



**St. Claire Regional  
Medical Center**

## **APPENDIX B**

***Community Wellness Assessment and Quality of Life Survey  
and Sample Results***

**Amazing. Medicine. Close to Home.**  
[www.st-claire.org](http://www.st-claire.org)



# Community Wellness Assessment

Thank you for taking the time to complete a short (5 minute or less) survey to help assess the health related needs in the community you live in. The survey is divided into two parts: Community Need and Quality of Life. Please take both parts of the survey as your opinions are valued and will help us identify health needs in your community. Our goal is to help provide healthier tomorrows throughout our region.

### 1) Your Contact Information:

We are asking for your contact information only to assure completeness of your survey responses. Your name will not be used in any publication or public presentation of the survey results.

Name: \_\_\_\_\_

The county you work in: \_\_\_\_\_

Your position title: \_\_\_\_\_

City/Town: \_\_\_\_\_

Email: \_\_\_\_\_

The county you live in: \_\_\_\_\_

### 2) What are the three (3) most important health problems in your community?

- |  |   |
|--|---|
| <input type="checkbox"/> Adult Obesity           | <input type="checkbox"/> HIV/AIDS   |
| <input type="checkbox"/> Alcohol Use             | <input type="checkbox"/> Infectious Diseases                                      |
| <input type="checkbox"/> Alzheimer's Disease     | <input type="checkbox"/> Intellectual/Developmental Disabilities                  |
| <input type="checkbox"/> Asthma                  | <input type="checkbox"/> Mental Illness (depression, schizophrenia)               |
| <input type="checkbox"/> Arthritis               | <input type="checkbox"/> Prenatal & Pregnancy Care                                |
| <input type="checkbox"/> Autism                  | <input type="checkbox"/> Respiratory Diseases (other than asthma)                 |
| <input type="checkbox"/> Cancer                  | <input type="checkbox"/> Sexually Transmitted Diseases                            |
| <input type="checkbox"/> Childhood Obesity       | <input type="checkbox"/> Substance Abuse-Illegal Drugs (meth, cocaine, marijuana) |
| <input type="checkbox"/> Dental Care/Oral Health | <input type="checkbox"/> Substance Abuse-Prescription Drugs                       |
| <input type="checkbox"/> Diabetes                | <input type="checkbox"/> Teen Pregnancy   |
| <input type="checkbox"/> Domestic Violence       | <input type="checkbox"/> Tobacco Use  |
| <input type="checkbox"/> Heart Disease & Stroke  | <input type="checkbox"/> Other  |

Please use this space to add any additional health problems you did not see on the list. Also use this space to elaborate on any of your answers above.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3) In terms of AVAILABILITY, which community health services need strengthening?**

Please check the TOP three (3) services which you think needs strengthening in terms of AVAILABILITY (services that are present and ready to use).

- |   |  |
|---|--|
| <input type="checkbox"/> Aging Services               | <input type="checkbox"/> Hospital Services   |
| <input type="checkbox"/> Chronic Pain Management      | <input type="checkbox"/> Maternal, Infant & Child Health                                   |
| <input type="checkbox"/> Dental Care/Oral Health      | <input type="checkbox"/> Mental Illness  |
| <input type="checkbox"/> Developmental Disabilities   | <input type="checkbox"/> Patient Self-Management (nutrition, exercise, taking medications) |
| <input type="checkbox"/> Diabetes                     | <input type="checkbox"/> Pharmacy Services   |
| <input type="checkbox"/> Domestic Violence            | <input type="checkbox"/> Primary Health Care   |
| <input type="checkbox"/> Early Detection & Screening  | <input type="checkbox"/> Public Health   |
| <input type="checkbox"/> Environmental Health         | <input type="checkbox"/> School Health   |
| <input type="checkbox"/> Food Safety Nets/Basic Needs | <input type="checkbox"/> Social Services   |
| <input type="checkbox"/> Heart Disease & Stroke       | <input type="checkbox"/> Specialty Medical Care (cardiologist, oncologist, etc)            |
| <input type="checkbox"/> Health Care Coverage         | <input type="checkbox"/> Substance Abuse Treatment (alcohol, illegal & prescription drugs) |
| <input type="checkbox"/> Health Education             | <input type="checkbox"/> Transportation  |
| <input type="checkbox"/> Home Health                  | <input type="checkbox"/> Other   |
| <input type="checkbox"/> Hospice                      |  |

Please use this space to add any additional health problems you did not see on the list. Also use this space to elaborate on any of your answers above.

---

---

---

**4) In terms of ACCESS, which community health services need strengthening?**

Please check the TOP three (3) services which you think needs strengthening in terms of ACCESS (can you get to them).

- |   |  |
|---|--|
| <input type="checkbox"/> Aging Services               | <input type="checkbox"/> Hospital Services   |
| <input type="checkbox"/> Chronic Pain Management      | <input type="checkbox"/> Maternal, Infant & Child Health                                   |
| <input type="checkbox"/> Dental Care/Oral Health      | <input type="checkbox"/> Mental Illness  |
| <input type="checkbox"/> Developmental Disabilities   | <input type="checkbox"/> Patient Self-Management (nutrition, exercise, taking medications) |
| <input type="checkbox"/> Diabetes                     | <input type="checkbox"/> Pharmacy Services   |
| <input type="checkbox"/> Domestic Violence            | <input type="checkbox"/> Primary Health Care   |
| <input type="checkbox"/> Early Detection & Screening  | <input type="checkbox"/> Public Health   |
| <input type="checkbox"/> Environmental Health         | <input type="checkbox"/> School Health   |
| <input type="checkbox"/> Food Safety Nets/Basic Needs | <input type="checkbox"/> Social Services   |
| <input type="checkbox"/> Heart Disease & Stroke       | <input type="checkbox"/> Specialty Medical Care (cardiologist, oncologist, etc)            |
| <input type="checkbox"/> Health Care Coverage         | <input type="checkbox"/> Substance Abuse Treatment (alcohol, illegal & prescription drugs) |
| <input type="checkbox"/> Health Education             | <input type="checkbox"/> Transportation  |
| <input type="checkbox"/> Home Health                  | <input type="checkbox"/> Other   |
| <input type="checkbox"/> Hospice                      |  |

Please use this space to add any additional health problems you did not see on the list. Also use this space to elaborate on any of your answers above.

---

---

---

**5) In terms of QUALITY, which community health services need strengthening?**

Please check the TOP three (3) services which you think needs strengthening in terms of QUALITY(how good are the services).

- |   |  |
|---|--|
| <input type="checkbox"/> Aging Services               | <input type="checkbox"/> Hospital Services   |
| <input type="checkbox"/> Chronic Pain Management      | <input type="checkbox"/> Maternal, Infant & Child Health                                   |
| <input type="checkbox"/> Dental Care/Oral Health      | <input type="checkbox"/> Mental Illness  |
| <input type="checkbox"/> Developmental Disabilities   | <input type="checkbox"/> Patient Self-Management (nutrition, exercise, taking medications) |
| <input type="checkbox"/> Diabetes                     | <input type="checkbox"/> Pharmacy Services   |
| <input type="checkbox"/> Domestic Violence            | <input type="checkbox"/> Primary Health Care   |
| <input type="checkbox"/> Early Detection & Screening  | <input type="checkbox"/> Public Health   |
| <input type="checkbox"/> Environmental Health         | <input type="checkbox"/> School Health   |
| <input type="checkbox"/> Food Safety Nets/Basic Needs | <input type="checkbox"/> Social Services   |
| <input type="checkbox"/> Heart Disease & Stroke       | <input type="checkbox"/> Specialty Medical Care (cardiologist, oncologist, etc)            |
| <input type="checkbox"/> Health Care Coverage         | <input type="checkbox"/> Substance Abuse Treatment (alcohol, illegal & prescription drugs) |
| <input type="checkbox"/> Health Education             | <input type="checkbox"/> Transportation  |
| <input type="checkbox"/> Home Health                  | <input type="checkbox"/> Other   |
| <input type="checkbox"/> Hospice                      |  |

Please use this space to add any additional health problems you did not see on the list. Also use this space to elaborate on any of your answers above.

---

---

---

**6) Please check the top three (3) areas you feel are most important in making the residents of your community healthier.**

- Improve access to health care
- Educate residents regarding health care issues and services
- Improve nutrition and eating habits
- Increase participation in physical activities and exercise programs
- Improve air quality, including more smoke free public areas
- Improve water quality
- Other

Please use the space below to share any additional ideas or suggestions which could help the Gateway Wellness Coalition.

---

---

---

---

---

---

---



## Quality of Life Survey

Answer each question below and rank your opinion on a scale of 1 to 5	Least Positive			Most Positive	
1) Are you satisfied with the quality of life in your county?	1	2	3	4	5
2) Are you satisfied with the health care system in your county?	1	2	3	4	5
3) Is your county a good place to raise kids?	1	2	3	4	5
4) Is your county a good place to grow old?	1	2	3	4	5
5) Is there economic opportunity in your county?	1	2	3	4	5
6) Is your county a safe place to live?	1	2	3	4	5
7) Are there networks of support for individuals and families during times of stress and need?	1	2	3	4	5
8) Do all individuals and groups have the opportunity to contribute to and participate in the community's quality of life?	1	2	3	4	5
9) Do all individuals believe that they can make your county a better place to live?	1	2	3	4	5
10) Is there an active sense of responsibility among residents of your county to make it a better place to live?	1	2	3	4	5
11) Is there a sense of pride among residents of your county for their community?	1	2	3	4	5
12) Are community resources available to meet the overall needs of individuals and families in your county?	1	2	3	4	5

Gateway Wellness Coalition (GWC)  
Assessing our communities for a healthier tomorrow

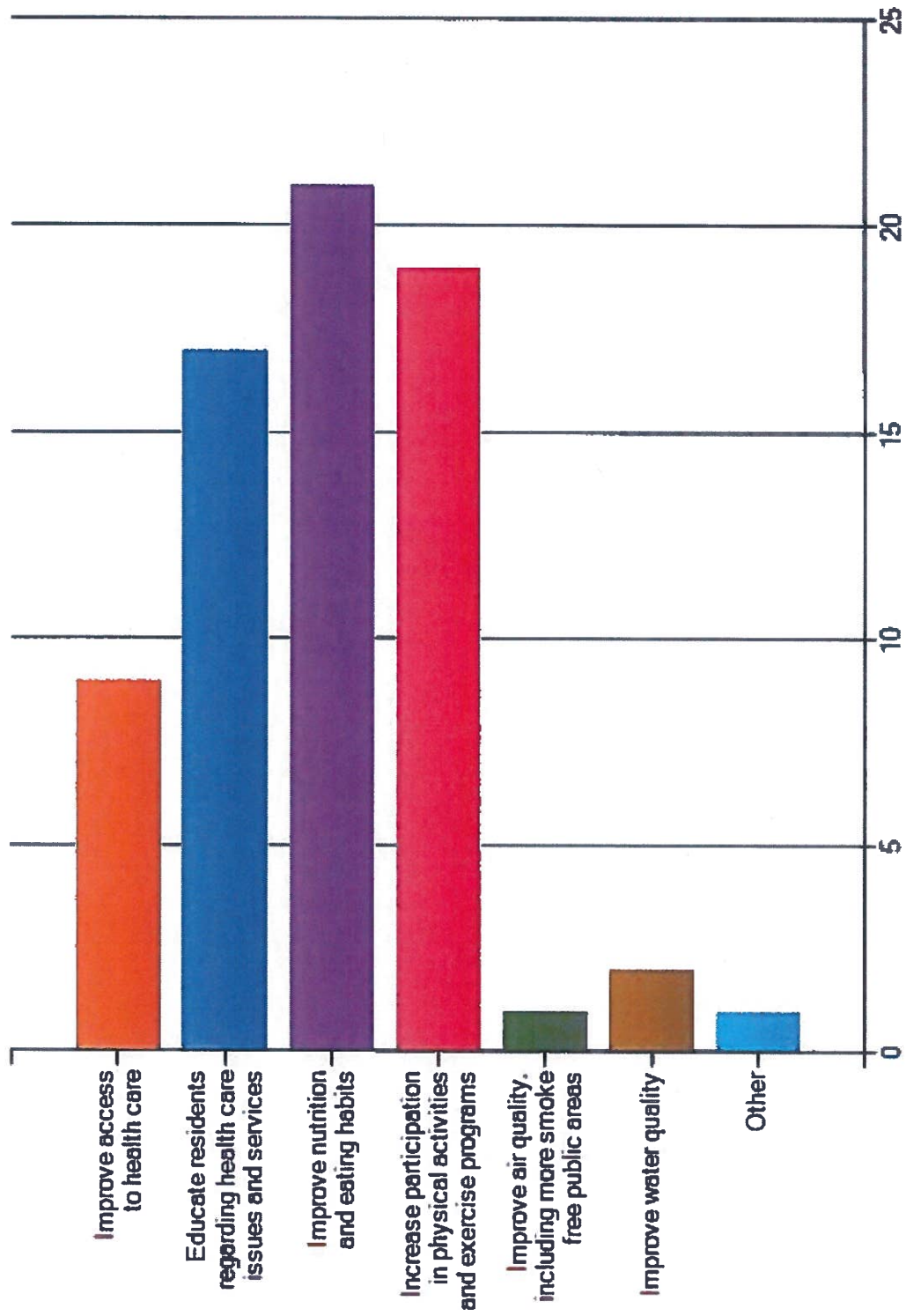
St. Claire Regional Medical Center (SCR), Morehead State University (MSU) and the Gateway District Health Department (GDHD) joined together to form the "Gateway Wellness Coalition". The GWC coalition is conducting extensive community health need assessments in 4 of the Gateway area counties (Bath, Menifee, Morgan & Rowan). The goal for the assessments is to help identify the most crucial health needs and concerns in our region so we can work together to develop a plan of action to address the identified health priorities. [http://www.st-claire.org/gateway\\_wellness\\_coalition.aspx](http://www.st-claire.org/gateway_wellness_coalition.aspx)



Community Wellness Assessment

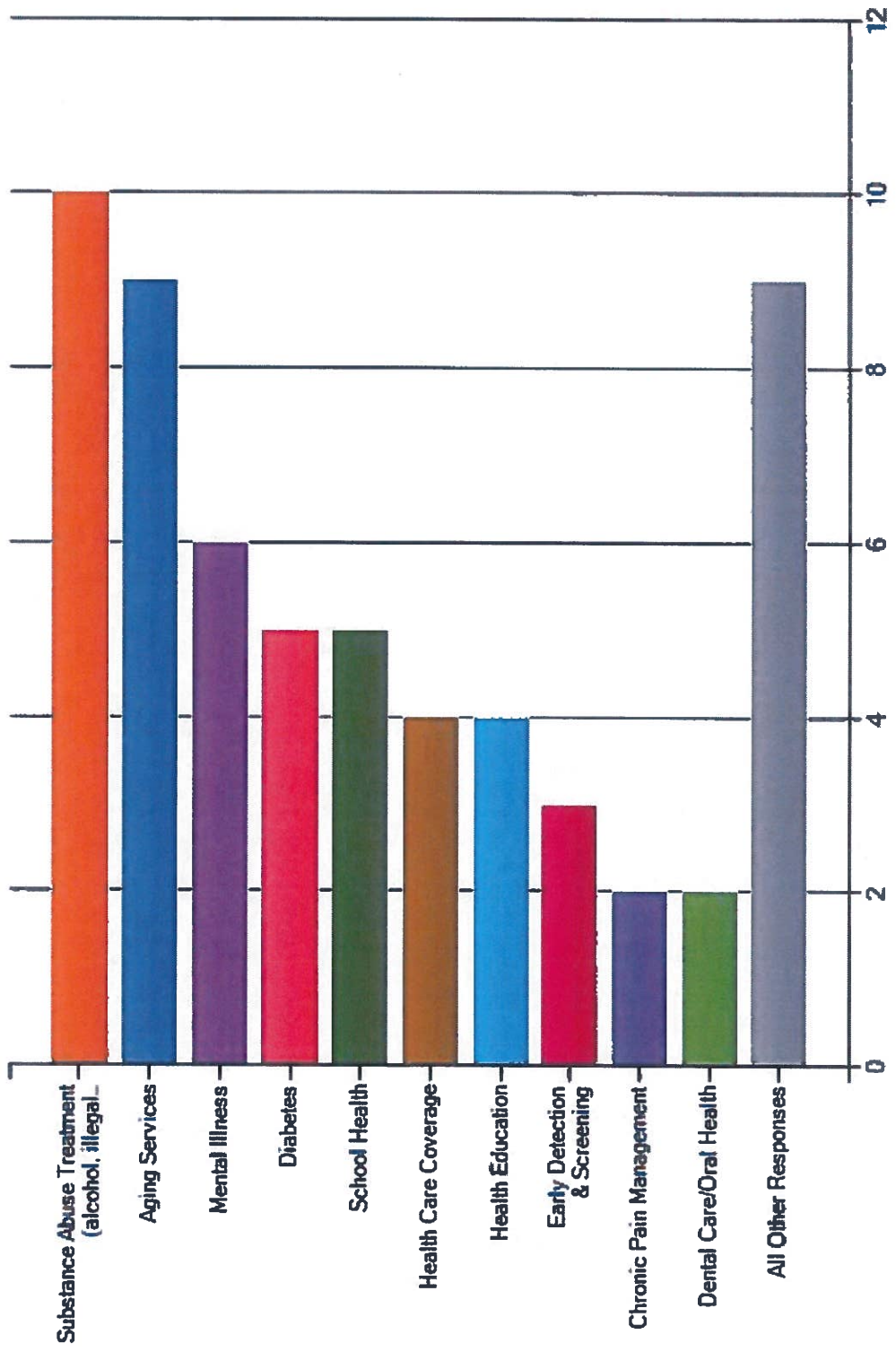
# Rowan County Results

**Please check the top three (3) areas you feel are most important in making the residents of your community healthier.**



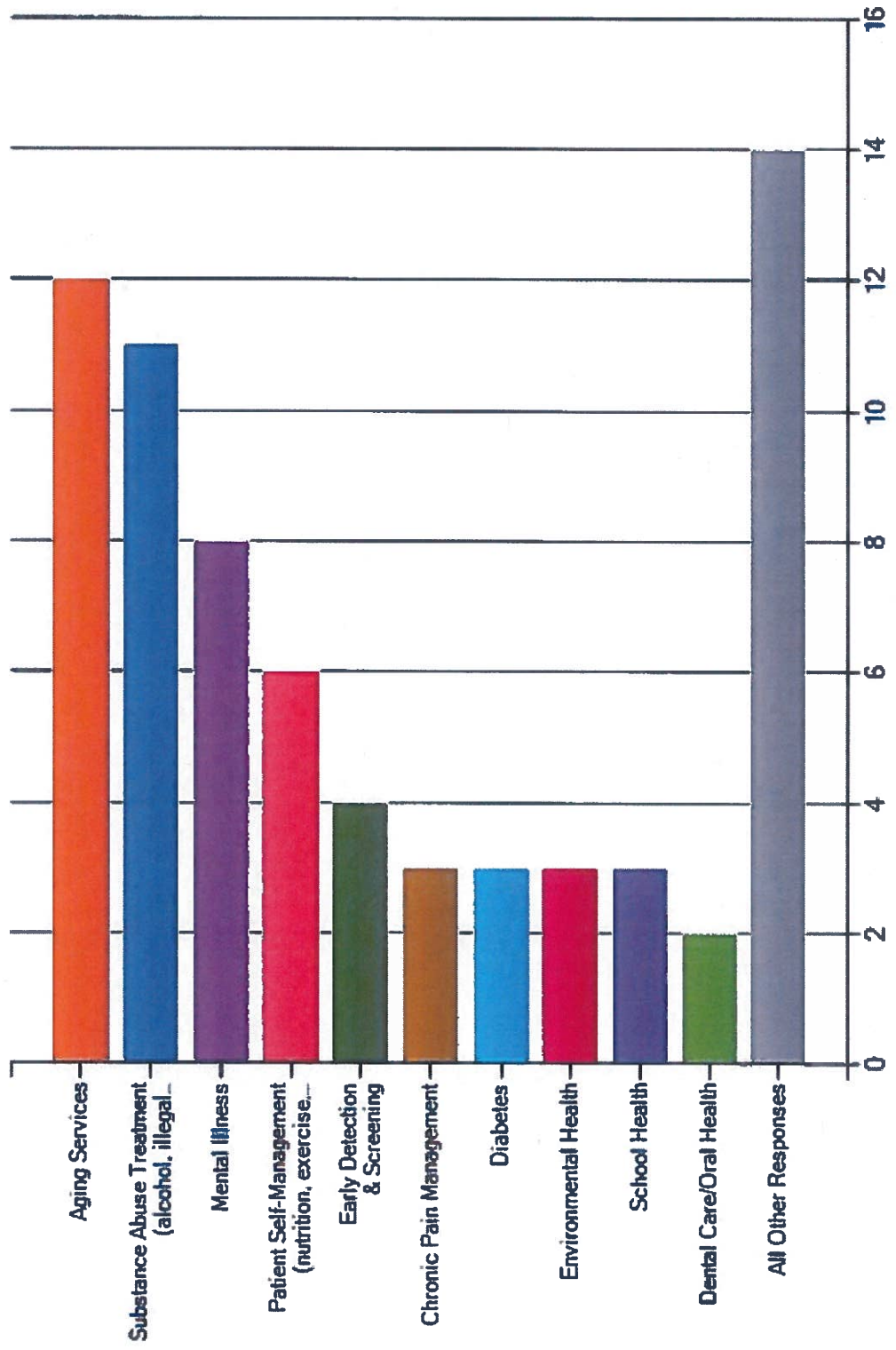


**In terms of QUALITY, which community health services need strengthening? Please check the TOP three (3) services which you think needs strengthening in terms of QUALITY (how good are the services).**

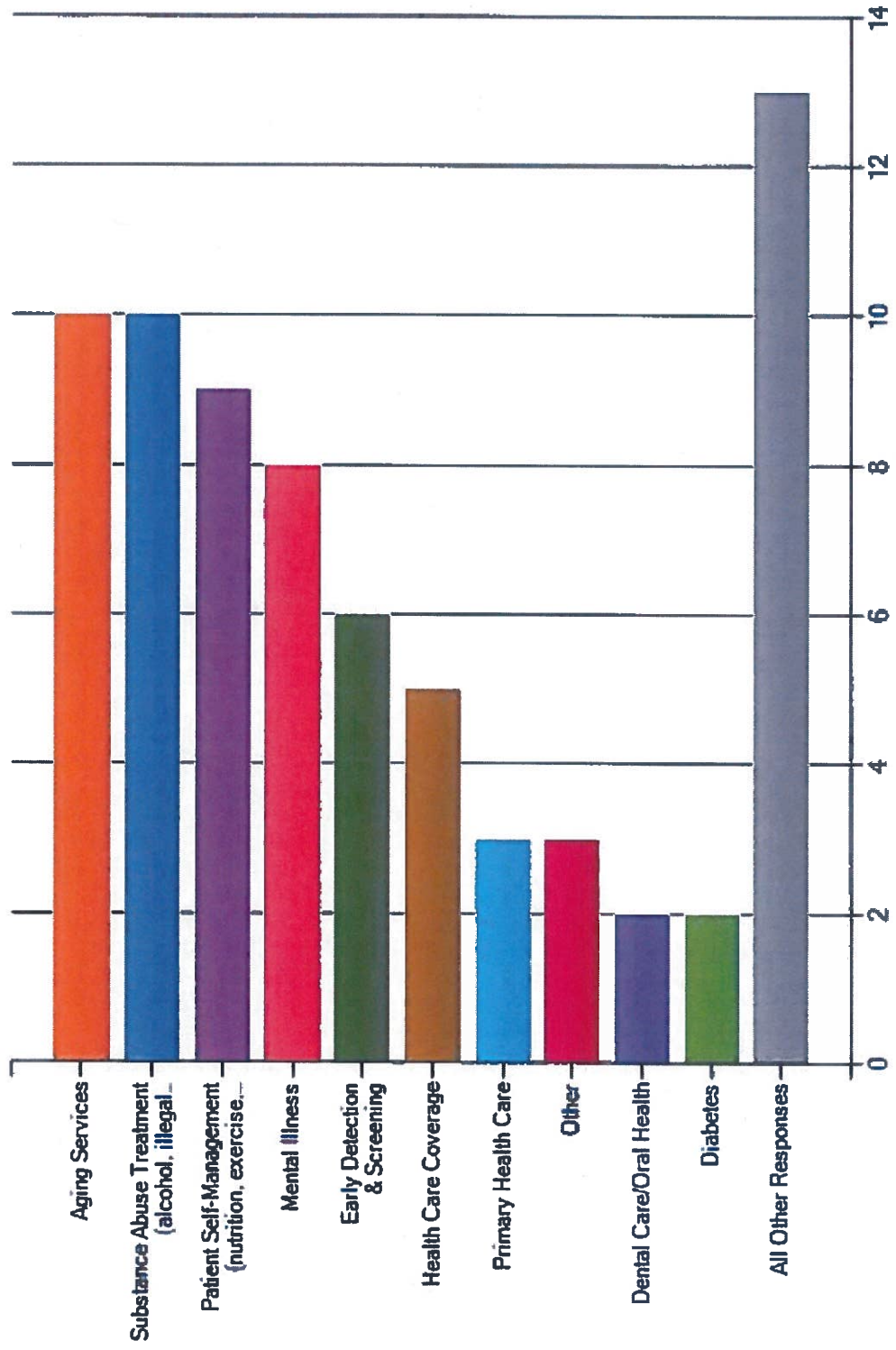




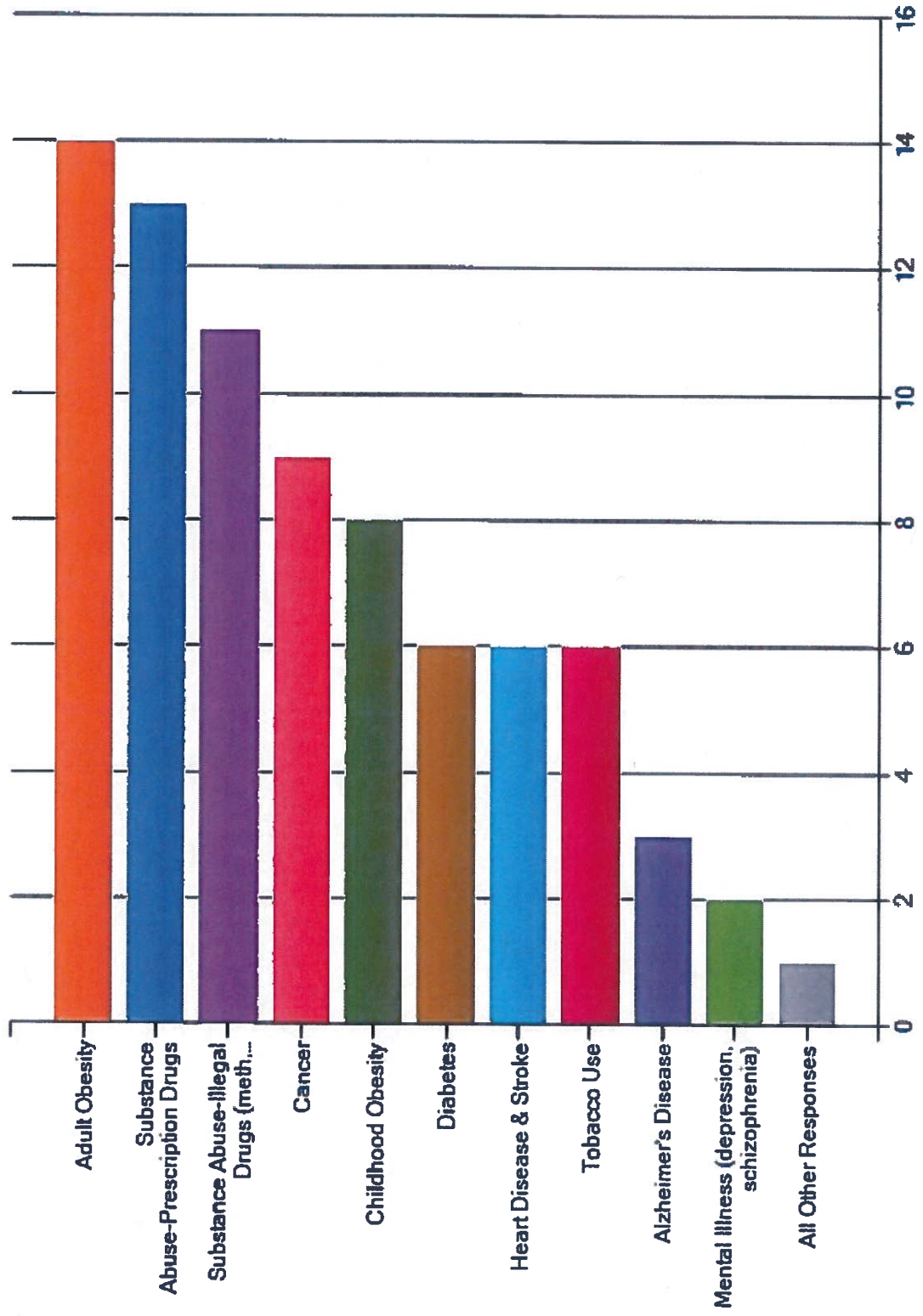
**In terms of ACCESS, which community health services need strengthening? Please check the TOP three (3) services which you think needs strengthening in terms of ACCESS (can you get to them).**



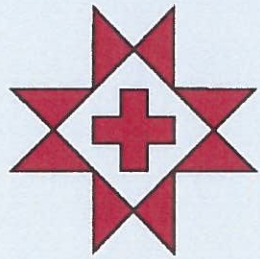
**In terms of AVAILABILITY, which community health services need strengthening? Please check the TOP three (3) services which you think needs strengthening in terms of AVAILABILITY (services that are present and ready to use).**



**What are the three (3) most important health problems in your community?**







# St. Claire Regional Medical Center

## APPENDIX C

***Gateway Wellness Coalition Executive Committee,  
County Steering Committee and Subcommittee Members***

**Amazing. Medicine. Close to Home.**  
[www.st-claire.org](http://www.st-claire.org)

## GATEWAY WELLNESS COALITION EXECUTIVE COMMITTEE

Sharon Auclerc	Gateway District Health Department
Valerie Campbell	St. Claire Regional Medical Center
Louise Cooper	Morehead State University, Center for Regional Engagement
Sandy Ellington	Gateway District Health Department (retired)
David Gross	Northeast Kentucky Area Health Education Center
Jocelyn Gross	Gateway Area Development District
Tom Lewis	St. Claire Regional Medical Center
J. Marshall	Morehead State University, Center for Regional Engagement
Lucy Mays	Morehead State University, Department of Nursing
Mark J. Neff	St. Claire Regional Medical Center
Brady Reynolds	University of Kentucky
Jamie Sparks	Kentucky Department of Education
Regina Thompson	St. Claire Regional Medical Center
Timothy Thornberry	Morehead State University, Department of Psychology
Charlotte Walker	St. Claire Regional Medical Center
Matt Watts	St. Claire Regional Medical Center
Laura White-Brown	University of Kentucky Extension Service
Trina Winter	Kentucky Cancer Program

## BATH COUNTY STEERING COMMITTEE

Amanda Goolman	Kentucky Homeplace and University of Kentucky
Angela Halstead	Passport Health Plan
April Wilhoit	Cancer care advocate
Bill Grimes	New Hope Clinic and University of Kentucky
Bobby Rogers	Bath County Judge-Executive
Brenda Kendrick	Gateway Community Action
Valerie Campbell	St. Claire Regional Medical Center
Cindy Kerns	Bath County Schools
Frankie Spencer	Addiction Recovery Care
Gary Hunt	Bath County Government
Gloria Metz	Bath County Schools
J. Marshall	Morehead State University
Jacky Watson	Bath County Government
James Ratliff	Bath County Government
Jamie Francis	Gateway District Health Department
Joe Dickhaus	Pathways
Kay Wells	Bath County Schools
Kelly Collinsworth	Morehead State University
Kelly Wilson	Bath County Schools
Kim Plank	Gateway Community Action
Mary Beth Lacy	Aetna
Mary Linda Copher	Community member
Michael Richter	Bath County Public Library
Michele Johnson	Bath County Schools
Nicole Gwishiri	University of Kentucky
Regina French	Morehead State University
Regina Thompson	St. Claire Regional Medical Center
Rhonda Fannin	Gateway Community Action
Sandy Ellington	Gateway District Health Department (retired)
Sandy Glover	Gateway District Health Department
Sharon Auclerc	Gateway District Health Department
Sherry Ingram	Gateway District Health Department
Levonda Thomas	St. Claire Regional Medical Center
Tim Thornberry	Morehead State University
Trina Winter	Kentucky Cancer Program
Vickie Wells	Bath County Schools



## MENIFEE COUNTY STEERING COMMITTEE

Lucy Mays	Morehead State University
Charlotte Walker	St. Claire Regional Medical Center
Jahna Lane	Community partner
Sandy Glover	Gateway District Health Department
Martha Gulley	St. Claire Regional Medical Center
Edward Bryant	Frenchburg Mayor
Sandy Ellington	Gateway District Health Department (retired)
Vanessa Harris	St. Claire Dental
Linda Bryant	Community Member
Lana Swartz	Menifee County Schools
Gail Mills	Project Worth
Carolyn Farrow	St. Claire Dental
Brian Adkins	Menifee County Schools
Lori Sorrell	Community partner
Kim Plank	Gateway Community Action
Melissa Wells	Menifee County Public Library
Drema Clifford	Project Worth
Amanda Hamilton	Menifee County Extension Service
Debi Share	Pathways
Kim Smallwood	Gateway District Health Department
Jocelyn Gross	Gateway ADD
Amy Jeffers	Pathways
Melissa Dickey	Passport Health Plan
Melissa McKenzie	St. Claire Regional Medical Center
Alanna Carroll	Menifee County Extension Service
Schelena Smith	Gateway CAA
Maranda Manns	Gateway District Health Department Intern
Heather Neal	Gateway District Health Department Intern
Katie Mays	Community partner
Alan Michael Peck	St. Claire Regional Medical Center Pharmacy
Michelle Brown	Menifee County Extension Service
Melanie Golden	Menifee County Schools Youth Service Center
Jessica Hale	Menifee County Schools Youth Service Center
Kendyl Whaley	Menifee County Extension Service
Mary Beth Lacy	Aetna
Mabel Perry	Gateway District Health Department
Angie Halstead	Passport Health Plan
Wendy Whitt	St. Claire Regional Medical Center
Jamie Francis	Gateway District Health Department
Regina Harmon	Community partner
Julia Maness	New Hope Clinic
Sharon Auclerc	Gateway District Health Department

## ROWAN COUNTY STEERING COMMITTEE

Heather Anderson	Gateway District Health Department
Jennifer Anderson	Community member
Paula Arnett	University of Kentucky
Danny Blevins	Rowan County EMS
Walter "Doc" Blevins	Rowan County Judge-Executive
Joy Brown	Morehead-Rowan County Tourism Commission
Jacquelyn Campbell	Kentucky State Government
Ann Clayton	Community member
Ava Clayton	Kroger
Pat Collinsworth	Doves of Gateway
Louise Cooper	Morehead State University
Tammy Cooper	Rowan County Schools
David Dummer	Sustainable Morehead
Sandy Ellington	Gateway District Health Department (retired)
Raven Ford	Rowan County Extension Service
Jamie Francis	Gateway District Health Department
Sandy Glover	Gateway District Health Department
Kellyn Gussler	Rowan County Schools
Laura Harney	Gateway District Health Department
Suzanne Hogge	Morehead State University
Mary Horsley	St. Claire Regional Medical Center
Chelsea Howell	Morehead State University
Rosemary Johnson	Community member
Whitney Johnson	Morehead State University
Doug Jones	Family Resource/Youth Service Centers
Marc Kelly	Pathways
Mary Beth Lacy	Aetna
Tom Lewis	St. Claire Regional Medical Center
Dave Manner	U.S. Forest Service
Bob Marsh	Rowan County Extension Service
Megan McGlothen	Rowan County Schools
Zelda McIntosh	D&S Community Services
David Morris	Morehead Parks and Recreation
Lula Pecco	Community Soup Kitchen
Kim Plank	Gateway Community Action
Wendy Puckett	Frontier Housing
Dana Quesinberry	University of Kentucky
Pat Richmond	Rowan County Schools
Diane Rodgers	Pathways
Kay Roe	Rowan County Schools
Dr. Ewell Scott	Local physician
Shannon Smith Stephens	Morehead State University
Shanna Sharber	University of Kentucky
Porsha Smith	Morehead State University
Renee Smith	Rowan County Schools
Jamie Sparks	Kentucky Department of Education

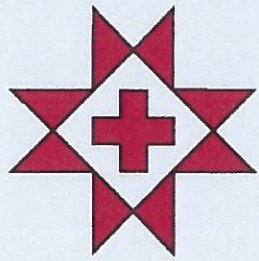
Mille Stevens  
Regina Thompson  
Abigail Thornsberry  
Jim Tom Trent  
Russ Ward  
Matt Watts  
Dr. Tony Weaver  
Michelle Webb  
Carol White  
Laura White-Brown  
Brenda Wilburn  
Jennifer Williams  
Tracy Williams  
Tyler Wilson

Passport Health Plan  
St. Claire Regional Medical Center  
Northeast Kentucky RHIO  
Morehead Mayor  
Maysville Community and Technical College-Rowan Campus  
St. Claire Regional Medical Center  
University of Kentucky  
Morehead State University  
University of Kentucky  
Bath County Extension Service  
Morehead State University  
Rowan County Schools  
Morehead-Rowan County Chamber of Commerce  
Morehead State University

GATEWAY WELLNESS COALITION SUBCOMMITTEE MEMBERS

<b>OBESITY/NUTRITION/PHYSICAL ACTIVITY</b>
Paula Arnett Michael Ash Malcolm Bailey Valerie Campbell Sandy Ellington Sherry Ingram Mary Beth Lacy Lucy Mays Dana Quesinberry Jamie Sparks Tim Thornberry Laura White-Brown
<b>ACCESS</b>
Paula Arnett Valerie Campbell David Gross Jahna Lane J. Marshall Mark Neff Charlotte Walker
<b>TOBACCO/DRUG ABUSE</b>
Joe Dickhaus Sandy Glover Mary Horsley Tom Lewis Brady Reynolds Tim Thornberry Laura White-Brown Trina Winter
<b>HEALTH LITERACY</b>
Malcolm Bailey Joe Dickhaus Sherry Ingram Jahna Lane Mark Neff Dana Quesinberry Jamie Sparks Trina Winter
<b>GRANTS/FUNDING</b>
David Gross Tom Lewis Lucy Mays Regina Thompson Matt Watts

<b>ASSET MAPPING/PROJECT DEV.</b>
Sandy Ellington Jocelyn Gross J. Marshall Regina Thompson Matt Watts Tracy Williams



# St. Claire Regional Medical Center

## APPENDIX D

***Gateway Wellness Coalition Overview PowerPoint  
for County Steering Committees***

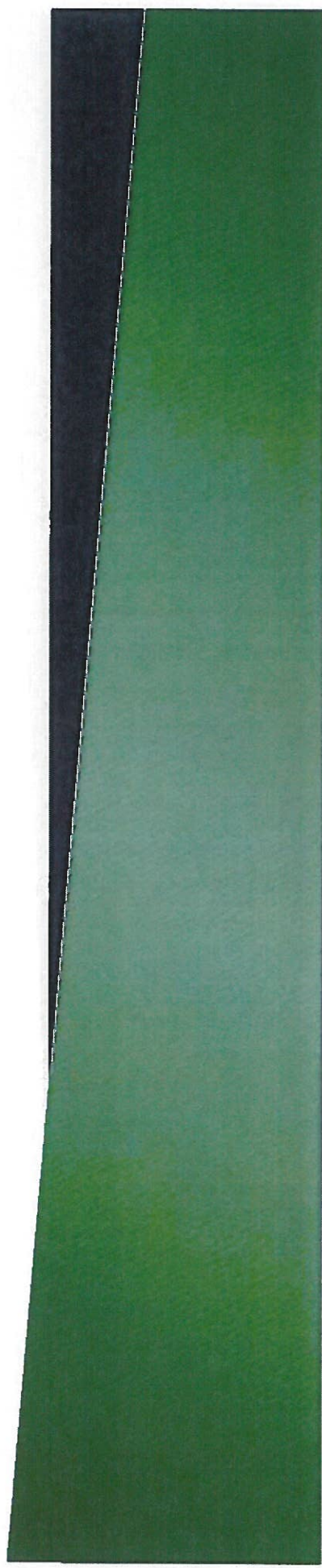
**Amazing. Medicine. Close to Home.**  
[www.st-claire.org](http://www.st-claire.org)



# Gateway Wellness Coalition

## AN OVERVIEW

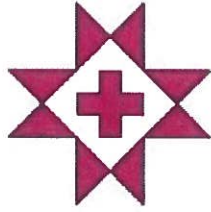
Who we are, what we're doing,  
why we're doing it, & why we need you





# Who are we?

- ▶ St. Claire Regional Medical Center
- ▶ Gateway District Health Department
- ▶ Morehead State University



**St. Claire Regional  
Medical Center**



# What are we doing?

- ▶ Assessing our communities for a healthier tomorrow
- ▶ Conducting extensive community health needs assessments in four counties: Bath, Menifee, Morgan & Rowan
- ▶ Identifying the most crucial health needs & concerns
- ▶ Working together to develop a plan of action to address those needs

# Why are we doing it?

- ▶ Patient Protection & Affordable Care Act
- ▶ IRS Requirements for tax-exempt hospitals
- ▶ Requirements for public health departments
- ▶ **IT'S THE RIGHT THING TO DO!**

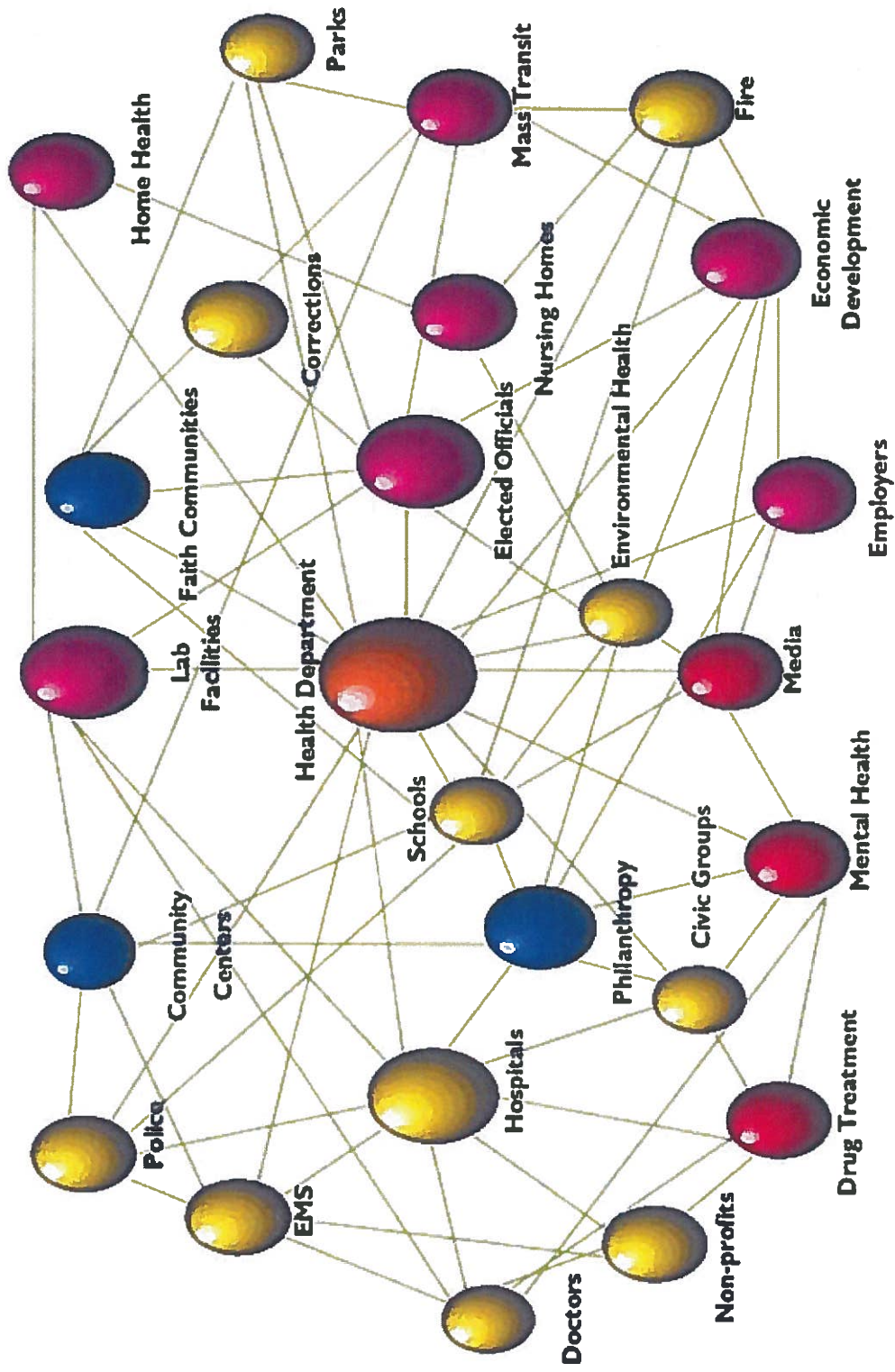


# Why do we need you?

- ▶ You know your county/community
- ▶ You're a respected leader
- ▶ Assessing & addressing community health concerns effectively will take a TEAM effort
- ▶ You're part of the local public health system



# The Local Public Health System



# What do we need you to do?

- ▶ Review health data
- ▶ Identify and define areas of concern
- ▶ Prioritize efforts to address concerns
- ▶ Take action!

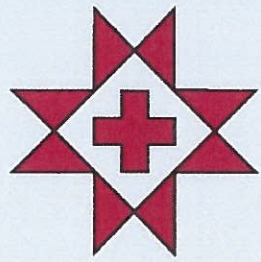




# Gateway Wellness Coalition

## QUESTIONS?





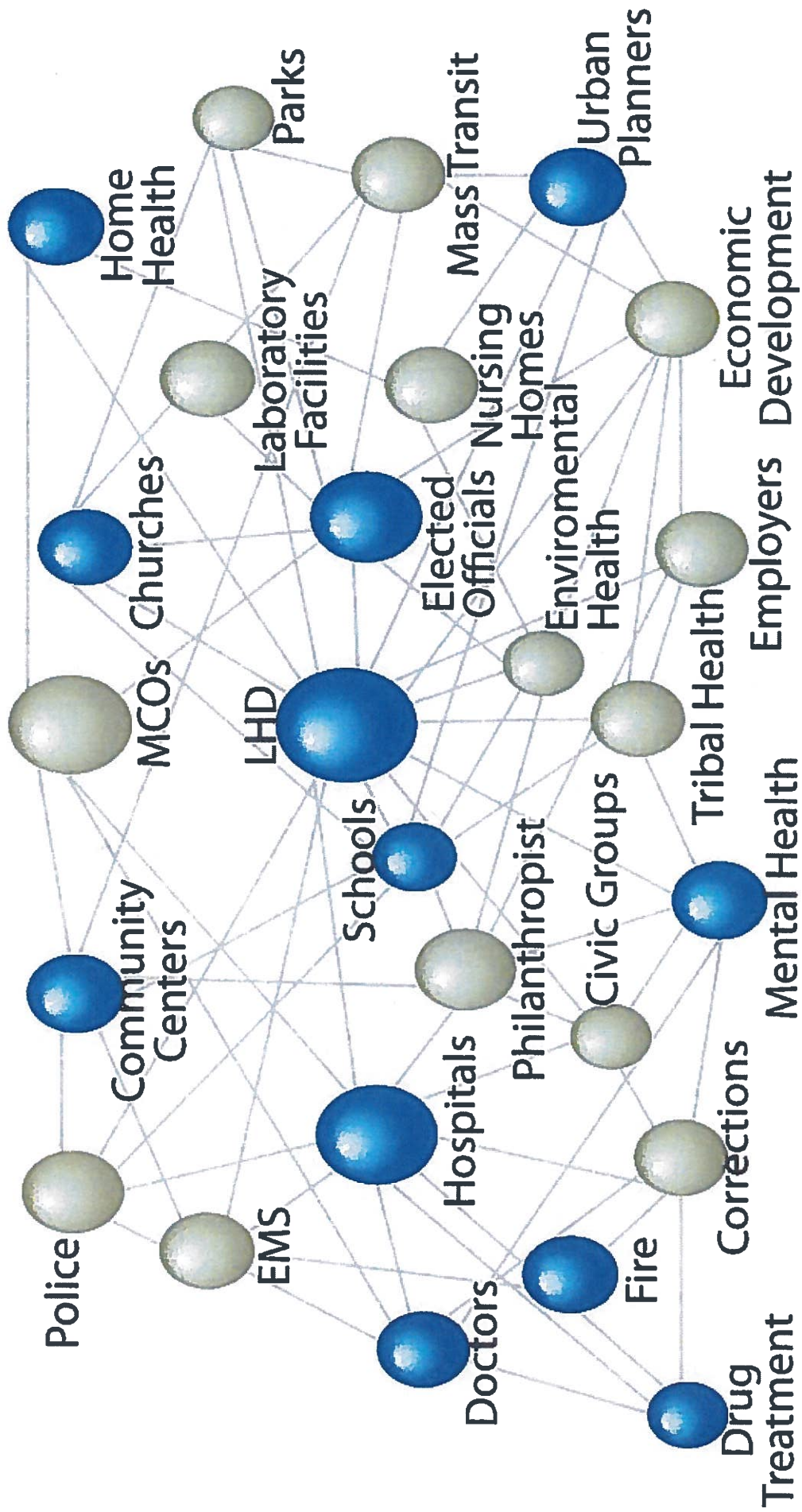
# St. Claire Regional Medical Center

## APPENDIX E

*Sample Handouts Used by Executive Committee  
and County Steering Committees*

Amazing. Medicine. Close to Home.  
[www.st-claire.org](http://www.st-claire.org)

# Local Public Health System



---

## 10 Essential Public Health Services

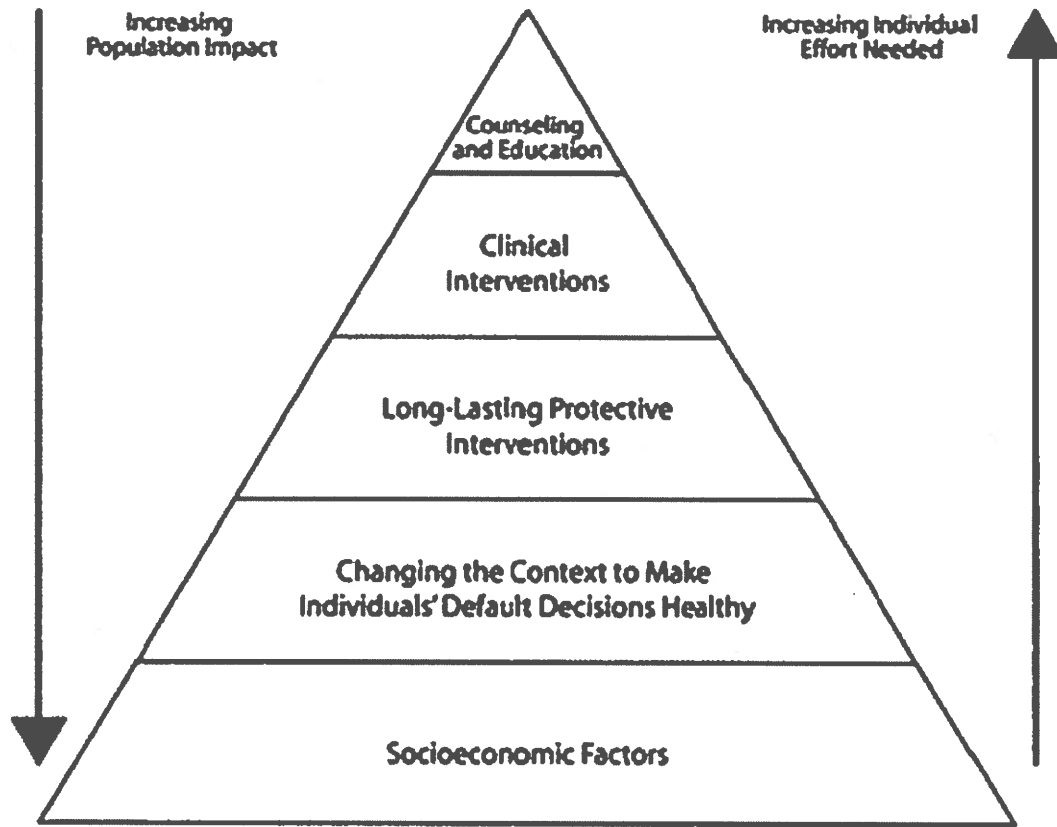
---

The **Essential Public Health Services** provide the fundamental framework for the NPHPSP instruments, by describing the public health activities that should be undertaken in all communities.

The Core Public Health Functions Steering Committee developed the framework for the Essential Services in 1994. This steering committee included representatives from US Public Health Service agencies and other major public health organizations.

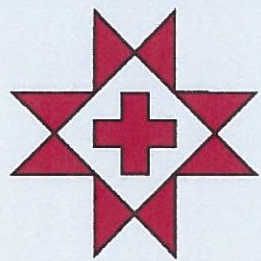
The Essential Services provide a working definition of public health and a guiding framework for the responsibilities of local public health systems.

1. Monitor health status to identify and solve community health problems.
2. Diagnose and investigate health problems and health hazards in the community.
3. Inform, educate, and empower people about health issues.
4. Mobilize community partnerships and action to identify and solve health problems.
5. Develop policies and plans that support individual and community health efforts.
6. Enforce laws and regulations that protect health and ensure safety.
7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. Assure competent public and personal health care workforce.
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services.
10. Research for new insights and innovative solutions to health problems.



**Figure 1.** Health impact pyramid. Reproduced from Frieden<sup>33</sup> with permission of the publisher. Copyright © 2010, American Public Health Association.





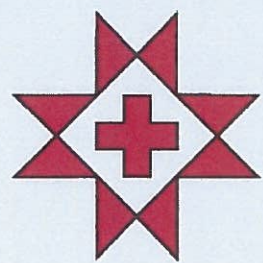
# St. Claire Regional Medical Center

## APPENDIX F

***Minutes of St. Claire Regional Medical Center  
Board of Directors May 25, 2016 Meeting  
(Documenting Approval/Adoption of the 2016-2019 Community  
Health Needs Assessment and Implementation Strategy)***

**Amazing. Medicine. Close to Home.**  
[www.st-claire.org](http://www.st-claire.org)





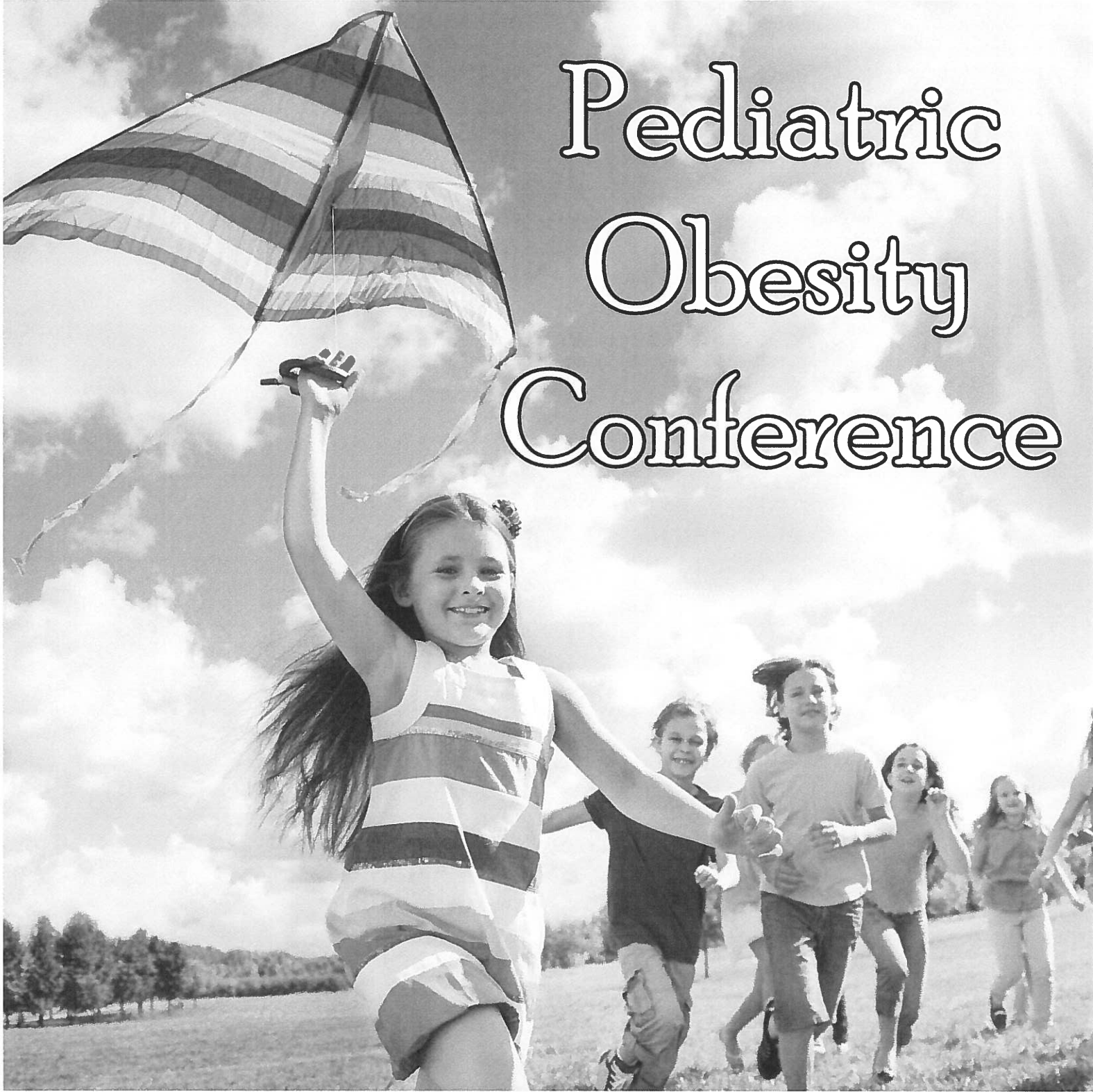
# St. Claire Regional Medical Center

## APPENDIX G

*Information Regarding Past and Ongoing  
Gateway Wellness Coalition Initiatives*

Amazing. Medicine. Close to Home.  
[www.st-claire.org](http://www.st-claire.org)

# Pediatric Obesity Conference



**SATURDAY, APRIL 9, 2016**

**Center for Health Education & Research**

**Morehead, KY**

**8:00 am**

-

**6:30 pm**



**St. Claire Regional  
Medical Center**



**Gateway  
Wellness Coalition**

PEDIATRIC OBESITY  
CONFERENCE

8:00 - 9:00am	<b>Registration/Breakfast</b>
9:00 - 9:15	Welcome - <i>Sandra Louise Cooper</i>
9:15 - 10:30	<b>Pediatric Obesity: Scope and Management</b> <i>Dr. Stephanie Rose, MD, MPH, FAAP</i>
10:30 - 10:45	<b>Break</b>
10:45 - 12:00pm	<b>Childhood Obesity in the Primary Care Office: An Overview of Assessment and Management</b> <i>Dr. Ashley Weedn, MD, MPH, FAAP</i>
12:00 - 12:30	Lunch
12:30 - 1:00	<b>Keynote - Being Their Voice: Effective Advocacy to Prevent Obesity</b> <i>Dr. Chris Bolling, MD</i>
1:00 - 2:15	<b>Goal Setting</b> <i>Dr. Stephen Gillaspay, PhD</i>
2:15 - 2:30	<b>Break</b>
2:30 - 3:45	<b>Assessment of Obesity Co-Morbidities in Primary Care</b> <i>Dr. Ashley Weedn, MD, MPH, FAAP</i>
3:45 - 4:00	<b>Break</b>
4:00 - 5:15	<b>Motivational Interviewing</b> <i>Dr. Stephen Gillaspay, PhD</i>
5:15 - 5:45	<b>Dinner</b>
5:45 - 6:30	<b>Keynote - The New Obesity Algorithm: Bringing Treatment to Practice</b> <i>Dr. Chris Bolling, MD</i>
6:30	<b>Closing</b>

If you require special services for this program, please indicate at time of registration or call 665.783.6330.

Conference Objectives

- Identify the prevalence and contributing factors of pediatric obesity in Kentucky.
- Recognize national recommendations for assessing pediatric obesity and associated co-morbidities.
- Describe evidence-based goal setting and intervention approaches for addressing pediatric obesity.
- List potential advocacy targets and implementation strategies for addressing pediatric obesity.

Chris Bolling, MD



Dr. Christopher Bolling completed his pediatric residency and chief residency at Cincinnati Children's Hospital Medical Center CCHMC and is certified by the American Board of Pediatrics. He is currently a pediatrician and partner at Pediatric Associates in Crestview Hill, KY, and he is a volunteer associate professor of pediatrics in the division of general and community pediatrics at CCHMC and the University of Cincinnati College of Medicine. Dr. Bolling serves as the chair for the Kentucky Chapter of the American Academy of Pediatrics Obesity Task Force. He is the former president of the Northern Kentucky Medical Society, the Cincinnati Pediatric Research Group practice based research network, the Cincinnati Pediatric Society and the medical staff of Cincinnati Children's Hospital.

Stephen Gillaspay, PhD



Dr. Stephen R. Gillaspay completed his graduate training in clinical psychology at Oklahoma State University, his clinical internship at the University of Oklahoma Health Services Center, and a post-doctoral fellowship in primary care and health psychology at the University of Oklahoma Health Sciences Center. Dr. Gillaspay is currently a licensed psychologist and associate professor of pediatrics at the University of Oklahoma Health Sciences Center. He is a clinical associate professor in the department of psychiatry and behavioral sciences and the pediatric psychology emphasis director for the Clinical Psychology Internship Program and Post-doctoral Fellowship Program. He serves as the director of research of the Section of General & Community Pediatrics, where pediatric obesity is one of the research emphasis areas. He is also the co-director of the Healthy Futures pediatric weight management clinic.

Stephanie Rose, MD, MPH

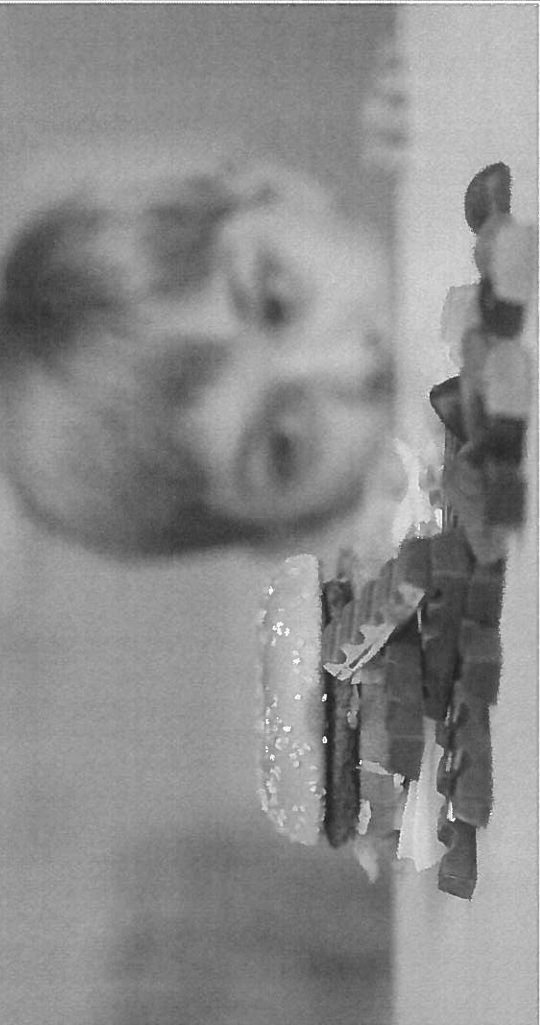


Dr. Stephanie Rose attended medical school at the University of Louisville. After completing residency in internal medicine at the University of Alabama at Birmingham, she completed a general medicine fellowship at Massachusetts General Hospital and a masters of public health at the Harvard School of Public Health. She is currently an assistant professor in the department of general internal medicine and the college of public health at the University of Kentucky. After receiving her certification in obesity medicine from the American Board of Obesity Medicine in 2013 she started a weight management clinic focusing on behavioral and lifestyle change, and is studying her patients' qualitative and quantitative outcomes in order to promote weight loss programs in the primary care setting.

Ashley Weedn, MD, MPH, FAAP



Dr. Ashley Weedn earned her medical degree from the University of Oklahoma College of Medicine and completed a pediatrics residency at Arkansas Children's Hospital. During residency, she trained at the University of California at San Francisco in pediatric weight management. She returned to Oklahoma in 2010 and joined the department of pediatrics at the University of Oklahoma Health Sciences Center (OUHSC) as the first Oklahoma Health Sciences Center (OUHSC) as the first general academic pediatrics fellow. During her fellowship, she obtained a masters in public health at the OU College of Public Health in 2012. She is a board-certified pediatrician and an assistant professor in the section of general and community pediatrics at the University of Oklahoma Health Sciences Center (OUHSC). Dr. Weedn serves as the medical director of the OU pediatric multidisciplinary weight management clinic, Healthy Futures, co-chairs the national obesity interest group of the Academic Pediatric Association, and serves as a childhood obesity advisor for the American Academy of Pediatrics. She also founded and co-chairs the Obesity Committee through the Oklahoma Chapter of the American Academy of Pediatrics.



Center for Health Education & Research

316 W. 3<sup>rd</sup> Street,  
Morehead, KY

This *free* activity is intended for physicians, physician assistants, nurse practitioners, nurses, social workers, and other interested health care professionals.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Nursing Education

St. Claire Regional Medical Center is accredited as a provider of continuing nursing education by the Kentucky Board of Nursing (KBN). KBN approval of a continuing nursing education provider does not constitute endorsement of program content nor commercial sponsors. This educational activity is offered for a maximum of 8.7 KBN contact hours for nurses. In order to receive credit for this session, participants must complete the entire CNE activity and submit an evaluation form. Offering number KBN 4-0006-12-16-127. Expiration 12/2016.

**Social Work Education**  
Credit Pending

Successful Completion

For successful completion of this continuing education program, participants must sign appropriate attendance roster, be present for the duration of the program, and complete the online evaluation within 7 days. Nurses must complete and return a paper evaluation before leaving. A statement of credit will be issued within two weeks following completion of all required documentation.

April 9, 2016

Register at

[www.neahcec.org/obesity](http://www.neahcec.org/obesity)

Disclaimer

The Northeast Kentucky Area Health Education Center presents this activity for educational purposes only. Participants are expected to utilize their own expertise and judgment while engaged in the practice of medicine. The content of the presentation is provided solely by presenters who have been selected for presentations because of recognized expertise in their field.

Faculty Disclosure

All planners, speakers, authors, reviewers, and staff members involved with content development for continuing education activities sponsored by the Northeast Kentucky Area Health Education Center are expected to disclose any real or perceived conflict of interest related to the content of the activity. Detailed disclosures will be included in participant materials or given prior to the start of the activity. All individuals involved disclosed that they have nothing to disclose.

Continuing Medical Education

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Northeast Kentucky AHEC, Morehead State University and the Gateway Wellness Coalition. The Northeast Kentucky AHEC is accredited by the KMA to provide continuing medical education for physicians. The Northeast Kentucky AHEC designates this live



# Menu

## Breakfast

Omelette Bar

## Break 1

Parfait It Up

## Lunch

Create Your Own Salad

## Break 2

Sweet Treats

## Dinner

Carved Beef Tenderloin

Stuffed Portabella

Bacon, Cheddar Mashed Potatoes

Vegetables

Assorted Cheesecakes

Business casual attire is encouraged.

Register at

[www.neahec.org/obesity](http://www.neahec.org/obesity)

This event is sponsored by:



Northeast Kentucky  
Area Health Education Center

hosted by



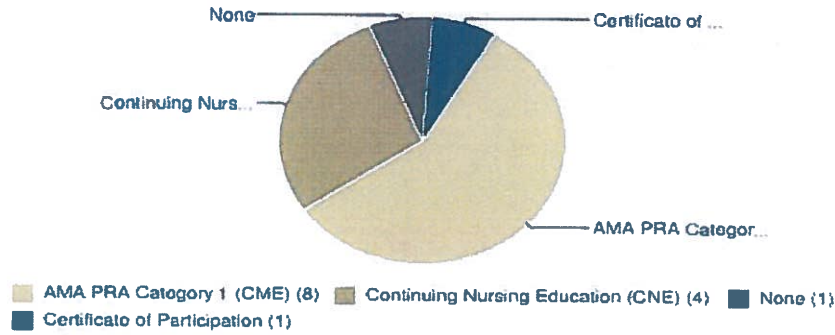
St. Claire Regional  
Medical Center





# Pediatric Obesity Conference Evaluation

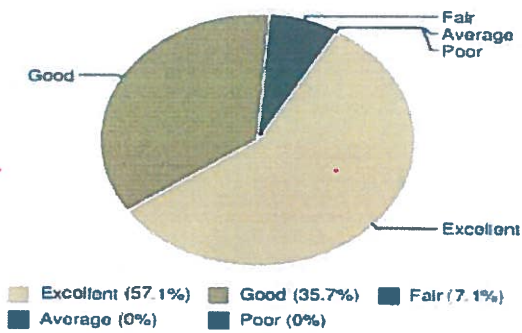
What kind of continuing education credit are you seeking?



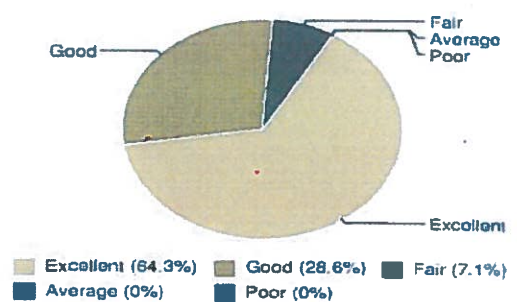
## Objectives

How well did this activity meet the following objectives:

Identify the prevalence and contributing factors of pediatric obesity in Kentucky.



Recognize national recommendations for assessing pediatric obesity and associated co-morbidities.

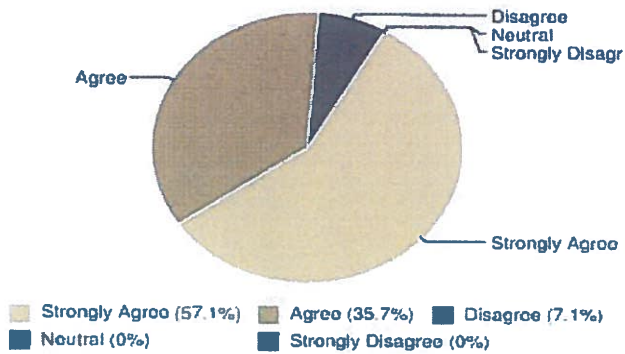


Describe evidence-based goal setting and intervention approaches for addressing pediatric obesity.

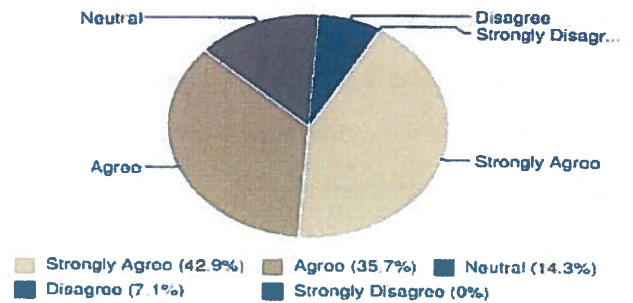
List potential advocacy targets and implementation strategies for addressing pediatric obesity.

Indicate your agreement with the following statements:

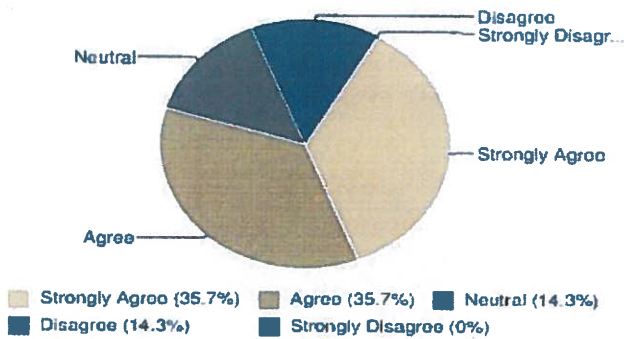
This activity met my educational needs.



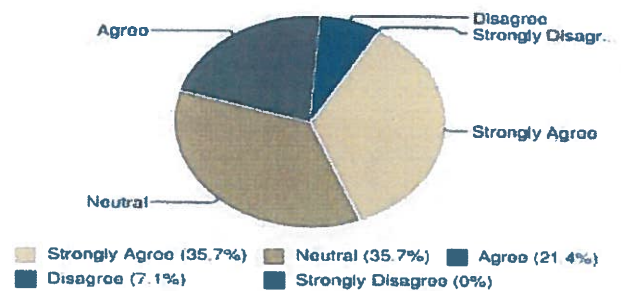
The educational materials, such as handouts, were useful and beneficial.



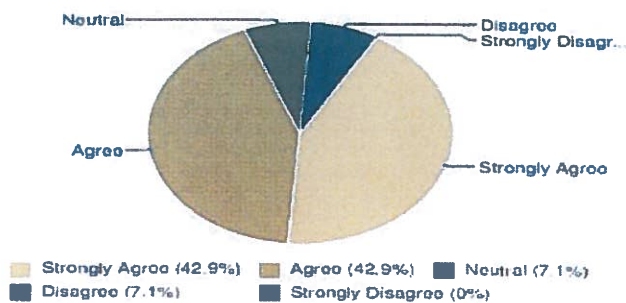
This activity provided active learning opportunities.



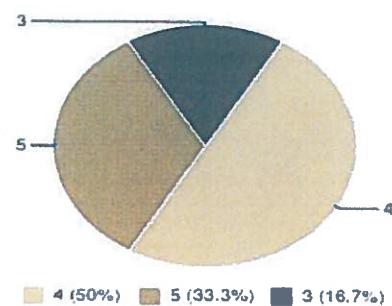
Feedback from learning assessment activities was provided in an appropriate, timely, and constructive manner.



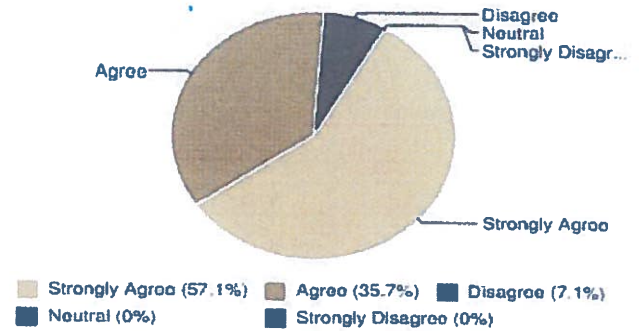
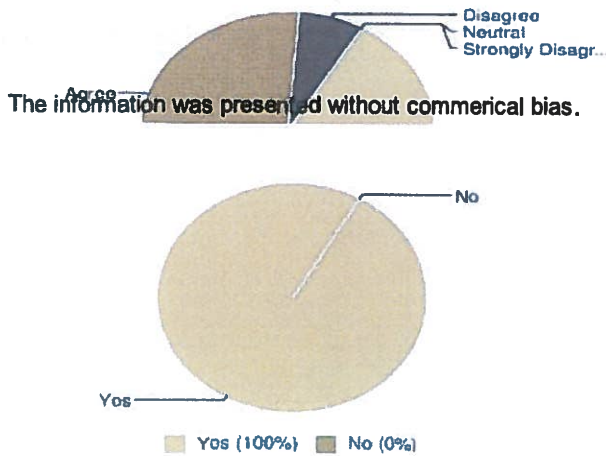
As a result of participating in this activity, I feel that I have improved my ability to provide health services to medically under-served and health disparity populations.



Based on my participation in this activity, I will make a change/improvement in my practice.







How can we improve future educational activities?

Showing 3 responses

More opportunities for table interaction and conversation

email slide handouts to be printed before conference if not going to be handed out at the conference. email any directions to be printed for the directions and building location.

Recommendation: Include additional health professionals for continuing professional education credit. Comment: Exceptional program including: all presenters, location, facility, food, organization, free, etc. Excellent!

Suggested topics for future conference activities:

Showing 2 responses

Great job on agenda and information. I think it would be great to really reach out to more providers if possible.

Disruptive behavior in children 3-4 y/o age, ADHD more complex cases management

Additional comments about today's conference:

Showing 4 responses

Great conference center. More goal setting activities at tables, or some sort of strategic planning to take home and implement. The food was delicious, however I would have loved more networking opportunity and physical activity built into a two-day agenda vs a jam packed one-day agenda. Thanks for your hard work and planning!

Great conference.

Request: I am requesting a Certificate of Completion. Likely, I can get CPE toward my credentials if the certificate includes the



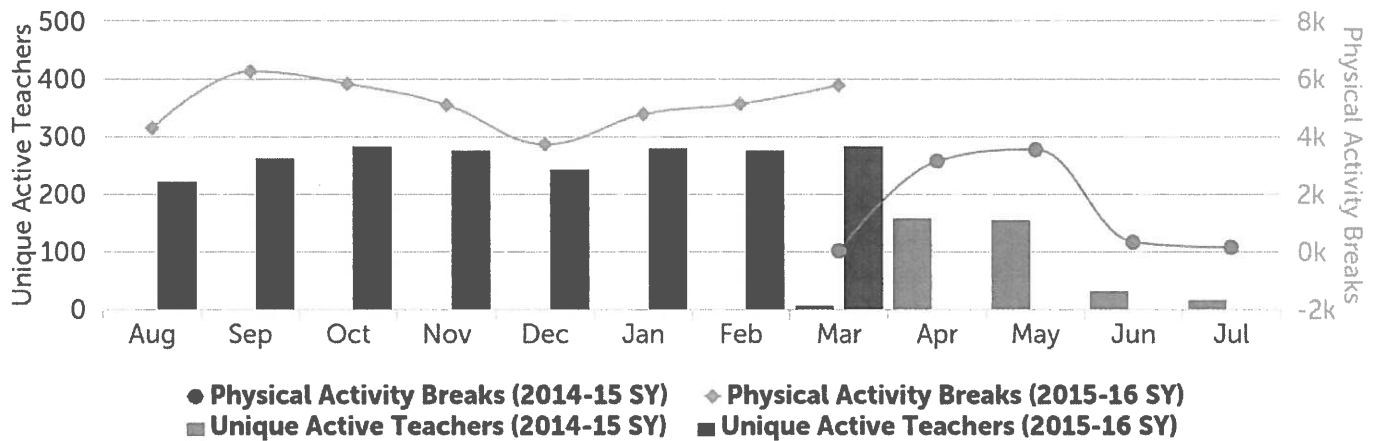
# MONTHLY GONOODLE PARTNER REPORT

St. Claire Regional Medical Center - Passport Health Plan  
March 2016

## COVERAGE SUMMARY

Sponsored Elementary Schools <b>43</b>	Eligible Teachers <b>664</b>	Eligible Students <b>13,289</b>
--	------------------------------	---------------------------------

## MONTHLY ENGAGEMENT (SCHOOL YEAR OVER YEAR COMPARISON)



## CURRENT MONTHLY ENGAGEMENT

March 2016

Unique Active Schools	35
% of Active Schools to Sponsored Schools	81% *
Unique Active Teachers	284
% of Active Teachers to Eligible Teachers	43% *
Active Students (in Schools)	7,104
Physical Activity Breaks Played	5,772
Student Minutes of Physical Activity	378,052
% of Energizing Activity	86%
% of Calming Activity	14%
Student Minutes of Activity per Day (Daily Average)	9.3

STUDENT MINUTES OF PHYSICAL ACTIVITY (YTD SINCE AUG '15) **2,776,345**

\* Represents usage from sponsored elementary schools plus middle schools, high schools, and community organizations. Therefore, results could be greater than 100%.



## MONTHLY GONOODLE PARTNER REPORT

St. Claire Regional Medical Center - Passport Health Plan  
March 2016

### TOP SCHOOLS BY PHYSICAL ACTIVITY BREAKS PLAYED (MARCH 2016)

School	District	Total
Mount Sterling Elementary School	Montgomery County Schools	522
Camargo Elementary School	Montgomery County Schools	516
Crossroads Elementary	Bath County Schools	497
Rodburn Elementary School	Rowan County Schools	451
Olive Hill Elementary School	Carter County Schools	441
Owingsville Elementary School	Bath County Schools	378
Mapleton Elementary School	Montgomery County Schools	346
Prichard Elementary School	Carter County Schools	308
Mcbrayer Elementary School	Rowan County Schools	278
Clearfield Elementary School	Rowan County Schools	277

### TOP TEACHERS BY PHYSICAL ACTIVITY BREAKS PLAYED (MARCH 2016)

Teacher	School	District	Total
Jennifer Sullivan	Garrison Elementary School	Lewis County Schools	146
Katie Thompson	Camargo Elementary School	Montgomery County Schools	115
Shandi Webb	Lewis County Central Elemen...	Lewis County Schools	106
Rhonda Blevins	Rodburn Elementary School	Rowan County Schools	104
Lara Little	Crossroads Elementary	Bath County Schools	100
Chris Griffith	Carter Elementary School	Carter County Schools	98
Emily Tubbs	Crossroads Elementary	Bath County Schools	93
Angela Lyon	Mcbrayer Elementary School	Rowan County Schools	86
Courtney Callis	Clearfield Elementary School	Rowan County Schools	85
Allison Stevens	Olive Hill Elementary School	Carter County Schools	84



# MONTHLY GONOODLE PARTNER REPORT

St. Claire Regional Medical Center - Passport Health Plan  
March 2016

## DEFINITIONS

**Sponsored Elementary Schools** - Number of K-5, K-8, and K-12 schools in sponsored area.

**Eligible Teachers** - Estimated number of potential GoNoodle users in sponsored area, using the number of students & teachers in all K-5, K-8 & K-12 schools reported in the most current National Center for Education Statistics (NCES) database.

**Eligible Students** - Number of students in all K-5, K-8, and K-12 schools in sponsored area as reported in the most current National Center for Education Statistics (NCES) database.

**Unique Active Schools** - Schools with at least (1) Unique Active Teacher during the reporting month.

**Unique Active Teacher** - Teacher played at least (1) physical activity break during the reporting month.

**Physical Activity Breaks Played** - A physical activity break is "Played" when a Unique Active Teacher clicks (Play) to begin a physical activity break.

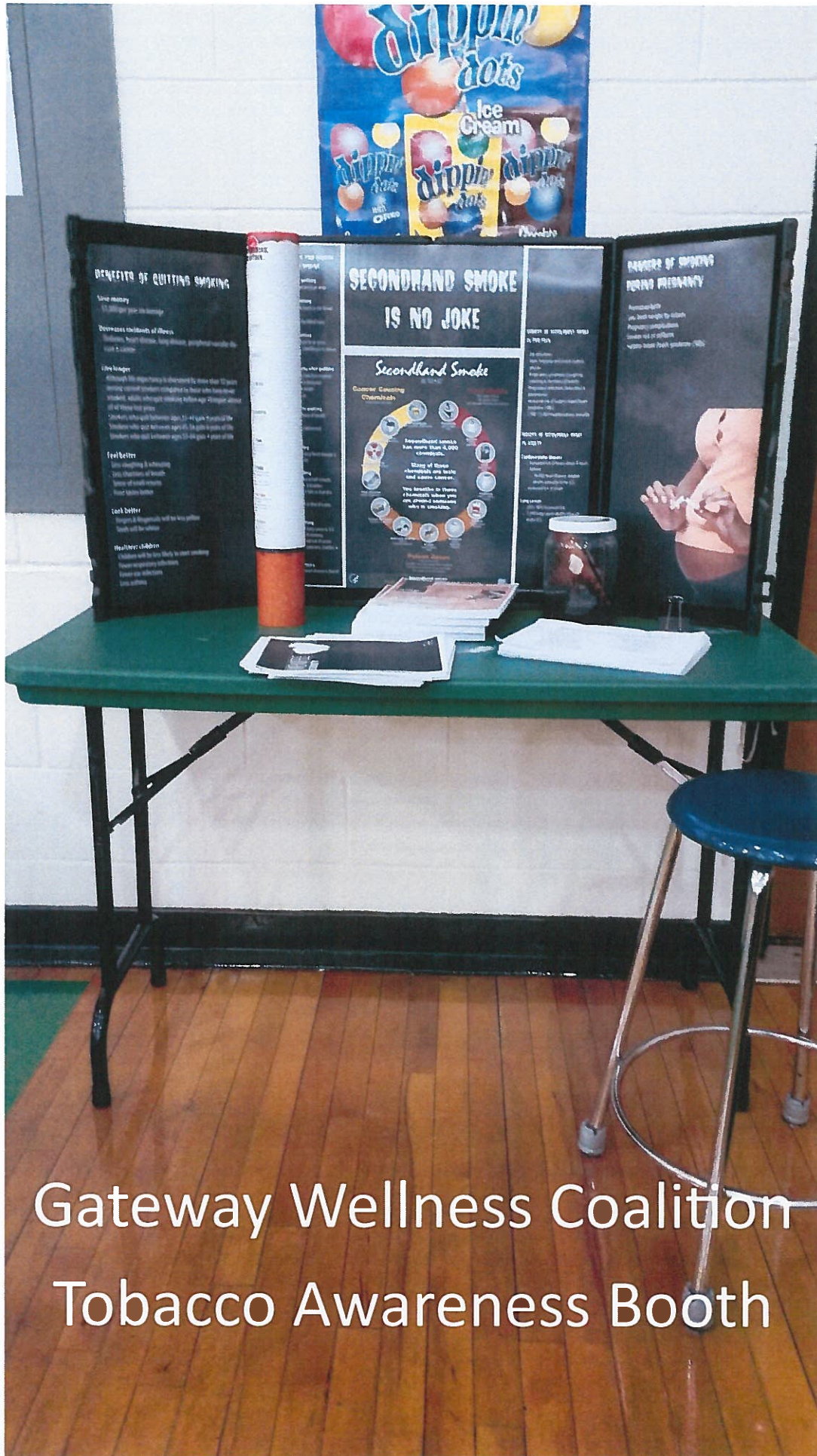
**Active Students** - Sum of student counts in classrooms that played at least (1) physical activity break.

**Student Minutes of Physical Activity** - Sum of all Physical Activity Break play lengths multiplied by the sum of all classroom student counts.

**Student Minutes of Activity per Day** - Number of Physical Activity Breaks played by each unique teacher multiplied by the average play length. (Calculated as daily average)







Gateway Wellness Coalition  
Tobacco Awareness Booth





# Walking for Wellness: An Elementary School Based Intervention to Promote Exercise and Health Education in Rural Kentucky



K. Jayne, C. Jayne, S. Sharber, M.D., A. Nix, M.D.,  
D. Hudson, P. Seyffrit, P. Arnett, MBA, DrPH  
University of Kentucky, College of Medicine, Rural Physician Leadership Program, Lexington, KY, U.S.A.

## INTRODUCTION

The ever increasing prevalence of obesity in the U.S. seems to be even more pervasive in rural areas. In Kentucky the obesity rates are close to or surpass 30% in most counties. The statistics for Pediatric Obesity and Health and wellness are not far behind.

- 17% of children in the United States ages 2-19 years are obese
- Rural children are 25% more likely to be overweight or obese
- Childhood obesity → increased likelihood of adult obesity

Since obesity is associated with numerous health conditions including high blood pressure, high cholesterol, and diabetes many communities have started to embark upon preventative measures. In the 2014 Community Health Needs Assessment completed for Rowan and surrounding counties, pediatric obesity was listed as one of the 5 main target areas for improvement. In an effort to prevent and reduce the prevalence of childhood obesity in Rowan County, the Walking for Wellness Program was created in 2014.

The goal of this program was to increase daily number of steps taken by 4<sup>th</sup> and 5<sup>th</sup> grade students in Rowan County, instill student awareness of the health benefits of physical activity, and to encourage teachers to incorporate W4W Program into lesson plans. While meeting these goals it was possible to assess the effectiveness of classroom based interventions including set exercise, cardiovascular health, and nutrition curriculum along with in school pedometer use. The pedometer step counts provided a means to quantify the effects of the exercise and nutritional workshop presented to each of ten, 4<sup>th</sup> and 5<sup>th</sup> grade classes.

Workshops were presented by third and fourth year Medical Students in the Rural Physician Leadership Program from the University of Kentucky College of Medicine. 10 Classrooms participated in the Walking for Wellness Competition and Educational Program including classes from McBrayer Elementary, Roodburn Elementary, and Clearfield Elementary.



## DEMOGRAPHICS

243 4<sup>th</sup> and 5<sup>th</sup> grade students in rural Rowan county participated in the program. 96.0% of the Rowan county population is Caucasian, 1.9% African American, 0.8% Asian, 0.2% American Indian.

County	U.S. Census Bureau (2010)	U.S. Census Bureau (2010)	U.S. Census Bureau (2010)
Rowan	25,702 (84.4%)	25,702 (84.4%)	25,702 (84.4%)
Population of Children (5-17 years old)	4,929 (19.2%)	4,929 (19.2%)	4,929 (19.2%)
Population of Children (5-17 years old) (percent white)	4,715 (95.7%)	4,715 (95.7%)	4,715 (95.7%)
Population of Children (5-17 years old) (percent African American)	115 (2.3%)	115 (2.3%)	115 (2.3%)
Population of Children (5-17 years old) (percent Asian)	17 (0.3%)	17 (0.3%)	17 (0.3%)
Population of Children (5-17 years old) (percent American Indian)	3 (0.0%)	3 (0.0%)	3 (0.0%)

## METHODS

In previous years the Walking for Wellness program had up to 4 classrooms. This year the number of participants doubled with increased advertising and prizes. Previous year quality surveys were used to improve the current program for 2015-2016.

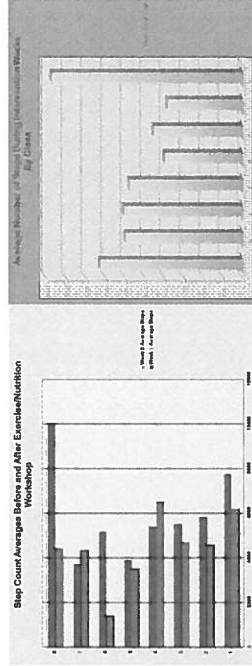
Flyers depicting the program were sent via email to all 4<sup>th</sup> and 5<sup>th</sup> grade teachers in Rowan County. With funding from the CCTS Grant Kroger gift cards were distributed to 10 participating teachers. Instruction sheets for the Competition portion of the program was supplied as well as recording sheets for each specific week of the competition.

10 Rowan county 4<sup>th</sup> and 5<sup>th</sup> grade classrooms participated in the program (Nov. 2015-Jan. 2016). Initially pedometers were distributed to classrooms to be worn by 5-6 different students daily. Each student's step counts were recorded at the end of the school day for 5 days. These were used to calculate a weekly and daily average. A medical student from the University of Kentucky presented a standardized exercise, cardiovascular health, and nutrition workshop to the classrooms. Step counting resumed for 4 weeks after the workshop/educational intervention. During weeks two through five, classes were encouraged to implement various strategies to increase their daily number of steps. Examples of such strategies include taking longer routes to get to the class's next destination, walking laps around the school, and taking "brain breaks" between lessons. The logs were collected after the five weeks to be used for data analysis. Students were also competing for t-shirts for the most improved class average step counts and greatest average step counts overall.

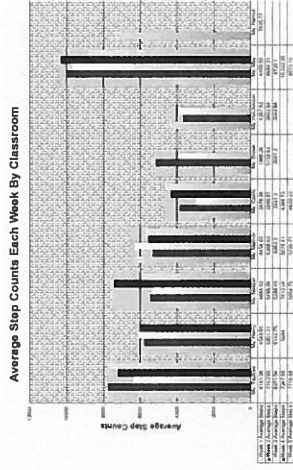


In addition to the physical activity component of the program, the importance of developing healthy eating habits during childhood was addressed. Each class received an interactive lesson, by a University of Kentucky Medical Student, on the basics of nutrition. The 5-2-1-0 rule which was a very successful statewide campaign in Maine was taught to each class.

## RESULTS



Average step counts from 8 classes were compared before and after the educational intervention/workshop. Paired t-test was performed for which T statistic was 2.09 and p value < 0.05 (n=8). This shows that there is statistical significance in step count improvement from before to after the educational intervention even sustained over a 4-week period. Future goals will be to study the impact of a longer curriculum spanning multiple years. The competition element of the program may also be a confounding variable to the data. Unfortunately the baseline measurement of steps could not be conducted without the distribution of pedometers. This added excitement may have falsely elevated the baseline steps during week 1.

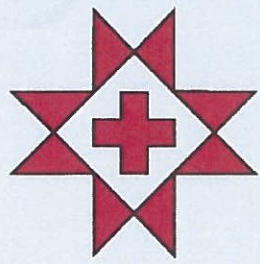


## CONCLUSIONS

Overall the data suggests a significant improvement in step counts after providing exercise, cardiovascular health, and nutrition education to the 4<sup>th</sup> and 5<sup>th</sup> grade students. Increasing the medical student presentations provided and offering them throughout the year may increase the effectiveness of the program. Follow up studies to see if students are still able to apply cardiovascular and nutrition concepts would be encouraged for future implementation of this program. Adding in portion sizing workshops plus meal planning and prep is another area that could be included in this program.

**Acknowledgements**  
University of Kentucky College of Medicine Rural Physician Leadership Program-Administration and Staff  
Larry Hoover Photography  
Dr. Charles Ferguson, Medical Center





**St. Claire Regional  
Medical Center**

## **APPENDIX H**

***Gateway Wellness Coalition Recognition***

**Amazing. Medicine. Close to Home.**  
[www.st-claire.org](http://www.st-claire.org)

# Community Partners Award presented

By **ASHLEY CHAPMAN**  
*The Morehead News*

Part of a series

A dozen groups and

Obituary

James Epperhart, 78

individuals in the area have been jointly awarded the Morehead-Rowan County Chamber of Commerce Community Partners Award for their collective work on the Cave Run Disc Golf Course.

The recipients the Army Corps of Engineers, Rowan County

Community Fund, Morehead Tourism Commission, Wells Group, Good Shepherd Printing, Big 4 Lumber, St. Claire Regional Medical Center, Maysville Community and Technical College, Gateway Wellness Coalition, Morehead State University, SRG

Global, and Johnny Sias, three-time Disc Golf world champion.

Development and planning on the course began last year. Sias designed a full 18-hole course at no cost for the Cave Run tailwater

See **AWARD** on A-10

**IZED FOR EXCESSIVE CELEBRATION HERE.**

**US FOR ALL THE BIG GAMES!**

250 New Towne Square • Morehead • 784.1BWV



**BUFFALO WILD WINGS**  
WINGS. BEER. SPORTS.™

*The Morehead News*

7-17-2015

## Award From A-1



**The Chamber's Community Partners Award was awarded to several agencies and businesses for their cooperation in the Cave Run Disc Golf Course becoming a reality. (Photo by Stephanie Ockerman)**

area. Nine holes were completed when the course opened in early January.

Volunteers assisted with planning and construction of the course. The grand opening ceremony was held in April.

Planners had a \$27,000 budget for the actual construction of the course. The Rowan County Community Fund donated the first \$2,500.

This disc golf course is figured to be one of the most challenging in Kentucky.

For more information on the Cave Run Disc Golf Course, call 784-6428.

*Ashley Chapman can be reached at [achapman@themoreheadnews.com](mailto:achapman@themoreheadnews.com) or by telephone at 784-4116.*

St. Claire Regional Medical Center

# NEWSBRIEF

Checking the Fiscal Health of Kentucky's Rural Hospitals	4-5	Family Medical Supply's Anniversary Sale	8-9
Camp Smile Hosted 31 Campers	6	Rosemary Stokes: SCR Employee, Volunteer & Friend	10

## St. Claire Regional and Morehead State University Sponsor SOAR's Health Impact Series Event



### FEATURING

Tom Frieden, MD, MPH,  
Director, Centers for Disease  
Control and Prevention



St. Claire Regional and Morehead State University sponsored SOAR's Health Impact Series event at the Morehead Conference Center on Wednesday, August 6. The event directed at finding solutions to healthcare concerns in Appalachia, was the conclusion of a three-day series that featured speakers, Thomas Frieden, MD, MPH, Director, Centers for Disease Control and Prevention (CDC) and U.S. Representative Hal Rogers, 5th District of Kentucky.

"Our people have long suffered from high rates of cancer, diabetes, heart disease, obesity and other health disparities, so Dr. Frieden decided to make a house call to eastern Kentucky," said Congressman Rogers. "This is a rare chance to bring a world-renown leader in health care to our doorstep. We will look to Dr. Frieden for help in diagnosing our high risks, as well as his prescription for how we can improve healthy living and morality rates."



U.S. Representative Hal Rogers,  
5th District of Kentucky

*continued on pg. 2*



“SOAR is about improving health and quality of life in our community. We have a lot of good ideas on how to achieve that but we just need to think of them. That is the title of today’s program,” said Congressman Rogers. “We’re here to come up with ideas.”

Mark J. Neff, SCR President/CEO, welcomed everyone to the event and introduced the first round of speakers. Neff said, “It is important that we have events like this where healthcare leaders can combine ideas and come up with creative solutions to positively change the health of rural Kentucky.”

Dr. Anthony Weaver, Assistant Dean of Morehead’s Regional Site, moderated the morning panel of speakers comprised of Raynor Mullins, DMD, College of Dentistry, UK; Boyd Buser, DO, Dean, University of Pikeville, Kentucky College of Osteopathic Medicine; Dr. Ron Waldrige, KY One and the Kentucky Academy of Family Physicians and Dr. Kevin Pearce, UK Associate Dean for Rural and Community Health. Each panel member spoke about the successful new programs, along with the problems they faced at their institutions. They also spoke about the various efforts to address shortages of healthcare professionals in eastern Kentucky.

William Melahn, MD, SCR VP, Medical Affairs, moderated the afternoon panel of healthcare experts on state and national healthcare issues. The panel included Dr. Judith Monroe, CDC Deputy Director; Dr. Frieden; Dr. Stephanie Mayfield Gibson, Commissioner, KY Cabinet for Public Health and Dr. Michael Karpf, EVP for Health Affairs, UK. The panel answered a variety of questions that arose from the audience and made one thing very clear; the state and the CDC were here to help change the health of Kentucky.

During the event, Congressman Rogers presented Health Impact Awards to recognize local individuals and groups that have demonstrated “great work” with health awareness and prevention efforts.

One of these awards went to the Rural Physician Leadership Program (RPLP), which was developed jointly with the University of Kentucky College of Medicine, St. Claire Regional Medical Center and Morehead State University. Medical school students in the RPLP take the first two years of basic science education at the University of Kentucky’s main campus and then receive the majority of their third and fourth year clinical experiences at St. Claire Regional and other sites in rural northeastern Kentucky.



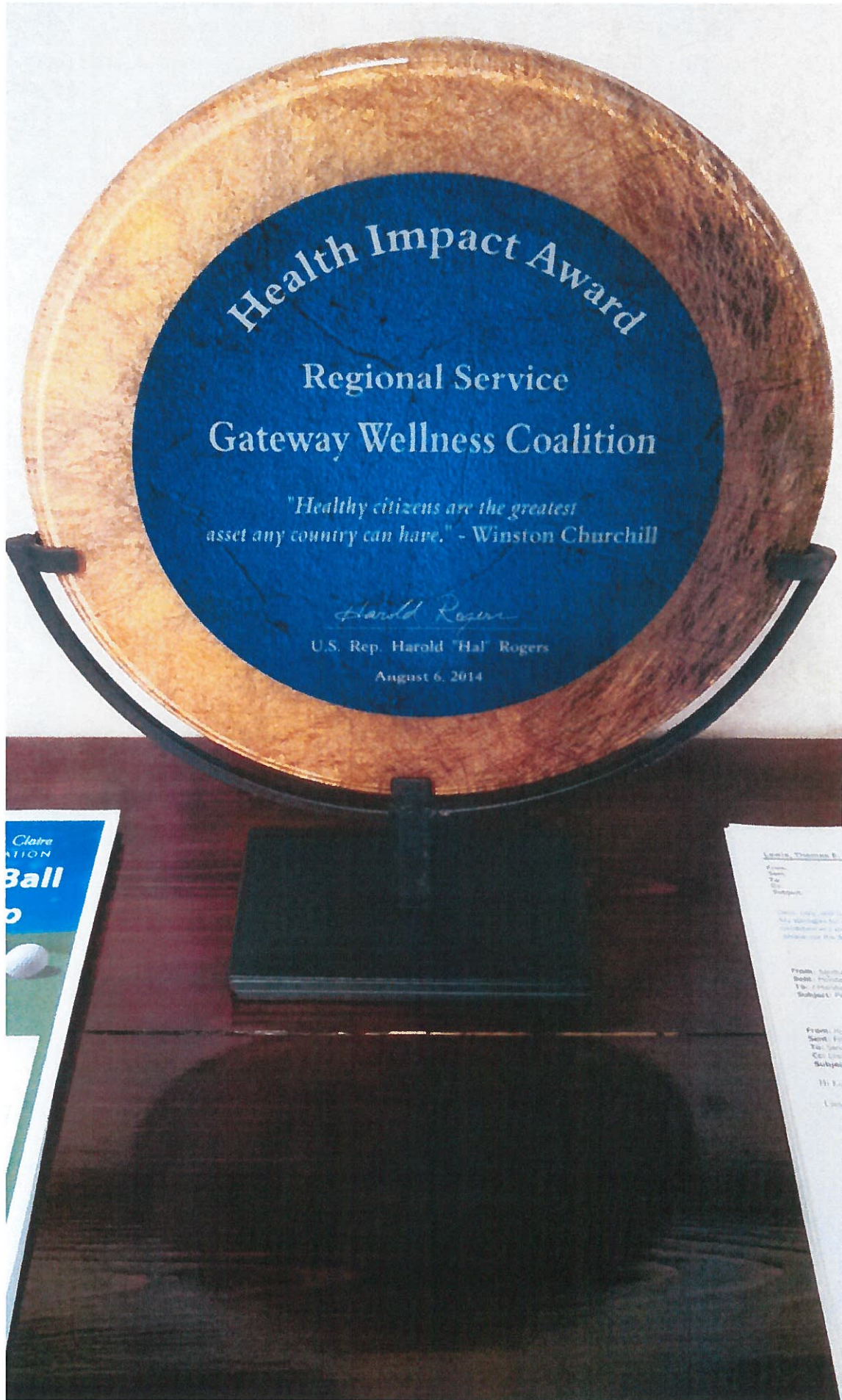
Mark J. Neff, SCR President/CEO, opened the event giving the welcome and introducing the first round of speakers.



William Melahn, MD, SCR VP, Medical Affairs, moderated the afternoon panel of healthcare experts.

Another Health Impact Award was presented to the Gateway Wellness Coalition (GWC) - a collaboration of St. Claire Regional, Morehead State University and Gateway District Health Department. The GWC identifies community health needs and implements strategies to address pressing health issues in Bath, Menifee, Morgan and Rowan counties. They have launched programs such as “Walking 4 Wellness,” supporting improvements in the local farmers market and area walking trails.

According to the Kentucky Department for Public Health, the prevalence of heart disease is 84 percent higher, diabetes is 47 percent higher and obesity is 26 percent higher in Kentucky’s Appalachian region compared to the United States. From 2006-10, the region’s lung cancer mortality rates were also the highest in the nation; 67 percent higher than the national average.



Health Impact Award

Regional Service  
Gateway Wellness Coalition

"Healthy citizens are the greatest  
asset any country can have." - Winston Churchill

*Harold Rogers*

U.S. Rep. Harold "Hal" Rogers

August 6, 2014



From: Thomas B.  
To:  
Cc:  
Subject:  
  
From: [unreadable]  
Sent: [unreadable]  
To: [unreadable]  
Cc: [unreadable]  
Subject: [unreadable]  
  
From: [unreadable]  
Sent: [unreadable]  
To: [unreadable]  
Cc: [unreadable]  
Subject: [unreadable]  
  
To: [unreadable]  
From: [unreadable]



## Lewis, Thomas E.

---

**From:** Palmer, Susan - Office of the Commissioner of Education  
<susan.palmer@education.ky.gov>  
**Sent:** Tuesday, October 20, 2015 10:26 AM  
**To:** John.Burich@passporthealthplan.com; Scott.Vance@passporthealthplan.com;  
Michael.Rabkin@passporthealthplan.com; Jill.Bell@passporthealthplan.com;  
john.rucker@passporthealthplan.com; karen sellers@hrmc.org;  
steve.johnson@owensborohealth.org; debbie.johnson@owensborohealth.org; Lewis,  
Thomas E.; Thompson, Regina A.; Campbell, Valerie P.; Neff, Mark J.;  
philip.patterson@owensborohealth.org; Lynn timer.Meyer@nortonhealthcare.org;  
warman@hrmc.org; jamie.irwin@gonoodle.com; scott@gonoodle.com;  
david.hanzlik@gonoodle.com; barb.yahnian@gonoodle.com  
**Subject:** FW: Invitation to be Recognized at the kyhealthnow School Health Program on  
November 15  
**Importance:** High

On behalf of Mary Ann Miller, Executive Director of the Kentucky Board of Education, I am forwarding you the invitation below for your school district/organization to be recognized for your efforts in making schools healthier places.



On behalf of the Kentucky Board of Education Health Subcommittee, in partnership with the Kentucky Association of Health, Physical Education, Recreation and Dance, we invite you and/or representatives from your school district/organization to receive recognition for *Go Noodle* at the inaugural kyhealthnow School Health Program on:

**WHEN: Sunday, November 15<sup>th</sup>**

**TIME: 4:30-6:30 p.m.**

**WHERE: Embassy Suites, 1801 Newtown Pike, Lexington, KY**

**KEYNOTE SPEAKER:** Dr. Dayle Hayes, Learning Connection

Healthy students are better students! A growing body of research continues to demonstrate a positive correlation between good nutrition, physical activity, cognitive learning and academic performance in school children. GENYOUth's publication, *The Wellness Impact: Enhancing Academic Success through Healthy School Environments* highlights the Learning Connection Research: Breakfast + Physical Activity = Healthier Students, Better Students.

In addition to the keynote event, outstanding schools, districts and programs from across Kentucky will be recognized for their efforts in making schools healthier places! kyhealthnow recognitions will highlight schools/districts/organizations that have:

- Increased physical activity opportunities for children through implementing comprehensive school physical activity programs

- Developed initiatives to honor and recognize businesses and schools that provide greater opportunities for physical activity
- Partnered to implement tobacco free campuses

The registration link is available here:

<https://www.surveymonkey.com/r/KAHPERDLearningCXN>.

If you have questions, contact Jamie Sparks, School Health and Physical Education (SHAPE) Director ([Jamie.sparks@education.ky.gov](mailto:Jamie.sparks@education.ky.gov)) or via phone at (606) 315-3737.

**Mary Ann Miller**  
**Policy Advisor**  
**Commissioner's Office**  
**Kentucky Department of Education**  
**1st Floor, Capital Plaza Tower**  
**500 Mero St.**  
**Frankfort, KY 40601**  
**Phone: 502-564-3141**  
**Fax: 502-564-5680**  
**Email: [MaryAnn.Miller@education.ky.gov](mailto:MaryAnn.Miller@education.ky.gov)**