



The Medical Center

**The Medical Center at Bowling Green
Community Health
Needs Assessment
Activities 2016-2018**

Diabetes

- Community Health Worker program will work to identify those in need of Medical Nutrition Therapy and Diabetes Education and refer to outpatient program for Medical Nutrition Therapy (MNT) and Diabetes Self-Management/Education (DSME)
- Diabetes Prevention program will be offered at the Health & Wellness Center and worksites. Benefit covered by Kentucky Employee Health Plan. Will work with insurance provider to help refer patients into program
 - Classes offered in January and February 2016
 - DPP Informative Meeting in April 2016
 - Class offered in May and August 2016
 - Class offered in September 2016
 - Class offered in December 2016 and January 2017
 - Class offered in February, March, April, May and September 2017
 - Class offered in April 2018
- A *90 Seconds to Better Health* on Diabetes TV segment
 - Warning Signs of Diabetes by Dr. Alvarez in February 2016
- Continue to offer Diabetes support group, Diabetes Self-Management/Education and group classes at Health & Wellness Center by a Certified Diabetes Educator and maintain recognition for Diabetes Program through American Diabetes Association. Work with physicians for continuum of care
 - Free Pre-diabetes class offered in January, October 2017 and January 2018 – 7 attendees
 - Free Pre-diabetes class offered in May, July and October 2018
- Coordinate Diabetes Forum for the Community in 2016 and 2018
 - In place of Forum, diabetes cooking demo with Celebrity Chef and Novo Nordisk in November 2016 – 90 attendees
 - Diabetes Event at the Foundry in November 2016 – 35 attendees
 - Community Diabetes Event – Seasons of Diabetes Care in November 2017- 75 attendees
 - Diabetes Health Fair in November 2018 – 20 attendees
- Offer Diabetes CME and CEU programs for physicians and nurses
 - Diabetes Care: New Treatment Guidelines in January 2016
 - Update on Diabetes Mellitus in April 2016

- Bridging the Education Gap for patients diagnosed with diabetes in Jan 2017 and 2018
- Provide Diabetes prevention and awareness information through speaker's bureau, community/worksites wellness health fairs, articles in newsletter publications and media
 - Diabetes presentation at Atmos Energy Wellness Workshop in January 2016
 - Diabetes presentation at Chandler Park Assisted Living through the speaker's bureau program in September 2016
 - 60 students reached through the speaker's bureau program on Diabetes at The International Center in September 2016
 - Reached 400 employees at Sun Products health fair regarding diabetes in September 2016
 - *WellNews* article, *Team Care Helps Patients Control Diabetes* featured in Summer 2016
 - Provided education on Diabetes through worksite Wellness Boards in November 2016
 - Diabetes booth set up at Edmonson County Health Fair in November 2016
 - Diabetes booth set up at Health and Wellness Expo in January 2016, 2017, and 2018
 - Diabetes Prevention presentation for 15 employees at WRECC through the speaker's bureau program in April 2017
 - Diabetes Prevention presentation for 12 residents at Chandler Park Assisted Living in September 2017
 - Diabetes presentation to 50 adults at Adult Day Care in November 2017
 - Seasons of Diabetes Care Health Fair in November 2017 – 75 attendees
 - Diabetes Prevention presentation for 40 participants at Adult Day Care in March 2018
 - Defeat Diabetes presentation at Adult Day Care for 40 adults in April 2018
 - Diabetes Education information at WRECC Annual Health Fair in July 2018
 - Diabetes Education information at the Mental Health & Aging Conference in October 2018
 - Diabetes Education information at the City of Bowling Green Health Fair and at the Fruit of the Loom Health Fair in October 2018
 - 40 people attended the Diabetes Health Fair at Hillvue in November 2018

- Diabetes presentation to 60 adults at Adult Day Care in November 2018
- Diabetes presentation to 15 residents at Chandler Park Assisted Living in November 2018
- Diabetes presentation to 15 people at Bowling Green Lions Club in November 2018
- Diabetes Health Fair at Hillvue Heights Church in November 2018 – 40 present
- 650 educated on Diabetes at Health and Wellness Expo in January 2019
- 40 educated on Diabetes at Morningside Health Fair in February 2019
- Offer glucose and A1C screenings in rural counties in partnership with WKU institute for rural health
 - Glucose and A1C provided for 23 participants at Brownsville Senior Center in April 2016
 - Glucose provided for 21 participants at BG Retirement Village in May 2016
 - Glucose provided for 12 participants at Morningside Assisted Living in May 2016
 - Glucose provided for 48 participants at Edmonson County Senior Center Health Fair in May 2016
 - Blood Glucose and A1C screenings provided for 17 participants at the Edmonson County Health Fair in May 2016
 - Blood Glucose provided for 19 residents at BG Retirement Village in April 2017
 - Blood Glucose provided for 8 residents at Massey Springs Assisted Living in April 2017
 - Blood Glucose provided for 29 participants at Chandler Park Memory Care in April 2017
 - Blood Glucose provided for 14 participants at Morningside Assisted Living in May 2017
 - Blood Glucose provided for 19 participants at Edmonson County Senior Center
 - Blood Glucose provided for 12 participants at Chandler Park Assisted Living in May 2017
- ENSPIRE nurse health coach will work with patients and employees on diabetes care and refer patients to Diabetes Self-Management/Education and Medical Nutrition Therapy

Obesity

- Collaborate with Health Department and WKU on the Barren River Initiative to Get Healthy Together (BRIGHT) Body Mass Index (BMI) project (95210 sleep, nutrition and physical activity education for school age children)
 - Education classes at Dishman McGinnis Elementary School in January – April 2016. Approximately 600 students reached each month.
- Continue to offer Medical Nutrition Therapy by a Registered Dietitian at Health & Wellness Center
- Continue surgical weight loss program working closely with Registered Dietitian in office and host the Surgical Weight Loss Support Group (*formerly Gastric Bypass Support Group*) that offers education and support to patients who have undergone or will undergo a surgical weight loss procedure.
 - Surgical Weight Loss Support Group offered monthly
 - Surgical Weight Loss Seminars offered monthly
 - *WellNews* article, “*The Medical Center’s Surgical Weight Loss Program Puts Patients on the Path to a Healthier Life*” in Spring 2016
 - *WellNews* article, “*Back to Life: Couple Finds New Vitality After Weight Loss Surgery*” in Winter 2018
- Provide exercise opportunities through Med Center Health wellness, community events and classes at the Health & Wellness Center
 - Limber for Life, Zumba, Yoga, Meditation offered weekly
 - March for Babies – May 2016, 2017, 2018
 - Relay for Life – June 2016, 2017, 2018
 - Garden Spot Run – August 2016, 2017, 2018
 - Heart Walk – September 2016, 2017, 2018
 - Run for Sight – September 2016, 2017, 2018
 - The Medical Center 10K Classic – October 2016, 2017, 2018
 - 26.2 BG/ Half Marathon – November 2016, 2017, 2018
- Provide nutrition education and body fat analysis to school, community, civic and employer groups through the speaker’s bureau, community and worksite wellness program (including grocery store tours and healthy weight healthy life)
 - Health and Wellness Expo – January 2016

- Reached 260 people regarding healthy lifestyles and nutrition through our speakers' bureau program from January – March 2016
- Cooking Demo and Nutrition information at Atmos Energy Wellness Workshop in January 2016
- Exercise Demo/Fitness information at Atmos Energy Wellness Workshop in January 2016
- Reached 400 students at Rich Pond Elementary School Healthy Kids Fair about Nutrition and Exercise in February 2016
- Provided healthy recipes to Foster Grandparent Program in Butler County in February 2016
- Provided 21 body fat screenings to HeathCo employees at worksite wellness health fair in March 2016
- Surgical Weight Loss Women in Charge Luncheon presented by Dr. Nwanguma in March 2016
- Provided 5210 education classes to Jody Richards Elementary School in April 2016. Reached 670 students.
- *WellNews* article, “*Make the Most of Your Fitness Tracker*” featured in Spring 2016
- Reached 50 elementary students at Plano Health Fair about Sugary Beverages in April 2016
- *WellNews* article, *10 reasons to start running now* featured in summer 2016
- Reached 40 women about Intuitive Eating at the Women in Charge Luncheon at The Medical Center in June 2016
- Sugary beverages demonstration and healthy eating presentation at Stand for Children's Day in June 2016
- Provided 110 body fat screenings to WRECC employees at worksite wellness health fair in June 2016
- Provided healthy snacking education to upward bound program at WKU to 10 students in July 2016
- Provided nutrition education to 50 adults through the speaker's bureau program at Adult Day Care in August 2016
- Provided nutrition education to 15 international students through the speaker's bureau through the refugee program in August 2016
- *WellNews* article, *New Ways to Eat Fall's 5 Healthiest Food*, featured in Fall 2016

- Provided Nutrition information to 400 employees at Sun Products Wellness Fair in September 2016
- Provided healthy snacking information to 75 USDA employees through the speakers' bureau program in September 2016
- Provided 50 body fat screenings to AEP Industry employees at worksite wellness fair in September 2016
- Provided 35 body fat screenings to Atmos Energy employees at worksite wellness health fair in November 2016
- WRECC Maintain Don't Gain Holiday Challenge in November 2016– January 2017
- Provided Healthy Holiday Eating Education to 60 adults through the speaker's bureau at Adult Day Care in November 2016
- Provided Healthy Holiday Eating Education to 12 residents at Chandler Park Assisted Living through the speaker's bureau in November 2016
- Provided Healthy Holiday Eating Education to 75 students through the speaker's bureau at The International Center in November 2016
- Provided Nutrition Education to 45 members at Eastwood Baptist through the speaker's bureau in November 2016
- Provided 12 body fat screenings at Scottsville Allen County Health Fair in November 2016
- Provided healthy recipes to WRECC for Holiday Wellness Challenge in November 2016 – January 2017
- Provided Nutrition information to 35 students at SKYCTC for the Refugee Program through the speaker's bureau in December 2016
- Provided education to 12 residents on Heart Healthy New Year's Resolutions at Chandler Park Assisted Living through the speaker's bureau in December 2016
- Provided education to 60 adults on Heart Healthy New Year's Resolutions at Adult Day Care in December 2016
- Offered Healthy Weight Healthy Life class in January 2017
- Provided education to 60 adults at Adult Day Care on Healthy Eating in January 2017
- Provided education on Healthy Eating to 50 students at the International Center in January 2017
- Provided education to 10 women at BRASS on Healthy Eating on a budget in January 2017

- 60 Women at The Heart of Nutrition Women in Charge Luncheon presented by Jenna Polk in February 2017
- Provided education on Heart Health to 50 adults at Adult Day Care through the speaker's bureau program in February 2017
- Provided education on Heart Health to 12 residents at Chandler Park Assisted Living in February 2017
- Provided education on Heart Health to 60 students at the International Center in February 2017
- Provided education to 5 employees on Heart Health Lunch and Learn at WRECC in February 2017
- Provided Nutrition information to 25 worksites through the Worksite Wellness Boards in February 2017
- 10 people participated in the Biggest Loser Challenge at Natcher Elementary School in February – March 2017. 58 total pounds lost and 46 inches total lost.
- Provided Exercise education for 12 residents at Chandler Park Assisted Living through the speaker's bureau program in March 2017
- Provided exercise education to 60 students at the International Center in March 2017
- Provided Body fat screenings to 20 participants at HeathCo Health Fair in March 2017
- Provided body fat screenings to 5 physicians for Doctor's Day in March 2017
- Provided body fat screenings to 150 students at Butler County High School in April 2017
- Provided education to 60 adults at Adult Day Care on the Importance of Fruits and Vegetables in April 2017
- Provided education on Healthy Snacks & Beverages at Bowling Green High School to 60 students May 2017
- Provided education on Nutrition/MyPlate at WRECC for 15 employees May 2017
- Provided general nutrition education to BRASS residents 10 participants June 2017
- Provided sports nutrition education to ODP Soccer players and parents 100 participants June 2017

- Provided nutrition education/sugar in beverages demo at the WCPL Summer Reading Kick Off for 2000 participants June 2017
- Provided nutrition education/sugar in beverages demo at Stand for Children event to 600 participants June 2017
- Provided diet education to 60 Grandparents at Community Action Grandparent Program in August 2017
- Provided nutrition education to 15 employees at AFNI in August 2017
- Provided education on Balanced Nutrition to 50 participants at Adult Day Care in September 2017
- Provided Nutrition information to 150 employees at Evine in October 2017
- Provided Nutrition information to 30 employees at Berry Global in October 2017
- Nutrition presentation at The International Center in December 2017 – 20 participants
- Healthy New Year's Resolutions presentation at Adult Day Care in December 2017 – 40 participants
- Exercise presentation at Adult Day Care in January 2018 – 40 participants
- Exercise presentation at Chandler Park Assisted Living in January 2018 – 12 participants
- Maintain Don't Gain Holiday Challenge at WRECC in Nov 2017 – Jan 2018 – 41 participants
- Nutrition presentation at Boys and Girls Club in Franklin in January 2018 – 15 students
- Body fat analysis screenings at Health and Wellness Expo in January 2018 – 500 participants
- Nutrition presentation to 16 students at Boys and Girls Club in Franklin in February 2018
- Healthy Snack demo at Adult Day Care to 45 participants and 15 Morningside Assisted Living Residents in March 2018
- Nutrition presentation to 10 women at BRASS in March 2018
- 21 Body Fat analysis at HealthCo in March 2018
- Presentation on Nutrition at Lifeskills to 40 employees in May 2018
- 10 Body Fat analysis at Health & Safety Fair at Sloan in May 2018
- Presentation on Dietary Supplements to 35 women at Women in Charge Luncheon in May 2018
- 128 Body Fat analysis at WRECC Health Fair in June 2018

- 25 Body Fat analysis at AFNI Health Fair in June 2018
- 15 Body Fat analysis at Cannon Automotive in June 2018
- Sugar demonstration to 1200 kids at Stand for Kid's Day in June 2018
- Nutrition information to 600 employees at WRECC Health Fair in July 2018
- Nutrition information to 1000 parents at Warren County Back to School Bash in July 2018
- 15 body fat analysis at Brownsville Senior Center Community Health Fair in August 2018
- Chair Yoga with 60 adults at Adult Day Care in September 2018
- 15 body fat analysis at MCS Health Fair in September 2018
- 20 body fat analysis at Carhart Health Fair in October 2018
- 25 body fat at Harman Health Fair in October 2018
- 20 body fat at Fruit of the Loom Health Fair in October 2018
- Healthy Eating presentation at the International Center to 30 students in November 2018
- 10 body fat analysis at Village Manor in November 2018
- Healthy Desserts presentation to 50 adults at Adult Day Care in December 2018
- 45 BMI screenings at the Corvette Museum in November 2018
- Nutrition presentation at the Corvette Museum to 30 employees in December 2018
- Provided healthy recipes to Foster Grandparent Program in Butler County in February 2016 and February 2017
- Provided healthy recipes to WRECC for Holiday Wellness Challenge in November 2016 – January 2017
- 120 students educated on Nutrition/Exercise at South Warren Middle School in February 2019
- Body Fat Analysis and sugar and salt demonstration at Allen County Scottsville High School Health Fair for 200 students in March 2019
- 16 Body Fat Analysis at HeathCo Health Fair in March 2019
- 6 Body Fat Analysis at Farmer's Market in March 2019
- 40 women attended Healthy Cooking Demo at Women in Charge Luncheon in March 2019
- 10 Body Fat Analysis at Doctor's Day in March 2019
- 7 Body Fat Analysis at the Alumni Luncheon in March 2019
- 50 attended healthy snacks presentation at Adult Day Care in March 2019

- 18 attended healthy eating on a budget/snacks demonstration at Housing Authority in March 2019
- Collaborate with local farmer's market on cooking demos, local food events and healthy recipes for the community
 - Facebook video at the Community Farmer's Market with a Registered Dietitian explaining how to pick out fresh fruits and vegetables
 - 15 attended healthy cooking demo at Farmers Market in March 2019

Cardiovascular

- Stroke screenings and education provided to the community through partnership with Norton and UK Stroke Care Network (includes all stroke screenings, brain protector and adult stroke education through the SCOPE program)
 - 72 stroke screenings at Health and Wellness Expo in January 2016
 - 25 Stroke screenings at BAC Health Fair in January 2016
 - 14 stroke screenings at Kentucky Partnership for Family Health and Safety in January 2016
 - 70 stroke screenings at SCA Personal Care in March 2016
 - 21 stroke screenings at HeathCo in March 2016
 - 38 stroke screenings at Simpson County Community Health Fair in March 2016
 - 150 students educated at Boys and Girls Club on Brain Protector Program in March 2016
 - 670 students educated at Jody Richards Elementary School on Brain Protector Program in April 2016
 - 20 adults educated during Foster Grandparent meeting through Community Action on stroke in April 2016
 - 21 stroke screenings at The International Health Fair in April 2016
 - 153 students educated at the Warren East Middle School Health and Safety Fair on Brain Protector Program in May 2016
 - Reached 75 adults on education about stroke at adult day care in May 2016
 - Reached 10 seniors on stroke education at Chandler Park Assisted Living in May 2016
 - Reached 75 students at The International Center on stroke education in May 2016
 - Provided stroke and DVT information at Women in Charge Luncheon in May 2016. Reached 28 women

- Provided 110 stroke screenings at WRECC employees worksite wellness health fair in June 2016
- 35 adults educated on Brain Protector Program at Oakland Baptist Church in August 2016
- Provided stroke/hypertension information to 75 students through the speaker's bureau program at the international center in August 2016
- Provided 30 stroke screenings at Morgantown Care and Rehab in August 2016
- Provided 25 stroke screenings at Signature Healthcare in August 2016
- Provided 23 Stroke screenings at the Healthy Aging Fair in September 2016
- Stroke screenings were provided at the Women's Conference in September 2016. 380 attendees
- Provided 12 stroke screenings at Sister Schubert's Health Fair in October 2016
- Provided 2 stroke screenings at T. Marzetti Health Fair in October 2016
- 35 stroke screenings at Atmos Energy Worksite Wellness Health Fair in November 2016
- Provided 12 stroke screenings at Scottsville Allen County Health Fair in November 2016
- 533 students educated on the Brain Protector Program at Potter Gray Elementary School in November 2016
- 96 stroke screenings were provided at the Health and Wellness Expo in January 2017
- Provided education to 65 adult women on Protecting your Brain at Women in Charge Luncheon in January 2017
- Provided 30 stroke screenings at Franklin Simpson Health Fair in March 2017
- Provided 20 stroke screenings to employees at HeathCo in March 2017
- Provided 105 stroke screenings to employees at Franklin Precision Industry in April 2017
- Provided 15 stroke screenings to seniors at the Healthy Aging Fair in April 2017
- Provided 25 Stroke screenings at Med Center Cafeteria in May 2017
- Provided 43 stroke screenings at Vermont Thread Gage Health Fair May 2017

- Provided blood pressure and stroke screenings to 14 employees at AFNI Health Fair in May 2017
- Provided Brain Protector education program to 275 students at Warren East Middle School May 2017
- Provided Stroke screenings to 18 participants at The Medical Center Albany May 2017
- Provided blood pressure, body fat, blood glucose, lipid profile and stroke screenings to 18 participants at the WRECC Morgantown Health Fair May 2017
- Provided blood pressure, body fat, blood glucose, lipid profile and stroke screenings to 22 participants at the WRECC Franklin Health Fair May 2017
- Provided Stroke/FAST education at Adult Day Care to 50 participants May 2017
- Provided blood pressure, body fat, stroke risk assessment, blood glucose and lipid profile to 63 participants at the WRECC Bowling Green Health Fair May 2017
- Blood pressure, body fat, stroke risk assessment, blood glucose, and lipid profile to 15 participants at the WRECC Leitchfield Health Fair June 2017
- Provided Brain Protectors presentation at The Medical Center teen volunteer orientation to 54 participants June 2017
- Provided 12 blood pressure screenings and 3 stroke risk assessments at the Hot Rods Health Promotion night June 2017
- Provided blood pressure education to 30 employees during Fruit of the Loom wellness team meeting in July 2017
- Brain Protector Program with Boys and Girls Club in Franklin in January 2018 – 30 students
- 97 Stroke screenings at Health and Wellness Expo in January 2018
- 25 Stroke screenings at Medical Center in Franklin Health Fair in March 2018
- 21 Stroke screenings to HealthCo employees in March 2018
- 55 Stroke screenings to Georgia Pacific employees in April 2018
- 60 Stroke screenings to FPI employees in April 2018
- Presentation on Stroke at Adult Day Care to 25 adults in May 2018
- Presentation on Stroke at Chandler Park Assisted Living to 12 residents in May 2018

- Presentation on Stroke at The International Center to 35 students in May 2018
- Brain Protector Program presentation at Warren East Middle School for 330 students in May 2018
- 57 Stroke screenings at Vermont Thread Health Fair in May 2018
- 28 Stroke screenings at Christian Healthcare in June 2018
- 128 Stroke screenings at WRECC Health Fair in June 2018
- 10 Stroke screenings at AFNI Health Fair in June 2018
- Brain Protector Program presentation for 56 teen volunteers in June 2018
- 15 Stroke screenings at Cannon Automotive in June 2018
- 25 Stroke screenings at Bendix Health Fair in September 2018
- 15 Stroke screenings at the Healthy Aging Conference in September 2018
- 10 stroke screenings at Village Manor Health Fair in November 2018
- 30 educated on EHAC at Bowling Green Athletic Club in January 2019
- 78 stroke screenings at New Mather Metals in January 2019
- 50 adults educated on Heart Health at Adult Day Care in February 2019
- 10 adults educated on Heart Health at Grandparents raising Grandchildren meeting in February 2019
- 12 teachers educated on Heart Health at Bowling Green Junior High in February 2019
- 25 employees at Bendix educated on Heart Health in February 2019
- 25 attended Heart Healthy presentation at Housing Authority in February 2019
- 16 residents educated on EHAC at Chandler Park Assisted Living in February 2019
- 30 women attended the Women in Charge Luncheon on what makes your heart tick in February 2019
- 9 educated on EHAC at Housing Authority in February 2019
- 16 stroke screenings at HeathCo Health Fair in March 2019
- 35 educated on EHAC at Franklin Simpson Health Fair in March 2019
- 68 stroke screenings at Health & Wellness Expo in January 2019
- Offer blood pressure screenings through the CARE collaborative in partnership with the Kentucky Heart Disease and Stroke prevention task force
 - Offered daily
 - Blood pressure provided for 12 participants at Morningside Assisted Living in May 2016
 - Blood pressure provided for 21 participants at BG Retirement Village in May 2016

- Blood pressure provided for 15 participants at Chandler Park Memory Care in May 2016
- Blood pressure provided for 15 participants at Chandler Park Assisted Living in May 2016
- Blood pressure provided for 12 participants at Warren County Senior Center in May 2016
- Blood pressure provided for 14 participants at Massey Springs Assisted Living in May 2016
- Blood pressure provided for 11 participants at Morningside Assisted Living in May 2016
- Blood pressure provided for 48 participants at Edmonson County Senior Center Health Fair in May 2016
- Provided 13 blood pressure screenings at WKU Farm Ag Expo in January 2017
- Blood pressure provided for 70 participants at the Warren County Service Fair in April 2017
- Blood pressure provided for 25 people at Med Center Cafeteria in May 2017
- Blood pressure provided for 43 employees at Vermont Gage Thread in May 2017
- Blood pressure provided for 14 employees at AFNI in May 2017
- 16 Blood pressures provided at Mamm's Day Out in May 2017
- 55 Blood pressures provided at Albany Health Fair in May 2017
- 30 Blood pressures provided at Caverna Health Fair in May 2017
- 40 Blood pressures provided at WRECC Health Fair in May 2017
- 12 Blood pressures provided at Hot Rods Night in July 2017
- 50 blood pressure screenings at ESL event at Warren Central High School in November 2017
- 36 Blood pressures provided at Morningside Wear Red Campaign in February 2018
- 12 Blood pressures at Chandler Park Assisted Living in February 2018, 14 blood pressures in March 2018 and 15 in April 2018
- 15 Blood pressures at Chandler Memory Care in February 2018, 18 in March and 15 in April 2018
- 21 Blood pressures at BG Retirement Village in February 2018, 30 Blood pressures in March and 25 in April 2018

- 10 Blood pressures at Village Manor in February, 12 in March and 13 in April 2018
- 12 Blood pressures at Franklin Senior Center in February 2018, 12 in March and 18 in April 2018
- 11 Blood pressures at Warren County Senior Center in February 2018 and 15 in April 2018
- 12 Blood pressures at Edmonson County Senior Center in February 2018, 16 in March and 17 in April 2018
- 6 Blood pressures at Barren County Senior Center in March 2018 and 6 in April 2018
- 18 Blood Pressure screenings at Chandler Memory Care in May, 21 in June and 13 in July
- 20 Blood Pressure screenings at Bowling Green Retirement Village in May, 25 in June and 18 in July 2018
- 10 Blood Pressure screenings at Village Manor in May, 10 in June and 12 in July 2018
- 13 Blood Pressure screenings at Chandler Park Assisted Living in July 2018
- 12 Blood Pressure screenings at Franklin Senior Center in May, 10 at Bowling Green Senior Center and 52 at Butler County Senior Center in May 2018
- 13 Blood Pressure screenings at Franklin Senior Center in June, 14 at Bowling Green Senior Center and 16 at Edmonson Senior Center in June 2018
- 11 Blood Pressure screenings at Franklin Senior Center in July, 4 at Butler Senior Center and 15 at Warren Senior Center in July 2018
- 6 Blood Pressure screenings at Arcadia Assisted Living in July 2018
- 12 Blood Pressure screenings at Chandler Memory Care in August, 18 in September and 25 in October 2018
- 16 Blood Pressure screenings at Charters in August, 16 in September and 28 in October 2018
- 11 Blood Pressure screenings at Chandler Park Assisted Living in September and 12 in October 2018
- 11 Blood Pressure screenings at Village Manor in August, 8 in September and 6 in October 2018
- 14 Blood Pressure screenings at Chandler Memory Care in November and 14 in December 2018

- 25 Blood Pressure screenings at Bowling Green Retirement Village in November and 15 in December 2018
- 15 Blood Pressure screenings at Chandler Park Assisted Living in November and 12 in December 2018
- 8 Blood Pressure screenings at Village Manor in November 2018
- 14 blood pressure screenings at Chandler Memory Care in January 2019
- 26 blood pressure screenings at Bowling Green Retirement Village in January 2019
- 14 blood pressure screenings at Chandler Park Assisted Living in January 2019
- 9 blood pressure screenings at Village Manor in January 2019
- 13 blood pressure screenings at Chandler Memory Care in February 2019
- 25 blood pressure screenings at Bowling Green Retirement Village in February 2019
- 16 blood pressure screenings at Chandler Park Assisted Living in February 2019
- 10 blood pressure screenings at Village Manor in February 2019
- 36 blood pressure screenings at Morningside Health Fair in February 2019
- 20 blood pressure screenings at Bowling Green Retirement Village in March 2019
- 12 blood pressure screenings at Chandler Park Assisted Living in March 2019
- 16 blood pressure screenings at HeathCo Health Fair in March 2019
- 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
 - Provided Early Heart Attack Care education (EHAC) info, aspirin packets at The Health and Wellness Expo in January 2016
 - Provided EHAC info, aspirin packets, and pulse point at chest pain celebration in February 2016
 - Reached 60 students at International Center about EHAC in February 2016
 - Provided EHAC information at Jody Richards Career Fair in March 2016
 - *WellNews* article, “*Rehabilitation Helps Patient Bounce Back*” featured in Winter 2016
 - *WellNews* article, “*New Class Helps Patient Manage Congestive Heart Failure*” featured in Winter 2016
 - *WellNews* article, “*Exercising with Heart Problems*” featured in Winter 2016

- *WellNews* article, “*Get the App Save a Life*” featuring PulsePoint in Spring 2016
- *WellNews* article, *STROKE: What would your child do?* Featured in Summer 2016
- *WellNews* article, *Could You Have a Heart Attack And Not Know It?* Summer 2016
- *WellNews* article, *Award-Winning Stroke Care*, in Fall 2016
- Provided EHAC information for 200 participants at Bendix Employee Health Fair in August 2016
- A *90 seconds to better health* TV segment on Women and Heart Disease presented by Jaqueline Dawson Dowe in February 2016
- Heart Failure in Women Presented by Jacqueline Dawson Dowe M.D. at A Day Just for Women Conference in September 2016. 380 attendees
- Provided EHAC information for 22 attendees at Ag Night a Chaney’s Dairy Barn in September 2016
- Provided EHAC information for 50 USDA Employees for Worksite Wellness Health Fair in September 2016
- Provided EHAC information for 40 at City of Bowling Green employee wellness health fair in October 2016
- Provided Hands Only CPR to 10 people at WKU Farm Ag Expo in January 2017
- Provided EHAC information to 42 members at BAC Health Fair in January 2017
- *WellNews* article, “*Fast Treatment for Heart Attack*” featured in Winter 2017
- *WellNews* article, “*FAST Action Matters When a Stroke Hits*” featured in Spring 2017
- Provided EHAC education to 6 participants at the Caverna Health Fair May 2017
- Heart Disease and Prevention in Women presented by Jacqueline Dawson Dowe at Women’s Heart Luncheon in February 2017. 88 women attended
- 120 people reached on EHAC education, aspirin packets education at the Chest Pain Celebration in February 2017.
- Provided EHAC information to 290 employees at Bendix Health Fair in July 2017

- CPR Training at Western Kentucky Heart and Lung in January 2018 – 11 participants
- Provided Heart Health Education to 6 participants at Warren County Public Library in February 2018
- Presentation on Heart Health to 40 adults at Adult Day Care in February 2018
- Presentation on EHAC to 35 students at The International Center in February 2018
- Presentation on Stroke to 10 residents at Village Manor in March 2018
- EHAC and Aspirin Campaign information to 55 students at Alumni Lunch in February 2018
- EHAC and Aspirin Campaign information to 20 participants at Med Center Cafeteria in February 2018
- Heart Disease presentation to 27 women by Dr. Dawson at the Women in Charge Luncheon in February 2018
- *WellNews* article, “In a Heartbeat and Call 911 at the First Signs of Heart Attack” featured in Winter 2018
- Provided EHAC education to 15 residents at Chandler Park Assisted Living in August 2018
- Provided EHAC education to 150 employees at Berry Global in September 2018
- Provided EHAC education to 400 women at the Women’s Conference in September 2018
- Provided EHAC education to 150 employees at Evine in November 2018
- Offer the LEAP program (Lifelong Education and Advocacy Program) twice a year at the Health & Wellness Center for stroke survivors and caregivers along with monthly support group
 - LEAP program offered in May and October 2016
 - LEAP program offered in April and October 2017
- Work through ENSPIRE program and community health worker program to educate patients in need of heart failure information to avoid readmission and refer patients to the Heart Failure class quarterly held at the Health & Wellness Center
 - Heart Failure class offered in February, May, August and November 2016
 - Heart Failure class offered in March, May, August and November 2017
 - Heart Failure class offered in February, May, August and November 2018

- Continue to offer the support group Mended Hearts for individuals who have heart disease and/or who have had a heart procedure. This group is an excellent resource for patients of The Heart Institute at The Medical Center or patients of Healthy Hearts Cardiopulmonary Rehabilitation
 - Offered monthly

Lung Disease

- Host the American Lung Association's Freedom from Smoking program at the Health & Wellness Center and worksites
 - Offered Freedom from Smoking Program at the Health and Wellness Center in January and August 2016
 - Offered Freedom from Smoking Program at the Health and Wellness Center in January, April and July 2017
 - Offered a free "How Can I Quit Smoking" Class July 2017
 - Offered Freedom from Smoking Program at the Health and Wellness Center in January, April, July, September and October 2018
 - Offered Freedom from Smoking Program at the Health and Wellness Center in January and April 2019
- Offer low-dose CT scans for lung cancer screenings
 - *WellNews* article, "Worried about Lung Cancer" featured in Spring 2016
 - Offered lung health screenings performed by respiratory students from Southern Kentucky Community & Technical College in April 2017 at The Health & Wellness Center
 - Lung cancer screenings were performed at WKDI Bendix employees in August 2018 – 9 screenings completed.
 - Results: Category 1: 6 patients Recommendations: Continue annual screening with LDCT in 12 months.
Category 2: 2 patients Recommendations: Continue annual screening with LDCT in 12 months.
Category 3: 1 patient Recommendations: Follow up LDCT in 6 months.
 - *WellNews* article, "What to Expect at your Lung Cancer Screening" in Winter 2019
- Increase knowledge and encourage use of smoking cessation options among inpatients that would like to stop smoking upon discharge.
Process:

1. Nursing determines patient's desire to receive information regarding smoking cessation options after discharge.
2. Community wellness coordinator receives a weekly report of the patients that would like to receive more information and reaches out to these patients with smoking cessation options (including Freedom from Smoking classes and the 1-800-QUIT-NOW line.
3. Freedom from smoking classes are currently offered when we can get enough participation to hold a class. In the second half of 2018 classes will be scheduled every other month to increase opportunity.

Results for 2017:

- Not able to reach- 237
- 1-800-Quit-Line – 14
- Interested in FFS Class- 8
- Does not need assistance – 22
- Already quit smoking- 4
- Using other cessation options (non-specific)- 21

Results for 2018:

- 14 smoke free
 - 37 cut back; trying to quit on their own
 - 44 using medications to help
 - 30 not interested in anything; 1-800 # given
 - 1 too old to quit
 - 44 unanswered calls, message left
 - 6 interested in class but live in a different county and do not want to drive
 - 25 given 1-800-QUITNOW
 - Thinks can quit on their own – 21
 - Not ready to quit –27
-
- Partner with Barren River District Health Department to provide education on the hazards of smoking and second hand smoke and offer smoke free community surveys at community events such as the Health & Wellness Expo
 - Smoking Cessation information distributed at all health fairs attended

- Provided education to 15 residents on the dangers of smoking and lung cancer to Chandler Park Assisted Living in January 2016
- Provided education to 75 adults on the dangers of smoking and lung cancer to Adult Day Care in February 2016
- Provided education to 75 students on the dangers of smoking and lung cancer to the International Center in March 2016
- Provided education on the Dangers of Smoking to 600 Rich Pond Elementary students at the Healthy Kids Fair in March 2017
- Provided education on the Dangers of Smoking to 300 students at South Warren Middle School at the Health and Safety Fair in May 2017
- Provided education on the Dangers of Smoking to 350 Rich Pond Elementary students at the Healthy Kids Day in April 2018
- Provided education on the Dangers of Smoking to 350 students at South Warren Middle School at the Health and Safety Fair in May 2018
- 650 students educated on dangers of smoking at Rich Pond Elementary School for Health Kids Day in March 2019
- Continue to support a smoke-free community by remaining a smoke/tobacco free campus
- Continue to offer the Cancer Support Group to offer education and support to individuals with cancer, their family members and caregivers.

Substance Abuse and Addiction

- Educate community on dangers of substance abuse through articles in *WellNews*
- Offer education programs on the Trends in Drug Abuse to community, nurses and physicians
 - Women in charge luncheon, Melinda Joyce spoke about Trends in Drug Abuse in July 2016
 - Presentation to 50 students at the International Center on alcohol and substance abuse in September 2018
 - Drug abuse forum in November 2018- 150 present
- Partner with Appalachia High Intensity Drug Trafficking Area to coordinate “On the Move” program for 7th and 10th grade students in Warren County
 - Educated 7th grade students at Drakes Creek Middle School and Moss Middle School in September 2016.

- Educated 10th grade students at Warren East High School in September 2016
- Educated middle school students at Moss Middle School and Drakes Creek Middle School in November 2017
- Educated 10th grade students at Greenwood High School in November 2017
- Distribute drug testing kits through “Give Me a Reason” drug prevention program offered by Appalachia High Intensity Drug Trafficking Area
 - Provided 48 drug kits at the Warren County Back to School Bash in July 2016
 - Provided 30 drug kits at the Edmonson County Back to School Bash in July 2016
 - 9 Drug kits provided at the Edmonson County Back to School Bash July 2017
 - 5 Drug kits provided at the Warren County Back to School Bash July 2017
 - Gave out 22 drug kits at Warren County Back to School Bash in July 2018

1. Access to Care

- Establish physician offices such as Med Center Urgentcare, Women’s Health Specialists and Primary Care practices that accept Medicaid
 - *WellNews* article, “*Looking for a Primary Care Doctor?*” Featured in Winter 2016
- Continue to offer services at the Community Clinic for uninsured or underinsured patients including dental care as well as hosting families at the Hospitality House for those that need a place to stay while their family is in the hospital
 - *WellNews* article, “*Community Clinic offers Flexible, Accessible Care*” featured in Winter 2016
 - *A 90 seconds to better health* TV segment on Benefits of the Community Clinic presented by Dr. Seshadri in July 2016
- Monitor the progress of programs such as the Community Health Worker and the Cancer Patient Navigator to ensure proper access to care is available for those who need continued care
- Partner with WKU Institute for Rural Health to provide glucose screenings and A1C screenings/ Diabetes Education for those that have a high glucose reading in areas such as Allen, Butler and Edmonson Counties



- Offer physician services to employees of CHC through the Employee Health Clinic