


LCDHD
Lake Cumberland District Health Department

A Healthy **Today** for a Brighter **Tomorrow**

Successful Approaches to Community Collaboration

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HRSA Awarded Grants

- **School Capital Equipment**- Advancing Immunization Compliance and Ensuring Health Equity in Lake Cumberland - July 2011-2013
- **Rural Health Services Outreach** – Project STITCH July 2012 – 2015
- **Rural Health Services Outreach** -Heart for Change – May 2018-2021
- **Rural Health Opioid Program** – September 2017-2020

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Partners

- Hospitals
- Schools
- Detention Centers
- Family Resource Centers
- Mental Health Agencies
- Drug Court
- Extension Office
- Homeless Shelters
- Community Colleges
- Universities (Marshall and WKU)
- Chamber of Commerce
- Businesses (local factories)
- Workforce Development
- Treatment Centers



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Project Aims

- Reduce the number of opioid related overdoses by 15%
- Reduce the number of opioid related deaths by 10%
- Enroll 500 at risk individuals into the 6 month program
- Educate 10,000 at risk individuals about available treatment options or support services
- Educate 400 providers on ways to support individuals with OUD

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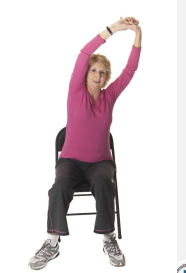

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Project Aims

- Reduce systolic number among 50% of participants with high blood pressure.
- Reduce smoking among those who attend cessation classes by 10%
- 100% of CPR class participants will be able to name signs and symptoms of heart attack
- 50% of participants will meet their identified wellness goal.

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Program Successes

- Since the start of the grant:
- 9,775 individuals have received education
- 308 individuals have been screened for OUD
- 106 clients have been referred to treatment
- 82 individuals have sought treatment




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 **Heart4Change**

Program Successes

- 111 individuals received initial biometric screening which included b/p, BMI, glucose, cholesterol, A1C.
- Health committees were formed at both churches
 - A community block party was held to promote community garden
 - A community 5K held
 - weekly walking program
 - Freedom from Smoking program (42% tobacco free)
 - One church has implemented a tobacco-free policy on their campus.



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KORH Partnership

 **KORH**
Kentucky Office of Rural Health

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Barriers and Lessons Learned






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