

Community Leadership Institute of Kentucky (CLIK) Oral Presentation Abstracts

Abstract Title: Promoting Healthy Living by Increasing Physical Activity

Author(s): S. Bowling, Compassionate Hearts Adult Day Health Center

Abstract: Background: The National Center for Health Statistics reports that more than 21 million U.S. adults, ages 18-64, have a disability. Approximately half of those adults engage in no aerobic physical activity. These adults are 50% more likely to have chronic disease than those who get the recommended amount of physical activity. Population: Compassionate Hearts Adult Day Health Center serves clients 21 and older with physical, mental or emotional impairments that need assistance with personal care or other activities of daily living, supervision, increased social opportunities, and/or nursing care during the day. All clients have physical/mental disabilities and 54% are obese. Project Aim: Improve client's physical and mental well-being by promoting healthy living through increased physical activity. Project Activities: Increase opportunities for group and individual activities by offering fun, aerobic activities; providing tasty, nutritious snacks/and implementing a rewards program for participation. Evaluation: Client participation will be documented daily on a flow chart and participation rates will be measured at 3, 6, and 12 months.

Supported by: National Center for Advancing Translational Sciences, UL1TR000117

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Abstract Title: Saint Joseph Martin/Floyd County Health Department Diabetes Partnership

Author(s): N.H. Francis, MA, RN, Kentucky One Health, Saint Joseph Martin

Abstract: Background: According to the 2010 Behavioral Risk Factor Surveillance System, diabetes is more prevalent in eastern Kentucky than any other part of the state. Floyd County, who ranks 119 out of 120 in county health rankings, has the highest incidence of diabetes in the Big Sandy Area Development District at 15.6%. Also, diabetes was selected as one of the three priorities from Saint Joseph Martin's Community Health Needs Assessment in 2013 and 38% of Saint Joseph Martin's patients are diabetics. Many patients are non-compliant with managing their diabetes because of lack of understanding, transportation and/or financial difficulties. Project Setting/Population: Saint Joseph Martin is a critical access hospital located in rural Floyd County in the eastern part of Kentucky. Floyd County is the primary service area and has a population of 39,451 with 97.9% Caucasian. The population we will reach is Saint Joseph Martin's patients who have been diagnosed with diabetes and receives a referral from a provider. Patients will be seen at a clinic setting and home visits will occur. Project Aims: The aims of this project are: To increase diabetics' compliance with self-management; to increase access to patients who are not able to return for education; and, to increase by 2% the number of diabetics with an A1C < 6.9. (Baseline 66%) Project Activities: Activities will include: Utilize referral system to connect diabetic patients with the Floyd County Health Department's Diabetes Program.; all patients referred will receive a home visit within seven (7) working days; all patients will receive one box of free blood glucose test strips; and a follow-up report will be returned to Saint Joseph Martin provider at the end of the first full month and at the end of each month thereafter. Evaluation: Evaluation will be completed by: Number of referrals made to Floyd County Health Department's Diabetes Program; percent of patients who received a home visit within seven (7) working days; number of follow-ups received at the end of each month; and, percent of diabetic patients whose A1C is < 6.9.

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Abstract Title: Worksite Wellness-Focused on Diabetes

Author(s): S. Hogg, CLIK

Abstract: Background: According to the CDC, Type II diabetes accounts for about 95% of diagnosed diabetes in adults. Several studies have shown that healthy eating and regular physical activity used with medication can help control health complications (CDC, 2013). The Kentucky Cabinet for Health and Family Services reports that diabetes in Appalachia is 9.4% compared to the non-Appalachia population which is 8.7%. Project Setting/Population: Kentucky Valley Education Cooperation (KVEC) just received a Race To The Top Grant for the purpose of training educator's. One component that must be addressed is wellness. KVEC has 47 employees. Following a brief questionnaire, it was noted that several of the employees have been diagnosed with Type II diabetes or pre-diabetes. Therefore the target population is identified as 47 KVEC employees. Project Aims: To implement a worksite wellness program focused on diabetes. To improve diabetes outcomes. To increase physical activity and to improve nutrition. Project Activities: Purchase fitness bands or pedometers to measure steps. Utilize walking paths located close to KVEC office for a 10 minute walk at lunch. Implement UK Center of Excellence in Rural Health I DO (Improving Diabetes Outcomes), a self- management diabetes education program. Evaluation: The number of steps will be recorded pre and post walking program. Individuals that are willing will record their A1C numbers pre and post.

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Abstract Title: Bright Smiles, Brighter Futures**Author(s):** S.T.Richardson, Knott County Board of Education

Abstract: My project centers on the fact that a high percentage of young adults are losing their permanent teeth prematurely (based on data provided by UK Dental). This fact alone will severely limit the opportunities for these young people in our society (work, social and professional settings). In collaboration with UK Dental and local dentist; we surveyed local youth in grades kindergarten through 2nd grades at Hindman Elementary and Emmalena Elementary on their oral health care practices. We are now allowing them to brush their teeth twice a day at school and providing direct instruction on the long term effects of good and bad oral health practices. We are providing oral health kits that include toothbrush, toothpaste, and a bag to keep them in. Next fall we will survey these same children and determine if this has impacted their oral health beliefs and practices.

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Community Leadership Institute of Kentucky (CLIK) Oral Presentation Abstracts

Abstract Title: Improving Nutrition for SNAP Recipients through Cooking Skills
Author(s): H. Siler, Planning, Quality, and Communication Branch, Barren River District Health Dept

Abstract: Those who live under the poverty level are more likely to have unhealthy diets for a variety of reasons. Not having the skills to prepare meals from un-processed ingredients has been targeted as a barrier and local cooking classes have aimed to address this. The Barren River Area has recently seen an increase in cooking classes offered for free to residents, with a special emphasis on classes offered to populations who live close to the poverty level and who receive food assistance from local food pantries, senior food vouchers, SNAP, and WIC. However, none of these classes have looked into what other barriers exist or what the impact of these classes are. I have planned classes hosted by a professional chef for a total of 30 recipients with special attention to measures of need and planned food journals to understand any changes in eating or cooking habits. I hope that an evidence base for local classes will allow providers of these classes to tailor classes to better serve resident need and possibly help secure outside funding for the expansion of classes.

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Abstract Title: Successful Women and Appalachian Girls Engage in Seeds of South Floyd: A Program Focusing on Greenhouse Gardening and Consumption with Middle and High School Girls

Author(s): K. Tackett, Community Leadership Institute of Kentucky (CLIK),

Abstract: This project will promote positive eating habits in Eastern Kentucky by specifically aiming to teach female students how to grow, maintain and utilize garden fresh food. This 18-week project will utilize our school's greenhouse to teach students how to grow and care for an organic garden. Students will also learn how to prepare their food and work with a budget on how to supplement their crops in order to make healthy meals. This program will partner with Grow Appalachia and the Hindman Settlement School to bring in speakers and educational resources. Girls in this program will keep a food journal to log their meals at home. This will provide a true picture of transformations that are occurring outside of our program. Participants will also take surveys that will rate their interest in gardening, eating habits and general feelings about Seeds of South Floyd. During the last week of the program, girls will create a meal at our May board meeting and have the opportunity to present to teachers and members about their findings and accomplishments with gardening and eating habits. The opportunity these young women will have to learn to grow and prepare their own healthy food while at the same time replacing unhealthy eating patterns with healthier, sustainable ones goes far to increase their level of hope, determination and thoughtfulness about their own futures, health, and self image.

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