

The Medical Center Scottsville CHNA Activities 2019 -2021

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cardiovascular disease; obesity	Zumba Classes	exercise class	2 times per week each week	6 per class	Improved cardiovascular fitness of participants; increase chances of becoming obese	Improved wellness by participants
Strengthen Partnerships; Allen County Schools	High school career fair	information given to students on jobs in health fields	5/1/2019	300	Increase education on health careers	Several new students applied for open positions
Cardiovascular disease; obesity; strengthen partnerships: Chamber of Commerce	Jacksonian Days	Blood pressures; stroke education; rehab screenings; grip strength, BMP	4/27/2019	200	Improved awareness on blood pressures; stroke education and awareness; improved awareness of obesity ranges	A lot of traffic through our area, improved community awareness of blood pressure, obesity, improved partnerships with chamber, heart of Scottsville and community involvement
Cancer; Strengthen partnerships	Relay for Life	support of community fundraising for cancer research	5/10/2019	100	Increased education on cancer awareness	Opportunity to support cancer research through our workplace by sponsoring fundraising opportunities and in the community
Cardiovascular disease; obesity; strengthen partnerships	Stony Point Health Fair	sleep apnea screening; therapy screenings, blood pressures	6/15/2019	75	Improved awareness on blood pressures; stroke education and awareness; improved awareness of obesity ranges	Several interested in the sleep apnea screening info given to have potential patients follow up with PCP
Cardiovascular disease	BG Retirement Village	Blood Pressure	4/8/2019	26	Blood Pressure Results: 15WNL; 7 in the Caution Zone; 4 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	4/9/2019	16	Blood Pressure Results: 11 WNL; 4 in the Caution Zone; 1 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range

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Cardiovascular disease	Chandler Memory Care	Blood Pressure	4/17/2019	14	Blood Pressure Results: 9 WNL; 4 in the Caution Zone; 1 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	FPI Health Fair	Stroke Risk Assessments	4/18/2019	400 in attendance to health fair	Blood pressure results: 13 WNL; 16 in the Caution Zone; 1 High	Stroke screenings completed on 30 people others educated on stroke risk as well as signs/symptoms.
Cardiovascular disease	Jennings Creek Elementary School Health Fair	Early Heart Attack Care (EHAC) Education	4/18/2019	10	10 EHAC Educations Completed	EHAC education and the importance of calling 911 completed with 10 people.
Cardiovascular disease	Village Manor	Blood Pressure	4/24/2019	12	Blood pressure results: 6WNL; 5 in the Caution Zone; 1 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	Adult Day Care	Presentation on the importance of exercise for overall health	4/2/2019	50	Exercises were performed and discussed the importance of exercise	Participants were able to state 2 reasons why consistent exercise is important for their health.
Obesity	Housing Authority	Presentation on the importance of exercise for overall health	4/17/2019	18	Exercises were performed and discussed the importance of exercise	Participants were able to state 2 reasons why consistent exercise is important for their health.
Cardiovascular disease	Chandler Memory Care	Blood Pressure	5/1/2019	12	Blood pressure results: 7WNL; 5 in the Caution Zone	Residents are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Richpond Elementary School	Babysitting Class EHAC & Hands only CPR	5/6 & 5/7/19	8	EHAC and hands only CPR were discussed and performed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911.
Cardiovascular disease	AFNI Health Fair	Blood Pressure, Body Fat, Stroke Risk Screenings	5/14/2019	20	Blood pressure results: 4 WNL; 10 in the Caution Zone; 6 High	Stroke screenings, blood pressure and body fat completed on 12 people others educated on stroke risk as well as signs/symptoms.
Cardiovascular disease	Carhart Health Fair	Stroke Risk Screenings	5/16/2019	50 in attendance 12 stroke risk screenings completed	Blood pressure results: 4 WNL; 4 in the Caution Zone; 4 High	Stroke screenings completed on 12 people others educated on stroke risk as well as signs/symptoms.

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Cardiovascular disease	BG Retirement Village	Blood Pressure	5/20/2019	21	Blood pressure results: 11 WNL; 8 in the Caution Zone; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Vermont Thread Gage Health Fair	Stroke Risk Screenings	5/21 & 5/22/19	100 employees in attendance 19 Stroke Screenings completed	Blood pressure results: 2 WNL; 8 in the Caution Zone; 9 High	Stroke screenings completed on 19 people others educated on stroke risk as well as signs/symptoms.
Cardiovascular disease	Village Manor	Blood Pressure	5/23/2019	11	Blood pressure results: 11 WNL; 8 in the Caution Zone; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Warren East High School	Babysitting Class EHAC & Hands only CPR	5/29/2019	12	EHAC and Hands only CPR were discussed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911.
Cardiovascular disease	Vision Source Health Fair	Blood Pressure	5/31/2019	>700 in attendance 30 Blood Pressures completed	Blood pressure results: 15 WNL; 10 in Caution Zone; 5 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Adult Day Care	Stroke Education	5/7/2019	50	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.
Cardiovascular disease	Chandler Park Assisted Living	Stroke Education	5/14/2019	16	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.
Cardiovascular disease	Housing Authority	Stroke Education	5/15/2019	18	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.
Cardiovascular disease	Warren East Middle School	Brain Protectors Program	5/22/2019	320	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.
Cardiovascular disease	Summer Hospital Volunteers program	Brain Protectors Program	6/3/2019	40	Signs and Symptoms of a stroke were discussed	Participants are able to identify signs & symptoms of stroke as well as when to call 911.

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Cardiovascular disease	Chandler Memory Care	Blood Pressure	6/5/2019	14	Blood pressure results: 2 WNL; 8 in the Caution Zone; 9 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	WKU Upward Bound Program	Nutrition/Health Eating Habits Presentation	6/5/2019	16	Nutrition information was discussed	Participant objectives: 1. Describe mindful eating based on hunger and fullness 2. Explain balanced eating choices using MyPlate plan
Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	6/11/2019	14	Blood pressure results: 7 WNL; 5 in the Caution Zone; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	Women in Charge Luncheon	What is a healthy diet? Presentation	6/25/2019	40	Diets were discussed	Participant Objectives: 1. Define the term "diet" 2. Explain the pros and cons of popular diets 3. Describe a healthy diet based on principles of balanced food intake and intuitive eating.
Cardiovascular disease	Bowling Green Retirement Village	Blood Pressure	6/25/2019	21	Blood pressure results: 10 WNL; 9 in the Caution Zone; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Village Manor	Blood Pressure	6/27/2019	10	Blood pressure results: 4 WNL; 4 in the Caution Zone; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	International Center	Nutrition and Food Safety Presentation	6/26/2019	55	Nutrition information was discussed	Participant objectives: 1. List a serving size for a vegetable and how many servings should be consumed each day. 2. List the serving size of a fruit and how many servings should be consumed each day.
Obesity	Adult Day Care	Importance of drinking water	7/2/2019	60	Reasons why you should drink more water and less sugary beverages were discussed	Participants were able to identify at least 3 reasons why more water should be consumed
Strengthen Partnerships: American Red Cross	Blood Drive	Blood donation	3-Jul	10	Improved partnership with ARC	collected 8 pints of blood for ARC

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Cardiovascular disease	Vermont Thread Gage	Blood Pressure Checks for employees	7/8/2019	28	6 WNL; 12 Caution Zone; 10 High	Employees can choose to have their blood pressure checked monthly as part of their wellness program.
Cardiovascular disease	Babysitting Clinic	Babysitting Class EHAC & Hands only CPR	7/10/2019	15	EHAC and Hands only CPR were discussed and performed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911
Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	7/11/2019	15	Blood pressure results: 8 WNL; 5 in Caution Zone; 2 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Bowling Green Retirement Village	Blood Pressure	7/16/2019	16	Blood pressure results: 9 WNL; 4 in Caution Zone; 3 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Babysitting Clinic	Babysitting Class EHAC & Hands only CPR	7/17/2019	15	EHAC and Hands only CPR were discussed and performed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911
Cardiovascular disease	Village Manor	Blood Pressure	7/18/2019	9	Blood pressure results: 4 WNL; 4 in Caution Zone; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cancer Prevention	Women in Charge Luncheon	A Guide to checking your skin	7/23/2019	44	Signs and symptoms of skin cancer were discussed	Participants were informed of prevention methods and treatment options as well what to look for with skin checks
Obesity	Housing Authority Health Fair	Amount of sugar in beverages	7/19/2019	60	School aged children learned the amounts of sugar in beverages and why it's important to choose water more often than the sugary beverages.	Children were surprised at the amounts of sugar in some of their favorite beverages including chocolate milk and sports drinks.
Cardiovascular disease	Warren County Back to School Bash	EHAC	7/25/2019	> 1500 in attendance; 40 EHAC	40 educated on Early Heart Attack Care	EHAC education provided alongside EMS providing hands only CPR education
Cancer Prevention	Auburn Back to School Bash	Skin Cancer Screening and Prevention	7/29/2019	~300 in attendance	35 children educated on sun safety	Skin Cancer prevention education provided with sun safety bracelets with UV sensitive beads provided to the children
Cardiovascular disease	Franklin Simpson School	Babysitting Class EHAC & Hands only CPR	7/30/2019	9	EHAC and Hands only CPR were discussed and performed	Participants are able to perform hands only CPR. They are also able to list s/s of a heart attack and when to call 911

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Cardiovascular disease & Cancer Prevention	Bowling Green City Schools Readifest	EHAC & Sun Safety	7/30/2019	40 EHAC/75 Sun Safety	School aged children along with their parents were educated on Early Heart Attack Care (EHAC) including signs and symptoms of a heart attack and when to call 911. Students were also provided with UV bead bracelets and education on how to protect their skin in the sun.	Children were able to state 2 signs/symptoms of a heart attack. Children were able to state 3 ways to protect themselves in the sun and why they need to protect their skin.
Strengthen Partnerships; Allen County Schools and Cardiovascular Disease	Back to School Event: lunch for teachers	blood pressures offered to staff	8/1-8/2	250	increased awareness on high blood pressure	5 employees learned their blood pressure was in the high range and advised to follow up with primary care physician
Cardiovascular disease	HF Class, Health & Wellness	Heart Failure Class	8/2/2019	4	Nutrition and pharmaceutical information provided	Class objective: 1) Define Heart Failure, 2) Explain classes of drugs for HF and common side effects for each, 3) Describe the most common nutrition concerns for CHF
Obesity	Adult Day Care	Sugar in beverages	8/6/2019	50	Sugar demonstration	Participants were able to identify how much sugar is in each drink and advised to drink more water as a healthier option
Strengthen partnerships	Dillard's Event	free school physicals	8/9/2019	100 through event; 4 physicals	Physicals provided	Students reached who may not have already had their physicals
Strengthen partnerships: Core	Healthy Kids Day		8/10/2019		Improved relationship with community and the Core	Information and support of community events
Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	8/13/2019	12	Blood pressure results: 7 WNL; 4 in Caution Zone; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Cardiovascular disease	Village Manor	Blood Pressure	8/22/2019	8	Blood pressure results: 4 WNL; 3 in Caution Zone; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	Adult Weight Management Health and Wellness	90 Minute Adult Weight Management Class	8/26/2019	4	Participants can: 1) list ways to increase their physical activity 2) Identify the parts to MyPlate for creating a balanced, healthy meal 3) Set SMART goals to promote healthier habits	Each participant set one goal to work on individually

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Cardiovascular disease	Chandler Park Assisted Living	Blood Pressure	9/10/2019	12	Blood pressure results: 6 WNL; 6 in Caution Zone	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
strengthen partnerships	Women's conference	Information on services offered at facility	9/12/2019	400	Improved knowledge of community partners for health care and long term care	
Cancer Prevention	Women's Conference	Skin Cancer Screening and Prevention	9/12/2019	385	49 Women Screened for skin cancer by dermatologist Dr. Skaggs; 63 Women educated on skin cancer prevention	
Cancer Prevention	Medical Center Scottsville Health Fair	Skin Cancer Prevention	9/14/2019	150	50 participants educated on skin cancer prevention and sun safety	
Strengthen partnerships, obesity, cardiovascular disease, cancer	Community Health Fair	blood glucose, cholesterol, blood pressures, balance screenings, grip strength	9/14/2019	300 +	improved knowledge of community partners for health care, know your numbers for participants	Awareness of services offered that many didn't realize, high blood pressures were identified and referrals to PCP were made, also high cholesterol were found and that patient will begin a weight loss program and get rechecked.
Obesity	10K Health & Fitness Expo	Body Fat	9/20/2019	~600 in attendance	150 screened for body fat percentage	Participants educated on where their body fat percent is in relation what is ideal for their sex and age as well as how body fat percent contributes to overall health.
Cardiovascular Disease	10K Health & Fitness Expo	Blood Pressure	9/20/2019	~600 in attendance	150 Blood Pressures Completed	
Obesity	Med Center Health 10K Classic	10K Race 10K Wheelchair Race 5K Run/Walk Children's Race	9/21/2019	~2000 in attendance		~ 2000 participants in the community race
Cardiovascular Disease	Healthy & Safe Aging Conference	Stroke Risk Screenings	9/26/2019	~120 in attendance	20 Stroke Risk Screenings Completed	Stroke screenings completed on 20 people others educated on stroke risk as well as signs/symptoms. Results turned into UKY Stroke Program
Prevention	Adult Day Care	Presentation on flu prevention	10/1/2019	55	Prevention methods were discussed	Participants were able to identify ways to help prevent the flu and recognize signs and symptoms

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Cardiovascular Disease	Shop HQ	Blood Pressure	10/15/2019	18	Blood pressure results: 5 WNL; 8 in Caution Zone; 5 High	Several participants were not aware of a blood pressure issue and were advised to seek medical attention.
Strengthen partnerships	Mental Health & Aging Conference	Balance screening	10/19/2020	200	Screenings to show areas of weakness and then provide education on how to treat	Potential referrals to rehab program
Strengthen partnerships	Dollar General Health Fair	rehab screenings; education	10/19/2020	100	Screenings to show areas of weakness and then provide education on how to treat	Potential referrals to rehab program
Strengthen partnerships	Mental Health & Aging Conference	sponsor and information	10/19/2020	200	Information on services offered in Scottsville	Increase outreach of outpatient mental health services offered in Scottsville
Strengthen partnerships	American Legion	information on services	10/19/2020	100	Information on services offered in Scottsville	Increase outreach of outpatient mental health services offered in Scottsville
Obesity	City of Bowling Green	Healthy Cooking Demonstration	10/16/2019	100	Healthy snack was prepared and recipe was available	Employees were able to see and taste an easy healthy snack
Cancer Prevention	Morningside	Breast Cancer Prevention and Awareness	10/21/2019	80	Information was available for breast cancer prevention	
Obesity	Emmerson Climate Russellville	Body Fat Analysis	10/22/2019	20 Body fat analysis completed	5 out of 20 of the body fats were WNL. 15 were above desired limit for good health	Able to discuss how to reduce body fat in a healthy way and refer to our programs as applicable.
Cardiovascular Disease	Village Manor	Blood Pressure	10/24/2019	8	Blood pressure results: 3 WNL; 3 in Caution Zone; 2 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	Butler County High School	Body Fat Analysis	10/30/2019	140	40 out of 140 of the body fats were WNL. 100 were above desired limit for good health	Able to discuss how to reduce body fat in a healthy way and refer to our programs as applicable.
Cardiovascular Disease	Dollar General Scottsville	Stroke Risk Assessment	10/29/2019	22 Stroke Assessments Completed; ~100 in attendance for event	22 Participants educated re: their stroke risk based on blood pressure and other risk factors identified through the screening.	
Obesity	BRASS	Healthy Eating and how to read nutrition labels	10/30/2019	5	Healthy Meal planning and how to read labels were discussed	Participants were able to plan balanced meals using MyPlate model

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Strengthen partnerships	Rotary presentation- Coping during the holidays	education	11/19/2019	30	Information on ways to cope during the stressful and depression holiday season	Increase awareness of mental health
Strengthen partnerships	Comfort Keepers	education	11/19/2019	5	Information on services offered in Scottsville	Increase outreach of outpatient mental health services offered in Scottsville
Strengthen partnerships	Sky Launch Program	rehab screenings; education	11/19/2019	400	Offered information on education for rehab professionals and services offered in Scottsville by Rehab team	Increase awareness of professional programs and services offered in Scottsville
Strengthen partnerships	Glasgow Housing Authority-Sponsored Christmas Party	Education	12/19/2019	20	Information on services offered in Scottsville	Received a referral for senior perspectives
Strengthen partnerships	Glasgow Senior Center	Education	12/19/2016	10	Information on services offered in Scottsville	Increase outreach of outpatient mental health services offered in Scottsville
Strengthen partnerships	Med Center Psychiatry Holiday appreciation breakfast	Education	12/19/2019	15	Information on services offered in Scottsville	Increase outreach of outpatient mental health services offered in Scottsville
Strengthen partnerships	Leadership Hart County	Education	12/19/2019	20	Information on services offered in Scottsville	Increase awareness of therapy services
Obesity	Adult Day Care	Heart Healthy New Years Resolutions	1/7/2020	60	10 Healthy New Years Resolutions were discussed	Participants were able to set at least one healthy resolution for this year
Cardiovascular Disease	Health & Wellness Expo	Stroke Risk Assessments	1/11/2020	40	Participants able to identify what they're risk is of suffering from a stroke.	Participants aware of signs/symptoms of stroke, risk factors and what they can do to change their risk of developing a stroke.
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure	1/14/2020	15	Blood Pressure Results: 8 WNL;6 in Caution; 1 High	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Obesity	UK Extension Office	"Are you Well" Balanced Nutrition and My Plate	1/14/2020	14	Participants will be able to plan a balanced meal using MyPlate template and learn about intuitive eating	Participants were able to plan a balanced meal using MyPlate template
Cardiovascular Disease	New Mather Metals	Stroke Risk Assessments	1/15/2020	92	Blood pressure results: 15 WNL; 31 in Caution Zone; 46 High	92 Participants educated re: their stroke risk based on blood pressure and other risk factors identified through the screening.

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Cardiovascular Disease	Western KY Heart & Lung	CPR	1/31/2020	12	12 Participants CPR Certified	
Cardiovascular Disease	KY Partnership Annual Meeting	Blood Pressure and Hands only CPR	2/1/2020	10	Blood Pressure results: 3 WNL; 7 High	Participants encouraged to seek medical attention for high blood pressure. Participants engaged in how to perform hands only CPR if someone is in need.
Cardiovascular Disease	Adult Day Care	Heart health	2/5/2020	65		
Strengthen partnerships	Medical Student presentation, Post Acute Care services	Presentation	2/6/2020	25	Increased awareness of resources for post acute care in our system	Increased awareness of swing beds admission requirements and LTC admission requirements for Scottsville
Cardiovascular Disease	Morningside Assisted Living	Blood Pressure & EHAC	2/7/2020	40	Blood pressure results: 15 WNL; 16 in Caution Zone; 9 in High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911
Strengthen partnerships	Flu education	Radio Spot	2/10/2020		Increased awareness and education on communicable disease	
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure & EHAC	2/11/2020	16	Blood Pressure Results: 8 WNL; 8 in Caution	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911
Obesity, Diabetes	Active Day Adult Day Care	Balanced Nutrition	2/13/2020	52	Objectives: 1) Identify 5 food groups 2) Recognize best choices for types of foods in each food group 3) Follow MyPlate pattern to plan a balanced meal	Clients assisted in planning a balanced meal by choosing foods from each food group to create a "meal" on a dry erase board
Strengthen partnerships	Let Life Bloom Campaign-media spot	Education on organ donation	2/18/2020		Education on awareness of organ donation	Increase outreach for organ donation initiative
Cardiovascular Disease	Charters	Blood Pressure & EHAC	2/18/2020	16	Blood Pressure Results: 5 WNL; 8; 3 in High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911

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Cardiovascular Disease	Housing Authority of Bowling Green	Blood Pressure & EHAC	2/19/2020	14	Blood Pressure Results: 6 WNL; 4 in Caution; 4 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911
Cardiovascular Disease	Village Manor	Blood Pressure & EHAC	2/20/2020	9	Blood Pressure Results: 4 WNL; 3 in Caution; 2 High	Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range. They were also able to recognize heart attack symptoms and know when to call 911
Cardiovascular Disease	Western KY Heart & Lung	CPR	2/21/2020	4	4 Participants CPR Certified	
Diabetes	Women in Charge Luncheon	The Heart of Diabetes	2/25/2020	40	Participants aware of how to prevent diabetes as well as signs and symptoms of diabetes.	
Obesity	Adult Day Care	Nutrition	3/3/2020	65	10 Nutrition tips were discussed	Participants were able to name at least 3 Nutrition tips for a healthier plate
Cardiovascular Disease	Franklin Simpson Health Fair	Stroke Risk Assessments	3/7/2020	45	Participants able to identify what they're risk is of suffering from a stroke.	Participants aware of signs/symptoms of stroke, risk factors and what they can do to change their risk of developing a stroke.
Cardiovascular Disease	Mt.Zion Baptist Church	Stroke Risk Assessments	3/7/2020	20	Blood Pressure Results: 3 WNL; 7 in Caution; 10 High	Participants educated re: their stroke risk based on blood pressure and other risk factors identified through the screening.
Prevention	Covid-19 Infection Prevention-Dr. Rebecca Shadowen	Radio Spot	3/9/2020		Provide information on the spread of Covid-19 and information on how to prevent and protect yourself and family	Provided up to date information to the community on the infectious disease Covid-19
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure	3/10/2020	13	Blood Pressure Results: 8 WNL; 5 in Caution	Regular blood pressure checks made monthly at this facility. Participants are able to identify what category their blood pressure is in and what the treatment options are if out of range
Strengthen partnerships	Annual Allen County Career Exploration Day	information given to students on jobs in health fields	3/10/2020	300	Increase education on health careers	Increased awareness in opportunities in various Health care jobs

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Cardiovascular Disease, Obesity	HeathCo Health Fair	Blood Pressure, Stroke Risk Assessment, Body Fat, Lipid profile	3/11/2020	23	Participants able to identify what they're risk is of suffering from a stroke, identify where their blood pressure is and should be and understand what their body fat % is and how that affects their overall health.	
Obesity	Exercise as a Family	Facebook Post	3/29/2020		Posts regarding the importance of exercising and ideas to exercise as a family.	
Cardiovascular Disease	How to Manage High Blood Pressure	Facebook Post	3/23/2020		Posts regarding how to manage high blood pressure.	
Obesity	Foods to combat stress	Facebook Post	3/22/2020		Article on different foods that can help lower stress levels.	
Obesity	Physical Activity	Facebook Post	4/5/2020		How to incorporate balance work into your cardio and strength workout routine.	
Overall Health	Stress Management	Facebook Post	4/14/2020		How to practice self-care to reduce overall stress. Also, how to meditate for beginners.	
Obesity, Prevention	Every Kid Healthy Week	Facebook Video	4/20 -4/24/2020		Every kids health week focuses on overall health & wellbeing for children with different suggested activities each day.	
Overall Health	Loneliness	Facebook Post	4/27/2020		Loneliness during COVID-19 isolation is an issue for the elderly. Dr. Grau explains how family members can maintain their mental health during the pandemic.	
Overall Health	Stress Management	Facebook Video	4/20/2020		Dr. Grau discusses increased stress during COVID-19 and how to get support using telehealth.	
Obesity, Prevention	Healthy at Home Activities for Children	Facebook Post	4/29/2020		Article re: health activities to do at home with children.	
Cardiovascular Disease	Stroke & Heart Attack	Facebook Post	5/2/2020		Info graphic re: stroke & heart attack prevention.	
Diabetes	Non-perishable foods for persons with diabetes	Facebook Video	5/7/2020		Sarah Widener, RDN, CDE discusses non-perishable foods that people with diabetes can keep on hand for healthy meals.	

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Obesity, Prevention	Physical Activity	Facebook Post	5/3, 5/23, 5/24/2020		Physical activity benefits, ideas how to increase physical activity, activity planner.	
Cardiovascular Disease	Stroke	Facebook Posts	May 1, 5, 8, 13, 15, 17, 28		Signs/symptoms of stroke. The importance of calling 911 if stroke symptoms present. Treatment of stroke.	
Prevention	Covid-19 reopening safety measures with Julie Boivin, RN	Radio Spot	6/4/2020		Provide information on safety measures as businesses begin to open back up after the quarantine period	
Prevention	Alzheimer's and Brain Awareness Month	Facebook Post	6/6/2020		Article re: steps to take nutritionally that support brain health & memory.	
Overall Health	Mental Health	Facebook Video	6/10/2020		Dr. Brula discusses mental health obstacles since the onset of COVID-19 and ways to cope.	
Strengthen partnerships	Mental Health and the Elderly Newspaper Article	Newspaper article	6/11/2020		Provided information on how to improve mental health during this time of isolation for our elderly citizens	
Strengthen partnerships	School Sports Physicals	Sports physicals	6/15/2020	50	Increase awareness of health for our students involved in athletics	none reported
Strengthen partnerships	Mental Health and the Elderly Radio interview	Radio Spot	6/16/2020		Provided information on how to improve mental health during this time of isolation for our elderly citizens	
Overall Health	Water Safety	Facebook Post	6/22/2020		Link to Pinterest board with information on how to practice water safety this summer.	
Prevention	Sun Safety	Facebook Post	5/22, 6/11, 6/24, 6/29		Posts regarding how to stay safe in the sun. Skin cancer prevention.	
Overall Health	Firework Safety	Facebook Video	6/30/2020		EMS discusses the dangers associated with fireworks and all the precautions need to keep the holiday weekend safe.	

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Cardiovascular Disease	High Blood Pressure	High Blood Pressure Prevention & Management Facebook Live video on the Warren County Public Library Facebook Page	7/2/2020	824 Views	Sarah Widener, RDN, CDE discusses preventative measures to reduce the risk of high blood pressure as well as ways to manage high blood pressure	
Diabetes	Diabetes Foot Exam	Health and Wellness	7/10/2020	4	Diabetes can be harmful to the blood vessels and nerves in your feet.	Prevention and early detection of foot problems were discussed
Cardiovascular Disease	High Blood Pressure	Facebook Post	7/9/2020		Posts on how to manage high blood pressure	
Prevention	Eye Exams	Facebook Post	7/9/2020		Posts on how a comprehensive eye exam can help detect serious problems before you even know they exist	
Obesity	Healthy Recipe	Facebook Post	7/11/2020		Banana berry smoothie recipe. A cool treat for the entire family to enjoy	
Prevention	Car seat safety	Facebook Post	7/15/2020		Practices for car safety are shared	
Prevention	Sun Safety	Facebook Video	7/17/2020		Sarah Widener, RDN, CDE discusses preventative measures to reduce the risk of UV related skin cancers and diseases	
Obesity, Prevention	National Hydration Day	Facebook Post	7/23/2020		Posts regarding information on how much water you should be consuming daily to maintain good health and high quality of life	
Cardiovascular Disease	Med Center Health	Babysitting Clinic	7/23/2020	9	EHAC and CPR are discussed in this class along with other safety tips	
Obesity	Healthy Recipe	Facebook post	7/25/2020		Dr. Mark Hyman, a national staple in the functional medicine world, shares his Raspberry lemon ice pops recipe for hot days	
Prevention	World Hepatitis Day	Facebook Post	7/28/2020		Posts regarding information on how to protect yourself and loved ones from Hepatitis	
Obesity	Healthy Recipe	Facebook Posts	8/1/2020		Chocolate chip zucchini muffins recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Overall Health	Children's Eye Health and Safety Month	Facebook Post	8/3/2020		Article regarding how regular eye exams and eye safety are important components for a child's overall health	
Prevention	Summer Sun Safety	Facebook Post	8/6/2020		Post regarding information on ways to protect your skin for the summer	
Obesity	Healthy Recipe	Facebook Post	8/7/2020		Chipotle Chicken Salad recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	8/8/2020		Five fresh forms of indoor fitness are shared	
Obesity	Healthy Recipe	Facebook Post	8/14/2020		Gluten free Zucchini muffins recipe shared from The Real Food Dietitians	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	8/15/2020		Exercise and eat smart to keep the weight off	
Prevention	National Immunization Awareness Month	Facebook Post	8/17/2020		Post regarding the importance of immunizations at all ages. Vaccines are key to preventing disease.	
Obesity	Healthy Recipe	Facebook Post	8/21/2020		Strawberry Cheesecake smoothie pops recipe shared from The Real Food Dietitians	
Obesity	Physical Activity Fitness Tip	Facebook Post	8/22/2020		Post regarding the importance of properly fitted shoes	
Cardiovascular Disease	Stroke	Facebook Post	8/27/2020		Received the American Heart Association/American Stroke Association's Get with the Guidelines Stroke Gold Plus Quality Achievement Award	
Obesity	Healthy Recipe	Facebook Post	8/28/2020		Whole30 Taco Stuffed Sweet Potatoes recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	8/29/2020		4 ways to improve your workout and help the environment at the same time	
Overall Health	Sleep Quality	Facebook Video	8/31/2020		Mayo Clinic discusses 6 steps to better sleep	
Prevention	Mamm's Day Out Western KY Diagnostic Imaging	Mammograms	8/29/2020	20	20 Women were screened for breast cancer, 2 women returned as recommended for further images	Women recognize the importance of regular screening and early detection in the prevention and treatment of cancer.

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Prevention, Cancer	90 Seconds to Better Health	Facebook Video	9/1/2020		Dr. Leachman discusses prostate cancer and possible treatment options	
Prevention, Cancer	Colon Cancer Awareness	Facebook Video	9/2/2020		Dr. Passer discusses the importance of making annual screenings part of your routine	
Obesity	Healthy Recipe	Facebook Post	9/4/2020		No Bake Peanut Butter Crunch Bars recipe shared by The Real Food Dietitians	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Posts	9/5/2020		Bike your better way to health. Biking may drastically cut down your risk for heart disease, type 2 diabetes, and several cancers	
Mental Health	Youth Suicide Prevention Day	Facebook Post	9/10/2020		Article regarding the warning signs of suicide among youth. Discussions are necessary to save lives	
Obesity	Healthy Recipe	Facebook Post	9/11/2020		Italian Turkey Zucchini Meatball recipe shared by The Real Food Dietitians	
Cardiovascular Disease	Med Center EMS	Facebook Post	9/11/2020		EMS received the American Heart Association's Mission: Lifeline EMS Gold Plus Award for implementing quality improvement measures for the treatment of patients who experience severe heart attacks	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	9/12/2020		Article regarding the importance of a training log	
Prevention, Cancer	Prostate Cancer	Facebook Video	9/16/2020		Dr. Heltsley discusses the warning signs, prevention and treatment options for Prostate Cancer	
Mental Health	Suicide Prevention	Facebook Post	9/17/2020		Post regarding resources from the National Institute of Mental Health to help raise awareness about suicide prevention	
Obesity	Healthy Recipe	Facebook Post	9/18/2020		Potato and Artichoke Heart Pasta Salad from Forks over Knives recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	9/19/2020		Running tips and how to add running to your exercise routine	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Mental Health	World Alzheimer's Day	Facebook Post	9/21/2020		Post regarding education, prevention, treatment and care for the disease	
Cardiovascular Disease	90 Seconds to Better Health	Facebook Video	9/24/2020		Dr. Danopal, M.D. discusses causes, prevention and treatment of Carotid Artery Disease	
Obesity	Healthy Recipe	Facebook Post	9/25/2020		Freezer friendly Oatmeal cups with Berries and toasted almonds by forks over knives	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	9/26/2020		Weight Training for Women and the health benefits are discussed	
Prevention, Cancer	90 Seconds to Better Health	Facebook Video	9/29/2020		Dr. Lynes-Eme M.D. discusses prevention methods of Cervical Cancer	
Cardiovascular Disease	World Heart Day	Facebook Post	9/29/2020		Graphic post regarding risk factors and prevention of cardiovascular disease from the World Heart Federation	
Obesity, Cardiovascular Disease	Women's Health and Fitness Day	Facebook Post	9/30/2020		Information on why annual wellness screenings are so important	
Obesity, Cardiovascular Disease	Obesity's Gender Divide	WellNews Article	Summer 2020		Article discusses the different health effects for men and women	
Prevention, Cancer	HPV Vaccines: A Shot at Protection	WellNews Article	Summer 2020		Article discusses the importance of the HPV vaccination	
Obesity	Medical Center Surgical Weight Loss Program	WellNews Article	Summer 2020		Dr. Nwanguma discusses Bariatric Surgery	
Obesity	Men and Belly Fat	WellNews Article	Summer 2020		Article discusses the health risks associated with having extra belly fat	
Obesity, Cardiovascular Disease	Obesity's Gender Divide	WellNews Article	Summer 2020		Article discusses the different health effects for men and women	
Prevention, Cancer	HPV Vaccines: A Shot at Protection	WellNews Article	Summer 2020		Article discusses the importance of the HPV vaccination	
Obesity	Medical Center Surgical Weight Loss Program	WellNews Article	Summer 2020		Dr. Nwanguma discusses Bariatric Surgery	

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Cardiovascular Disease	High Blood Pressure	Facebook Post	10/1/2020		Posts on how to manage high blood pressure	Link posted to take your own blood pressure quiz
Obesity	Healthy Recipe	Facebook Post	10/2/2020		Whole 30 roasted chicken recipe	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	10/3/2020		Posts on how Building your strength can help you live with a better quality of life	
Prevention, Cancer	Breast Cancer	Facebook Post	10/5/2020		Post on how early detection can make all the difference in diagnosis and treatment of breast cancer	
Cardiovascular Disease	Stroke	Facebook Post	10/8/2020		Signs/symptoms of stroke. The importance of calling 911 if stroke symptoms present. Treatment of stroke.	
Obesity	Healthy Recipe	Facebook Post	10/9/2020		Sweet potato bison chili created by the Real Food RDs	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	10/10/2020		How regular exercise can help keep conditions like diabetes and heart disease at bay. The best exercises for your 40's and beyond.	
Overall Health	Mental Health	Facebook Post	10/10/2020		World Mental Health Day. The challenging time has considerable changed our daily lives due to COVID 19	
Cardiovascular Disease	Stroke	Facebook Post	10/15/2020		Hemorrhagic strokes are discussed	
Obesity	Healthy Recipe	Facebook post	10/16/2020		Burrito Bowl recipe from Forks Over Knives	
Prevention	Mammography Day	Facebook Post	10/16/2020		Post discusses the importance of early detection and the key to successful treatment of breast cancer	
Obesity	Fitness Tip	Facebook Posts	10/17/2020		4 accountability tips discussed to help you stay on track and remain dedicated to a fitness routine	
Overall Health	Children's Eye Health and Safety Month	Facebook Post	10/17/2020		Article regarding how regular eye exams and eye safety are important components for a child's overall health	

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Cardiovascular Disease	World Hypertension Day	Facebook Post	10/17/2020		Promotion of Free High Blood Pressure Class offered at Health and Wellness.	
Overall Health	Dental Hygiene Month	Facebook Post	10/19/2020		The importance of oral hygiene for your overall health and wellness is discussed	
Prevention, Cancer	Breast Cancer	Facebook Video	10/21/2020		Importance of self examinations and annual mammograms can help catch breast cancer at an early stage and make treatment and recovery easier	
Prevention, Cancer	Breast Cancer	Facebook Post	10/2/2020		Real Men Wear Pink Campaign. Dr. Cabrera encourages participation in the fight against breast cancer	
Obesity	Healthy Recipe	Facebook Post	10/23/2020		Stuffed sweet potato with protein and veggies	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	10/24/2020		How to be physically active while social distancing	
Obesity	Med Center Health 10K Classic	Virtual Race	10/24/2020	297 Participants	10K, 5K, Children's Run	
Drug Awareness	Red Ribbon Week	Facebook Post	10/26/2020		How we need to focus on creating a safe and drug free environment for our children. The importance of speaking to your children about these topics and educate them on the dangers	
Overall Health, Prevention	Annual screenings	Facebook Post	10/27/2020		The importance of annual screenings to catch potential health risks early	
Cardiovascular Disease	Stroke	Facebook Video	10/29/2020		Make small changes to improve your brain function and prevent stroke	Stroke Quiz link posted
Cardiovascular Disease	Stroke	Facebook Live Video via Warren County Public Library Facebook Page	10/29/2020	212 Views	Sarah Widener discussed stroke prevention, risk factors of stroke, signs & symptoms of stroke and when to call 911.	
Overall Health	Healthy Recipe	Facebook Post	10/30/2020		Pumpkin Chocolate Chip Bars from The Real Food Dietitians	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	10/31/2020		How to work out safely in the cold	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Diabetes	Diabetes	Facebook Video	11/3/2020		Discusses how many people are unaware that they are living with Prediabetes	Diabetes Quiz link posted
Cardiovascular Disease	Stroke	Facebook Post	11/5/2020		Causes and signs/symptoms of stroke. The importance of calling 911 if stroke symptoms present	
Obesity	Healthy Recipe	Facebook Posts	11/6/2020		Chicken soup recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	11/7/2020		Great workouts to do at home	
Cardiovascular Disease	Stroke	Facebook Post	11/9/2020		The Norton Healthcare/UK Healthcare Stroke Care Network recognized The Medical Center with 2020 Karpf Award for its work in improving stroke care and outcomes in the communities they serve and for improving stroke systems of care throughout Kentucky	
Cardiovascular Disease	Stroke	Facebook Post	11/10/2020		Discusses how Strokes and Heart Attacks increase when flu like illnesses rise	
Diabetes	Diabetes Q&A	Facebook Post	11/12/2020		Risk for Diabetes and what lifestyle changes you need to make to help treat the problem. Questions and Answers with Sarah Widener, RD,CDE.	
Obesity	Healthy Recipe	Facebook Post	11/13/2020		Paleo Pumpkin Bread with chocolate chips from The Real Food Dietitians	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	11/14/2020		Article regarding the perfect guide to a heart smart exercise routine	
Diabetes	World Diabetes Day	Facebook Post	11/14/2020		Article on how to manage diabetes properly if you have been diagnosed	
Overall Health	Mental Health	WellNews Article	Fall 2020	Distributed to over 50,000 people	Article on caring for your mental health. Tips on how to support your mental health	

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Diabetes, Overall Health	Eye Health	WellNews Article	Fall 2020	Distributed to over 50,000 people	Diabetic Retinopathy is discussed	
Diabetes	Diabetes Foot Exam	Heath and Wellness	11/13/2020	4	Cumberland Foot and Ankle Diabetic feet evaluation	
Obesity	Tips for stress related weight gain	WellNews Article	Fall 2020	Distributed to over 50,000 people	Article on ways to reduce stress that can lead to weight gain	
Obesity	Healthy Recipe	Facebook Post	12/4/2020		Healthy Breakfast Casserole	
Obesity	Fitness Tip	Facebook Post	12/5/2020		How to Stay Active This Winter	
Prevention	National Influenza Vaccination Week	Facebook Post	12/7/2020		Article on the importance of the flu vaccine	
Prevention	Hand washing Awareness Week	Facebook Post	12/8/2020		Article on the importance of washing your hands	
Cardiovascular Disease	Stroke	Facebook Post	12/10/2020		Article on Stroke in Children	
Obesity	Healthy Recipe	Facebook Post	12/11/2020		Cozy Beef Stew Recipe	
Obesity	Fitness Tip	Facebook Post	12/12/2020		Exercise and Target Heart Rate	
Cardiovascular Disease	Stroke	Facebook Post	12/17/2020		Article on Women: Midlife isn't too late to slash stroke risk	
Obesity	Healthy Recipe	Facebook Post	12/18/2020		Southern Chicken and Dumpling Soup	
Obesity	Healthy Recipe	Facebook Live Video via Warren County Public Library Facebook Page	12/18/2020		Healthy recipe swaps for the holiday season	
Obesity	Fitness Tip	Facebook Post	12/19/2020		Article on Exercise in the Snow	
Diabetes	Diabetes Education	Facebook Post	12/22/2020		Article on Alcohol Use and People with Diabetes	
Cardiovascular Disease	Stroke	Facebook Post	12/24/2020		Article on how Mealtime Choices Could Affect Your Odds for Stroke	
Obesity	Healthy Recipe	Facebook Post	12/25/2020		Spaghetti Squash	
Obesity	Fitness Tip	Facebook Post	12/26/2020		Article on how to set goals the SMART way	

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Cardiovascular Disease	Stroke	Facebook Post	12/31/2020		How to help prevent repeats of Heart Attack and Stroke	
Obesity	Healthy Recipe	Facebook Post	1/1/2021		Healthy pizza recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	1/2/2021		How to be physically active while social distancing	
Obesity, Cardiovascular Disease	Daily Challenge Fitness Tip	Facebook Post	1/3/2021		Article on how to deal with stress. Try meditating for 10 minutes to feel more relaxed and lower stress levels	
Obesity	Healthy Meal Planning	Facebook Post	1/4/2021		Post on how to plan out your healthy meals for the week	
Obesity, Cardiovascular Disease	Stroke	Facebook Post	1/5/2021		How to get more steps in and finding the right exercise program and the right preparation	
Obesity	Healthy Recipe	Facebook Post	1/5/2021		Article on how to help you reach your fitness goals	Activity quiz posted
Obesity	Healthy Tips	Silver streaming	1/5/2021		Live video posted with the Warren County Public Library on Health Tips for the New Year	
Obesity	Daily Challenge Tip	Facebook Post	1/6/2021		Post on how to satisfy your sweet tooth with replacing them with fruit	
Obesity, Cardiovascular Disease	Mental Health	Facebook Post	1/7/2021		Mayo Clinic article on how to incorporate step ups into your routine	
Obesity, Cardiovascular Disease	Stroke	Facebook Post	1/7/2021		Article on how exercise can speed up stroke recovery	
Obesity	Healthy Recipe	Facebook post	1/8/2021		Carrot Oat Bran Muffins recipe shared	
Obesity	Fitness Tip	Facebook Post	1/10/2021		Mayo Clinic article on how to do proper squats	
Obesity	Healthy Recipe	Facebook Posts	1/12/2021		Article on how to switch up your regular breakfast routine with healthy Quinoa and Egg Breakfast Bowl	
Mental Health	Mental Health Presentation	Med Center Psychiatry	1/13/2021		Mental Health/Depression resources	Immediately unknown, widespread awareness of topic

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Obesity	Fitness Tip	Facebook Post	1/13/2021		Article on how starting your day out with Yoga can help with anxiety and stress	
Overall Health, Prevention	Daily Challenge	Facebook Post	1/14/2021		Article on how getting enough sleep can prevent health conditions	
Cardiovascular Disease	Stroke	Facebook Post	1/14/2020		Article on how to lower your risk for stroke	
Overall Health, Prevention	Hydration	Facebook Post	1/15/2021		Article on how to drink more water and to strive for 8 glasses a day	
Obesity	Healthy Recipe	Facebook Post	1/15/2021		Healthy and refreshing cherry vanilla frappe recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	1/16/2021		Post on how physical inactivity is a risk factor for heart disease.	
Obesity	Healthy Recipe	Facebook Post	1/18/2021		Zucchini potato pancakes recipe shared	
Obesity	Fitness Tip	Facebook Post	1/19/2021		Article on how resistance training is important to incorporate into your fitness routine and what exercise to do for strength gains	
Overall Health	Mental Health	Facebook Post	1/20/2021		Try deep breathing exercises for your overall well being. Deep breathing helps when you feel overwhelmed	
Mental Health	Mental Health Presentation	Elder Abuse Prevention Council and Mental Health Services	1/21/2021		Geriatric Mental Health/Depression resources	Immediately unknown, widespread awareness of topic
Obesity	Healthy Recipe	Facebook Post	1/21/2021		Smoothie Bowl recipe shared	
Cardiovascular Disease	Atrial Fibrillation	Facebook Post	1/21/2021		How healthy habits can prevent AF	
Obesity	Fitness Tip	Facebook Post	1/22/2021		Strength training exercises	
Obesity	Healthy Recipe	Facebook Post	1/22/2021		Pork Carnitas recipe shared	
Obesity	Healthy Recipe	Facebook Post	1/24/2021		Healthy almond snack mix recipe shared	
Obesity	Fitness Tip	Facebook Post	1/25/2021		Post on how to work 30 minutes of exercise into your schedule daily	
Obesity	Healthy Recipe	Facebook Post	1/27/2021		Try fruit for a dessert. Winter Fruit Salad recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Fitness Tip	Facebook Post	1/28/2021		How dancing is a great way to stay active and relieve stress at the same time	
Overall Health	Mental Health	Facebook Post	1/29/2021		Laughing is important to maintaining your mental health	
Obesity	Healthy Recipe	Facebook Post	1/29/2021		Zesty grilled chicken with thyme recipe shared	
Obesity	Healthy Recipe	Facebook Post	1/30/2021		10 ways to enjoy Kale	
Cancer	Oral Cancer	Facebook Post	2/2/2021		The link between tobacco and oral cancer and how to reduce your risk	
Obesity	Healthy Recipe	Silver streaming	2/2/2021		Healthy Super Bowl recipe shared	
Cardiovascular Disease	Heart Attack in Women	Facebook Video	2/3/2021		Dr. Dawson talks about the importance of heart health	
Cardiovascular Disease	Stroke	Facebook Post	2/4/2021		Steps on how to lower your risk for stroke are discussed	
Obesity	Healthy Recipe	Facebook Post	2/5/2021		Healthy stovetop Chili recipe shared	
Obesity	Fitness Tip	Facebook Post	2/6/2021		Keeping physically active through winter helps control your weight and can reduce your risk of getting heart disease and diabetes	
Cardiovascular Disease	Healthy Lifestyle	Facebook Post	2/8/2021		How to make your Lifestyle Heart Healthy	
Cancer	Cervical Cancer	Facebook Post	2/9/2021		The importance of regular screenings and ways to prevent cervical cancer	
Mental Health	Mental Health Presentation	Barren County senior Provider Coalition	2/9/2021		Geriatric Mental Health/Depression resources	Immediately unknown, widespread awareness of topic
Cardiovascular Disease	EHAC	Charters	2/10/2021	8	Early Heart Attack Care was discussed with residents	
Cardiovascular Disease	Stroke	Facebook Post	2/11/2021		Article discusses stroke prevention tips	
Obesity	Healthy Recipe	Facebook Post	2/12/2021		Multigrain Chicken Soup recipe shared	
Obesity	Fitness Tip	Facebook Post	2/13/2021		How to be physically active while social distancing	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Cancer	Nutrition and Cancer	Facebook Post	2/16/2021		How your diet can affect your risk for cancer	Quiz from the American Cancer Society posted on what do you know about nutrition and cancer
Cardiovascular Disease	EHAC	Silver streaming	2/16/2021		Early Heart Attack Care was discussed	
Cardiovascular Disease	Stroke	Facebook Post	2/18/2021		Rehabilitation for Stroke is discussed	
Obesity	Healthy Recipe	Facebook Post	2/19/2021		Florentine Swiss Omelet recipe shared	
Obesity	Fitness Tip	Facebook Post	2/20/2021		Walking can be an easy way to incorporate physical activity into your routine	
Obesity, Cardiovascular Disease	Heart Health	Facebook Post	2/22/2021		How Healthy is your heart based in part on information from the AHA	How healthy is your heart quiz shared
Obesity	Healthy Recipe	Facebook Post	2/26/2021		Zucchini potato pancakes recipe shared	
Cardiovascular Disease	Healthy Tips	Facebook post	2/27/2021		Cherries may lower your risk for cancer, diabetes and heart disease	
Obesity	Healthy Recipe	Facebook Post	3/5/2021		Healthy breakfast on the run recipe shared	
Obesity	Fitness Tip	Facebook Posts	3/6/2021		How to prevent common running injuries	
Obesity	Healthy Eating	Facebook Live	3/6/2021		Healthy Snacking Tips shared by Jenna Polk, RD	
Mental Health	Mental Health Presentation	Southern Kentucky Senior Providers Coalition	3/9/2021		Geriatric Mental Health/Depression resources	Immediately unknown, widespread awareness of topic
Cancer, Prevention	Colorectal Cancer	Facebook Post	3/9/2021		Colorectal Cancer risk assessment shared	
Cardiovascular Disease	Stroke	Facebook Post	3/11/2021		Recognize the FAST warning signs and know when to call 911	
Obesity	Healthy Recipe	Facebook Post	3/12/2021		Do it yourself trail mix	
Obesity	Fitness Tip	Facebook Post	3/13/2021		How to overcome barriers to physical activity	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Diabetes	Diabetes	My Health Matters Support Group	3/15/2021		Diabetes signs/symptoms and prevention was discussed with Jenna Polk, RD	
Cancer, Prevention	Cervical Cancer	Facebook Post	3/16/2021		The importance of regular screenings and ways to decrease your risk are discussed	
Obesity	Healthy Eating	Facebook Live	3/16/2021		What a balanced plate should look like discussed by Jenna Polk, RD	
Mental Health	Mental Health Presentation	Elder Abuse Prevention Council and Mental Health and Aging Coalition	3/18/2021		Geriatric Mental Health/Depression resources	Immediately unknown, widespread awareness of topic
Cardiovascular Disease	Stroke	Facebook Post	3/18/2021		Signs and symptoms of a stroke. Fast action matters when a stroke hits	
Obesity	Healthy Recipe	Facebook Post	3/19/2021		Healthy Recipe, Breakfast on the run	
Obesity	Healthy Recipe	Facebook Post	3/19/2021		Mediterranean diced salad recipe shared	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	3/20/2021		Weekend fitness time, How to be Physically Active While Social Distancing	Immediately unknown, widespread awareness of topic
Obesity	Fitness Tip	Facebook Post	3/20/2021		Tips on ways to improve flexibility and range of motion	
Obesity	Healthy Recipe	Facebook Post	3/23/2021		Early detection through testing is important and how to tell if you are at an increased risk	
Obesity	Nutrition and Cancer	Facebook Live with WC Library	3/23/2021		Nutrition Myths are discussed with Sarah Widener, RD	
Prevention, Cancer	Health Information	Facebook Post	3/24/2021		Mammography Information	Immediately unknown, widespread awareness of topic
Mental Health	Mental Health Presentation	Rock Steady Boxing	3/24/2021		Geriatric Mental Health/Depression resources	Immediately unknown, widespread awareness of topic
Cardiovascular Disease	Stroke	Facebook Post	3/25/2021		How to prevent repeat heart attack and strokes are discussed	
Obesity	Healthy Recipe	Facebook Post	3/26/2021		Vegan enchiladas recipe shared	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Obesity	Healthy Eating	Facebook Video	3/26/2021		Meal planning and Preparations with Sarah Widener, RD	
Obesity, Cardiovascular Disease	Fitness Tip	Facebook Post	3/27/2021		How using sports psychology can improve your fitness	
Prevention	Health Information	Facebook Post	3/29/2021		Lymphedema treatment options	Immediately unknown, widespread awareness of topic
Cancer	Prostate Cancer	Facebook Post	3/30/2021		How early detection is important. Listen to your body and schedule regular checkups with your primary care physician	
Overall Health	Covid Vaccines	COVID Vaccines	April	515	Community Vaccine Clinic	Covid vaccines given to community and employees
Access to Care	Wound Clinic	Wound clinic Info	4/1/2021		Facebook video on wound care services	Immediately unknown, widespread awareness of topic
Cardiovascular Disease	Facebook Video	Stroke Care	4/10/2021		Facebook post on Stroke education	Immediately unknown, widespread awareness of topic
Access to Care	Facebook Video	Sprains/Strains	4/12/2021		Education on Sprains and Strains	Immediately unknown, widespread awareness of topic
Access to Care	Facebook Video	Parkinson's Disease	4/15/2021		Facebook post on Parkinson's disease	Immediately unknown, widespread awareness of topic
Mental Health	Mental Health Presentation	Rock Steady Boxing Event	4/17/2021	10	Geriatric Mental Health/Depression resources	
Mental Health	Mental Health Presentation	My Health Matters Support Group	4/19/2021	6	Geriatric Mental Health/Depression resources	
Overall Health	Covid Vaccines	Covid Vaccines	May	150	Community Vaccine Clinic	Covid vaccines given to community and employees
Overall Health	Facebook Post	World Asthma Day	5/3/2021		Facebook Post on Asthma awareness	Immediately unknown, widespread awareness of topic
Mental Health	Mental health Presentation	WNKY	5/4/2021		Mental Health Awareness Month	
Mental Health	Mental Health Presentation	Rock Steady Boxing support group	5/4/2021	20	Geriatric Mental Health/Depression resources	
Mental Health	Mental health Presentation	WBKO	5/5/2021		Mental Health Awareness Month	

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Mental Health	Mental health presentation	WFKN	5/5/2021		Mental Health Awareness Month	
Mental Health	Mental health Presentation	WVLE	5/5/2021		Mental Health Awareness Month	
Mental Health	Mental Health Presentation	WKU PBS	5/7/2021		Mental Health Awareness Month	
Cardiovascular Disease	Facebook Post	Stroke Care	5/14/2021		Facebook post on Stroke education	Immediately unknown, widespread awareness of topic
Cardiovascular Disease	Facebook Post	Stroke Care	6/3/2021		Facebook post on Stroke education	Immediately unknown, widespread awareness of topic
Cardiovascular Disease	Facebook Video	Be F A S T	6/7/2021		Facebook video with Dr. Dils regarding Stroke education	Immediately unknown, widespread awareness of topic
Mental Health	Mental Health Presentation	SOKY Senior Providers Coalition	6/8/2021		Geriatric Mental Health/Depression resources	
Cardiovascular Disease	Facebook Post	Blood pressure	6/9/2021		Facebook post on ways to improve blood pressure	Immediately unknown, widespread awareness of topic
Overall health	Facebook post	Alzheimer's and Brain Awareness	6/15/2021		Alzheimer's and brain awareness	Immediately unknown, widespread awareness of topic
Cardiovascular Disease	Facebook post	Heart/Stroke Awareness	6/24/2021		Heart/Stroke Awareness	Immediately unknown, widespread awareness of topic
Overall Health	Covid Vaccines	Covid Vaccines	June	144	Community Vaccine Clinic	Covid vaccines given to community and employees
Obesity, Cardiovascular Disease	Stroke	Facebook Post	7/1/2021		Symptoms of a hemorrhagic stroke are discussed and what you can do to lower your chances of having a stroke	
Lung Cancer	Med Center Health	Smoking Cessation Program	7/1-7/30	38	Employees that wish to stop smoking enroll in the Tobacco Cessation Program that consists of three sessions	Out of 38 employees, more than half quit smoking. Others found ways to help them prepare better to stop smoking when they are ready
Obesity	Healthy Recipe	Facebook Post	7/2/2021		Apple Carrot Salad recipe shared	
Mental Health	Virtual Mental Health Presentation	SKY Rehab Community Support Group	7/2/2021		Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources

Identified Priority	Event Name & Location	Activity Completed	Date of Activity	Number of Participants	Outcomes	Effectiveness of Activity
Access to Care	Med Center Health	Facebook Post	7/5/2021		Med Center Health welcomes new OB/GYN, Shebna Unes, M.D. to Women's Health Specialists	
Obesity	Healthy Eating for a Healthy Weight	Facebook Post	7/6/2021		An eating plan that helps manage your weight including a variety of health foods without complete restriction is discussed	
Access to Care	Med Center Health	Facebook Post	7/7/2021		Med Center Health welcomes Heather Lusby, D.O. to Infectious Disease & Travel Medicine Specialists	
Diabetes	Med Center Health	Diabetes Foot Exam	7/9/2021	3	Cumberland Foot and Ankle evaluate feet and discuss prevention and early detection of foot problems associated with Diabetes	
Obesity	Healthy Recipe	Facebook Post	7/9/2021		Gourmet Pizza Burgers recipe shared	
Obesity and Prevention	Foundry Fit and Fun Fair	Sugary beverage display, My Plate, Healthy snacks, Sun safety	7/10/2021	100	Kids and adults learned how much sugar is in different beverages and that water is best	100% were able to identify that water has no sugar and is the best beverage to drink
Obesity, Cardiovascular Disease	Healthy Eating Tips	Facebook Post	7/13/2021		Healthy eating tips including the need for fiber and healthy fats for your whole family are discussed	
Mental Health	Mental Health presentation	SOKY Senior Providers Coalition	7/13/2021	20	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Mental Health	Mental Health presentation	Morningside Assisted Living presentation	7/13/2021	10	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Mental Health	Mental Health Presentation	Village Manor Presentation	7/14/2021	12	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Obesity, Cardiovascular Disease	Goodwill Career Center	Blood Pressure and Stroke Risk Assessments	7/14/2021	7	Participants educated regarding their stroke risk based on blood pressure and other risk factors identified through the screening	
Mental Health	Mental Health Presentation	Elder Abuse Prevention Council	7/15/2021	8	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Mental Health	Mental Health Presentation	Mental Health and Aging Coalition	7/15/2021	9	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources

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Obesity, Cardiovascular Disease	Stroke	Facebook Post	7/15/2021		Using the letters in F.A.S.T. to spot stroke signs and know when to call 911	
Mental Health	Mental Health Presentation	Barren County Senior Provider Coalition	7/16/2021	12	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Obesity	Healthy Recipe	Facebook Post	7/16/2021		Greek Roasted Vegetable Sandwich recipe is shared	
Prevention	Colon Cancer	Facebook post	7/18/2021		Learn how a colonoscopy can prevent colorectal cancer through detection and removal of precancerous growths, as well as detect cancer early when most treatable	
Obesity	Med Center Health	Kids Healthy Life Class	7/19/2021		Kids learn strategies for healthy eating, adequate sleep, regular exercise and stress management	
Obesity, Cardiovascular Disease	Why is it important to eat vegetables	Facebook Post	7/20/2021		Article discusses how to incorporate vegetables into your daily diet	
Cardiovascular Disease	St. Joseph School	CPR	7/20/2021	5	5 participants CPR certified	
Mental Health	Mental Health Presentation	Charter Senior Living Presentation	7/21/2021	15	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Obesity, Cardiovascular Disease	FAST action matters when a stroke hits	Facebook Post	7/22/2021		Action steps to take if someone is having a stroke are discussed	
Obesity	Healthy Recipe	Facebook Post	7/23/2021		Peach Melba Smoothie recipe is shared	
Access to Care	Covid Clinic at Urgentcare	Med Center Health	7/23/2021		Medical Center Urgentcare is now offering Covid-19 vaccines for adults and children ages 12 and older	
Cardiovascular Disease	Babysitting Clinic at Health Sciences Complex	EHAC & CPR	7/23/2021	17	Early Heart Attack Care and Hands only CPR were discussed and performed	Young adults are able to perform hands only CPR. They are also able to list signs and symptoms of a heart attack and when to call 911
Prevention	UV Safety	Facebook Post	7/26/2021		How to take the proper precautions against the suns dangerous rays	
Obesity	Med Center Health	Adult Balanced Health Class	7/26/2021		Adults learn strategies for healthy eating, adequate sleep, regular exercise and stress management	

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Obesity	Healthy Eating	Facebook Post	7/27/2021		How to find out how much you know about healthy eating	Quiz posted from the Academy of Nutrition and Dietetics
Access to Care	Med Center Health	Facebook Post	7/27/2021		Med Center Health welcomes Abigail Santos, M.D. to Infectious Disease and Travel Medicine Specialists	
Cardiovascular Disease	Goodwill Career Center	Blood Pressure, Stroke Risk Assessments and EHAC	7/28/2021	9	Participants educated regarding their stroke risk based on blood pressure and other risk factors identified through the screening	They are also able to list signs and symptoms of a heart attack and when to call 911
Prevention	Heat related illness in children and teens	Facebook Post	7/28/2021		Ways to protect yourself and your loved ones in the heat are discussed	
Cardiovascular Disease	Babysitting Clinic at Auburn School	EHAC & CPR	7/28/2021	18	Early Heart Attack Care and Hands only CPR were discussed and performed	Children are able to perform hands only CPR. They are also able to list signs and symptoms of a heart attack and when to call 911
Obesity, Cardiovascular Disease	Preventing Repeat Heart Attack and Stroke	Facebook Post	7/29/2021		Actions to take as a stroke or heart attack survivor to prevent reoccurrence are discussed	
Obesity	Healthy Recipe	Facebook Post	7/30/2021		Seasoned Salmon recipe shared	
Prevention	Colon Cancer	Wellness Boards	7/30/2021	12	Colon Cancer signs and symptoms posted at local industries	12 Industries shared flyer with employees on signs and symptoms of colon cancer
Cardiovascular Disease	St. Joseph School	CPR	8/2/2021	12	12 participants CPR certified	
Cardiovascular Disease	Men and Stroke	Facebook Post	8/4/2021		Ways to decrease your stroke risk are discussed	
Obesity	Med Center Health	Surgical Weight Loss Seminar	8/5/2021		Dr. Raphael Nwanguma shared the latest information on weight loss surgery	
Obesity, Cardiovascular Disease	Exercise your way to a healthy heart	Facebook Post	8/6/2021		Ways to create a healthier lifestyle for your heart are discussed	
Obesity, Cardiovascular Disease	Goodwill Career Center	Blood Pressure and Body Fat Analysis	8/11/2021	9	Participants educated regarding their stroke risk based on blood pressure and other risk factors identified through the screening. Body fat percentage was also measured and participants learned ways to reduce their body fat percentage	

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Prevention	Colon Cancer	Facebook Post	8/9/2021		American Cancer Society recommends stating screening at age 45	
Obesity, Cardiovascular Disease	Preventing Stroke: Healthy Living	Facebook Post	8/11/2021		How to decrease your chances of a stroke are discussed	
Cardiovascular Disease	Senior Perspectives	First Aid	8/11/2021	5	5 participants First Aid certified	
Cardiovascular Disease	Dr. Sturgill	CPR	8/12/2021	2	2 participants CPR certified	
Obesity	Exercise for your 40s and beyond	Facebook Post	8/13/2021		Four strength training moves that can help add years to your life are discussed	
Obesity, Cardiovascular Disease	Behaviors that increase risk for stroke	Facebook Post	8/18/2021		How your lifestyle choices can affect your chances of having a stroke	
Obesity, Cardiovascular Disease	Biking your way to a better health	Facebook Post	8/20/2021		Ways on how to get the most exercise out of your bike ride are discussed	
Prevention	National Immunization Awareness Month	Facebook Post	8/24/2021		Article discusses the vaccines that you and your family need to protect yourselves against unwanted illness	
Cardiovascular Disease	Chandler Park Assisted Living	Blood Pressure	8/24/2021	11	Residents are able to identify what category their blood pressure is in and what the treatment options are if out of range	
Obesity, Cardiovascular Disease	Family history can increase risk for stroke	Facebook Post	8/25/2021		Article discusses family history and other characteristics that increase risk for stroke	
Obesity	Fitness Friday	Facebook Post	8/27/2021		Tips on how to get back into exercising are discussed	
Cardiovascular Disease	Heart Disease	Facebook Post	8/30/2021		How to take action to beat heart disease and to prevent future heart problems	
Cardiovascular Disease	Cholesterol	Facebook Post	9/1/2021		Article discusses how excess cholesterol in the arteries can narrow them and slow blood flow to the heart, brain and other organs	Cholesterol Quiz is posted

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Prevention	Cancer screening	Facebook Post	9/2/2021		Article discusses how cancer screening increases the chance of detecting cancer early, which can save your life	
Prevention	Suicide Prevention Month	Facebook Post	9/10/2021		Article provides information that can be utilized by anyone in a time of need	
Obesity	Walk to End Alzheimer's	Bowling Green Ballpark	9/11/2021		Med Center Health sponsors this walk	
Diabetes	Med Center Health	Prediabetes Class	9/13/2021		This class provides information that you need to start developing healthier habits to prevent type 2 diabetes	
Prevention	Prostate Cancer	Facebook Post	9/13/2021		Article provides information on how to lower your risk of getting prostate cancer	
Prevention	Colorectal cancer	Facebook Post	9/14/2021		Article discusses the best way to find colon cancer early is through a colonoscopy	
Mental Health	Mental Health Presentation	SOKY Senior Providers Coalition	9/14/2021	30	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Cardiovascular Disease	Brushing your teeth	Facebook Post	9/15/2021		Article discusses the link between gum disease and heart disease and stroke	
Mental Health	Mental Health Presentation	Elder Abuse Prevention Council	9/16/2021	10	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Mental Health	Mental Health Presentation	Mental Health and Aging Coalition	9/16/2021	10	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Mental Health	Mental Health Presentation	Arcadia Senior Living Fall Festival	9/17/2021	50	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Lung Cancer	Smoking	Facebook Post	9/17/2021		Article discusses what happens to your body after you stop smoking	
Cardiovascular Disease	Facebook Post	Jacksonian 5K Run sponsorship	9/18/2021	50	Sponsor community 5K run	Support of healthy lifestyles
Mental Health	Mental Health Presentation	TJ Home Health Presentation	9/21/2021	15	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Cardiovascular Disease	Cholesterol	Live Video	9/21/2021		Dr. Emily Cecil provides information on ways to prevent cholesterol issues through exercise and diet	

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Mental Health	Mental Health Presentation	Intrepid Home Health Presentation	9/22/2021	15	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Mental Health	Mental Health Presentation	Barren County senior Provider Coalition	9/23/2021	15	Geriatric Mental Health/Depression resources	Increased knowledge of mental health support resources
Access to Care	Med Center Health	Facebook Post	9/23/2021		Med Center Health welcomes Dr. Roshni Venugopal, Bariatric Surgeon to the Surgical Weight Loss Program	
Obesity, Cardiovascular Disease	Physical Activity	Facebook Post	9/24/2021		Article discusses how important exercise is in order to improve health. It is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death	
Cardiovascular Disease	A woman's guide to beating heart disease	Facebook Post	9/27/2021		Article discusses how the risk of heart attack and stroke increase with age, especially after menopause	
Cardiovascular Disease	Stroke warning signs	Facebook Post	9/29/2021		Article discusses the warning signs of a stroke	