

Potomac Valley Hospital

Community Health Implementation Plan

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Strategy One: Group Lifestyle Balance

Priority Targeted: This strategy primarily targets the topic of diabetes, which is a priority health area shown to be of great concern to community residents and leaders. This strategy will utilize the Group Lifestyle Balance diabetes prevention curriculum to conduct classes with local residents. It will involve collaboration with partners that include a registered dietician and the administrator of the local health department.

Program/Initiative	Group Lifestyle Balance classes
Objectives	Conduct six GLB classes between December 2018 and December 2020
Activities	<ul style="list-style-type: none"> ● Formally register with Diabetes Prevention Coordinator - 304-597-3774 ● Recruit participants ● Set up locations and schedule classes ● Advertise / communicate ● Collect participation information
Planning Partners	<ul style="list-style-type: none"> ● Mineral County Health Department ● WV Public Health ● Workshop Wizard
Implementation Partners	<ul style="list-style-type: none"> ● Health Department administrator ● Dietician
Resources	<ul style="list-style-type: none"> ● Space ● Coaches ● Course materials (Calorie King, pedometer, notebook, thermaband, educational materials)
Evaluation Activities	<ul style="list-style-type: none"> ● Workshop Wizard ● Database
Point of Contact	Valerie Starcher

Strategy Two: Dining with Diabetes

Priorities Targeted: This strategy aims to conduct multi-week diabetes education courses in collaboration with WVU Extension, as well as a followup with participants at the end.

Program/Initiative	Dining with Diabetes education classes
Objectives	Hold two 4-week Dining with Diabetes courses between September 2020 - January 2021, as well as a 2-session follow-up in January 2021
Activities	<ul style="list-style-type: none"> ● Contact WVU Extension ● Set up dates/times for classes ● Identify participants from waiting list ● Recruit new participants ● Hold classes
Planning Partners	<ul style="list-style-type: none"> ● WVU Extension
Implementation Partners	<ul style="list-style-type: none"> ● WVU Extension
Resources	<ul style="list-style-type: none"> ● Donation of food (PVH dietary) ● Space
Evaluation Activities	<ul style="list-style-type: none"> ● Dining with Diabetes evaluation methodology (check with WVU Extension)
Point of Contact	<ul style="list-style-type: none"> ● Margaret Miltenberger (WVU Extension) ● Valerie Starcher (PVH)

Strategy Three: Straight off the Couch

Priority Targeted: This program targets the community health concern of obesity by hosting four multi-week walking programs in collaboration with WVU Extension and Mineral County Schools.

Program/Initiative	Straight off the Couch Walking Program
Objective(s) (SMART)	Hold four 8-week sessions between April 2019 and June 2021
Activities	<ul style="list-style-type: none"> ● Recruit participants ● Set up locations and schedule sessions ● Advertise/communicate program ● Register and sign release at first session ● Hand out planning material
Planning Partners	<ul style="list-style-type: none"> ● Mineral County Schools ● WVU Extension
Implementation Partners	<ul style="list-style-type: none"> ● WVU Extension
Resources	<ul style="list-style-type: none"> ● Space ● Coaches ● Course materials (schedule)
Evaluation Activities	<ul style="list-style-type: none"> ● Number of participants ● Steps to beginning of program vs. steps at end of program
Point of Contact	Christian Brooks Tricia Barbarito

Strategy Four: Heart Healthy Shopping Tour

Priority Targeted: This program targets the community health concern of obesity by hosting grocery shopping tours with a dietician to learn about heart-healthy foods.

Program/Initiative	Heart Healthy Shopping Tours
Objective(s) (SMART)	Hold at least 6 Shopping Tours between December 2018 and December 2020
Activities	<ul style="list-style-type: none"> ● Formally register with Cardiology department - 304-597-3565 ● Recruit participants ● Set up locations and schedule classes ● Advertise / communicate ● Collect participation information
Planning Partners	<ul style="list-style-type: none"> ● Registered Dietician
Implementation Partners	<ul style="list-style-type: none"> ● Registered dietician
Resources	<ul style="list-style-type: none"> ● Space ● Book (Pocket Supermarket Guide)
Evaluation Activities	<ul style="list-style-type: none"> ● Number of participants
Point of Contact	Tricia Barbarito

Strategy Five: Healthy Hearts for Kids

Priority Targeted: This program targets the community health concern of obesity, specifically in youth, by implementing weekly school-based classes about healthy snacks and lifestyle in collaboration with Mineral County Schools.

Program/Initiative	Healthy Hearts for Kids
Objective(s) (SMART)	Hold one class a week from September 2019 - May 2020
Activities	<ul style="list-style-type: none"> ● Contact Mineral County Schools ● Set up schedule for schools ● Recruit new participants for each school ● Collect participation information ● Hold classes
Planning Partners	<ul style="list-style-type: none"> ● Mineral County Schools
Implementation Partners	<ul style="list-style-type: none"> ● Mineral County Schools
Resources	<ul style="list-style-type: none"> ● Space ● Healthy Snacks ● Healthy Tips
Evaluation Activities	<ul style="list-style-type: none"> ● Number of participants
Point of Contact	Tricia Barbarito