2024, the Western Kentucky Heart & Lung in Bowling Green, Kentucky was acquired, and is known as Med Center Health Western Kentucky Heart & Lung. The building contains 61,018 square feet.

Today, The Medical Center at Bowling Green's buildings have expanded to contain a total of approximately 672,690 square feet of space. In June 2024 The Medical Center at Bowling Green broke ground to construct a new five story addition, totaling 180,000 square feet, and is scheduled to open in July 2026. The addition, High Street Tower, will provide a new location for Women's & Children's, which includes one of the largest obstetrics units in Kentucky. The space will also house the region's only Level III neonatal intensive care unit (NICU).

Lastly, in December 2024 The Medical Center at Bowling Green added a state of the art surgical robot, the da Vinci 5. It is only one of three in the state of Kentucky. Med Center Health is also the only hospital in the state with a teaching console used for teaching residents and for collaboration with other surgeons. The da Vinci 5 will be used in a variety of surgeries in the general surgery, urology, thoracic and gynecologic specialties.

The Medical Center Scottsville

In 1993, Commonwealth Health Corporation (CHC) purchased the Allen County War Memorial Hospital in Scottsville, KY. On that day, CHC made a commitment to the residents of the community to build a healthcare facility they could be proud of. Today, community members have access to first-rate inpatient and outpatient services including a 24-hour, full service emergency room. This is a 25 bed Acute Care facility with an attached long term care facility, Cal Turn Rehab & Specialty Care. Cal Turner Rehab & Specialty Care is a 110 bed rehabilitation and skilled nursing facility. The Medical Center at Scottsville offers residents of the area with convenient access to experienced doctors, quality healthcare services and health information.

The Medical Center Scottsville also offers inpatient and outpatient physical therapy, a comprehensive radiology department with mammography, ultrasound, CT, MRI and echocardiogram services. We offer a Rural Health Clinic directly attached to the hospital which staffs three physicians and six nurse practitioners who collectively saw 30,211 visits in 2024, and offers the main source of primary care to our community. Our Rural Health Clinic in Fountain Run offers primary care to an underserved area and had 1,100 visits in 2024. In 2017, we opened a school-based clinic which increases access for primary care services to more students at all the schools in Allen County, faculty, staff and covered dependents. The Medical Center at Scottsville offers space for specialty providers to have office time in Scottsville. Cardiology, Pulmonology, Orthopedics, Nephrology, Urology, and General Surgery are all specialists that bring their

knowledge and expertise to our facility therefore reducing travel time and expense for our patients to receive this specialized care.

REFLECTION ON PREVIOUS CYCLE

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. Annual wellness visits provided by our primary care providers will assist in helping gather that data to mark progress toward our goals.

Programs, including Medical Nutrition Therapy and Diabetes Self-Management Education were offered as telehealth services as were primary care and other service lines throughout the hospital system. 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.

We continue to educate our community in various ways but especially through our growing Facebook page. We have been able to offer education videos, provide links to other community partners and graphics on services. We are also able to highlight our providers, services offered and communicate to our community.

Access to care continues to be a major focus for The Medical Center at Scottsville. We have added an additional two school-based clinics, we have added an additional provider day for our Fountain Run Rural Health Clinic. Through our specialty clinic, we have specialist that continue to come to see patients, this reduces their need to travel out of town for visits. Currently we have cardiology, pulmonology, orthopedics, nephrology, general surgery, and urology that send providers to Scottsville. We also have telehealth capabilities with our hospital and long-term care facility.

It is understood that the Social Determinants of Health (SDOH) are a factor in recovery after a patient is discharged from the hospital. Knowing that an individual's neighborhood, access to affordable housing and healthy food, sense of community and belonging can affect their overall health and health outcomes, questions pertaining to the SDOH were added to the inpatient intake form. Resources have been identified and provided to patients upon recognition of a need related to one or more of the SDOH. If the need cannot be met by a Med Center Health service, a list of resources available in the area is provided to the patient. To make further strides in the SDOH areas, one of the Med Center Health fiscal year 2025 community initiatives and strategic initiatives was to "partner with key community stakeholders to systematically address social determinants of health".

A full summary of the 2022-2024 survey activities can be found on our website at https://medcenterhealth.org/community-health-needs-assessment/ and attached in the Appendix A of this document.

The COVID-19 pandemic has technically ended, but is becoming mainstay for respiratory infections among our population. Med Center Health will continue to prioritize education around COVID-19 prevention and the importance of COVID-19 vaccination. As the BRIGHT CHNA identified as a priority, we will continue to offer vaccinations and vaccine education to the communities we serve. We will stay on the forefront of research, CDC guidelines, etc. and communicate updates with the public on a continuous basis. Following the pandemic, we have also learned the value of meeting our patients and community where they are and will continue to provide telemedicine services as long as we are able. We have also equipped our acute care patient rooms to have telemedicine and telemonitoring capabilities. We have recently received a grant that will allow us to purchase electronic white boards that will allow us to also monitor patients from a distance and reduce the traffic in an isolation patient's room to reduce infection. These whiteboards will have other benefits in patient care and communication with family for our inpatients.

STAKEHOLDERS

With a diverse membership, the BRIGHT Coalition has a large group of stakeholders. Coalition members are consistently encouraged to invite potentially interested stakeholders to the table to get involved with our collective efforts.

The BRIGHT Coalition consists of the following active organizations:

Allen County Health Department Barren River Area Development District (BRADD) Barren River District Health Department City of Bowling Green Community Action of Southern Kentucky Community Farmers Market Commonwealth Regional Specialty Hospital Fairview Community Health Center Graves Gilbert Clinic Lifeskills, Inc. Med Center Health Bowling Green Med Center Health Caverna Med Center Health Franklin Med Center Health Russellville Med Center Health Scottsville Monroe County Health Department

WKU Department of Public Health WKU Institute for Rural Health Warren County Parks and Recreation **UK** Healthcare Aetna Passport Health Plan A Plus Family Care International Center of Kentucky Glory Baby Ministry Matthew 25 Behavioral Health Group The Foundry Red Cross Community Foundation of South Central Kentucky Housing Authority of Bowling Green

South Central Workforce

SERVICE AREA DESCRIPTION

The primary service area for The Medical Center Scottsville is Allen County and the contiguous counties of Barren, Monroe, Simpson and Warren. The data below is based our outpatient and inpatient visits for January 1, 2024 through December 31, 2024 which demonstrates these origins.

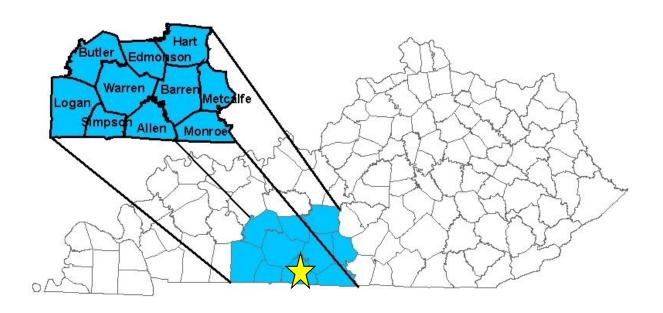
According to the 2020 US Census redistricting data set, had a population of approximately. The total population of all 10 counties in the BRADD area is 312,062. Bowling Green, Kentucky, where the Corporation's major facilities are located, is the county seat of Warren County. According to the 2020 U.S. Census estimate, Scottsville, Kentucky, where the Corporation's Scottsville Facility is located, is the county seat of Allen County, Kentucky, which had a population of approximately 20,588.

INPATIENT AND OUTPATIENT PATIENT ORIGIN DISCHARGES 1/1/2024-12/31/2025

| City | State | County | Total Outpatient | Total Inpatient | Total Visits | Outpatient Percentage | Inpatient Percentage |
|---------------|-------|---------|---------------------|--------------------|-----------------|--------------------------|-------------------------|
| Scottsville | KY | Allen | 23,919 | 324 | 24,243 | 77.78% | 65.72% |
| Adolphus | KY | Allen | 2,796 | 40 | 2,836 | 9.09% | 8.11% |
| Bowling Green | KY | Warren | 1,033 | 75 | 1,108 | 3.36% | 15.21% |
| Foutain Run | KY | Allen | 614 | 9 | 623 | 2.00% | 1.83% |
| Glasgow | KY | Barren | 388 | 13 | 401 | 1.26% | 2.64% |
| Alvaton | KY | Warren | 298 | 10 | 308 | 0.97% | 2.03% |
| Franklin | KY | Simpson | 202 | 1 | 203 | 0.66% | 0.20% |
| Westmoreland | TN | TN | 199 | 0 | 199 | 0.65% | 0.00% |
| Smiths Grove | KY | Warren | 124 | 4 | 128 | 0.40% | 0.81% |
| Austin | KY | Barren | 115 | 1 | 116 | 0.37% | 0.20% |
| Lafayette | TN | TN | 102 | 0 | 102 | 0.33% | 0.00% |
| Holland | KY | Allen | 74 | 0 | 74 | 0.24% | 0.00% |
| Tompkinsville | KY | Monroe | 69 | 0 | 69 | 0.22% | 0.00% |
| Lucas | KY | Barren | 52 | 0 | 52 | 0.17% | 0.00% |
| All Other | | | 766 | 2 | 777 | 2.49% | 2.81% |
| Grand Total | | | 30,751 | 493 | 31,237 | 100.00% | 100.00% |

Source: Patient discharge information from MCS EMR Meditech, 1.1.2024 to 12.31.2024

THE MEDICAL CENTER AT SCOTTSVILLE'S CHNA SERVICE AREA





The Medical Center at Scottsville

DEMOGRAPHICS: ALLEN COUNTY, KENTUCKY

<u>Data Source: https://www.countyhealthrankings.org/health-data/kentucky/allen?year=2024</u>

| Population | Allen County | KY |
|--|--------------|-----------|
| Total Population | 21,275 | 4,512,310 |
| % below 18 years of age | 22.70% | 22.30% |
| % 65 and older | 18.20% | 17.60% |
| % Non-Hispanic Black | 1.30% | 8.40% |
| % American Indian & Alaska Native | 0.30% | 0.30% |
| % Asian | 0.40% | 1.80% |
| % Native Hawaiian/Other Pacific Islander | 0.00% | 0.10% |
| % Hispanic | 2.60% | 4.30% |
| % Non-Hispanic White | 93.90% | 83.20% |
| % Not proficient in English | 0% | 1% |
| % Females | 50.10% | 50.30% |
| % Rural | 77.50% | 41.30% |

| Health Outcomes | | |
|--------------------------|--------|----------|
| | Allen | |
| Length of Life | County | Kentucky |
| Premature Death | 11,400 | 11,100 |
| Quality of Life | | |
| Poor or Fair Health | 22% | 21% |
| Poor Physical Health | | |
| Days | 4.9 | 4.5 |
| Poor Mental Health Days | 5.9 | 5.5 |
| Low Birthweight | 9% | 9% |
| Life Expectancy | 73.7 | 74 |
| Premature Age-Adjusted | | |
| Mortality | 560 | 540 |
| Child Mortality | 80 | 60 |
| Infant Mortality | | 6 |
| Frequent Physical | | |
| Distress | 15% | 14% |
| Frequent Mental Distress | 20% | 18% |
| Diabetes Prevalence | 11% | 12% |
| HIV Prevalence | 86 | 215 |

| Social & Economic Factors | Allen County | Kentucky |
|------------------------------|--------------|----------|
| High School | 87% | 88% |
| Completion | 3770 | 3370 |
| Some College | 57% | 63% |
| Unemployment | 3.80% | 3.90% |
| Children in Poverty | 22% | 21% |
| Income Inequality | 4.7 | 4.9 |
| Children in Single- | 28% | 25% |
| Parent Households | 2070 | 23% |
| Social Associations | 5.3 | 10.2 |
| Injury Deaths | 120 | 106 |
| Health Behaviors | Allen County | Kentucky |
| Adult Smoking | 24% | 20% |

| Adult Obesity | 42% | 41% |
|---------------------------------------|-------|-------|
| Food Environment Index | 7.2 | 6.8 |
| Physical Inactivity | 31% | 30% |
| Access to Exercise Opportunities | 28% | 70% |
| Excessive Drinking | 14% | 15% |
| Alcohol-Impaired Driving Deaths | 34% | 26% |
| Sexually Transmitted Infections | 139.4 | 410.3 |
| Teen Births | 31 | 26 |

| Health Behaviors | Allen County | Kentucky |
|------------------------------------|-----------------|----------|
| Food Insecurity | 13% | 13% |
| Limited Access to Healthy Foods | 9% | 6% |
| Drug Overdose Deaths | 38 | 43 |
| Insufficient Sleep | 41% | 39% |

| Clinical Care | Allen County | Kentucky |
|---------------------------------|-----------------|----------|
| Uninsured | 7% | 7% |
| Primary Care Physicians | 6,930:1 | 1,600:1 |
| Dentists | 3,550:1 | 1,500:1 |
| Mental Health Providers | 1,330:1 | ###### |
| Preventable Hospital Stays | 3,815 | 3,457 |
| Mammography Screening | 36% | 42% |
| Flu Vaccinations | 38% | 44% |
| Additional Clinical Care | Allen County | Kentucky |
| Uninsured Adults | 8% | 8% |
| Uninsured Children | 5% | 4% |
| Other Primary Care Providers | 1,930:1 | ###### |

| Additional Social & Economic Factors | Allen County | Kentucky |
|--|-----------------|----------|
| High School Graduation | 93% | 91% |
| Disconnected Youth | 18% | 8% |
| Living Wage | \$38.94 | \$40.44 |
| Children Eligible for Free or Reduced Price Lunch | 62% | 57% |
| Residential Segregation - Black/White | 72 | 62 |
| Child Care Cost Burden | 21% | 26% |
| Child Care Centers | 3 | 6 |
| Homicides | 10 | 7 |
| Suicides | 21 | 17 |
| Firearm Fatalities | 24 | 18 |
| Motor Vehicle Crash Deaths | 21 | 18 |

Clinical Data

The diagnoses represented below are from the calendar year 2024 from inpatient and swing bed admissions from The Medical Center at Scottsville. Diagnosis of note are the cardiovascular and pulmonary diseases, pneumonia, heart disease, influenza, covid-19, respiratory failure and chronic obstructive disease. We also see patients admitted with diabetes and find it is a high-risk factor for comorbidities for other admitting diagnosis.

| Admitting diagnosis | Inpatient |
|--|-----------|
| Weakness | 117 |
| Pneumonia | 29 |
| Urinary tract infection | 17 |
| Hypertensive heart disease with heart failure | 15 |
| Encounter for palliative care | 15 |
| Hypertensive heart disease with kidney failure | 11 |
| Aftercare following joint replacement surgery | 10 |
| Hypo-osmolality and hyponatremia | 8 |
| Diabetes | 13 |
| COVID-19 | 7 |
| Enterocolitis | 6 |
| Sepsis | 6 |
| Chronic obstructive pulmonary disease | 9 |
| Acute kidney failure | 6 |
| Other diagnosis | 213 |
| Total | 486 |

Source: Patient discharge information from MCS EMR Meditech, 1.1.2024 to 12.31.2024

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 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.

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.

HEALTHCARE RESOURCES

In choosing our areas of focus for the Community Health Needs Assessment, we considered the resources currently located in our region. The availability of health resources is a critical component to the health of a county's residents and a measure of the soundness of the area's healthcare delivery system. An adequate number of healthcare facilities and healthcare providers are vital for sustaining a community's health status. Below are lists by category of licensed facilities for hospitals, substance abuse prevention agencies, alcohol and other drug behavioral health service organizations along with other miscellaneous organizations and providers for health services. This data is then taken into our strategic plan for the next three years for evidence of need.

ALLEN COUNTY GENERAL RESOURCES

Allen County Ministerial Association 270-622-3451 Assistance with food and clothing

Allen County Head Start 270-237-3746

Assistance with food and clothing

Immunizations, nutrition counseling, Well Child

checkups, WIC assistance

American Red Cross 270-781-7377

Emergency Assistance with food, clothing

Department for Community Based Services

855-306-8559

Food stamps and Medicaid

Barren River Area Safe Space (BRASS) Inc

270-781-9334

Assistance with food and clothing

Allen County Cooperative UK Extension Office

270-237-3146

Family & Consumer Sciences, Ag & Natural Resources, Healthy Food Demonstrations

Community Action 270-237-4149

Assistance with food and clothing

The Medical Center Health & Wellness

270-745-0942

Allen County Senior Services 270-237-3691

Provide meals, transportation, counseling

Health screenings, medical nutrition therapy, weight loss, disease management programs

Kentucky Legal Aid 866-452-9243

Financial Assistance for utilities, food, rent other

True Gospel Fellowship Church Assistance with food and clothing

Allen County Health Department 270-237-4423

HOME HEALTH AGENCIES & HOME CARE EQUIPMENT

Amedisys Home Care 270-651-7640

Priority 1 Medical Equipment 270-746-5745

Lifeline Home Health Care 270-237-3352

T&K Home Medical 270-237-9700

Medical Center Home Health

Southern Medical Supply

800-822-5906

270-239-3200

King Home Care 270-843-8111

Medical Center Senior Perspectives 270-622-2890

MENTAL HEALTH SERVICES

Lifeskills, Inc 270-237-4481

National Alliance for the Mentally III

270-796-2606

Scottsville Counseling Center

Fuller Life Counseling 270-904-5104

270-943-7818

SUBSTANCE USE

Time Out Community Counseling & Correctional

Services

270-237-3463

Park Place Recovery Center for Women

270-239-4020

Journey Pure 270-282-8280

Lifeskills, Inc

270-237-4481

Tulip Hill 888-262-1953

HOSPITALS & NURSING FACILITIES

The Medical Center at Scottsville

270-622-2800

Cal Turner Rehab and Specialty Care

270-622-2800

Cornerstone Manor

270-237-5182

Scottsville Manor

270-237-5182

SURVEY 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 on Dr. Lauren McClain 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, Med Center Health
- 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 (see Table 2 for a list of 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. Table 3 shows the increase in responses in low participating counties before and after mailing the survey invitation. 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.

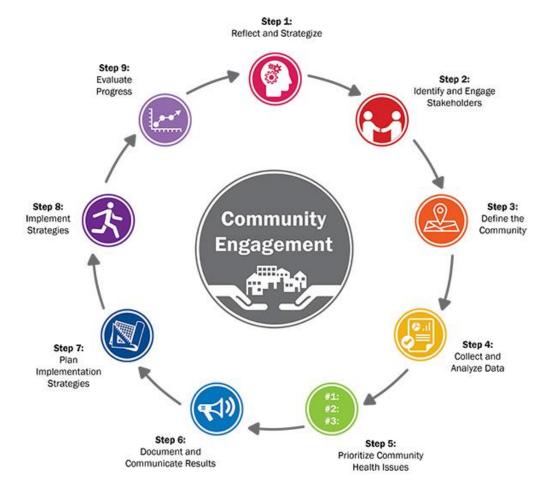
During the survey window, Med Center Health had the survey posted as a popup on their website, displayed on Visix boards in the hospital and physician offices, had table tents in the cafeteria and posted regularly on their social media pages. The table tents were used at other events including as displays 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. The Medical Center at Scottsville posted the survey information in all our patient rooms at the Rural Health Clinic, in all public areas in the hospital and gave information to the attendees for The Chamber of Commerce Breakfast we sponsored as well as our Community Health Fair in October during the survey.

In addition to the above efforts, numerous community 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.

COMMUNITY HEALTH ASSESSMENT TOOLKIT



| Date | Event for Survey Distribution |
|----------------------------|--|
| August 17 th | Celebrate Anyways Bowling Green, KY |
| September 6 th | First Friday Scottsville, KY |
| September 6 th | Clash of the Cats – Logan County Football game |
| September 14 th | Hispanic Health Festival Glasgow, KY |
| September 21 st | Recovery Fest registered Survey (90's theme) |
| September 26 th | Community Action Resource Fair Metcalfe County |

| September 28 th | International Festival – Survey Bowling Green, KY |
|----------------------------|---|
| October 2 nd | A Day Just for Women Bowling Green, KY |
| October 4 th | First Fridays Scottsville |
| October 12 th | The Foundry Bowling Green, KY |
| October 26 th | BG Pride registered Bowling Green, KY |
| October 31 st | Feeding Across America Smiths Grove |

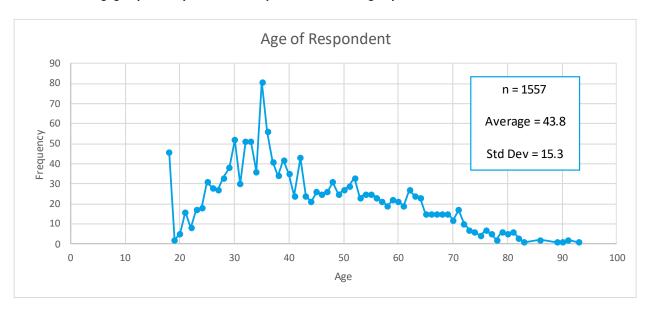


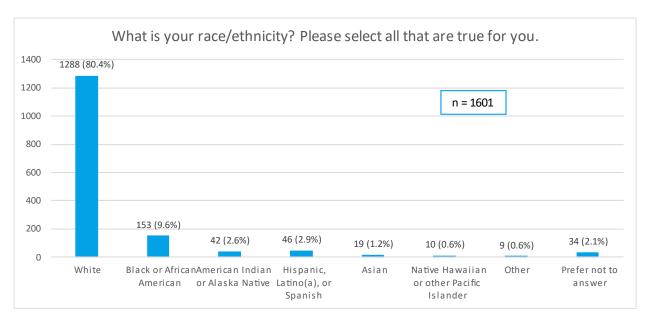
| | Mid October | Last 7 Days |
|----------|-------------|-------------|
| Allen | 12.9% | 17.2% |
| Barren | 8.1% | 13.8% |
| Butler | 6.3% | 0% |
| Edmonson | 7.4% | 6.9% |
| Hart | 3.0% | 3.4% |
| Logan | 8.9% | 24.1 |
| Metcalfe | 3.4% | 0% |
| Monroe | 2.7% | 6.9% |
| Simpson | 5.9% | 0% |
| Warren | 39.3% | 20.7% |

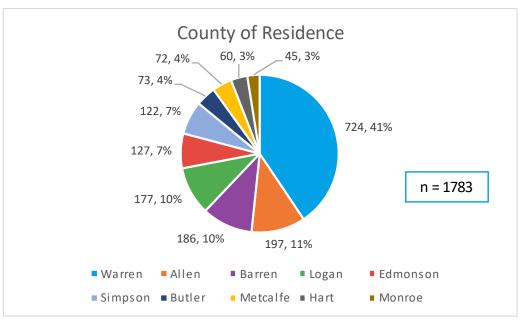
Survey Respondent Demographics

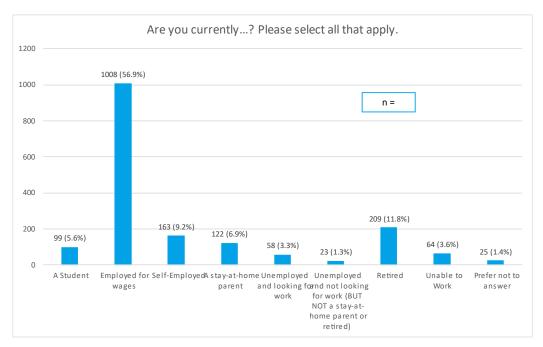
A total of 1783 surveys were completed and analyzed. The average age of those completing the survey was 43 years old with 74.7% of those identifying as female and 23.3% identifying as male. Of the surveys collected, 80.4% identified their race as white, 9.6% identified their race as black or African 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.

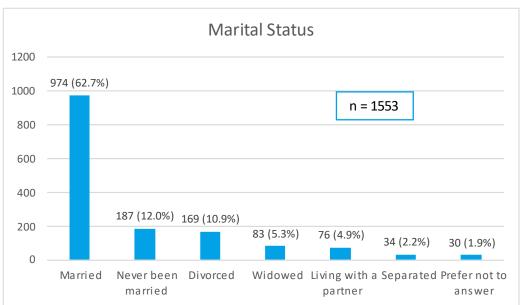
The following graphs represent respondent demographics:

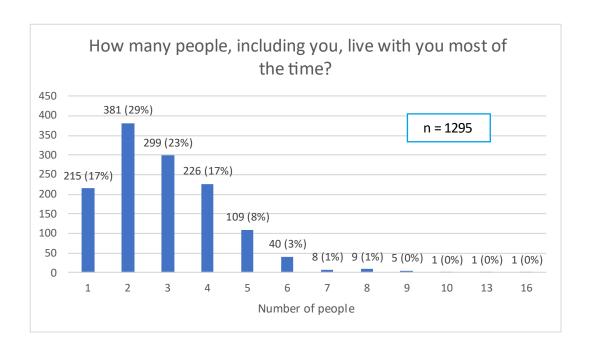






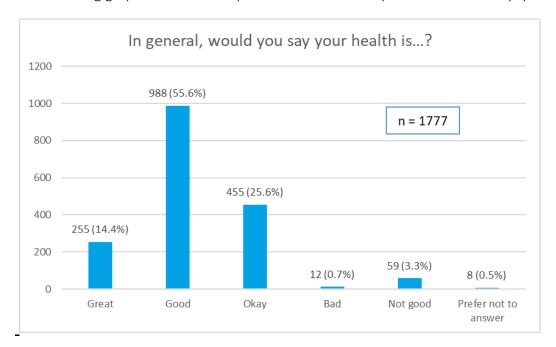


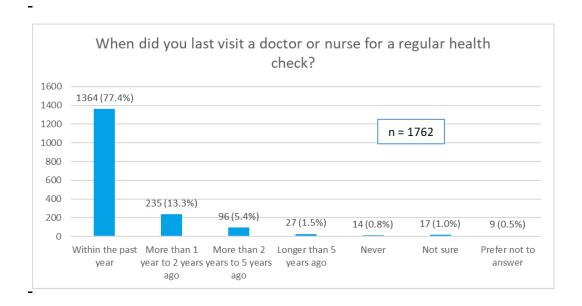


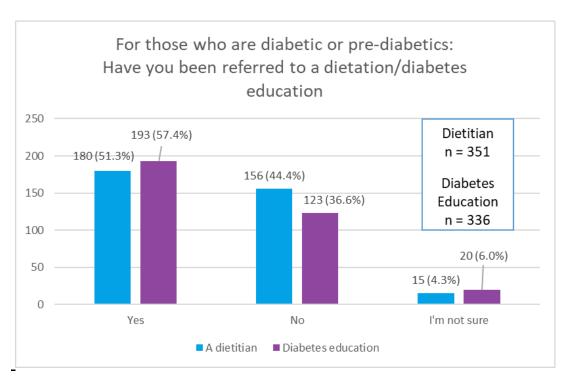


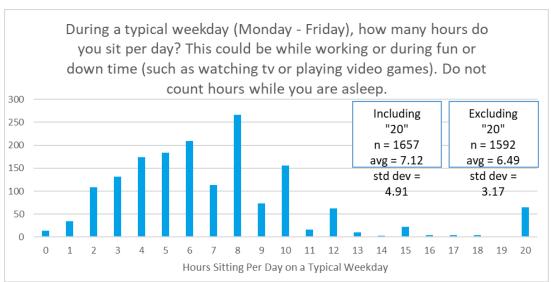
Survey Results

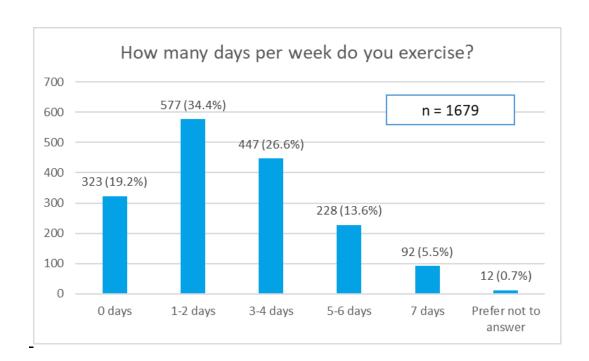
The following graphs and charts represent the overall responses to the survey questions.

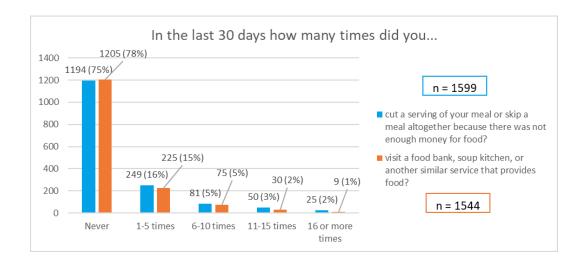


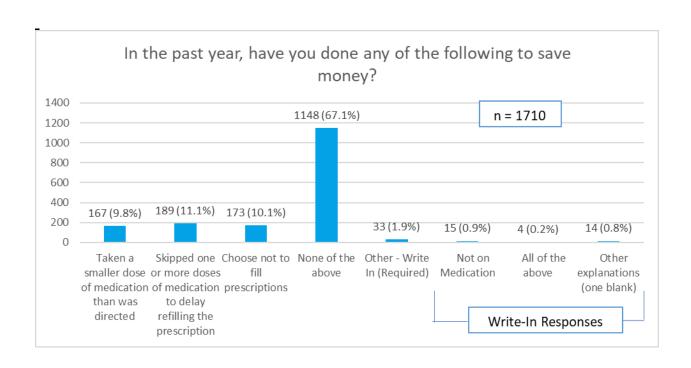




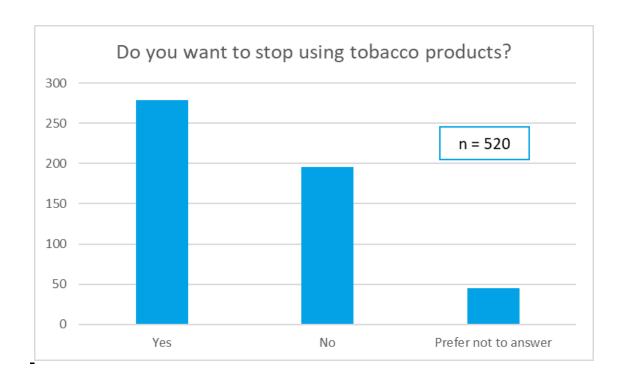


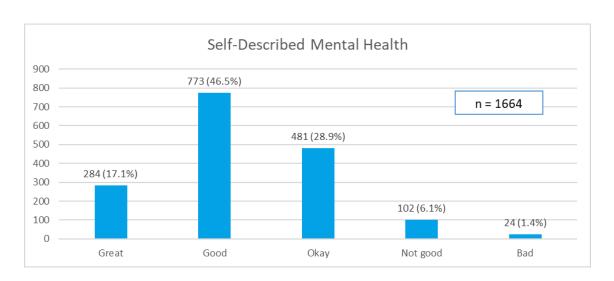


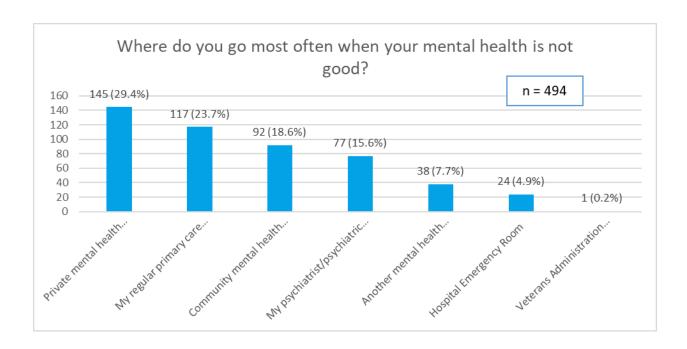




| How often do you use each of the following? (Count/%) | | | | | | | |
|---|----------------|----------------|-----------------|-------------------------|----------------|--|--|
| | Everyday | Some Days | Not at All | Prefer not to Answer | Total | | |
| Smoke cigarettes | 224 (13.7%) | 186 (11.4%) | 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 Allen County

Access to medical care is not the only determinant 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 for Allen County.

Barriers to care information is below. After reviewing these findings and speaking internally with our nursing discharge planners and staff, we have identified a large need in medication affordability. We will add this along with our plan in Access to Care to work on having medication affordability to our patients and community.

| Number of Barriers to Health Services | | | | | | | |
|---------------------------------------|-----------|---------|-------------------------|-----------------------|--|--|--|
| Allen County | | | | | | | |
| Number of Barriers | Frequency | Percent | Cumulative Frequency | Cumulative Percent | | | |
| 0 | 78 | 41.05 | 78 | 41.05 | | | |
| 1 | 48 | 25.26 | 126 | 66.32 | | | |
| 2 | 23 | 12.11 | 149 | 78.42 | | | |
| 3 | 21 | 11.05 | 170 | 89.47 | | | |
| 4 | 14 | 7.37 | 184 | 96.84 | | | |
| 5 | 2 | 1.05 | 186 | 97.89 | | | |
| 6 | 2 | 1.05 | 188 | 98.95 | | | |
| 7 | 1 | 0.53 | 189 | 99.47 | | | |
| 12 | 1 | 0.53 | 190 | 100 | | | |
| Frequency Missing = 7 | | | | | | | |

| Top Five Barriers to Health Services | |
|---|---------|
| Allen County | |
| Barrier | Percent |
| I don't have any barriers | 38.1 |
| Costs too much for appointments, procedures, or medications | 23.9 |
| Can't get an appointment that works for my schedule | 14.7 |
| Can't take time off work | 13.7 |
| Worried the doctor won't take me seriously | 11.2 |
| I don't have insurance | 10.7 |

Family Needs Allen County

Mental Healthcare 20.3%

Housing 16.24%

Healthcare 15.74%

Employment 14.72

Utilities 14.74%

Transportation 8.62%

Domestic Violence Resources 7.11%

Addiction Support Services 6.09%

Eldercare 13.20%

Adult Education 13.20%

Food 12.69%

Clothes 10.15%

Childcare 9.14%

| 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 |

This chart shows financial wellbeing per county. In Allen County, 30.17% of respondents answered "living comfortably" while 43.95% of respondents answered "getting by" as far as their financial health.

| Financial Wellbeing by County | | | | | | | | | | |
|-------------------------------|--------------------|--------|-------|-------------------|-------|---------------|-------------------------------------|--------|-------|-------------|
| | Living comfortably | | G | Fin Getting by | | git difficult | Finding it very difficult to get by | | Total | |
| | LIVING | % of | U | etting by | ισ | % of | unneur | % of | | % of |
| | Count | County | Count | % of County | Count | County | Count | County | Count | 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% |

The following chart shows respondent insurance coverage by county. In Allen County, 86% of the responses were "insurance through an employer". 10% of the responses were "no insurance" and 15% were "self-pay". Insurance coverage for a large proportion of our population seems to be an issue in seeking care.

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

As outlined in the chart below, the five healthy community factors in Allen County were Access to Healthcare, Healthy Behaviors, Strong Families, Good Jobs and Low Crime.

| 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%) |

COMMUNITY HEALTH IMPROVEMENT PLAN

Identified Needs

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.

Respondents 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.

The Executive Summary for the BRIGHT Community Health Assessment of the Barren River Area Development District has identified five areas that need attention during this cycle.

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 have significantly hindered healthcare access.
- 4. Vaccination and preventative health, despite a general acknowledgement 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.

After thorough review of the survey results along with the data and considering the areas of focus for the BRIGHT Coalition, The Medical Center Scottsville has prioritized the following community health issues:

Access to Care

- o Provide information on available services in our community
- o Provide information and awareness on health screenings available in our area
- o Promote telemedicine capabilities for our community
- o Promote primary care clinics available in the community
- o Identify resources for homelessness in our community
- o Identify and assist patients with access to affordable medication

Cardiovascular

- o Increase knowledge and usage of 911 at onset of heart attack or stroke
- o Maintaining Acute Stroke Ready Certification
- o Obtaining Acute Heart Attack Ready Certification
- o Continue community education for high blood pressure
- o Promote screenings available for lung cancer

• Diabetes/Prediabetes

- o Increase community education with community partners on healthy eating
- o Increase education for diabetes management
- o Increase early screening for diabetes via know your numbers testing
- o Increase referral to diabetes educator and or medical nutrition therapy

• Mental Health/Substance Use Disorder

- o Identify and refer patients from point of service to provider for mental health crisis stabilization or substance use disorder timely
- o Offer additional detox programs in our area
- o Increase mental health education
- Increase mental health provider in our rural health clinics for medication follow up and therapy

Access to care is a critical part of our vision in serving our rural community. The Medical Center at Scottsville strives to create a one stop shop with the services we offer and look to use resources available for those services we are unable to offer. We plan to continue to market, educate and work with community providers to demonstrate the available services we have in our community. We have also increased our visibility in the community with our school clinics, and our increased telemedicine options for all our patients. We have identified an increasing homeless population in Allen County. We hope to locate additional resources and offer assistance when identified. We also plan to identify other transportation issues our patients encounter and will work to promote resources available to help these patients as well.

Cardiovascular disease is the prevalent cause of death in our county from heart attacks and strokes. High blood pressure affects almost 50% of American adults, but according to the CDC, only 1 in 4 adults with high blood pressure have their condition under control. Chronic high blood pressure increases risk of heart attack, stroke, heart failure and vascular dementia. Education addressing normal blood pressure target range, when to seek medical help for elevated blood pressure, and the importance of blood pressure management is important to reduce stroke and heart attack incidence. Targeted education toward higher risk populations including Black and Hispanic communities, is a priority as well.

Along with a focus on education of blood pressure, The Medical Center at Scottsville has obtained Acute Stroke Ready certified status. Our hope is to better communicate with our community the risk factors, warning signs and what to do if stroke occurs. We are also in the process of becoming Acute Heart Attack Ready with The Joint Commission. We have begun our road to certification by gathering data, and working with our staff and internal departments on the next steps. Our hope it to complete the initial steps and apply during 2025.

Prediabetes is a growing issue affecting an estimated 1 in 3 adults in America. Prediabetes prevalence in the BRADD area is 10.3% and 11.8% statewide. Prediabetes can be a precursor to type 2 diabetes. With a 7% weight loss and increased physical activity, prediabetes can be reversed or delayed from developing into type 2 diabetes. A pressing goal is to continue to increase awareness around the potential long term negative health impacts of unmanaged prediabetes, as well as, the importance of managing prediabetes to prevent type 2 diabetes.

Type 2 diabetes affects 11.6% of the BRADD area and 13.7% of the adult population statewide. Per the 2020 Kentucky Diabetes Fact Sheet, Kentuckians with diabetes are more likely to have other chronic health conditions such as high blood pressure, heart disease and obesity. Maintaining blood sugars within normal limits helps prevent development of chronic diseases that are related to uncontrolled diabetes. It will be a priority to continue to educate the public on the importance of early lifestyle changes and interventions in newly diagnosed type 2 diabetes. We will continue to encourage healthcare providers to send their patients to diabetes self-management education and medical nutrition therapy upon diagnosis of type 2 diabetes. As an action part of our plan we will track these referrals for the duration of our cycle.

Mental Health and substance use disorder continues to be a vital need in our community. We hope to be able to assist more of our patients with detox options, crisis stabilization by working with community partners. Our future plan is to hire an outpatient psych therapist to see patients at all our rural health clinics. This would assist current patients in follow up on mental health diagnosis in addition to the provider visits. We also plan to identify and expedite mental health or substance use crisis from our emergency department to an appropriate care provider to begin treatment. We have additional partners in the communities we serve that will be able to assist in this endeavor.

Mental health and depression have increased throughout the COVID-19 pandemic due to many factors and the CHA results reflect this increase. There are numerous services provided in the community to address this need including Med Center Health Outpatient Behavioral Health Services. With the help and skills from LifeSkills, Inc., mental health will be a priority area for the BRIGHT Coalition. Med Center Health will assist with these efforts as our resources follow.

Substance abuse services and resources, including alcohol misuse, will be provided and communicated to patients/the community as needed. BRIGHT Coalition has chosen substance abuse as a priority issue to focus on. Med Center Health will assist with these efforts as services allow for collaboration, assistance, etc.

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.

PRIORITIES IDENTIFIED OF NEED THAT WILL NOT BE ADDRESSED AT THIS TIME

Vaccination and preventative health is identified as having a positive impact on health. The Medical Center at Scottsville will continue to offer vaccines and education to our community, but at this point there are other critical needs in our community that will take the spotlight.

Provider-patient relationships was also identified as having a positive impact on health. These relationships are essential to the work with do with our community. This area is indirectly associated to our noted strategies and by working on prioritizing the chronic conditions of our community and mental health we will be able to improve and highlight the providers we have to offer these services.

THE MEDICAL CENTER AT SCOTTSVILLE 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 at Scottsville leadership in addressing our community's health needs over the next three years.

PARTNERSHIPS WITH KEY COMMUNITY HEALTH PROVIDERS & ORGANIZATIONS

A very beneficial component of the Community Health Needs Assessment process for the hospital was participating as an active member of the Barren River Initiative to Get Healthy Together (BRIGHT) Coalition. This reinforced the importance of each community partner in our quest to meet the healthcare needs of all individuals in our community. Over the next three years, The Medical Center at Scottsville will focus on continuing to strengthen relationships with the organizations listed below and developing collaborative efforts to improve healthcare within Allen and surrounding counties. This list is not meant to be exclusive and other organizations/providers will be added as identified.

Key Partners

- American Cancer Society
 - o Continued support of the Relay for Life event in Allen County
- Kentucky Heart & Stroke Association
 - o Stroke accreditation, 2021
 - o Pursuing Acute Heart Attack Ready certification
 - Heart walk sponsor and participant
- Allen County Health Department
 - Continued support of the Vaccination program
 - o Partner with various projects in the community as the need arises
- Allen County Schools
 - o School Based Primary Care Clinic
 - o Partner with Community Health Fair
 - o Sponsor of sports programs and health based programs for students
- Barren River District Health Department
 - o Barren River Initiative to Get Healthy Together (BRIGHT) Coalition
 - o Community Health Worker program
 - o Diabetes Prevention Program
- Medicaid Managed Care Organizations/Case Management
 - o Education opportunities with members on services offered
- Southcentral Kentucky Community Action

- o Food bank support in the community
- Kentucky Rural Health Association
- UK Extension Office
 - o Healthy food classes, diabetes education
- CORE of Scottsville and Allen County Kentucky
 - Healthy Kids Day
 - o Jacksonian 5K
 - o Jacksonian Days wellness labs and blood pressure screenings to the community
- Allen County Scottsville Chamber of Commerce
 - o Community Education of services offered during Chamber Breakfast sponsorship
 - o Leadership Scottsville
 - o Community Health Fair
- WBKO
 - o 90 Seconds to Better Health
 - o Health & Wellness Expo
- Norton Healthcare and UK Healthcare Stroke Care Network
 - o SCOPE Stroke screenings
 - o Brain Protector programs
 - Adult Education stroke program
- Allen County Faith Coalition
 - o Substance Use Disorder
- Ohio River Health Center
 - Substance use disorder
 - o Mental health

IDENTIFIED PRIORITY: ACCESS TO CARE

Goals

- Provide information on available services in our community through advertising and community outreach events and social media outlets
- Continue to utilize telemedicine services to provide access to specialists and primary care
- Continue to utilize Med Center Health Primary Care Scottsville to manage chronic disease conditions within our community
- Continue to provide care to our school system through the onsite nurse practitioner clinics at each of our county schools
- Provide information and awareness on health screenings available in our area
- Decrease barriers to accessing health services
- Maintain Certification for Acute Stroke Ready Hospital through The Joint Commission

- Obtain Acute Heart Attached Ready Certification through The Joint Commission
- Communicate resources for transportation for our community members
- Communicate resources for our homeless population and provide assistance to those seeking help with housing

Partners

- Med Center Health Primary Care Scottsville Rural Health Clinic
- Lifeskills, Inc.
- Allen County Health Department
- Allen County Schools
- Med Center Scottsville Primary Care Clinic
- Med Center Scottsville Specialty Clinic
- Med Center Population Health
- The Dream Center
- Hotel Inc.

- Continue to work with providers in expanding telemedicine services with various specialist as needed
- Work with Med Center Health WorkLife program to determine needs to provide onsite primary care services at local industries
- Work with other stakeholder groups to provide education to the community on resources available in mental health and substance abuse
- Successful completion of initial survey and ongoing annual surveys to receive certification as an Acute Heart Attack Ready Hospital
- Work with primary care provider at Med Center Health Scottsville Rural Health Clinic and Med Center Health Population Management in addressing chronic health needs of patients and closing gaps to maximize health
- Promote utilization of the Rural Health Clinic services in lieu of ED visits when appropriate through community and worksite education
- Promote the Allen County School Clinic for primary care services to students, employees and covered dependents of the Allen County School System
- Maintain Certification for Acute Stroke Ready Hospital through The Joint Commission through annual ongoing surveys
- Work with community partners on homelessness in our area and ways to assist them to find appropriate housing

IDENTIFIED PRIORITY: DIABETES

Goals

- Assist with reducing the incidents of type 2 diabetes in the community
- Provide education on prevention and management of diabetes and prediabetes
- Promote early diagnosis of type 2 diabetes
- Reduce long term complications due to uncontrolled diabetes
- Promote diabetes support group in Allen County
- Increase the number of referrals to diabetes education by 10% each year

Partners

- Allen County Health Department
- Barren River District Health Department
- UK Extension Office
- Med Center Health & Wellness
- Medicaid Managed Care Program/Case Management
- Local Industries
- Allen County Scottsville Chamber of Commerce

- The Medical Center at Scottsville will enhance awareness and utilization of the outpatient Diabetes Education Program recognized by the American Diabetes Association and located at the Health & Wellness Center through marketing of services to community and health care providers
- Plans to offer prediabetes class through the Med Center Health & Wellness offered quarterly
- Support our Diabetes support group
- Offer Diabetes CEU programs for nursing staff
- Diabetes education at hospital community outreach events (Health & Wellness Expo, Women's Conference, etc.)
- Free blood glucose screenings at The Medical Center Scottsville Community Health Fair
- Offer onsite Diabetes Education Classes for employer groups through Med Center Health WorkLife program
- Collaborate with the Barren River District Health Department on a prevention program for diabetes
- Continue to promote and offer the Diabetes Self-Management Training classes and outpatient Medical Nutrition Therapy
- Track our diabetes visits for the Rural Health Clinic and follow trends to report to providers on diagnosis and access to care

IDENTIFIED PRIORITY: CARDIOVASCULAR DISEASE

Goals

- Increase knowledge and usage of 911 at onset of heart attack or stroke symptoms
- Decrease the risk of health complications, including but not limited to heart attack and stroke, associated with uncontrolled high blood pressure
- Become Acute Heart Attack Ready Hospital Certified through The Joint Commission
- Maintain Acute Stroke Ready Hospital Certified through The Joint Commission

Partners

- National Stroke Association
- Norton Healthcare and UK Healthcare Stroke Care Network
- Barren River District Health Department
- American Heart Association and American College of Cardiology
- Allen County Chamber of Commerce
- Allen County Schools
- The Core of Scottsville
- Med Center Health and Wellness
- Med Center Health Population Health

- Continue to provide education to the community about risk factors associated with heart disease, and stroke and how to modify those risk factors through healthy lifestyle choices. This will be an ongoing campaign utilizing all media outlets, newsletters, programs at Med Center Health & Wellness, and through Worksite Wellness for employer groups, civic organizations, and our Facebook page
- Offer blood pressure screenings at community events such as Jacksonian Days, Community Health Fair and Senior Center and First Friday Events
- Continue the systematic approach by the hospital to identify and track all congestive
 heart failure patients who are admitted. Discharge planning will start at admission and
 will involve coaching and follow up services post discharge. The goal will be improved
 quality of life for the patient and reduction of Emergency Department visits and
 readmissions
- Stroke screenings and education provided to the community through partnership with Norton and UK Stroke Care Networks (includes all stroke screenings, brain protector and adult stroke education through the SCOPE program
- Provide stroke and chest pain education on signs and symptoms, "when to call 911", aspirin education for chest pain, hands only CPR to community and worksites

- Work through ENSPIRE program and community health worker program to education patients in need of heart failure information to avoid readmission and refer patients to the Heart Failure class held quarterly at the Med Center Health & Wellness
- Continue to sponsor the Jacksonian 5K Run to promote exercise and healthy lifestyles
- Refer patients with pre hypertension or hypertension to the free Med Center Cares selfmonitored blood pressure training classes at Med Center Health & Wellness

IDENTIFIED PRIORITY: MENTAL HEALTH AND SUBSTANCE USE DISORDER

Goals

- Identify and refer patients from point of service to provider for mental health crisis stabilization or substance use disorder timely
- Offer additional detox programs in our area
- Increase mental health education with providers, community, and school system
- Increase mental health provider in our rural health clinics for medication follow up and therapy

Partners

- Allen County Health Department
- Allen County School System
- Ohio River Health Center
- Life Skills
- Med Center Health Psychology
- Allen County EMS
- Allen County Faith Coalition

- Assist more of our patients with detox options, crisis stabilization by working with community partners.
- Employ an outpatient psych therapist to see patients at all our rural health clinics to assist current patients in follow up on mental health diagnosis in addition to the provider visits.
- Identify and expedite mental health or substance use crisis from our emergency department to an appropriate care provider to begin treatment. We have additional partners in the communities we serve that will be able to assist in this endeavor.
- Substance abuse services and resources, including alcohol misuse, will be provided and communicated to patients/the community as needed.

COMMUNICATION PLAN

The Medical Center at Scottsville will publish the Community Health Needs Assessment, including the survey results and strategic plan, on its web site and make hard copies available to the public upon request. The results will also be incorporated into the hospital's annual IRS tax form 990 submission.

CONCLUSION

The Medical Center at Scottsville has been committed to the Community Health Needs Assessment throughout the process. It has served to strengthen relationships with other providers of healthcare and organizations in the community. The surveys conducted lead to data driven identification of community health needs. The hospital has developed a detailed strategic plan to address these needs over the next three years with the ultimate goal being to improve the quality of life of the individuals in the community we serve.

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 | [] 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): |
|--|---|
| the survey if you live in another county or state | () Great |
| the survey if you live in unother country or state | () Good |
| 2) What is the ZIP code where you live (or where you | () Okay |
| most often stay)? | () Not good |
| most often stay): | () Bad |
| | () Prefer not to answer |
| 3) What helps people stay healthy in your | () Freier not to answer |
| community? Pick the top 3. | 6) In the last month, how many days did being sick, |
| [] Good place to raise children | ill, or hurt stop you from your usual activities like |
| [] Low crime / safe neighborhoods | taking care of yourself, working, or having fun?* |
| [] Good schools | taking care or yourself, working, or having run: |
| [] Access to health care (e.g., family doctor) | 7) When did you last visit a doctor or nurse for a |
| [] Parks and recreation | regular health check?* |
| [] Clean environment | () Within the past year – Skip to # 9 |
| [] Affordable housing | () More than 1 year to 2 years ago |
| [] Arts and cultural events | () More than 2 years to 5 years ago |
| [] Inclusive community (in other words, people are | () Longer than 5 years ago |
| accepted for who they are) | () Never |
| [] Good jobs and healthy economy | () Not sure |
| [] Strong family life | () Prefer not to answer |
| [] Healthy behaviors and lifestyles | 8) If you haven't seen a doctor in the last year, why |
| [] Farmer's markets | not? Check all the reasons. |
| [] Local leaders (such as government or school | [] Cost of the visit |
| leaders) who prioritize health | [] Transportation |
| [] Sense of community belonging (for example: | [] Unable to take time off work |
| religious participation, welcoming community events | [] Cost of the treatment |
| and places) | [] Don't have health insurance |
| [] Other - Write In (Required): | [] Lack of child care |
| , | [] Lack of available doctors |
| | [] Could not find a doctor that accepts my insurance |
| [] Prefer not to answer | [] I don't like or trust doctors |
| | [] Other - Write In (Required): |
| 4) Where do you usually get information about | · · · · |
| staying healthy? Check all the places you use. | |
| [] Healthcare provider | 9) Do you have diabetes?* |
| [] Public health officials (such as your local health | () Yes, I am diabetic |
| department or the CDC) | () 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 | [] None of the above [] Other - Write In (Required): |
|--|--|
| () Preser not to answer - Skip to #11 | [] Prefer not to answer |
| 10) Have you been referred to | |
| Yes No I'm not sure | 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 |
| a dietitian (someone who helps you learn what foods to eat and what foods to avoid) | [] 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 |
| diabetes education (to help you learn more about your condition and how to care for yourself) | [] 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 |
| 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 | [] I don't have insurance [] Don't have child care [] Language barriers [] Other - Write In (Required): [] Prefer not to answer |
| () Taken a smaller dose of medication than was directed() Other – Write In (Required): | 14) During a typical weekday (Monday - Friday), how many hours do you sit per day? This could be while |
| () None of the above | working or during fun or down time (such as watching tv or playing video games). Do not count hours while you are asleep.* |
| 12) In the last year, was there anything you or your family needed but couldn't get? Check all the boxes that apply.* | 15) How many hours do you sleep on a normal week night? * |
| [] Addiction Services [] Mental health care services [] Child Care [] Clothing [] Domestic Violence Assistance [] Elder Care | 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. * |
| [] Employment [] Food [] Health Care [] Housing [] Adult educational services [] Transportation | () 0 days () 1-2 days () 3-4 days () 5-6 days () 7 days () Prefer not to answer |

[] Utilities

| 17) On days you exercise, how many minutes per | | urance but it | doesn't cov | er mental | |
|---|---|----------------|-----------------|-------------|---------------|
| day do you usually exercise for? | health [] Services cost too much | | | | |
| 18) How would you describe your overall mental | | | | | |
| health?* | [] Tried before, it didn't work | | | | |
| () Great | [] Tried before, takes too long to get an | | | | |
| | appointmen | | irad). | | |
| () Good | [] Other - w | /rite In (Requ | iirea): | | |
| () Okay | 22) Whare a | J == | | | |
| () Not good | | do you go mo | ist often whe | en your me | entai |
| () Bad | health is not | _ | - | L:£-Cl: | II - \ |
| 40) N | | ity mental he | | | |
| 19) Now thinking about your mental health, which | , , | ental health | • | | |
| includes stress, depression, and problems with | | wn place or v | vith a smail g | group of o | iner |
| emotions, how many days during the past 30 days | therapists) | | | | |
| was your mental health not good?* | | iatrist/psych | | oractitione | r |
| | | Emergency R | | | |
| 20) People can get counseling, treatment, or | | ar primary ca | | | |
| medicine for many different reasons, such as: | | Administrati | | | |
| For feeling depressed, anxious, or "stressed out" | • • • | mental healtl | n service (ple | ease | |
| Personal problems (like when a loved one dies or | specify): | | | | |
| when there are problems at work) | | | | | |
| Family problems (like marriage problems or when | · | en do you fe | el lonely or li | ke you are | e by |
| parents and children have trouble getting along) | yourself? | | | | |
| Needing help with drug or alcohol use | () Always | | | | |
| For mental or emotional illness | () A lot | | | | |
| | () Often | | | | |
| In the last 12 months, did you get counseling, | () Sometime | es | | | |
| treatment, or medicine for any of these reasons?* | () Never | | | | |
| () Yes – Skip to #23 | | | | | |
| () No – Continue to #21 & #22 but skip #23 | 5) How ofte | n do you use | each of the | following? | * |
| () Prefer not to answer | | | | | |
| | | Every | Some | Not | Prefer not |
| 21) In the last 12 months, did you want to get | | day | days | at | to answer |
| counseling, treatment, or medicine but were unable | | au, | aujs | all | to unswer |
| to? | | | | | |
| () Yes, I wanted to but couldn't | Smoke | | | | |
| () No, I did not want counseling, treatment, or | cigarettes | | | | |
| medicine | | | | | |
| | I I a a la comica a | | | | |
| 22) What stops you from getting mental health | Use chewing tobacco or | | | | |
| services when you need them? Check all that apply. | snuff | | | | |
| [] I am ashamed or uncomfortable talking about | Siluii | | | | |
| personal issues | | | | | |
| [] I do not have internet access to find a provider | Use e- | | | | |
| [] I can't get in to see a mental health provider | cigarettes or | | | | |
| • | | 1 | 1 | 1 | 1 |
| [] Don't have a ride or a way to get there | other | | | | |
| | electronic | | | | |
| [] Language/cultural | electronic vaping | | | | |
| | electronic | | | | |

| If you use any cigarettes, chewing tobacco, snuff, ecigarettes, 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 | 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 |
|--|--|
| () Prefer not to answer | [] One or more children between the ages of 12 and 18 |
| 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) | [] 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): |
| [] Cold turkey or stopping without any other substitute or intervention[] Other - Write In (Required): | [] I do not have caregiving responsibilities |
| 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? | 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 |
| 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 | [] 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): |
| () 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 | 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 | [] E-cigarette use (vaping, JUULS) |
|--|--|
| following statement: | [] Racism |
| All income groups have access to mental health | [] Child abuse or neglect |
| services. | [] Adult or senior abuse or neglect |
| () Strongly Disagree | [] Domestic violence/intimate partner violence |
| () Disagree | [] Community violence |
| () Neither Agree nor Disagree | [] Unsafe sex |
| | |
| () Agree | [] Human trafficking |
| () Strongly Agree | [] Rape/sexual assault |
| | [] Other - Write In (Required): |
| 35) Overall, what are the top three mental health | |
| needs in the community that should be addressed? * | |
| [] Addressing the stigmatization of those with | 37) What help is available in your community for |
| mental health issues | people who want to stop using drugs or drinking too |
| [] Affordable health insurance that includes mental | much alcohol? (Check all that apply) |
| health care | [] Talking to a counselor or therapist |
| [] Affordable mental health services | [] Going to a place where they help you stop |
| [] Affordable prescriptions | |
| | (rehabilitation or treatment centers) |
| [] Availability of transportation to mental health | [] Meeting groups where people support each other |
| services | (ex: Alcoholics Anonymous, Narcotics Anonymous) |
| [] Care for Caregivers | [] Learning programs about not using drugs or |
| [] Children's mental health services | drinking |
| [] High quality mental health services | [] Doctors who help with stopping |
| [] More mental health education | [] Programs for exchanging used needles safely |
| [] More number of mental health care providers | [] Help with laws and rules about using drugs (legal |
| [] Substance abuse prevention/treatment | aid services related to substance use) |
| [] Suicide prevention | [] Outreach and community support services |
| [] Another mental health need (please specify): | [] None that I am aware of |
| [] Another mental health need (please specify). | |
| | [] Other - Write In (Required): |
| [] I don't know | |
| | []I don't know |
| 36) In your opinion, what are the issues in our | |
| community that have the greatest negative impact | 38) To what extent do you agree with the following |
| on our health? Please select the top 3. | statement: "Vaccines are important for the health of |
| [] Limited access to healthcare | the community."* |
| [] Limited access to medications | () Strongly disagree |
| [] Not getting vaccines | () Disagree |
| [] Limited access to healthy foods | () Neither agree nor disagree |
| [] Poor eating habits | () Agree |
| [] Lack of exercise | () Strongly agree |
| [] Lack of a livable wage | |
| | () Prefer not to answer |
| [] Homelessness or housing insecurity | |
| [] Distracted driving | 39) For each vaccine below, please select the |
| [] Not using seat belts/child safety seats | statement that is true for you. |
| [] Dropping out of school | Flu shot |
| [] Excessive social media use | () I have gotten this shot – Skip #40 |
| [] Bullying | () I have not gotten this shot – Got to # 40 |
| [] Substance misuse (for example, alcohol, opioids, | () I don't know if I've gotten this shot – Skip #40 |
| meth) | 40) Why didn't you get the flu shot ? |
| [] Tobacco use | [] I didn't know where to go to get it |
| [] Tobacco use | [] I didil t kilow where to go to get it |

| [] The times to get it didn't work with my schedule | [] The times to get it didn't work with my schedule |
|---|---|
| [] I couldn't afford it | [] I couldn't afford it |
| [] I did not have transportation to get 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 didn't know I needed it or I don't know what it is |
| [] I wanted it but it wasn't available | [] I wanted it but it wasn't available |
| [] I was concerned about the risk | [] I was concerned about the risk |
| [] I don't want to get it | [] I don't want to get it |
| [] Other - Write In (Required): | [] Other - Write In (Required): |
| TDAP (tetanus, diphtheria, pertussis) | 44) What kind of health care insurance do you |
| () I have gotten this shot – Skip #41 | currently have?* |
| () I have not gotten this shot – Got to #41 | () Health insurance through an employer (my own, |
| () I don't know if I've gotten this shot – Skip #41 | my spouse's, or my parents) |
| ., | () Health insurance through the government (such |
| 41) Why didn't you get the TDAP shot? | as Medicare, Medicaid, or Indian Health Service) |
| [] I didn't know where to go to get it | () Health insurance I or my spouse pays for on |
| [] The times to get it didn't work with my schedule | my/our own (such as Cobra or a health plan on the |
| [] I couldn't afford it | state or federal marketplace such as KYNECT) |
| [] I did not have transportation to get it | () I do not have health insurance |
| [] I didn't know I needed it or I don't know what it is | () Not sure |
| [] I wanted it but it wasn't available | () Prefer not to answer |
| [] I was concerned about the risk | 45) What is your age* |
| [] I don't want to get it | · · · · · · · · · · · · · · · · · · · |
| [] Other - Write In (Required): | 46) Are you?* |
| | () Female |
| | () Male |
| COVID-19 Vaccine | () Trans female/Transwoman |
| () I have gotten this shot – Skip #42 | () Trans male/Transman |
| () I have not gotten this shot – Got to # 42 | () Genderqueer/Gender nonconforming |
| () I don't know if I've gotten this shot – Skip #42 | () I prefer to describe my identity as (write in): |
| 42) Why didn't you get the COVID-19 vaccine? | () Prefer not to answer |
| [] I didn't know where to go to get it | 471 C 1C 2* |
| [] The times to get it didn't work with my schedule | 47) Do you think of yourself as?* |
| [] I couldn't afford it | () Straight or heterosexual |
| [] I did not have transportation to get it | () Lesbian, gay, or homosexual |
| [] I didn't know I needed it or I don't know what it is | () Bisexual |
| [] I wanted it but it wasn't available | () Another identity (please specify): |
| [] I was concerned about the risk | / \ Nataura |
| [] I don't want to get it | () Not sure |
| [] Other - Write In (Required): | () Prefer not to answer |
| COVID-19 Boosters | 48) What is your race/ethnicity? Please select all |
| () I have gotten this shot – Skip #43 | that are true for you.* |
| () I have not gotten this shot – Got to # 43 | [] White |
| () I don't know if I've gotten this shot – Skip #43 | [] Black or African American |
| | [] American Indian or Alaska Native |
| 43) Why didn't you get the COVID-19 booster? | [] Hispanic, Latino(a), or Spanish |
| [] I didn't know where to go to get it | [] Asian |

| [] Native Hawaiian or other Pacific Islander [] Other - Write In (Required): | () \$65,001 to \$80, () \$80,001 to \$100 | | | |
|---|--|----------------|--------------------|-----------|
| | () \$100,001 to \$12 | 20,000 | | |
| [] Prefer not to answer | () \$120,001 to \$15 | 50,00 | | |
| 49) What is your marital status?* | () More than \$150 | 0,000 | | |
| () Married | () Prefer not to ar | | | |
| () Divorced | ., | | | |
| () Widowed | 53) How would yo | u describe v | our financial w | ell- |
| () Separated | being? * | | , | |
| () Never been married | () Living comforta | hlv | | |
| () Living with a partner | () Getting by | ~., | | |
| () Prefer not to answer | () Finding it difficu | ilt to get hy | | |
| () Freier flot to answer | () Finding it very of | | | |
| EO) What is the highest grade or year of school year | | | et by | |
| 50) What is the highest grade or year of school you | () Prefer not to ar | iswei | | |
| completed?* | E 4) \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ | | | |
| () Never attended school or only attended | 54) What is your h | ousing situ | ation today? * | |
| kindergarten | () I have housing | | | |
| () Grades 1 through 8 (Elementary) | () I have housing t | | am worried abo | out |
| () Grades 9 through 11 (Some high school) | losing housing in t | | | |
| () High school graduate | () I do not have pe | | | |
| () GED or alternative high school credential | others, in a hotel, | | _ | n the |
| () Some college credit but no degree | street, on a beach | , in a car, or | r in a park) | |
| () Associates degree | () Prefer not to ar | iswer | | |
| () Bachelor's degree (for example, BA, BS) | | | | |
| () Master's degree (for example, MA, MS, MBA) | 55) How many peo | ople, includ | ing you, live witl | n you |
| () Professional or doctoral degree (for example, MD, | most of the time? | | | |
| JD, PhD) | | | | |
| () Prefer not to answer | | | | |
| 51) Are you currently? Please select all that | Discrimination | | | |
| apply.* | 56) How often hav | e you been | discriminated a | gainst |
| [] A Student | or treated unfairly | for any of | the following? | |
| [] Employed for wages | | | | |
| [] Self-Employed | | Never | Sometimes | Regularly |
| [] A stay-at-home parent | | Never | Sometimes | Regularly |
| [] Unemployed and looking for work | | | | |
| [] Unemployed and not looking for work (BUT NOT a | Race/Ethnicity | | | |
| stay-at-home parent or retired) | Race/Eulincity | | | |
| [] Retired | | | | |
| [] Unable to Work | | | | |
| [] Prefer not to answer | Religion | | | |
| [] There have to unower | | | | |
| 52) What was your total household income last year | Age | | | |
| before taxes?* | | | | |
| () Less than \$10,000 | Gender | | | |
| () \$10,001 to \$15,000 | Gendel | | | |
| () \$15,001 to \$15,000 () \$15,001 to \$20,000 | | | | |
| () \$20,001 to \$35,000 () \$20,001 to \$35,000 | Sexual | | | |
| • | Orientation | | | |
| () \$35,001 to \$50,000 | | | <u> </u> | l |
| () \$50,001 to \$65,000 | | | | |

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 | V | Every 6 | Vaa | A construction |
| 40 | Yes | 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 | MOULTIS | Yes | Annually |
| | | Ammundlis | | • |
| 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 | Week | A II | Was | Every 6 |
| 50 | Yes | Annually | Yes | 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 | |
|---------------------------------|----|
| 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 |

APPENDIX A

THE MEDICAL CENTER AT SCOTTSVILLE IMPLEMENTATION STRATEGIES FOR ADDRESSING COMMUNITY HEALTH NEEDS DURING 2022 – 2024

Through the research and recommendations from the Community Health Needs Assessment and hospital staff, administration and Board of Directors, the following strategies were implemented in addressing our community's health needs during 2022-2024.

STRENGTHEN PARTNERSHIPS WITH KEY COMMUNITY HEALTH PROVIDERS & ORGANIZATIONS

A very beneficial component of the Community Health Needs Assessment process for the hospital was participating as an active member of the Barren River Initiative to Get Healthy Together (BRIGHT) Coalition. This reinforced the importance of each community partner in our quest to meet the healthcare needs of all individuals in our community. The Medical Center at Scottsville will focus on continuing to strengthen relationships with the organizations listed below and developing collaborative efforts to improve healthcare within Allen and surrounding counties. This list is not meant to be exclusive and other organizations/providers will be added as identified.

- Allen County Health Department
 - o Continued support of the vaccination program
 - o BRIGHT Coalition
- Allen County Rotary
 - Educational programs provided throughout the year on health topics and services
- Allen County Schools
 - School Based Primary Care Clinic
 - o Partner with Community Health Fair
 - o Sponsor of sports programs and health-based programs for students
 - o High School Career Fair
 - o Sponsored Free School and Sports Physicals
- Allen County Scottsville Chamber of Commerce
 - Community Education of services offered during Chamber Breakfast sponsorship

- Community Health Fair, offered blood pressure screenings, BMI information, glucose testing, cholesterol testing, balance screenings and grip strength
- o Jacksonian Days, Health Fair
- Allen County Sherriff's Department
- American Cancer Society
 - Continued support of the Relay for Life event in Allen County, health screenings at event
- American Heart Association
- American Red Cross
 - Hosted blood drives
- Barren River District Health Department
 - o Barren River Initiative to Get Healthy Together (BRIGHT) Coalition
 - o Community Health Worker program
 - o Diabetes Prevention Program
- CORE of Scottsville and Allen County Kentucky
 - o Jacksonian 5K, sponsor
 - Jacksonian Days wellness labs and blood pressure screenings to the community
- Kentucky Cancer Program
- Kentucky Heart Disease and Stroke Prevention Task Force
- Kentucky Organ Donor Association
- Kentucky Rural Health Association
- Medicaid Managed Care Organizations/Case Management
 - o Education opportunities with members on services offered
- National Stroke Association
 - o Acute Stroke Ready Hospital, 2022
- Norton Healthcare and UK Healthcare Stroke Care Network
 - SCOPE Stroke screenings
 - o Brain Protector programs
 - Adult Education stroke program
- Southcentral Kentucky Community Action
 - o Food bank support in the community
- WBKO
 - o 90 Seconds to Better Health
 - o Health & Wellness Expo January 2022,2023, 2024

DIABETES

Goals

- Assist with reducing the incidents of type 2 diabetes in the community
- Provide education on prevention and management of diabetes and prediabetes
- Promote early diagnosis of type 2 diabetes
- Reduce long term complications due to uncontrolled diabetes

Activities/Outcome

April 2022

Facebook post education on diabetes support groups in the community

June 2022

Facebook post education on healthy eating

October 2022

Facebook post education on diabetes and breast cancer

Community Health Fair, blood glucose test, lipid profile, information on diabetes, 250 participants September 2023

o Facebook post education on diet options

October 2023

Community Health Fair, blood glucose test, lipid profile, information on diabetes, 250 participants

May 2024

- Facebook post education on healthy school lunches and meal planning
 June 2024
 - Facebook post on diabetes support groups

July 2024

Facebook post education on diabetes support groups in the community
 August 2024

Facebook post education on diabetes support groups in the community
 October 2024

Facebook post education on diabetes support groups in the community
 Community Health Fair, information provided on services, glucose and lipid profile screenings,
 pulmonary function test, blood pressure checks, 127 participants

November 2024

- Facebook post on diabetes and stroke prevention
- Facebook post on diabetes support group

CARDIOVASCULAR

Goals

- Increase knowledge and usage of 911 at onset of heart attack or stroke symptoms
- Decrease the risk of health complications, including but not limited to heart attack and stroke, associated with uncontrolled high blood pressure
- Become Acute Stroke Ready Hospital Certified through The Joint Commission

Activities/Outcome

April 2022

Facebook post education on the following topics:

- National walking day
- Family fitness
- Symptoms of heart attack
- Smoking cessation, low dose lung cancer screening
- Stroke risk factors
- Stroke awareness

May 2022

Facebook post education on the following topics:

- Stroke awareness
- Stroke symptoms
- Stroke prevention
- Quitting smoking
- o CPR education

June 2022

Facebook post education on the following topics:

- Salt intake awareness
- CPR education
- Smoking cessation
- Stroke symptoms
- Act FAST information
- High blood pressure facts

July 2022

Facebook post education on the following topics:

- Be FAST information
- Pulmonary rehab
- Heart attack and heart disease
- Stroke awareness

August 2022

Facebook post education on the following topics:

- Heart attack awareness
- High blood pressure management

- Stroke symptoms
- o CPR education
- Risk factors for stroke
- Stroke prevention

September 2022

Facebook post education on the following topics:

- Jacksonian 5K sponsorship
- Stroke risk factors
- High blood pressure
- Stroke symptoms, Be FAST

October 2022

Facebook post education on the following topics:

- o Be FAST stroke symptoms
- o Hands only CPR
- Healthy lung month

Community Health Fair, blood pressure screening, stroke screenings, PFT screening, 250 participants

Allen County Chamber of Commerce Lunch sponsor, information on services, 100 participants November 2022

Facebook post education on the following topics:

- o But I already quit smoking
- Lung cancer
- Smoking causes cancer
- o World pneumonia day
- o COPD Day
- Lung cancer awareness

December 2022

Facebook post education on the following topics:

- Vaping education
- Smoking cessation
- Be FAST stroke symptoms
- High blood pressure
- Depression and stroke
- Stroke symptoms
- Stroke and brain health

January 2023

Facebook post education on the following topics:

- Signs of stroke
- Be FAST stroke symptoms
- Hands only CPR

Time lost is brain lost

February 2023

Facebook post education on the following topics:

- Women and stroke
- Heart truth for Women
- o 90 seconds to better health video
- Blood pressure
- Heart attack signs
- Heart failure symptoms
- Black women stroke education
- o Be FAST Stroke symptoms

March 2023

Facebook post education on the following topics:

- Be FAST stroke symptoms
- o Call 911, stroke symptoms
- o Hands only CPR
- Stroke signs

April 2023

Facebook post education on the following topics:

- Heart attack signs
- Symptoms of stroke
- o Pediatric sepsis week
- Stroke risk factors

May 2023

Facebook post education on the following topics:

- Stroke programs link
- Stroke video
- Stroke risk factors
- Signs of stroke in Men and Women
- High blood pressure month
- Be FAST
- Hypertension Day
- Stroke survivors stories
- Call 911 stroke symptoms
- Heart attack signs
- o Heart health and depression
- o Family history and stroke and heart attack

June 2023

Facebook post education on the following topics:

o 2 step CPR

- Effects of stroke
- Aphasia education
- o High blood pressure
- Call 911 for stroke
- Healthy blood pressure

July 2023

Facebook post education on the following topics:

- Be FAST stroke symptoms
- o 2 point CPR
- Call 911 for stroke symptoms
- o Acute Stroke Ready Certification obtained
- High blood pressure

August 2023

Facebook post education on the following topics:

- Lung cancer screening
- o But I already quit smoking
- Be FAST stroke symptoms

Rotary presentation, Stroke Education, 45 participants

Rotary Presentation, Acute Stroke readiness and Be FAST, 40 participants

September 2023

Facebook post education on the following topics:

- o Call 911 for signs of stroke
- Signs of stroke in men and women
- Be FAST stroke signs
- Screenings saves lives

October 2023

Facebook post education on the following topics:

- Time lost is brain lost
- Call 911 for stroke symptoms
- Hands only CPR
- o PHIL award winner, Respiratory Therapist, Mark Reisinger
- World Stroke Day

Community Health Fair, blood pressure screening, stroke screenings, PFT screening, 250 participants

November 2023

Facebook post education on the following topics:

- Lung cancer screening
- Lung cancer statistics
- Diabetes and heart health
- Vaping education

- COPD awareness Day
- o Smoke free home
- o Get ready to quit
- Hands only CPR
- o African American Men and lung cancer
- Quitting smoking
- But I already quit smoking
- o Call 911 for stroke signs

December 2023

Facebook post education on the following topics:

- Heart attack signs and symptoms
- o Do you smoke?
- Pulmonary rehabilitation
- Vaping education
- Be FAST stroke signs
- How quitting can be different for women
- o But I already quit smoking
- Lung Nodule program

January 2024

Facebook post education on the following topics:

- Caring for your heart
- Signs of stroke in men and women
- Blood pressure
- Be FAST stroke symptoms
- Time lost is brain lost
- Heart truth for women
- Prevention for heart attack

February 2024

Facebook post education on the following topics:

- Blood pressure monitoring at home
- Understanding blood pressure
- Women and heart health
- One in 5 women will have a stroke
- High blood pressure
- Stroke cause of death in women
- Healthy cholesterol levels and healthy lifestyle
- o Be FAST

March 2024

Facebook post education on the following topics:

o 911 for stroke symptoms

- Signs of stroke in men and women
- Stroke awareness for symptoms

April 2024

Facebook post education on the following topics:

Walking a good form of exercise

First Friday, Heart of Scottsville, information on services, blood pressure screenings, 100 participants

May 2024

Facebook post education on the following topics:

- High blood pressure risk factor for stroke
- 5 ways to prevent stroke
- o Blood pressure education
- o Hands only CPR
- o 1 in 4 stroke survivors will have another stroke
- World hypertension day
- o Be FAST
- o Heart attack signs in men and women
- Time lost is brain lost

June 2024

Facebook post education on the following topics:

- Heart attack frequency is every 40 seconds in the US
- High blood pressure education
- o Hands only CPR
- Heart related illness prevention
- o Call 911 for stroke signs
- o CPR and AED education
- o Be FAST
- Heart attack signs and symptoms in men and women
- Two steps to save a life
- Don't ignore signs of a heart attack

First Friday, Heart of Scottsville, information on services, BP screenings, 150 participants July 2024

Facebook post education on the following topics:

- Two steps to save a life
- Stroke signs
- Be FAST
- Hands only CPR
- o Rapido, Spanish stroke information
- Know CPR and how to use AED

- o Acting FAST
- Signs for stroke
- Heart attack signs

August 2024

Facebook post education on the following topics:

- o Time lost is brain lost
- Ambulance ride could save a life
- Heart attack warning signs
- Call 911 for stroke signs
- Know CPR and AED usage
- Heart attack signs in men and women
- Two steps to save a life
- Be FAST stroke symptoms

First Friday event, Heart of Scottsville, BP screenings and services information, 200 participants September 2024

Facebook post education on the following topics:

- Join the nation of life savers
- o Call 911 for signs of stroke
- Two steps to save a life
- Symptoms of cardiac arrest
- Be FAST stroke symptoms
- o Pulmonary rehab information
- World heart Day

First Friday event, Heart of Scottsville, BP screenings and services information, 200 participants October 2024

Facebook post education on the following topics:

- Depression and Stroke
- Warning signs of a heart attack
- Self-esteem post stroke
- Be Fast
- Don't Delay call 911
- Pregnancy and blood pressure
- Hands only CPR
- Flu awareness
- o Cardiovascular Media Library link
- Lung cancer screening day
- World stroke day
- o Lung nodule program

Community Health Fair, information provided on services, glucose and lipid profile screenings, pulmonary function test, blood pressure checks, 127 participants

November 2024

Facebook post education on the following topics:

- Lung nodule program
- Recognizing the signs of cardiac arrest and performing CPR
- Diabetes and stroke prevention
- Lung cancer screening day
- Smoke free teen
- Hands only CPR
- o RSV season information
- Quitting smoking
- o Pneumonia day
- Flu education
- Lung cancer risk
- CPR and AED
- Weight gain and quitting/smoke free women
- Cardiac arrest information

December 2024

Facebook post education on the following topics:

- o Time lost is brain lost
- CPR education
- Stroke prevention
- CPR and AED
- RSV education
- Stroke statistics
- Cardiac arrest and CPR

ACCESS TO CARE

Goals

- Provide information on available services in our community
- Continue to utilize telemedicine services to provide access to specialists and primary care
- Continue to utilize Med Center Health Primary Care Scottsville to manage chronic disease conditions within our community
- Continue to provide care to our school system through the onsite nurse practitioner clinic and increase coverage to all schools
- Provide information and awareness on health screenings available in our area
- Decrease barriers to accessing health services
- Acute Stroke Ready Hospital through The Joint Commission

Activities/Outcome

April 2022

Facebook post education on the following topics:

- Aphasia
- Early Detection Cancer Screening
- Pediatric Sepsis
- Boosting Mental Health
- o Mammogram education

Mental Health interview, Farm and Home Show, broadcast education, unknown participants May 2022

Facebook post education on the following topics:

- Neurofibrosis
- Asthma
- Maternal Sepsis
- o Women's Health
- Osteoporosis Month
- Skin Cancer Prevention
- Drowning Prevention
- Mental health post, emotional issues

Mental health in-service, SKY Rehab, 10 participants

Mental health in-service, SOKY, 30 participants

Mental health presentation, Arcardia assisted living, 20 participants

Mental health presentation, Barren County senior center, 18 participants

Mental health presentation, Franklin Nursing and rehab, 4 participants

June 2022

Facebook post education on the following topics:

- Men's Health Month
- Mental health education
- o Alzheimer's & Brain Awareness
- Hospital violence

Sports Physicals at School Clinics, 74 were completed

Mental health presentation, Lifeline home health, 5 participants

Mental health presentation, Riding with a smile transportation, 2 participants

Mental health presentation, home instead, 4 participants

July 2022

- Juvenile Arthritis
- Sarcoma Awareness
- Skin cancer awareness
- Heart and Oral Health

New CT Scanner announcement

Rotary Presentation about improved CT scanner at facility, 45 participants
First Friday Event, information on services and providers, 100 participants
Mental health presentation, SOKY, 25 participants
Mental health presentation, Lifeline Home care, 4 participants
Mental health presentation, Med Center Social Workers, 10 participants
Mental health presentation, Elder Abuse Council, 8 participants
Mental health presentation, Baren County Networking, 30 participants
August 2022

Facebook post education on the following topics:

- Men's Health Alliance information
- Women's Health Conference
- Mental health relaxation methods

Mental health presentation, RHC, Franklin, 15 participants
Mental health presentation, Town & Country Health Fair, 17 participants
Mental health presentation, Aleia Bow, 2 participants
Mental health presentation, Coffee and Cars, 10 participants
Mental health presentation, SOKY meeting, 25 participants
Mental health presentation, Greenview Regional Hospital, 7 participants
September 2022

Facebook post education on the following topics:

- Risk factors for colon cancer
- Sepsis
- Hand washing education
- Prostate Cancer Awareness
- o Telemedicine visits access information
- Food safety
- Announcing fall health fair

Mental health presentation, Charter assisted living, 20 participants Mental health presentation, Lifeline Home Care, 20 participants Mental health presentation, Barren County Networking, 15 participants

Mental health presentation, Alzheimer booth, 30 participants

Mental health presentation, SOKY meeting, 22 participants

Mental health presentation, Highland Assisted Living, 40 participants

Mental health presentation, Edmonson County health fair, 50 participants

Mental health presentation, Women's Conference, 175 participants

Mental health presentation, Farmer's market, 5 participants

Mental health presentation, BG Senior Center, 8 participants

October 2022

Facebook post education on the following topics:

World mental health day

- o Community health fair information
- o Breast cancer awareness month
- o Mammogram education

Community Health Fair, education and information on services, 200 participants

Mental health presentation, Mental Health Coalition, 8 participants

Mental health presentation, Highland Assisted Living, 60 participants

Mental health and aging conference, information on services and presentation, 200 participants

Mental health presentation, Highland Assisted Living, 60 participants

Mental health presentation, Glasgow Housing Authority, 10 participants

November 2022

Facebook post education on the following topics:

- o Radon risk education
- Eye donation month
- Flu information

Mental health presentation, SOKY networking, 30 participants

Mental health presentation, Veteran's Celebration, 20 participants

Mental health presentation, Dr. Pendleton in-service, 5 participants

Mental health presentation, Mental Health and Aging Coalition, 9 participants

December 2022

Facebook post education on the following topics:

- Organ donation link
- Hand washing education
- o Flu education

Mental health presentation, Highland Ridge Wellness, 15 participants

Mental health presentation, KY Psychiatry, 16 participants

Mental health presentation, SOKY Networking, 22 participants

January 2023

Facebook post education on the following topics:

- Fresh meal kits for OB patients
- Radon education
- o Cardiology provider, Dr. Muhammad Akbar, Dr. Sameer Badardueen
- Urology provider, Dr. Bergamini

Mental health presentation, SOKY, 28 participants

Mental health presentation, Amedisys Home Care, 19 participants

Mental health presentation, Mental Health Coalition, 8 participants

Mental health presentation, Barren County provider, 22 participants

Mental health presentation, Horizon Pace, 3 participants

Mental health presentation, Glasgow senior center, 10 participants

Mental health presentation, TJ Case management director, 1 participant

Health Expo, information on services and providers, 1000 participants

February 2023

Facebook post education on the following topics:

- o General Surgeon provider, Dr. Tracy Cross
- o Nephrologist, Dr. Dilek Elbistan
- o Cardiologist, Dr. Mohammed Kazimuddin
- o General Surgeon, Dr. Darin Passer

Mental health presentation, Staywell Clinic, 7 participants

Mental health presentation, Lifeline Home Health, 32 participants

Mental health presentation, SOKY, 26 participants

Mental health presentation, Barren County provider, 15 participants

Mental health presentation, Russellville Senior Center, 7 participants

Mental health presentation, Brightview Recovery, 3 participants

March 2023

Facebook post education on the following topics:

- Colorectal cancer
- Pulmonology provider, Dr. Karan Singh
- Hand washing
- Medication safety

Medical Center at Franklin Health Fair, information on services and mental health, 125 participants

Mental health presentation, Allen County Senior Center, 12 participants

Mental health presentation, SOKY, 30 participants

Mental health presentation, Dr. Grau, 4 participants

Mental health presentation, Med Center Social Workers, 5 participants

Mental health presentation, Barren County Providers, 17 participants

Mental health presentation, Hosparus, 2 participants

April 2023

Facebook post education on the following topics:

- Organ donation
- Autism awareness day
- Occupational therapy month

Mental health presentation, SOKY, 25 participants

Mental health presentation Eintrepid, 2 participants

Mental health presentation, Senior Aging Summitt, 38 participants

Health Fair, mental health information, Edmonson Co Senior Health Fair, 75 participants

May 2023

- Skin cancer
- Asthma awareness
- Sepsis in pregnancy
- Sun safety

Drowning prevention

Mental health awareness interview, WBKO, virtual broadcasted event
Mental health presentation, Leitchfield geriatric unit open house, 30 participants
Mental health Fair, Wellness Day Health Fair, 20 participants
Mental health presentation, Barren County providers, 15 participants
Mental health presentation, Elder Abuse Counsel, 8 participants
Mental health presentation, Mental Health & Aging, 10 participants
Mental health presentation, VA council, 50 participants

June 2023

Facebook post education on the following topics:

- Men's health month
- Sun protection
- Orthopedic provider, Dr. Sameer Badardueen
- Mental health information
- Second hand smoke
- Blood donation
- Heat safety
- Swim safety
- o Alzheimer's and brain awareness month
- Swimming safety
- Heat related illnesses

Mental health fair, Foster Grandparent health fair, 40 participants Mental health presentation, SOKY provider, 28 participants Mental health presentation, Charter Assisted living, 12 participants BRIGHT Health workshop, health advocacy, 100 participants Sports physicals at schools, 27 completed

July 2023

Facebook post education on the following topics:

- o Juvenile arthritis
- o Organ donation
- Cord blood awareness
- Sun safety/skin cancer

Mental health in-service, SOKY provider, 23 participants

Mental health in-service, Elder Abuse, 9 participants

Mental health in-service, Mental Health & Aging, 11 participants

Mental health in-service, Barren County networking, 15 participants

Mental health in-service, Resident Council Cal Turner Rehab, 25 participants

Mental health in-service Arcadia Assisted living, 16 participants

August 2023

- Primary care provider education
- Blood drive info
- Pediatric visit information
- o Immunization awareness month
- School based clinic information
- New service announcement FEES for swallowing
- Primary care provider information
- Organ donation awareness

Mental health fair, Farmer's market, 10 participants
Mental health in-service, SOKY provider, 25 participants
Mental health in-service, Home Instead, 3 participants
Mental health in-service, Chandler Memory Care, 13 participants
Mental health in-service, Barren county provider, 15 participants

September 2023

Facebook post education on the following topics:

- Zephyr valve education
- o Organ donation education
- Sepsis education
- Hand washing
- Covid vaccination
 - o Prostate cancer

Smucker employee health fair, information about services and providers, 300 participants Jacksonian Days street fair, information on services and provider, 200 participants Pediatric trauma simulations with Norton Health, internal training, 20 participants Opioid symposium, information on opioid abatement plans, 200 participants Mental health in-service, Arcadia Assisted Living, 40 participants Mental health in-service, Elder Abuse, 6 participants Mental health in-service, Mental Health & Aging, 8 participants Mental health in-service, Highland Assisted Living Fall Festival, 20 participants Mental health in-service, Bungalow Assisted Living, 6 participants Mental health in-service, Barren County Providers, 16 participants Mental health in-service, Society for Lifelong Learning, 30 participants Med Center Franklin, Eye Opener, 50 participants

October 2023

- Facebook post education on the following topics:
 - Liver cancer awareness
 - Breast cancer
 - Hand washing
 - Mammogram screening

- Ultrasound information
- Organ donation
- Lung cancer screening
- Chamber of Commerce lunch presentation, services offered to community, 75 participants
- Shoulder in-service virtual presentation via Facebook, virtual participants
- Community health fair, health screenings, information about services, 200 participants
- Dollar General employee health fair, screenings, flu shots, information on services, 100 participants
- SKY Launch, dementia education, services offered information, 500 participants
- Heart of Scottsville, first Friday event, BP screenings, services offered, 200 participants
- ACSHS Homecoming Parade, 200 participants
- Women's Health Conference, information on mental health, 200 participants
- Mental Health Conference, information, 400 participants
- Trunk or Treat with Lifeline, 50 participants
- Boo Fest, Franklin, 1000 participants

November 2023

Facebook post education on the following topics:

- o Lung cancer
- Women's health screenings-90 seconds to better health
- Wound care nurse certification announcement
- Organ donation post
- Bronchoscopy robot surgery new service at MCBG
- Food poisoning prevention

Mental health presentation, home care in-service, 15 participants

Mental health in-service, home care, 18 participants

Mental health in-service, Caverna Senior perspectives, 20 participants

Mental health in-service, Elder Abuse counsel, 8 participants

Mental health presentation, mental health and aging coalition, 8 participants

Mental Health presentation, SOKY, 30 participants

Rural Health Conference, information on services for mental health, 150 participants

December 2023

Facebook post education on the following topics:

- Organ donation
- Hand washing
- o New pediatrician provider announcement
- Lung cancer awareness
- Seasonal Affective disorder
- Seasonal depression

Make the Season Bright event, 70 participants

Mental Health presentation, SOKY, 26 participants

Blue Christmas Program, mental health education, Cal Turner residents, 26 participants Arcadia Winter Wonderland program, 35 participants

January 2024

Facebook post education on the following topics:

Mental health wellness video

Mental Health presentation, SOKY host, 40 participants

Health & Wellness Expo, mental health and services offered information, 1000 participants Mental Health presentation, Barren county providers, 15 participants

February 2024

Facebook post education on the following topics:

- Alzheimer's disease
- Colorectal cancer

Mental health presentation, Barren County Networking, 16 participants

March 2024

Facebook post education on the following topics:

o Colorectal cancer

Health Fair, Franklin, information on services, 300 participants

Mental health presentation, Senior Summitt, 175 participants

Mental health presentation, Franklin Senior Center, 15 participants

Health Fair, YMCA, information on services offered, 100 participants

Mental health presentation, Barren County Networking, 15 participants

April 2024

Facebook post education on the following topics:

- Organ donation
- World health day
- Healthy eating for kids

First Friday, Heart of Scottsville, information on services, blood pressure screenings, 100 participants

Mental Health presentation, SOKY, 40 participants

Health Fair, mental health information, Hart Count Health Fair, 30 participants

Mental health in-service, Renaissance Apartments, 14 participants

Mental health in-service, Bowling Green senior Center Open House

Mental health in-service, Barren County networking, 15 participants

May 2024

- Asthma awareness
- Annual wellness visits
- Mammograms

- Skin cancer
- Speech therapy month

Mental health in-services, Parks & Rec Silver sneakers, 38 participants

Mental health in-service, SOKY, 27 participants

Mental health in-service, Elder Abuse Counsel, 9 participants

Mental health in-service, AHEC nurse advisory counsel, 8 participants

Mental health in-service, Renaissance Apartment, 20 participants

Mental health in-service, Cal Turner Rehab and Specialty Care 20 participants

Mental health in-service, SKY rehab, 20 participants

June 2024

Facebook post education on the following topics:

- o Men's health month
- o Orthopedic provider information, Dr. Badardueen
- Skin cancer
- Blood donation
- Heat related illness

Mental health in-service, Charter Assisted Living, 30 participants

Mental health in-service, Heart of Scottsville, First Friday, 100 participants

Mental health in-service, SOKY, 35 participants

Mental health in-service, Juneteenth Celebration, 150 participants

Mental health in-service, Leadership Day in Franklin, 30 participants

Mental health in-service, Amedisys home care, 12 participants

Sports physicals with schools, 150 physicals completed

First Friday, Heart of Scottsville, information on services, BP screenings, 150 participants

BRIGHT Event, Engaging Equity Workshop, 85 participants

July 2024

Facebook post education on the following topics:

- Mental Health video
- Organ donation
- Sarcoma awareness
- Primary care provider information
- Diabetes support group

Mental health in-service, MCF Rehab dept, 15 participants

Mental health in-service, Riding with a smile, 10 participants

Mental health in-service, Massey Springs Senior Living, 21 participants

Mental health in-service, Bowling Green Psychiatry, 3 participants

Mental health in-service, Home Instead Employees, 54 participants

Mental health in-service, Franklin Housing authority, 3 participants

Mental health in-service, Elder Abuse Counsel, 5 participants

Mental health in-service, Mental health and Aging Coalition, 7 participants

Mental health in-service, Barren County Networking, 14 participants

August 2024

Facebook post education on the following topics:

- Lung cancer
- New general surgeon, Dr. Rachel Lovely
- Immunization awareness
- Organ donation
- o Rural Helath Clinic provider posts

Mental health in-service, Scottsville Senior Center, 17 participants

Mental health in-service, The Core Scottsville, 10 participants

Mental health in-service, Arcardia Assisted Living, 25 participants

Mental health podcast, virtual event

First Friday event, Heart of Scottsville, BP screenings and services information, 200 participants Allen County School Open House, information on services and providers, 500 participants

September 2024

Facebook post education on the following topics:

- Mental health education
- Thyroid cancer
- Kidney disease
- Sepsis
- Handwashing
- Lung cancer

Franklin Eye Opener, Chamber of commerce, 50 participants

Mental health in-services, SOKY, 25 participants

Mental health in-service, Acardia fall festival, 30 participants

Mental health in-service, Woodburn First Baptist Church, 50 participants

First Friday event, Heart of Scottsville, BP screenings and services information, 200 participants

October 2024

- Depression and Stroke
- Mammogram information
- Breast Cancer Quiz
- Warning signs of a heart attack
- Self-esteem post stroke
- Diabetes support group
- o Be Fast
- o Don't Delay call 911
- Pregnancy and blood pressure
- Hands only CPR
- Flu awareness
- o Cardiovascular Media Library link

- Lung cancer screening day
- World stroke day
- o Lung nodule program

Community Health Fair, information provided on services, glucose and lipid profile screenings, pulmonary function test, blood pressure checks, 127 participants

Mental health in-service, Med Center Russellville Health Fair and Ribbon Cutting, 100 participants Mental health in-service, BRADD, 32 participants

Mental health in-service, Mental Health and Aging Conference, 250 participants Mental health in-service, Fountain Run Sr. Center, 10 participants Mental health education, Scottsville Health Fair, 127 participants

November 2024

Facebook post education on the following topics:

- Lung nodule program
- Recognizing the signs of cardiac arrest and performing CPR
- Diabetes and stroke prevention
- Lung cancer screening day
- Stress awareness week
- Smoke free teen
- Hands only CPR
- o RSV season information
- Quitting smoking
- Pneumonia day
- o Flu education
- Lung cancer risk
- CPR and AED
- Weight gain and quitting/smoke free women
- Diabetes support group
- o Cardiac arrest information

Mental health in-service, Warren Co. Library Senior Education 10 participants

Mental health education, QKR Radio spot

Mental health in-service, SOKY, 40 participants

Mental health information, KY Rural Health Conference, 100 participants

December 2024

- Holiday safety tips
- Hand washing
- Time lost is brain lost
- CPR education

- o Organ donation
- Stroke prevention
- o CPR and AED
- o RSV education
- o Stroke statistics
- o Cardiac arrest and CPR

Mental health in-service, Cal Turner Resident Council, 12 participants Mental health in-service, AGEC Center Franklin Senior meeting, 60 participants Mental health in-service, Barren County Provider Meeting, 12 participants