

J.W. Ruby Memorial Hospital

Community Health Implementation Plan 2026

Prepared for: J. W. Ruby Memorial Hospital

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Strategy One: Health Sciences Campus Farmer's Market

Priorities Targeted: Obesity and Co-Morbid Chronic Disease

Table 1: Health Sciences Campus Farmer's Market

Strategy	
Objectives	This strategy provides facilities and logistical support to HSC Farmer's Market events, occurring weekly between May and October.
Activities	• Identify and coordinate vendors • Coordinate with Facilities Management
Planning Partners	• Wellness Center • WVUH Security • HSC Facilities • Vendors
Implementation Partners	• Wellness Center • WVUH Security • HSC Facilities • Vendors
Resources	• Time • Campus location
Evaluation Activities	• Number of Farmer's Markets held • Date range/time duration during the day • # vendors for each • Approximate attendees for each (if tracked)
Point of Contact	• Eric Smith

Strategy Two: Produce Prescription Program

Priorities Targeted: Obesity and Co-Morbid Chronic Disease

Table 2: Produce Prescription Program

Strategy	
Objectives	Produce Prescription Program with a Twist combines a produce prescription with a teaching kitchen, empowering patients to grow, prepare, and cook vegetables through engaging, hands-on activities.
Activities	• Identify and engage potential collaborators • Plan activities and related participant recruitment needs
Planning Partners	• Cathy Shaw, Registered Dietitian • Judy Siebart, Registered Dietitian • Karina Patel, Registered Dietitian • Treah Haggerty, MD • Laura Davisson, MD • Mary Oldham–Mountain Harvest Farm, LLC
Implementation Partners	• Cathy Shaw, Registered Dietitian • Judy Siebart, Registered Dietitian • Karina Patel, Registered Dietitian • Treah Haggerty, MD • Laura Davisson, MD • Isabela Negrin, MD • Jacob Rumer, Health and Wellness Coach
Resources	• Time • Location • Materials and resources needed for activities • Cooking supplies and food supplies
Evaluation Activities	• Dates, times, locations • Participant counts for activities • Participant counts for program as a whole • Metrics for activities – number of cooking demonstrations, social media engagement numbers, educational materials or recipes provided with demos • Post program survey to determine utilization of produce and satisfaction with program
Point of Contact	Judy Siebart, Registered Dietitian Cathy Shaw, Registered Dietitian Laura Davisson, MD

Treah Haggerty, MD

Strategy Three: Finding Wellness Program

Priorities Targeted: Obesity and Co-Morbid Chronic Disease

This eight-week program targets the community health concerns of obesity and chronic disease via a curriculum-based program that includes pre and post A1C testing, classes with a nutritionist and a guided shopping day.

Table 3: Finding Wellness Program

Strategy	
Objectives	Host four eight-week Finding Wellness Courses as well as four additional alumni classes.
Activities	• Develop any print or other materials needed • Plan curriculum and secure speakers • Hire dietitians and wellness coaches • Mentor students and residents involved in the program • Secure location for hosting classes • Recruit participants
Planning Partners	• Partner with dietitians, wellness center, departments to recruit participants • Partner with marketing for advertising of upcoming events • Partner with Ruby cafeteria for new initiatives
Implementation Partners	• Partner with dietitians, wellness center, departments to recruit participants • Partner with marketing for advertising of upcoming events • Partner with Ruby cafeteria for new initiatives
Resources	• Time • Class space • Financial resources
Evaluation Activities	• Date of sessions • # participants in each session during the eight weeks • # eight-week courses completed during cycle • # of participants who completed the program • A1Cs before and after (or information about changes) • BMIs before and after (or information about changes)

	• Redcap survey of knowledge before and after • Evaluation by participants of class satisfaction
Point of Contact	• Courtney Pilkerton, MD Program Director • Joseph Capito, MD Assistant Program Director

Strategy Four: Camp Kno-Koma

Priorities Targeted: Obesity and Co-Morbid Chronic Disease

Table 4: Camp Kno-Koma

Strategy	
Objectives	Camp Kno-Koma provides support to youth with Type 1 diabetes during week-long summer camp sessions. WVUHS volunteers provide medical support, ensuring a safe environment for diabetes self-management and education. This promotes independence, disease knowledge, and healthy lifestyle behaviors for children and adolescents living with diabetes.
Activities	• Provision of medication management, glucose monitoring support, and acute clinical assessment as needed. • Assist with insulin administration, carb counting, pump troubleshooting, and hypoglycemia/hyperglycemia management throughout camp activities. • Participate in diabetes education sessions for campers. • Support daily camp programming including sports, outdoor recreation, and group activities.
Planning Partners	• Camp Kno-Koma Board of Directors
Implementation Partners	• Volunteers integrate with the camp's established medical team to provide 24/7 support
Resources	• Time
Evaluation Activities	• Date of session • Participant counts • Other metrics such as measurements of educational sessions, types of support provided
Point of Contact	Maddie Harvey, Clinical Pharmacy Practitioner Camp Kno-Koma Board of Directors

Strategy Five: ACS Stop the Bleed Program

Table 5: ACS Stop the Bleed Program

Strategy	
Objectives	• Empower individuals to act as immediate responders in life-threatening bleeding emergencies. • Train individuals to recognize life-threatening bleeding and respond effectively using techniques such as applying pressure, packing wounds, and using tourniquets. • Increase awareness of the importance of rapid bleeding control techniques to improve survival rates. • Expand access to lifesaving emergency response equipment and training. • Promote community engagement through various initiatives and campaigns to spread the word about the program. • The program is based on lessons learned from military combat care in Iraq and Afghanistan, where rapid bleeding control techniques significantly improved survival rates. It aims to reach 200 million people in the U.S. alone and has trained millions worldwide.
Activities	• Coordinate and schedule community class
Planning Partners	• WVUH • Scouts of America • Army National Guard • RGB • Calvary Chapel Church, Morgantown WV • WVU Medical School • Waynesburg IU • OLLI • WVU Future Women in Science and Medicine • Fairmont Hospital Security Team • WVU Forensics
Implementation Partners	• WVUH • Scouts of America • Army National Guard • RGB • Calvary Chapel Church, Morgantown WV • WVU Medical School • Waynesburg IU • OLLI • WVU Future Women in Science and Medicine • Fairmont Hospital Security Team

	WVU Forensics
Resources	• Time • Convenient locations agreed upon by both parties • STB manikins and equipment • Audio/visual set ups
Evaluation Activities	• Hybrid class of presentation and hand on learning • Evaluated by return demonstration from students • Number of students
Point of Contact	Jon Michael Moore Trauma Center

Strategy Six: Merit Badge University

Table 6: Merit Badge University

Strategy	
Objectives	• Assist Scouts in completing requirements for merit badges and providing adults with training to enhance their Scouting experience. • The event is designed to be a structured environment where Scouts can earn badges quickly and learn valuable life skills. • Completing merit badge requirements: Scouts can earn badges through classes taught by certified merit advisors. • Personal development: The event focuses on personal growth and discovery. • Skill building: Scouts learn practical skills that are applicable in real-life situations. • Community building: Scouts meet other individuals and build friendships. • Confidence building: Completing merit badge requirements boosts self-confidence. • Skill mastery: Scouts gain mastery of specific skills and knowledge. • The event is a valuable opportunity for Scouts to earn badges and develop skills that are beneficial for their personal and professional lives.
Activities	• Create presentation/activities based off curriculum provided by Scouts of America • Students are provided with First Aid topics to include (but not limited to): • Handling a first aid emergency

	• Preparing for first aid emergencies • Breathing Emergencies (asthma, choking, altitude sickness, anaphylaxis, inhalation injuries) • Cardiac Emergencies (CPR, AED use, myocardial infarction) • Stroke • Unresponsive patients (seizures, hypoglycemia, overdose, drowning) • Careers in emergency medicine/trauma/first responder • Wounds (bruises, abrasions, hematoma, lacerations) • Bites (tick, snake, animal) • Shock • Heat injuries (heat stroke, heat exhaustion, dehydration, hyperthermia, burns) • Cold injuries (hypothermia, frost bite) • PPE/scene safety • How/when to call for help • Stop the bleed/hemorrhage control • Lightning strike • Head/spine injuries • Safe mobilization of patients with/without spinal injury • Splinting • Muscle injuries (sprains, strains, tendon injuries) • Bone injuries (fractures, dislocations) • Mental health emergencies within themselves and others
Planning Partners	• Scouts of America • WVU Medicine Golisano Children's • WVUH Education Department • WVU Mountainlair • Supplies (WVUH Pharmacy, WVUH STEPPS)
Implementation Partners	• Scouts of America • WVU Medicine Golisano Children's • WVUH Education Department • WVU Mountainlair • Supplies (WVUH Pharmacy, WVUH STEPPS)
Resources	• Time • Large location to accommodate large numbers of participants • Materials/equipment • Borrowed equipment WVUH Pharmacy and STEPPS • Extra staff from Children's, JMMTC and education department • Internet/Computer • JMMTC/Golisano Children's Swag

Evaluation Activities	• Group participation within lecture • Group participation within hands on group activities • Group participation within learning game • Evaluation completed by students • 12-20 students per event
Point of Contact	Jon Michael Moore Trauma Center

Strategy Seven: Fairmont State University Health Fair

Table 7: Fairmont State University Health Fair

Strategy	
Objectives	• One of the main goals is to educate the community about various health issues, preventive measures, and available resources. Specifically, Stop the Bleed for this event.
Activities	• Participated in health fair by providing educational materials on Stop the Bleed and offering practice for hemorrhage control techniques.
Planning Partners	• Fairmont State University
Implementation Partners	Fairmont State University
Resources	• Time • Stop the Bleed kits • JMMTC swag
Evaluation Activities	• Participant feedback • Number of participants
Point of Contact	Jon Michael Moore Trauma Center

In addition to these, J.W. Ruby Memorial Hospital also contributes to the betterment of community health outcomes via the following:

- The Hospital's Registered Dietitians give frequent educational talks and serve on a variety of community and professional boards.
- The Hospital's Cancer Institute promotes community engagement and innovation through a variety of programs and support groups, as well as maintains mobile

mammography and lung screening units via grant funding. The Cancer Institute also hosts many fundraising and awareness events throughout each year.

- The Hospital's Emergency Management unit hosted a workshop in partnership with the Monongalia County Health Department, open to other hospitals and EMS agencies. This unit is also part of a regional public health preparedness collaboration called SPARC, and through SPARC they routinely deliver activities designed to improve community readiness, response capacity, and overall resiliency, such as exercises, drills, workshops, training and education opportunities, information-sharing and relationship-building that improve outbreak response, and more.
- The Hospital also maintains WV Food FARMacy partnerships, provides a training and apprenticeship program to Monongalia County Technical Education Center (MTEC) pharmacy students, and facilitates a donor breast milk program for those in need.
- In 2026 The Hospital will also provide medication and clinical support to the Annual National Boy Scout Jamboree, which is still in the planning stages.
- Jon Michael Moore Trauma Center participates on WQED World of Work Marketplace interviews, raising youth awareness of career options; provides an EMS shadowing program; provides impaired and distracted driving awareness to youth; and participates in a trauma symposium to improve strategies and refine skills. JMMTC also provides extensive internal and regional trauma training, and hosts monthly trauma survivors meetings for patients.
- The WVU Medicine Injury Prevention & Safety Team regularly provides community education related to car seat installation and safety, safe sleep, bicycle safety, and other child safety topics such as prevention of drowning and heat stroke.