

Identifying the Need

Kentucky ranks 45th out of 50 for health indicators and outcomes according to America's Health Rankings. Kentucky ranks 47th out of 50 for adult population who were told by a health professional that they have angina or coronary heart disease and 8th in the nation for deaths caused by cardiovascular diseases.

Target Population

Cumberland County residents have some of the poorest health habits in the state, ranking 83th out of Kentucky's 120 counties for behaviors such as adult smoking, obesity, and inactivity; Casey County ranked 90th .

- 25% live in poverty compared to 18.5% in KY and 13% in U.S.
- Median income is \$32,180 compared to \$43,740 in KY and \$53,889 in U.S.
- 13% uninsured compared to 10% in KY

	Cardiovascular Death Rate per 100,000 (2013-15)	Obesity	Adult Smoking	Inactivity
Casey County	121.50	36%	25%	29%
Cumberland County	200.5	32%	23%	32%
Kentucky	109.70	33%	26%	28%

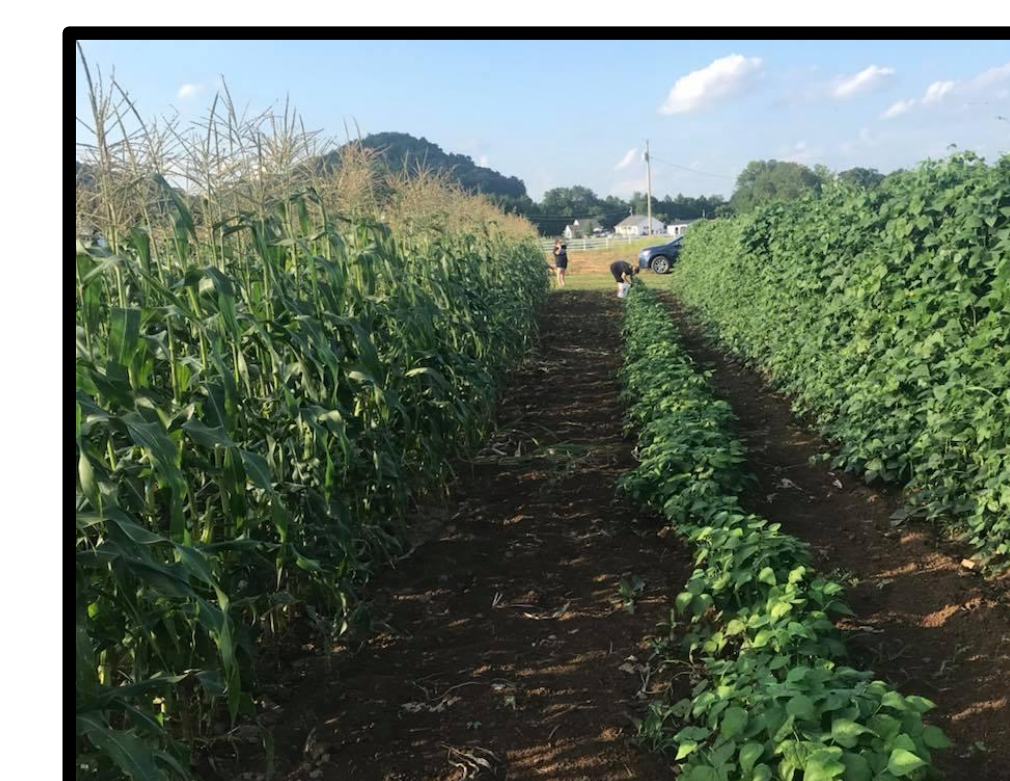
Faith in Appalachia

Casey and Cumberland counties, like most Appalachian counties, have a strong heritage built around faith. Whether it's providing food and clothing for the needy, vacation Bible school, potluck supper, or partnering with local businesses and health care providers to provide access to vital services, religious institutions are woven into the community's fabric and are the hub of activity within the community.

The Heart4Change Project

PLAN

- Consortium met and discussed overall goal to reduce morbidity and mortality related to cardiovascular disease.
- *By April 30, 2021, 75% of individuals participating in one or more offered educational interventions will reduce at least one CVD risk factor.*
- **Heart4Change** four components of using health activities as a church ministry:
 - Improve health and reduce cardiovascular disease within the congregations.
 - Build relationships within the congregation
 - Outreach tool for churches to bring others into church
 - Way to love and serve community



DO – Year 1 Activities – 311 participants overall

- Baseline Biometric Screenings (Glucose, Cholesterol, HDL/LDL, Triglycerides, B/P, BMI, Waist, A1c); repeated end of Year 1 – **Heart Age dropped by 1 year!**
- Community Gardens started churches – **gave away so many vegetables at one site that Farmers' Market complained!**
- Health committees established churches
- Cooking Matters/Shopping Tours both counties
- Diabetes Self-Management & Education classes
- Freedom from Smoking classes
- CPR/First Aid Classes
- Check. Change. Control. Information shared
- Healthy Eating Programs – **Daniel Plan. This was taken out into other churches!**
- Physical activity programs – Insanity group, Walk Across America Challenge, Gentle Yoga, Walking groups
- Weekly powerpoint health messages to improve health literacy.
- Monthly newsletters
- Annual Community event – Block Party & a 5K Walk/Run
- **NUMEROUS Success Stories**



DO – Year 2

- Continue Year 1 activities, but churches begin taking lead in many programs! Goal for Health Committees independence
- Church members trained to lead: Gentle Yoga, Shopping Tours, Freedom from Smoking, CPR/First Aid
- Started recording health message videos and sharing instead of powerpoint messages.

CHECK/ACT

- Had to revise how we did Check.Change.Control. due to no participation – now sending via email.
- Videos better received than powerpoint messages.
- Still challenges with participation & buy in.



01/2020

Consortium Partners & Roles

Lake Cumberland District Health Department

- Grant Leadership
- Provides biometric screenings
- Teaches Diabetes Self-Management Education & Support classes as well as Diabetes Prevention Program
- Teaches Freedom from Smoking classes
- Leads Gentle Yoga classes
- Teach CPR/First Aid
- Media – weekly powerpoint/video health messages
- Technical assistance/assist with all programs

Centerpoint Church of the Nazarene, Burkesville, KY

- Church partner
- Congregation of approx. 150

Dunnville Christian Church, Dunnville, KY

- Church Partner
- Congregation of approx. 125

Casey County Extension Family & Consumer Science

- Leads Cooking Matters /Shopping Tours

Cumberland County Extension Office

- Leads Cooking Matters/Shopping Tours
- Assists with community garden

Marshall University, Huntington, WV

- Instructor training for Gentle Yoga
- Instructor training for Shopping Tours

American Heart Association

- Support for Check.Change.Control Program

Lake Cumberland Regional Hospital

- Support for health ministries
- Cardiac Care Specialist



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