



What is S.O.A.R.?

- “Shaping Our Appalachian Region”
- A bi-partisan effort led by Governor Steve Beshear and Representative Hal Rogers.
- It began with a summit in Pikeville in December 2013, attended by over 1,700 people.
- May 11, 2015, SOAR had a strategy summit

What makes SOAR different?

- East KY “has seen decline in growth and development, hampered by a lack of infrastructure and other resources that communities need to grow and thrive.”
- Government alone can’t fix the region
- Grassroots effort to get the people of the region involved, get their ideas and innovative thinking



S.O.A.R.

- S.O.A.R. seeks to expand job creation; enhance regional opportunity, innovation and identity; and improve the quality of life for Appalachian Kentucky.
- There were 10 different work groups who held “listening sessions” the summer of 2014
- The Executive Director for S.O.A.R. is Jared Arnett



Health Work Group Committee

- Committee Chair is William Hacker, MD, FAACP, CPE
- Susan Howard
- Reagan Hunt
- Joe Kingery
- Ancil Lewis
- Raynor Mullins
- Lorene Putnam
- Jean Rosenberg
- John Rosenberg
- Ernie Scott
- Ruth Shepherd
- Nikki Stone
- Diana Williams
- Susan Zepeda

Members:

- Paula Arnett
- Boyd Buser
- Mike Caudill
- Lisa Davenport
- Dee Davis
- Fran Feltner
- David Gross
- Richard Heine



S.O.A.R. Health Working Group

- Our “charge” was to lift up **innovative opportunities** to *enhance regional access* to health care and human services, including suggestions for a significant increase in partnership/collaboration across sectors, institutions, and governments. This work must include regional attention to the *social determinants* of health, as well as the unique opportunities offered by *technology* and *non-health related institutions* to **improve regional health outcomes**.

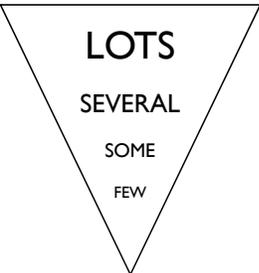


16 separate health listening sessions were held throughout the summer.

Over 350 people attended these sessions.

SOAR Health Listening Session held at the US 23 Country Music Museum, Paintsville, KY

The "upside down" pyramid...



LOTS
SEVERAL
SOME
FEW

What came out of the talks?

- **Lots** of discussion about issues in our region.
- **Several** success stories were shared.
- **Some** "crazy ideas" were discussed!
- **Very few** brand new, "innovative strategies" were presented.

Listening Session Results

Some of the Recurring Themes:

- **WELLNESS**
- **CHILDREN**
- **HERITAGE**
- **DRUG CULTURE**
- **NAVIGATORS**
- **CLEARINGHOUSE**
- **SMOKE-FREE**
- **ENVIRONMENTAL**
- **SENIORS**
- **ARTS**
- **TECHNOLOGY**
- **ORAL HEALTH**
- **TRANSPORTATION**
- **ETC.**

Recurring Themes



SOAR Health Impact Series, Dr Thomas Frieden, Director of the Centers for Disease Control & Prevention Hazard, KY

SOAR also held a 3-day "Health Impact Series" where Dr. Thomas Frieden, CDC Director, visited 4 eastern KY cities. Over 1,000 people attended these events.

Final Report Structure

- **1. Next Year Opportunities**
 - Low hanging fruit, capture with minimal costs, within the next year
- **2. 1-3 Year Opportunities**
 - Require regional investments, but can achieve impact in relatively short time
- **3. SOAR 2025 Outcomes**
 - Demand significant resources and sufficient time to achieve long-term impact

Year 1 Opportunities

- 1. Endorse and promote passage of state-wide smoke-free legislation.
- 2. Invite CDC to form a task force to accurately map current state of health in east KY and to create a strategic health plan for the region.
- 3. Initiate the "Healthy 5 for the 5th" Wellness Campaign.
- 4. Explore coordinated school health programs for our entire region.
- 5. Ramp up oral health efforts to encourage school-based oral health services in every school district in the region.



What has happened?

- Supported the smoke-free initiative
- CDC volunteered to provide interns to the Health Departments in East KY to assist with efforts
- Dental grants to Pikeville & Morehead State to expand services
- Dental Loan repayment program



1-3 Year Opportunities

- 1. Conduct a pilot study to look at ACEs in the region (adverse childhood experiences).
- 2. Broaden availability of community health workers in various settings.
- 3. Develop and implement a plan to coordinate seniors' health care including plans to help seniors age in place.
- 4. Utilize the S.T.A.R.T. evidence-based substance abuse program throughout the region as a supplement to UNITE efforts.
- 5. Develop and implement a plan to address/reduce high risk and teen pregnancy.



2025 Outcomes

- 1. Develop and implement a sustainable system of drug abuse treatment resources, coupled with strong drug court in all counties.
- 2. Develop and implement comprehensive school-based health services (including behavioral and oral health), using the CDC model.
- 3. Ask the CDC to help explore environmental effects on health and ensure that the 5th congressional district has clean and safe air, water, and soil.
- 4. Develop and implement a comprehensive coordinated health workforce plan, expanding the local workforce through use of mid-level practitioners working at the top of their training.
- 5. Create an Appalachian health data center – virtual or otherwise – with CDC support, to better track health issues and the impacts of health interventions.

Questions?
Thank you!
