



Optimizing Health Outcomes

University of Kentucky
Board of Trustees Retreat
October 17, 2014

Nancy Schoenberg, Ph.D.

HeartHealth: A Community Program for Life

Debra Moser, Ph.D.

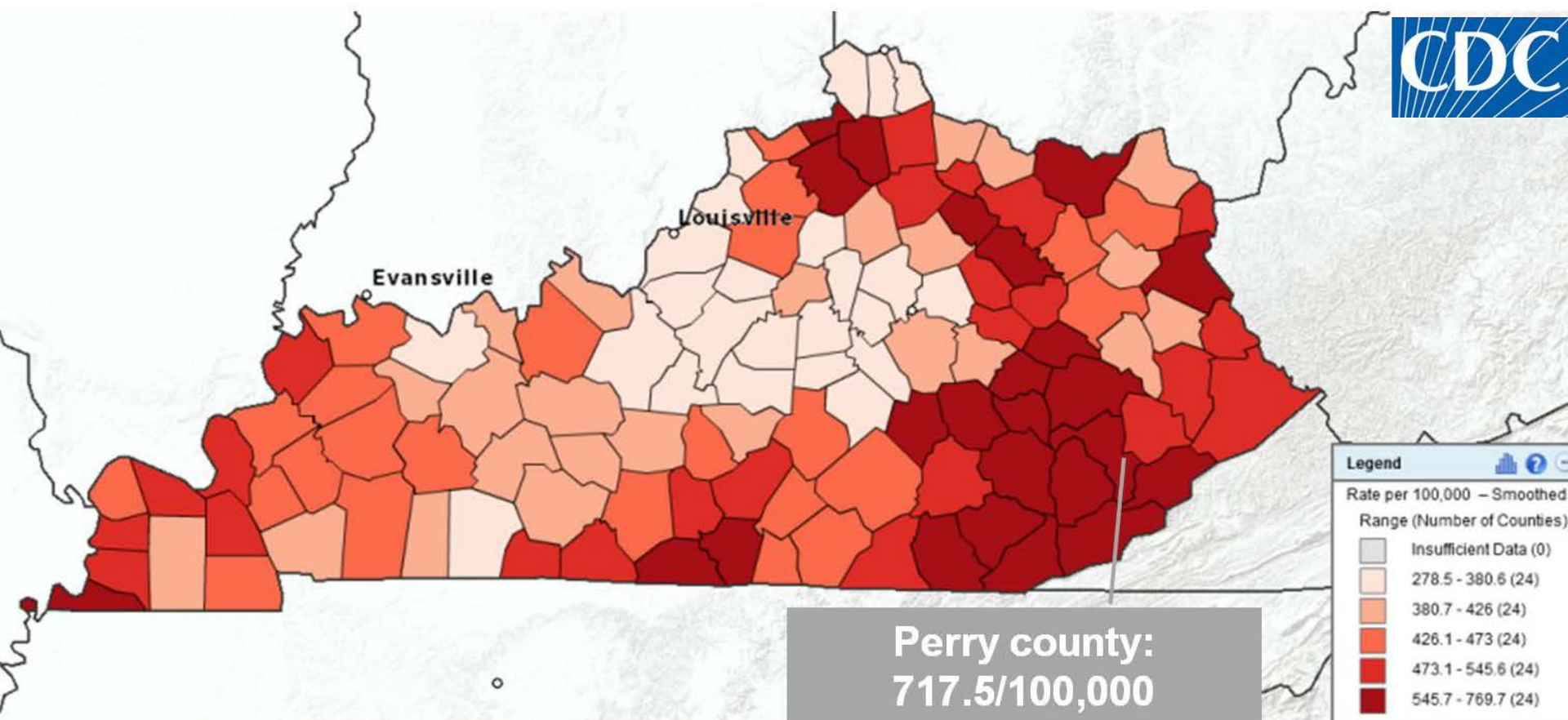
Linda C. Gill Professor College of Nursing



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



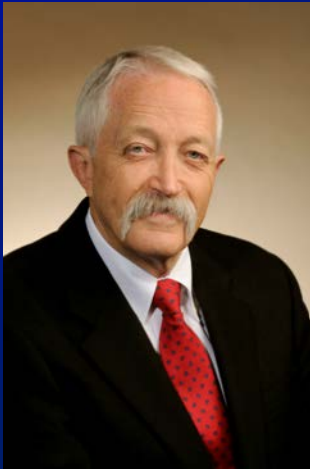


THE HEARTHEALTH INTERVENTION

- 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

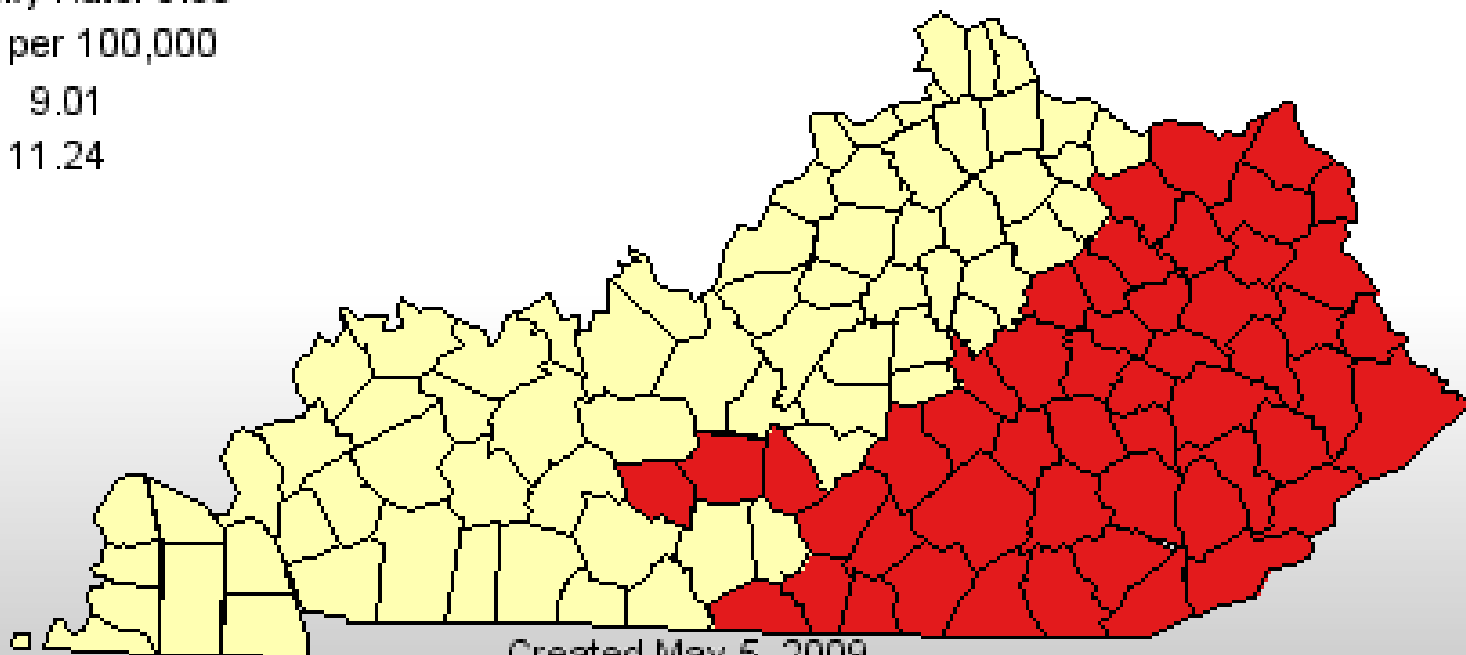
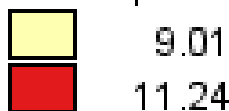
(U.S. RATE: 7.8, KY: 9.6, APP KY: 11.2 PER 100,00)

Age-Adjusted Invasive Cancer Incidence Rates in Kentucky Cervix Uteri, 2002-2005 By Appalachian Region

Age-Adjusted to the 2000 U.S. Standard Million Population

Kentucky Rate: 9.63

Rate per 100,000



Created May 5, 2009
Copyright (C) 2009 Kentucky Cancer Registry



THE PN INTERVENTION

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

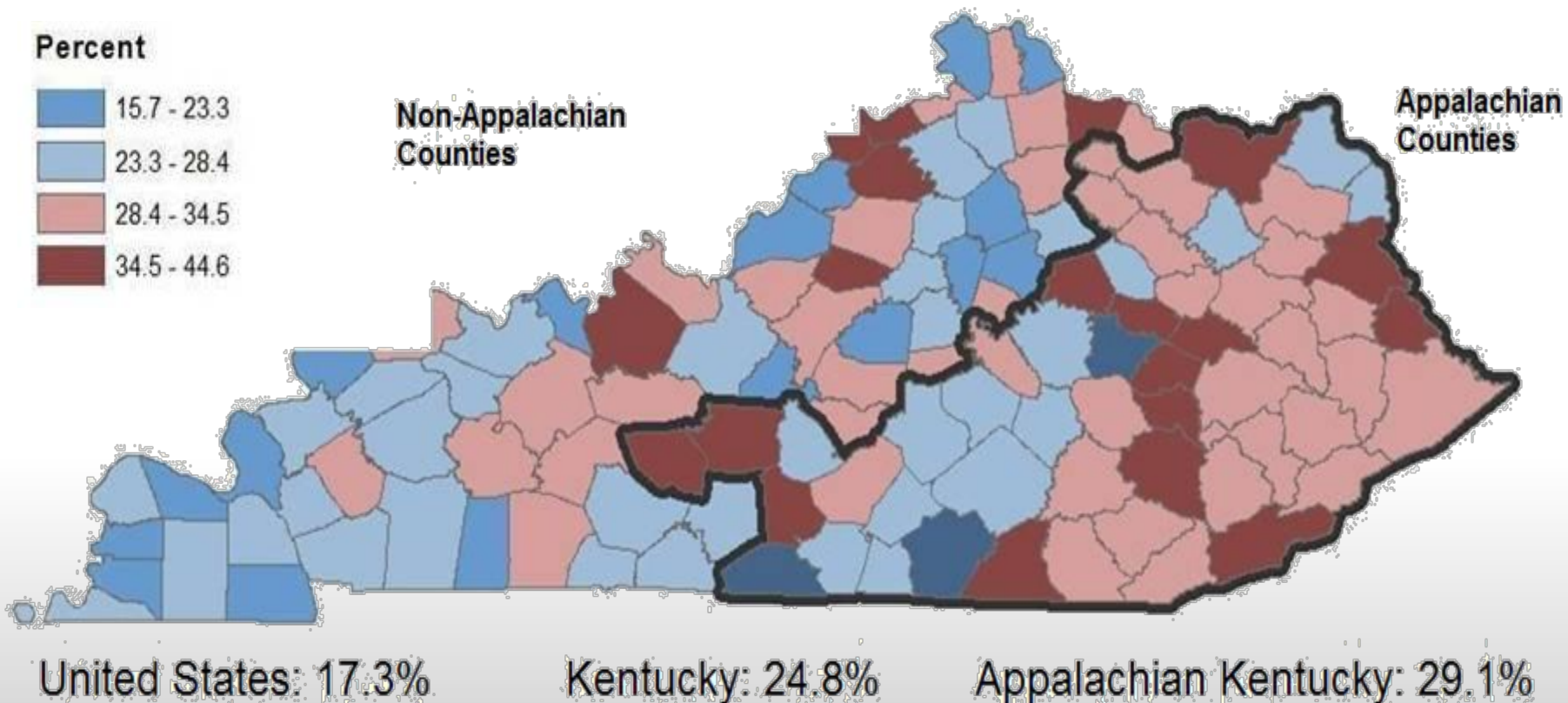
Nancy E. Schoenberg, Ph.D.

Marion Pearsall Professor of Behavioral Science



Support: NIH/NIMHD and NCI,
R24MD00Z75741

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 | Bledsoe Church of God of Prophecy |
| Lewis Creek Pentecostal Church | Immanuel Baptist Church |
| Corinth Baptist Church | Neon First Church of God |
| Premium Baptist Church | Smith Creek Full Gospel Pentecostal |
| Kings Chapel Church | Isom Presbyterian Church |
| Whitesburgs First Baptist Church | Faith Community Church |
| Holy Trinity Tabernacle Church | My Father's House in Jenkins |
| Church of Christ in Harlan | Church of Jesus Christ of Latter Day Saints |
| Hurricane Gap Baptist Church | Cornerstone Community Church |
| Wabaco Christian Church | Jeremiah Missionary Baptist |
| Consolidated Baptist | Holy Trinity Catholic Church |
| Hindman United Methodist | |
| Whitesburg United Methodist Church | |
| House of Prayer | |
| Wallins Methodist 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.

Aims	Outcomes
Retention	91% retained
Fidelity	Median # sessions attended=7. 27% attended all 12 sessions
Smoking cessation	36.2% quit in intervention compared with 2.6% in control





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