Optimizing Health Outcomes

University of Kentucky
Board of Trustees Retreat
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HeartHealth: A Community Program for Life

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Linda C. Gill Professor College of Nursing

Support: Patient-Centered Outcomes Research Institute (PCORI)
Heart disease and stroke death rates are higher in Eastern Kentucky than the rest of the state or U.S.

Heart Disease Death Rate per 100,000, 35+, 2008-2010

Perry county: 717.5/100,000

THE HEARTHEALTH INTERVENTION

• 6 interactive modules:
  1) self-care and CVD risk reduction;
  2) nutrition;
  3) physical activity;
  4) depression control and stress reduction;
  5) managing multiple comorbid risk factors; and
  6) smoking cessation and/or medication adherence

• 12-week period by lay community health worker and nurse educators who have been trained extensively by our research nurse interventionist
Patient Navigation for Cervical Cancer Control in Appalachia

Mark Dignan, Ph.D., MPH
Prevention Research Center

Support: NIH/NCI R01 CA120606
Cervical Cancer Remains a Problem in KY and in the Study Area
(U.S. rate: 7.8, KY: 9.6, App KY: 11.2 per 100,000)
1. In collaboration with local rural health departments, recruited and trained patient navigators.
2. Enrolled women with abnormal Pap test results.
3. Identifying barriers/assets that affect women’s receipt of diagnostic and treatment services for cervical cancer.
4. Navigators coached them through the health care delivery system.
Faith Moves Mountains
Quittin’’ Program

Nancy E. Schoenberg, Ph.D.
Marion Pearsall Professor of Behavioral Science

Support: NIH/NIMHD and NCI, R24MDOOZ75741
CURRENT ADULT SMOKERS IN KENTUCKY, 2010

Note: Current Adult Smokers is defined as adults aged ≥18 years who reported having smoked ≥100 cigarettes during their lifetime and who now smoke every day or some days.

SMOKING CESSATION INTERVENTION

- Lay health advisor (LHA) administered group randomized trial
- Church settings
- Components
  - 12 support sessions
  - and nicotine replacement therapy
  - Motivational Interviewing
  - Cooper- Clayton-based method
26 Participating Churches

Kingscreek Community Church
Lewis Creek Pentecostal Church
Corinth Baptist Church
Premium Baptist Church
Kings Chapel Church
Whitesburgs First Baptist
Holy Trinity Tabernacle Church
Church of Christ in Harlan
Hurricane Gap Baptist Church
Wabaco Christian Church
Consolidated Baptist
Hindman United Methodist
Whitesburg United Methodist Church
House of Prayer
Wallins Methodist Church

Bledsoe Church of God of Prophesy
Immanuel Baptist Church
Neon First Church of God
Smith Creek Full Gospel Pentecostal
Isom Presbyterian Church
Faith Community Church
My Father’s House in Jenkins
Church of Jesus Christ of Latter Day Saints
Cornerstone Community Church
Jeremiah Missionary Baptist
Holy Trinity Catholic Church
PARTICIPANTS (591 CURRENT SMOKERS)

- 591 current smokers
- Unemployed (70%)
- Fair or poor health (56%)
- Most had attempted at least one cessation effort in their lives.
- Nearly 70% exhibited high or very high levels of nicotine dependence.
## OUTCOMES

<table>
<thead>
<tr>
<th>Aims</th>
<th>Outcomes</th>
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<tbody>
<tr>
<td>Retention</td>
<td>91% retained</td>
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<tr>
<td>Fidelity</td>
<td>Median # sessions attended = 7.</td>
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<td>27% attended all 12 sessions</td>
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<tr>
<td>Smoking cessation</td>
<td>36.2% quit in intervention compared with</td>
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<td></td>
<td>2.6% in control</td>
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