Building a Healthier Community

Report of the Tithe Fiscal Year 2011

PALMETTO HEALTH
Modeled after a similar two-day event held in Greenville in 2010 and sponsored by the S.C. Hospital Association, S.C. Mission 2011 was a collaboration between Palmetto Health, area hospitals, United Way of the Midlands, the S.C. Hospital Association, and non-profit organizations who recognized the tremendous need in the community for accessibility to healthcare services.

Services valued at over $1 million were provided at S.C. Mission 2011. In the end:

- 2,054 patients were served
- 1,075 patients received medical services
- 650 patients received vision services
- 525 patients received free glasses
- 500 patients received dental services
- 1,142 prescriptions were provided for 698 patients
December 15, 2011

Mr. C. Earl Hunter
Commissioner
Bureau of Health Facilities and Services
SC Department of Health & Environmental Control
2600 Bull Street
Columbia, SC 29201

RE: COPA Annual Report

Dear Commissioner Hunter:

We are pleased to provide the Annual Report covering the period October 1, 2010 through September 30, 2011, in accordance with the terms of our Certificate of Public Advantage (the COPA) issued by your Department on May 8, 1997 and modified on November 18, 2003.

It is a privilege for us at Palmetto Health to have this opportunity to continue our role as a leader in providing services benefiting our communities.

We look forward to reviewing this report with you and your staff and are prepared to respond to any questions you may have regarding the content of this report.

Sincerely,

[Signature]
Charles D. Beaman, Jr.
Chief Executive Officer

Attachment: COPA Annual Report

c: Beverly Patterson, Director, Bureau of Health Facilities and Services Department, SC, Department of Health and Environmental Control
Jerome D. Odom, Ph.D., Chairman of the Board, Palmetto Health
Cancer Health Initiative
- Performed 5,404 screenings and intervention services to 3,135 participants. Through these efforts, 7 cancers, 8 cervical dysplasias and 16 colon polyps were detected.
- Screened 1,113 patients during the Cancer Initiative’s weekly screening clinic.
- Partnered with First Baptist Church in Columbia to host annual women’s community health program. Approximately 200 participants attended and 50 patients received cancer and diabetes screenings.
- Partnered with Benedict College’s annual African American Heritage Celebration, Harambee, and provided prostate education and screening for 29 men.
- In partnership with the American Cancer Society, provided prostate education and screening for 70 men during the annual African American Men’s Health program.
- The Real Men Prostate Health Campaign, in conjunction with 18 faith-based/civic organizations, provided 470 men with prostate cancer education and screening.
- Awarded $1,000 from the Macy’s Foundation in support of the annual Women’s Health in Full Bloom event.
- Held 184 community cancer screening events as a result of community requests.
- The Cancer Initiative Case Management Team followed 349 patients as a result of abnormal findings during a cancer screening.
- The Smoking Cessation program provided prescriptions to 123 patients and cessation services to 157 participants. Those who completed the program had a quit rate of 74 percent. Among those who are still smoking, the average amount of smoking reduction was 83 percent.

Diabetes Health Initiative
- Performed screening for early detection and prevention of type 2 diabetes to 3,411 adults. As a result of these efforts, 61 were diagnosed diabetic and 1,112 were diagnosed pre-diabetic.
- Held over 275 diabetes screening events.
- Educated 2,765 people about diabetes, nutrition, physical activity and heart disease.
- 990 individuals attended the Women at Heart Forum and Exhibition.
- 464 women were provided free blood work consisting of hemoglobin A1C, fasting glucose and a fasting lipid panel.
- Women also made commitments to make lifestyle changes at the 2011 Women at Heart event.
- Healthy Palmetto enrolled 1,618 new walkers in the walking program, bringing the total number of registered walkers to over 8,000.
- Healthy Palmetto Walking Club members walked 2,769,979,743 steps.
- Adults and children enrolled in lifestyle change programs made significant health improvements. Of those enrolled, 77 percent showed measurable improvement in health indicators including hemoglobin A1c, body fat percentage, weight, BMI, blood pressure and waist circumference.

Maternal and Child Health -- Palmetto Healthy Start
- Enrolled 1,290 pregnant women and 1,164 infants into the program.
- Provided 5,234 home visits.
- In collaboration with the March of Dimes, honored five individuals at the 5th Annual Heroes in the Field award luncheon and symposium.
- Celebrated Infant Mortality Awareness Day on September 30, 2011.
- Held childbirth class for 827 participants.
- Pregnancy Prevention Initiative provided 3,435 contacts and Oral Health Services provided 692 contacts.
- Thirty-nine percent of Palmetto Healthy Start Interconceptional Care (ICC) participants completed their postpartum visit within the first 60 days after delivery – goal was 30 percent.
- In FY2011, the infant mortality rate for PHS was 1.8/1000 live births compared to 7.8 in 2009 for African Americans in the target area.
**Maternal and Child Health – Teen Health Initiative**

- Increased teen health education contacts by 45 percent (243,643)
- The 7th Annual Teen Summit provided teen pregnancy prevention education to more than 600 students and 100 parents.
- Collaborated with Columbia College’s Leadership Institute to increase teen pregnancy prevention education and leadership development among older teen girls by 200 percent (1,550 contacts)
- Zero reported pregnancies among Teen Health Initiative participants.
- Enrolled 2,319 participants and established 243,643 teen contacts in Richland and Lexington Counties.
- Trained 524 college freshmen in reproductive health and sexuality education.
- Trained twelve community advocates on best practices in teen pregnancy prevention.
- Trained 74 parents on parent/child communication.
- Through the Teen Reach pregnancy prevention program, 367 contacts were made.
- Hosted Teen Talk in 38 schools.

**Richland Care**

- Enrolled 2,067 new participants.
- Made 1,894 referrals for specialty care.
- Over 220 calls were made to the Richland Care nurse line.
- Partnered with 13 medical homes to provide primary care service for the uninsured.

**Community Partnership Initiatives**

- 1,168 dental patients visited the Columbia Oral Health Clinic for low-income, HIV/AIDS adults. Patients received services such as cleanings, fillings and partial or full replacement of teeth.
- Through a partnership with Family Service Center, there were 1,298 dental visits for Medicaid children and low-income, uninsured adults. Patients received services that included routine cleanings and fillings.
- The Parish Nurse Program provided 1,912 patients with services to the elderly living in City of Columbia Housing properties. The program offers services such as educational sessions, monitoring of chronic conditions and medications, referrals to specialty care and other services and home visits.
- Through a partnership with Mental Illness Recovery Center, Inc. (MIRCI), community based services were provided to individuals recovering from mental illness or severe emotional problems. Clients’ hospitalizations decreased by more than 16 percent after enrolling in MIRCI, length of stay decreased by almost two days, emergency department visits decreased by more than 26 percent, and ER visits dropped by 30 percent where mental illness was the reason for the visit.
- Through a partnership with Carolina Hearing Aid Bank, 15 people received free hearing aids.
- Palmetto Health partnered with Absolute Total Care to provide free swimming lessons to children in Richland and Lexington counties. 298 students learned how to swim.
- Palmetto Health partnered with Palmetto Poison Center to provide poison prevention education to students in Richland County. 2,560 children were educated.
- A partnership with the University of South Carolina School of Medicine provided funding for one student to study medicine.
- Palmetto Health and Palmetto Conservation partnered to provide 403 children and senior citizens with physical activity education and hikes.
- Project Breathe Easy enrolled 171 parents into the program and provided 223 home visits and 1,558 telephone contacts to 200 children
- Provided Welvista with $250,000, allowing them to provide prescription medications for 3,752 patients. These patients had 9,448 prescriptions filled, valuing over $3,706,676.
- Partnered with James Clark Sickle Cell Foundation. Palmetto Health provided $20,000 for case management services to 25 Columbia residents. These services led to greater compliance and fewer emergency department visits.
- Partnered with the Ambulatory Care Transition Team (ACTT), which works to establish a community based model of care for patients at high risk for readmission, irrespective of payer source. Funding provided led to service for 139 high risk patients, of which 84 percent failed to have a hospital re-admission within 30 days of their hospital discharge.
Following Fiscal Year 2011 and as a result of 14 years of service to the community, the Palmetto Health Office of Community Services has spent $33,831,124 on services targeted to indigent, uninsured and medically underserved individuals.

Awards and Recognition for Palmetto Health

2010 and 2011:
Finalist for the American Hospital Association’s Foster G. McGaw Award

2008:
Palmetto Healthy Start finalist for the American Hospital Association's NOVA Award

2007:
Palmetto Health’s Richland Care Program recipient of the American Hospital Association’s NOVA Award
Palmetto Health’s Cancer Initiative receives S.C. Healthy Challenge Award for its Trumpeter Program

2006:
Palmetto Health’s Cancer Initiative receives the S.C. Healthy Challenge Award for its smoking cessation program
Palmetto Health’s Vision and Dental Initiatives finalists for the Premier Cares Award

2005:
Palmetto Health's Vision Initiative receives American Hospital Association's NOVA Award

2004:
Recipient of the South Carolina Hospital Association’s Community Service Award

*Year 1 was seven months.
Palmetto Health’s commitment is to return to the community 10 percent of its annual bottom line for 35 years.
When Kim Irwin first discovered the lump in her breast in June 2010, she waited to call her doctor. She had a gut feeling that it was cancer, but she didn’t know what she would do with the news since she didn’t have health insurance. Kim works as a hair stylist but her husband had recently lost his job, which caused them to lose health insurance for their family. Once Kim called her OB/Gyn, she was sent to the Cancer Health Division at the Office of Community Services. The staff there helped Kim navigate through a diagnosis of breast cancer, which she received after a biopsy and mammogram. A double mastectomy and reconstructive surgery followed in September. Kim said that she couldn’t have received better care and “was treated like family by her doctors and their staffs.”

Although her breast cancer was Stage 1, it was in a very aggressive state. After 16 weeks of chemotherapy, Kim returned to work in November 2010. Although Kim’s initial gut feeling was correct, she is grateful that her story is now one of survival.
The Cancer Health Initiative has completed its fourteenth year of providing services to the uninsured and underserved residents of Richland, Lexington, and Fairfield counties. This initiative addresses the following five cancers: breast, cervical, lung, prostate and colorectal. Cancer education, screenings and lung health services are available to participants at health fairs, schools, faith-based, civic organizations, businesses and clinics. The program also provides intensive follow-up care and case management for patients with abnormal screening results. Since South Carolina has one of the highest prostate and lung cancer mortality rates in the nation, an exception was made by the S.C. Department of Health and Environmental Control (DHEC) to provide prostate cancer screenings and lung health services to the general public.

During this fiscal year the Cancer Health Initiative provided 11,947 services to 8,897 participants.

- 5,404 screenings to 3,135 patients
- 6,543 lung health intervention services for 5,762 participants

**PROGRAMS**

To address the community’s needs regarding racial and social-economic disparities between those who receive preventative cancer care and treatment, and those who do not, Palmetto Health created the Cancer Health Initiative.

**Clinic Screening**

In order to provide clinic-based services, the Cancer Health Initiative has partnered with Palmetto Health Women’s Center (1801 Sunset Drive) and Palmetto Health Breast Center’s mobile breast clinic.

Abnormal breast and cervical findings are referred to Palmetto Health Richland Women’s Center. Abnormal prostate findings are referred to Columbia Urological Services, and those eligible for colonoscopies are referred to Columbia Gastrointestinal Endoscopy Center and to Columbia Colon and Rectal Surgeons for further evaluation. Mammograms are scheduled for age-appropriate participants through the South Carolina Comprehensive Breast Center at either Palmetto Health Richland or Baptist campus.

**Community Requests**

Prostate cancer screenings are offered weekly throughout the community at established health fairs and community events.

**CANCER SCREENING PROTOCOLS**

Participants are required to sign a consent form and have a primary health care provider. If they do not have a primary health care provider, they must select one from a list prior to services being rendered. Patients with an abnormal finding receive a telephone call and/or a letter from a health care provider.

Patients without insurance who have an abnormal finding are referred for additional services. These evaluative services are paid for through the Cancer Health Initiative. Patients receive an appointment letter that serves as an authorization for payment of services. Arrangements are made with the provider prior to the patient’s visit to ensure the patient is not billed for services. The Cancer Initiative uses numerous providers to ensure patients have ongoing access to medical care.
### Cancer Screening & Intervention Outcomes 2009-2011

<table>
<thead>
<tr>
<th>Screening &amp; Intervention</th>
<th>Participants</th>
<th>*Services</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breast exams</strong> (Clinical breast exam, mammogram &amp; ultrasound)</td>
<td>4,333</td>
<td>11,447</td>
<td>17 breast cancers</td>
</tr>
<tr>
<td><strong>Cervical exams</strong> (Pelvic exam, Pap Smear, ultrasound &amp; colposcopy)</td>
<td></td>
<td></td>
<td>5 gynecological cancers 38 cervical dysplasias</td>
</tr>
<tr>
<td><strong>Colorectal exams</strong> (Colonoscopy)</td>
<td>92</td>
<td>92</td>
<td>1 colon cancer 36 polyps removed</td>
</tr>
<tr>
<td><strong>Prostate exams</strong> (Prostate specific antigen and digital rectal exam)</td>
<td>6,299</td>
<td>6,523</td>
<td>14 prostate cancers</td>
</tr>
<tr>
<td><strong>Lung Health</strong> (Smoking Cessation and Trumpeter Campaign)</td>
<td>12,110</td>
<td>14,790</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td>22,834</td>
<td>32,696</td>
<td>37 cancers found and referred for follow-up treatment</td>
</tr>
</tbody>
</table>

*Participants may receive multiple services.*

### SMOKING CESSATION

This initial report covers baseline and end-of-treatment assessment of smokers admitted to the smoking cessation program from October 2010 to September 2011. There were no December 2010 classes due to the holidays. No data are available for May 2011.

There were a total of 157 persons enrolling into the program and 136 smokers who attended at least one class in the program. Of those attending the classes, 57 completed the entire treatment plan (42 percent). Each session was conducted over six meetings of about 90 minutes each. The first three visits non-coercively dealt with motivation to quit smoking and the final three sessions dealt with cognitive-behavioral skills to quit smoking as refined over the course of the project. All data are self-reported.

Smokers’ initial meeting is a consultation with Gary Ewing, MD. During this meeting, participants receive a medical check-up and, if desired, a prescription for either Chantix, Zyban or the Nicotine Patch. Of the patients enrolled, 93 percent received medication.
FYE PROGRAM RESULTS
74 percent of program participants reported to be smoke free (no usage of tobacco products)
- The remaining participants that were not smoke free reported an average decrease of 83 percent in their tobacco usage.

CASE MANAGEMENT
The case management system is a vital component of the screening process. The case management team provides assistance to patients to ensure identified populations receive the level of health care that represents Palmetto Health's mission and values. Our primary goal is to provide case management to all patients who have abnormal findings requiring further evaluation and/or treatment. The case management coordinators assist patients in ensuring their follow-up medical appointments are kept and the findings are understood by the patient. The case management team also provides psychological support and resources as needed.

In FY 2011, 349 patients were followed by The Cancer Initiative Case Management Team due to abnormal findings during one of their cancer screenings. Of these abnormal findings, there were 7 cancers, 8 cervical dysplasias and 16 colon polyps detected.

PSYCHOSOCIAL SUPPORT GROUP
The case management team facilitates the MARYS (Meeting and Reviving Your Spirit) on the second Tuesday of each month at Palmetto Health's Celia Saxon Health Center at noon. MARYS is designed specifically for the unique needs of African-American women diagnosed with cancer. This group provides a safe environment in which women can share their experiences with others and receive psychosocial, educational and spiritual insight and support.

FY 2011 Abnormal Findings

<table>
<thead>
<tr>
<th>Finding</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-cancer diagnosis</td>
<td>233</td>
</tr>
<tr>
<td>Colon polyps</td>
<td>16</td>
</tr>
<tr>
<td>Cervical dysplasias</td>
<td>8</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>4</td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>2</td>
</tr>
<tr>
<td>Gynecological Cancer</td>
<td>1</td>
</tr>
</tbody>
</table>

*Results are pending for 23 cases and 62 cases were unable to follow due to phone/address change or no response to certified mail.
Palmetto Health’s Second Annual Women’s Health in Full Bloom was held May 14, 2011, at First Baptist Church of Columbia. Hosted by Ms. Erika Williams of WFMV, this free event featured speakers such as Gary Bell, M.D., who spoke about women’s health. Ms. Betsy Neal spoke about musical therapy and the special guest for the program was breast cancer survivor, Gwen Spann.

The 200 attendees were also treated to an exercise session led by T.Q. Billups, skin care and beauty tips by Joveta Gordon and a hands-on healthy cooking demonstration with Mrs. Ava Dean.

While enjoying lunch, participants heard a presentation from Christopher, of Christopher’s Originals. Christopher presented Hat’s Off to Women, a hat show featuring Palmetto Health employees, Bloom volunteers and participants as models.

Qualifying participants were able to receive free clinical breast exams and mammograms as well as other screenings offered by Palmetto Health. This event was a great success and will be held in Spring 2012.
Janette Robinson decided to change her life on a Fall morning in September 2009. She attended the Women at Heart Event, sponsored annually by the Diabetes Health Initiative of the Office of Community Services. “Attending this event changed my life,” said Janette. I learned how to take better care of myself and live a healthy life.”

Janette didn’t just learn how to eat better and make smarter, more heart-healthy choices; she started distance running. She has run six half-marathons since 2009 and on November 2, 2011, Janette completed the Savannah Inaugural Rock-n-Roll Marathon. Her goal was to complete the marathon in under seven hours. She did it, with a time of 6 hours, 57 minutes, 3 seconds! Janette is proudly wearing her marathon medal in the photo on the left.
During Fiscal Year 2011, the Diabetes Health Initiative served 7,793 people.

The Diabetes Screening, Education and Prevention Initiative was born out of the need for a comprehensive screening initiative to detect and diagnose diabetes at an early stage of development while providing education to those at risk for developing type 2 diabetes. While there are programs that provide education and other services to diabetics, there are few that offer community screening and education to those at risk for developing type 2 diabetes on an ongoing basis.

This year, 3,411 diabetes screening tests were performed. By providing screening to individuals at an early stage, patients can be referred to their physicians for early intervention and the possible prevention of diabetes or diabetes complications.

SCREENING
Screenings are provided to adults who are at high risk for developing type 2 diabetes. Screenings are held in churches, community events, health fairs, health and human services organizations and at stationary clinic sites throughout the community. There are no income eligibility requirements and all screening tests are performed free of charge. The tool used to determine whether or not an adult is "high-risk" is the American Diabetes Association (ADA) “Take the Test, Know the Score” risk factor assessment. The screening test used is the plasma glucose test. This test is a venous blood sample and is drawn by a licensed professional. All patients with values that are considered “abnormal” are referred to a primary care physician for a fasting plasma glucose test to definitively diagnose diabetes. A patient is not classified as a diagnosed diabetic until this second test is performed and diabetes is confirmed.

A unique component of this screening initiative is the level of follow-up provided to the patient. Patients whose test results are considered “normal” receive a letter from a case manager stating that the test performed yielded normal results. Patients who require further follow-up testing because of an abnormal test result receive a call from the case manager to discuss the significance of the test results. The case manager also encourages the patient to schedule an appointment with a primary care physician in order to have a fasting plasma glucose test to diagnose diabetes. In addition to the case manager’s call, the patient receives a letter in the mail stating that the plasma glucose test results were abnormal. In this letter, the patient is once again encouraged to schedule an appointment with a primary care physician. Test results for patients with abnormal results are forwarded to their primary care physician and the patient. The case manager follows up with the patient to provide support and encouragement. Next, the case manager contacts the patient’s primary care physician to determine whether or not diabetes has been diagnosed.

All patients diagnosed as diabetic receive a packet of information from Palmetto Health that includes information on diabetes care, a cookbook and a guide to foot care. Diagnosed patients also are provided information on Palmetto Health’s Diabetes Education Program.
programs. Patients who are not diagnosed as diabetic are put into a yearly reminder queue and sent annual reminder letters for diabetes screening.

In FY 2011, diabetes screenings were offered at various sites throughout the community. More than 2,600 men and women were screened for diabetes as a result of partnerships with various agencies and organizations in the community.

The more traditional methods of screening include subleased office space at 1801 Sunset Boulevard and the Samaritan Health Clinic of Pickens County. Positive relationships with area churches and schools are also maintained.

**EDUCATION**

Education regarding type 2 diabetes is provided through various sites in the community. Physicians, nurse practitioners, nurses, social workers and health educators provide educational sessions throughout the community.

The *Diabetes Prevention Program* is provided for those diagnosed by a doctor as pre-diabetic. Pre-diabetes is a condition that raises the risk of developing type 2 diabetes, heart disease and stroke. People with pre-diabetes have blood glucose levels higher than normal but not high enough to be classified as diabetes. Progression to diabetes among those with pre-diabetes is not inevitable. Studies have shown that people with pre-diabetes who lose weight and increase their physical activity can prevent or delay diabetes and even return their blood glucose to normal levels. Participants in this program are asked to achieve and maintain a seven percent weight loss and exercise at least five times per week. Classes are taught by physicians and nurses and are free to Richland County residents.

Heart disease is the number one killer among diabetics and women. Palmetto Health addressed this issue by providing the *Women at Heart Forum and Exhibition*. Women received information regarding heart disease risk factors, symptoms of heart attack that differ from men, and heart healthy cooking. Women also learned the effects of stress and lack of sleep on their heart health. Fitness and cooking demonstrations were provided as part of this fun, interactive event. Free heart health screenings were provided.

Poor nutrition and being overweight or obese are major risk factors for diabetes. The *Healthy Palmetto Program* addresses poor nutrition and physical inactivity. The program is comprised of five components:

1. **Healthy Palmetto Walking Program**
   This program is an incentive-based walking program. Members receive a pedometer, access to America on the Move’s online service that tracks progress, a monthly newsletter and incentives for reaching levels of achievement.

2. **Fit Together**
   A series of classes focusing on diabetes, nutrition and physical activity are offered to fifth-grade students at participating schools and churches. The goal of the program is to encourage children to make healthy choices to prevent chronic diseases, such as type 2 diabetes. This course is taught during school hours by health professionals.

3. **WE CAN**
   The *Ways to Enhance Children’s Activity & Nutrition* program is designed to help children 8-13 years old stay at a healthy weight by improving food choices, increasing physical activity, and reducing screen time. This program focuses on parents and families in community settings. Families have a big impact on shaping the behavior of children. Currently, Palmetto Health is one of two providers approved by NIH in the state of South Carolina to offer this program.

4. **Healthy Palmetto Challenge**
   The *Healthy Palmetto Challenge* was developed to address the issues of childhood obesity by helping children and their families lose weight and develop
healthy lifestyles. Children in the program receive a complete physical, a readiness to change assessment, a health behavior assessment, two sessions per week with a personal trainer, weekly Family Fitness Friday Sessions, a free four-month family membership to the YMCA, weekly nutrition and weigh-in sessions with a registered dietitian and group nutrition sessions twice per month with recipe ideas and cooking demonstrations. Children in the program also receive individual and group counseling, cookbooks, recipes and other nutrition support materials and food and physical activity logs.

**SCREENING OUTCOMES**
The total number of screening tests performed was 3,411. Of those screened, 44.5 percent had abnormal test results. Sixty-one cases of type 2 diabetes and 1,122 cases of pre-diabetes have been diagnosed as a result of efforts in FY 2011.

Forty-two percent of those screened were women. Of those screened, 66 percent were black, 25 percent were white, eight percent were Hispanic and one percent listed themselves in other categories.

Of those screened, 66 percent were from Richland County and 20 percent were from Lexington County. The remaining 14 percent were from other counties. Often, people at high risk for type 2 diabetes exhibit signs and symptoms. The table above illustrates the signs and symptoms reported by those screened:

In order to qualify for diabetes screening, participants age 18-44 must complete a risk assessment and score a 10 or higher on the Diabetes Risk Assessment. According to American Diabetes Association Clinical Practice Recommendations, those 45 and older are eligible for testing regardless of their risk score.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Percentage Reporting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extreme thirst</td>
<td>17.4%</td>
</tr>
<tr>
<td>Blurry vision</td>
<td>17.8%</td>
</tr>
<tr>
<td>Frequent urination</td>
<td>21%</td>
</tr>
<tr>
<td>Unusual tiredness or drowsiness</td>
<td>15.5%</td>
</tr>
<tr>
<td>Unexplained weight loss</td>
<td>5%</td>
</tr>
<tr>
<td>Frequent or recurring infections</td>
<td>3.7%</td>
</tr>
<tr>
<td>Tingling/Numbness in hands or feet</td>
<td>19.6%</td>
</tr>
</tbody>
</table>

**Pre- and Post-test data for Fit Together Participants**

<table>
<thead>
<tr>
<th></th>
<th>Pre-Test (n=379)</th>
<th>Post-test (n=366)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average score</td>
<td>30.12%</td>
<td>77.32%</td>
</tr>
<tr>
<td>Highest score</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>Lowest score</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>No. of 100% scores</td>
<td>1</td>
<td>110</td>
</tr>
<tr>
<td>No. of scores 80% and above</td>
<td>5</td>
<td>200</td>
</tr>
</tbody>
</table>

**Fit Together**
Eleven schools, organizations and after school programs participated in the Fit Together program and 552 students from Richland and Lexington counties participated in the program.

Participants increased basic type-2 diabetes and health knowledge from pre-to-post, with almost 70 percent more answering five or more questions correctly in the post- than in the pre-test. Participants did extremely well understanding healthy food options and physical activity requirements, especially in relation to preventing type 2 diabetes.

Healthy Palmetto was also asked to participate in a USDA Fresh Fruit and Vegetable Grant proposal for Davis Elementary. Davis received that grant and Fit Together was taught to the entire school. A special curriculum and pre/post test were developed especially for Davis’ K4-3rd grade.
WE CAN
(Ways to Enhance Children’s Activities and Nutrition)
Healthy Palmetto is a registered site for the We Can program. In December 2010, the National Heart, Lung, and Blood Institute (NHLBI) announced the opportunity to win $3,000 to assist with any We Can programs. Healthy Palmetto applied for the assistantship and won.

NHLBI also asked that sites show sustainable opportunities and promote collaboration with community sites.

One of the goals was to promote behaviors that would improve food choices and increase physical activity.

Healthy Palmetto
Challenge
The Healthy Palmetto Challenge (HPC) began in January 2011 with five children between the ages of nine and thirteen and their families. The program was a collaborative effort between Palmetto Health, Healthy Lifestyle, USC Goodbodies, and the YMCA.

Evaluation and Conclusion
FY 2011 is the first year that all participants came from the Palmetto Health Children’s Hospital Healthy Lifestyles program. Participants were screened using a behavioral health questionnaire to assess readiness for the program. This assessment tool provided a better understanding of which participants and families were most ready to enroll in the program and make the necessary lifestyle changes.

Healthy Palmetto Challenge students participated in a number of fun physical activity events outside of their workout time. These events helped the students and their families reach physical activity goals.

Of those who participated in the program, three experienced weight loss and all students improved on some component of their physical assessment and body circumference measurement.

Pre- and Post-program Physical Assessment Averages for Healthy Palmetto Challenge Participants

<table>
<thead>
<tr>
<th>Assessment</th>
<th>PRE-</th>
<th>POST-</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit and Reach (cm)</td>
<td>31.44</td>
<td>32.74</td>
</tr>
<tr>
<td>Curl-ups</td>
<td>23.0</td>
<td>38.20</td>
</tr>
<tr>
<td>Push-ups</td>
<td>10.8</td>
<td>15.60</td>
</tr>
<tr>
<td>Balance (eyes open)</td>
<td>38.99</td>
<td>49.85</td>
</tr>
<tr>
<td>Balance (eyes closed)</td>
<td>14.18</td>
<td>19.14</td>
</tr>
<tr>
<td>Shuttle run</td>
<td>14.89</td>
<td>14.17</td>
</tr>
<tr>
<td>50-foot hop</td>
<td>9.19</td>
<td>8.62</td>
</tr>
<tr>
<td>Standing broad jump</td>
<td>56.78</td>
<td>53.51</td>
</tr>
<tr>
<td>60-foot dash</td>
<td>5.51</td>
<td>4.68</td>
</tr>
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Body Circumference Measurements for Healthy Palmetto Challenge Participants

<table>
<thead>
<tr>
<th></th>
<th>Arm</th>
<th>Abdomen</th>
<th>Hips</th>
<th>Thigh</th>
<th>Calf</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-</td>
<td>12.32</td>
<td>38.50</td>
<td>41.74</td>
<td>22.80</td>
<td>16.26</td>
</tr>
<tr>
<td>Post-</td>
<td>11.24</td>
<td>37.84</td>
<td>40.40</td>
<td>21.80</td>
<td>14.34</td>
</tr>
</tbody>
</table>
Healthy Palmetto Summer Challenge
In FY 2011, a pilot program was added to assess the effectiveness of the Super Heroes and Sole Food programs offered through the Health Coach company. Students were enrolled in a three month program over the summer to continue or begin a healthy lifestyle regimen. Five participants were enrolled in the program; three were new participants and two were from the spring Healthy Palmetto Challenge class.

The results were much like those of the spring. Three participants lost weight. In addition, a decrease in BMI was seen for the summer group.

The summer program was a success, and Healthy Palmetto will be partnering with Health Coach again for FY 2012 to do the nutrition part of the spring Healthy Palmetto Challenge.

Healthy Palmetto Walking Program
The walking program provides education and encouragement for participants to walk the recommended number (10,000) of steps each day. Participants receive a pedometer and walking log to keep track of their steps and are given goals to reach to receive incentives such as key chains, water bottles, sweat towels, t-shirts and tote bags. Participants are encouraged to participate in walking challenges and walks throughout the year.

One thousand four hundred and forty five people participated in twenty seven walking challenges held for fiscal year 2011. Some were with local businesses, Palmetto Health employees and churches. In FY 2011, 1618 people who enrolled in the walking program. Walkers reported taking 276,979,743 steps.

Body Mass Index and Body Fat Percentages
Healthy Palmetto also participated in taking 628 BMI & Body Fat analyses at different events. Participants are educated regarding their results and given educational materials detailing lifestyle change options and information about upcoming free events and classes offered by Palmetto Health and others.

Additional Programs and Services
Healthy Palmetto partnered with Oak Grove Elementary School to help sponsor their first ever walking club. The Coordinator and Health Educator went out every first Thursday and Friday to provide water and hot chocolate. Participants received a sticker for participation and recorded under their specific grade. The grade with the highest number of stickers, participation, won for the year. The school now has a paved track and Healthy Palmetto is participating for FY 2012.

Healthy Palmetto also partnered with the South Carolina Public Health Association. Two hundred fifty six participants walked 45,498,137 steps or 22,749 miles.

The Diabetes Health Initiative established a partnership with the Columbia Urban League for the “I AM Woman” program. Educational and physical activity classes were provided for the program. The “I AM Woman” program provided very important social support, confidence building, and education that has empowered participants...
to live healthier lifestyles. Women in this program gained knowledge in basic nutrition and physical activity that will help them make important behavior changes for a healthy life.

Perceptions towards healthy eating from the very beginning of the “I AM Woman” program until the end of the last session, as measured on surveys, changed for the better. More participants felt that they were able to choose healthy food choices for their families by the end of the program. Sixteen percent more participants felt the healthy eating is very easy to do by the end of the program. These key attitudes, combined with knowledge, will make health behavior change more possible and sustainable for participants over time.

### You’re Pre-diabetic: Now What Classes

The introductory class to the “Pre-Diabetes Now What?” program is a general overview of nutrition and physical activity. The USDA’s My Plate guide and the exercise pyramid were used to discuss recommendations for diet and physical activity. Goal-setting was also taught and encouraged. Participants increased their knowledge scores dramatically and in the post-test, 81 percent of the participants scored at least 80 percent on the post-test compared to only 22 percent scoring an 80 percent or above in the pre-test.

### Lifestyle University

Lifestyle University is a six-week program designed to help participants make and sustain lifestyle changes that will enable them to lower blood pressure, cholesterol and blood sugar. There were 38 people enrolled in FY 2011 and 28 finished the classes. There were 15 people who showed improvement in at least one measurable health indicator. Change is measured with BMI/body fat, blood pressure or weight.

### Case Management Outcomes

All patients found to have test results that show an pre-diabetic or abnormal level are referred to social worker case manager (SWCM) for follow-up. Each patient with abnormal HgA1C value receives a phone call and a letter from the staff nurse. The social worker case manager follows the patient to ensure that appointments are kept and to determine the outcome of subsequent doctor’s appointments. Diagnoses of diabetes are made after the patient has had a second test performed by his or her doctor. A physician’s signature on a diagnosis form is required to confirm the diagnosis.

### Pre- and Post-test Data for You’re Pre-diabetic: Now What Participants

<table>
<thead>
<tr>
<th></th>
<th>Pre-Test (n=49)</th>
<th>Post-test (n=54)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Score</td>
<td>58.16%</td>
<td>85.19%</td>
</tr>
<tr>
<td>Highest Score</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>Lowest Score</td>
<td>16.67%</td>
<td>16.67%</td>
</tr>
<tr>
<td>No. of 100% scores</td>
<td>2</td>
<td>25</td>
</tr>
<tr>
<td>No. of scores 80% and above</td>
<td>11</td>
<td>44</td>
</tr>
</tbody>
</table>

Of those screened, 1,520 cases were referred to the social worker for follow-up. Of those cases, sixty-one were eventually found to be diabetic and 1,122 were found to be pre-diabetic.

### Next Steps

In FY 2012, The Diabetes Health Initiative will continue to provide screening and education to those at risk for developing type 2 diabetes. We also will continue to expand the Diabetes Prevention Program modeled after the National Diabetes Prevention Program Study (DPP). Results from the study show that with modest weight loss and physical activity, there was a substantial reduction in diabetes among older adults who were at very high risk for diabetes. The results from the DPP were so compelling that the trial was ended a year early. In FY 2012 we will continue to:

- Provide free screening for type 2 diabetes to high-risk adults in the community
- Increase the percentage of diagnoses confirmed by Case Management when patients test results are “elevated”
- Provide free education regarding healthy lifestyles and type 2 diabetes to adults and children
- Provide educational training and materials to physicians, patients, caregivers and others on the importance of early diagnosis of pre-diabetes and diabetes
- Increase number of physician referrals into the Diabetes Prevention Program

We will continue to increase and expand our efforts to address the issues of adult and childhood obesity.
Heart disease is the number one killer among diabetics and women. Palmetto Health addresses this issue by providing the Women at Heart Forum and Exhibition annually. Women receive information regarding heart disease risk factors, symptoms of heart attack that differ from men, and heart healthy cooking. Women also learn the effects of stress and lack of sleep on their heart health. Fitness and cooking demonstrations are provided as part of this fun, interactive event.

The 2011 Women at Heart Forum and Exhibition was a great success with 990 attendees and 466 heart healthy screenings. Attendees overwhelmingly rated the event as excellent and effective.
Shayla and Malachi Jeter
Shayla Jeter was 19 years old and nine weeks along when she found out she was pregnant with her first child. “I was basically clueless about being pregnant,” said Shayla. Her aunt, who is also a resource mother with Palmetto Healthy Start, got Shayla involved with the program. She learned about how to take care of herself during pregnancy and also attended parenting classes. She thanks Palmetto Healthy Start with helping her “sort through the myths that you hear about pregnancy and parenting.”

In June 2011, Malachi Geter was born. Shayla’s “love,” Malachi is a healthy baby whose smile lights up any room. Shayla is finishing up the phlebotomy program at Central Carolina Technical College in January 2012, and is looking forward to working in a blood bank or a hospital. As a single parent, she is eager to “provide a better life” for her and her son.
Palmetto Health’s Maternal and Child Health Program targets medically-indigent, expectant mothers and infants in Richland, Fairfield, Lexington and Sumter counties. Palmetto Healthy Start (PHS) was formed in 1997 and is a community-based federally-funded program under the auspices of Palmetto Health. The goal of PHS is aimed at reducing infant mortality, low birth weight and racial disparities in perinatal health outcomes.

PHS began to provide prenatal care services to low-income pregnant women in four zip code areas of Richland County in 1998 and expanded to Richland and Fairfield counties in 2001. PHS expanded its service area to include Lexington and Sumter counties in 2010 through an additional grant received from the Bureau of Maternal and Child Health of the Health Resources and Services Administration (HRSA).

**Number of Participants Served**

Increasingly, more low-income pregnant women are receiving prenatal care services through PHS. The number of participants served by the PHS program has steadily increased over time. In 2011, 2,783 women, including 1,290 newly enrolled pregnant women and 1,164 infants, received prenatal care and/or interconceptional care as well as well baby services.

**Initiated Prenatal Care in First Trimester and Adequate Prenatal Care**

Early and adequate prenatal care significantly improves the chances of having a healthy baby. Prenatal visits offer the opportunity to educate expectant mothers about nutrition and the dangers of substance abuse during pregnancy. This helps prevent poor birth outcomes, including low birth-weight and infant death.

Prenatal care that begins early and is risk-appropriate, continuous and comprehensive, is associated with improved maternal and infant outcomes. Palmetto Healthy Start works to bring prenatal care to participants in their early stage of pregnancy to help them have a healthier baby. By intervening with pregnant women as early as possible, PHS strives to help them receive risk-appropriate, regular and consistent prenatal care, and connect mothers and their infants with health and social services. In 2011, 76 percent of PHS participants initiated prenatal care in their first trimester, compared to the overall rate of 66.1 percent among those African-Americans in the target area in 2009.

PHS has worked very hard to ensure participants receive adequate prenatal care as outlined by the Kessner Index. In 2011, 66.9 percent of PHS participants received adequate prenatal care, compared to the overall rate of 62.9 percent in Fairfield, Lexington, Richland and Sumter counties in 2009.

All Palmetto Healthy Start services are designed to improve the health of infants and to reduce infant mortality rates. These efforts have led to significant progress in reducing the number of low birth weight babies and infant mortality among participants in the past five years. In 2011, 14.5 percent of PHS infants were low birth weight babies, slightly higher than the rate of African Americans in the target area (13.9 percent) in 2009.

During Fiscal Year 2011, Palmetto Healthy Start provided prenatal care and/or interconceptional care, as well as baby services, to 3,947 women and infants.
Among PHS participants, there was one death among infants born in 2011. The infant mortality rate for PHS participants was 1.8 per 1,000 live births in 2011. The infant mortality rates among PHS participants in 2006-2009 were significantly lower than the overall rate of 7.8 per 1,000 live births among African Americans in Fairfield and Richland counties in 2009.

An impressive decrease in infant mortality rates, especially among blacks in Richland and Lexington counties, has been seen since Palmetto Health began rendering services. However, when compared with South Carolina rates, the racial disparity is still unacceptably great. The decrease in the infant mortality rate has resulted from improving health measures and/or health behaviors (e.g. prenatal care, teen pregnancy and low birth-weight) as well as advances in technology available for improving the survival of very low birth-weight infants born prematurely.

Oral Health - Periodontitis
Evidence supporting a strong association between periodontal disease and pre-term and low birth-weight births prompted Palmetto Health’s partnership with Family Service Center Adult Dental Clinic. Women found positive for periodontitis or gingivitis, were provided treatment and follow-up care at the Family Service Center Adult Dental Clinic. Of the 692 women who were screened in 2011, 18 percent screened positive for needing some type of follow-up treatment.

Oral Health Screenings

<table>
<thead>
<tr>
<th>FY Years</th>
<th>FY09</th>
<th>FY10</th>
<th>FY11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Screenings</td>
<td>959</td>
<td>685</td>
<td>692</td>
</tr>
<tr>
<td>Screened Positive</td>
<td>19%</td>
<td>45%</td>
<td>18%</td>
</tr>
</tbody>
</table>

*Declines due to decrease in patient census
Childbirth, Infant Care and Newborn Care Classes
Healthy People 2010 objective 16-7 addresses increasing the number of pregnant women who attend a series of prepared childbirth classes. The Maternal and Child Health Initiative seeks to increase patient education regarding the importance of prenatal care and the childbirth process by offering a series of free childbirth classes.

Childbirth education, newborn care, infant CPR and breastfeeding classes were provided to pregnant women, new moms and teens in Richland, Lexington and Fairfield counties. Childbirth education increases knowledge regarding the importance of prenatal care and the childbirth process. In 2011, Palmetto Health provided 47 classes to 827 pregnant women. Round-trip transportation to classes is provided if needed. Women and teens are encouraged to bring the expectant father and/or support person with them to the classes.

Baby Buzz Newsletter
Each quarter, Palmetto Healthy Start publishes a newsletter with health-related information regarding mothers and infants. A total of 7,508 newsletters were distributed to program participants, community participants and service providers in Richland, Fairfield, Lexington and Sumter counties in FY 2011.
Palmetto Healthy Start, in collaboration with the South Carolina Chapter of March of Dimes, Low Country Healthy Start and Stork’s Nest, held the fifth annual Heroes in the Field event Thursday, Sept. 29 at the Seawell’s Banquet and Reception Center.

The event began with a provider symposium and an educational workshop “Baby Shower” for pregnant women and their invited guests. The first speaker for the Symposium was Dr. Bambi Gaddist, who presented on HIV / AIDS and Women Services. Dr. Robert Ridgeway, the second speaker for the day, provided a glimpse of how new cuts and restrictions to Medicaid funding could affect the delivery of services to the perinatal population in rural counties. Again this year, a panel discussion was held, which provided a wonderful opportunity for government and private organizations to have open discussion about how their services and programs are working to help reduce the infant mortality rates and improve services to the perinatal population. The following panelists represented their organizations as panel guests — Dr. Lisa Friend Waddell, Deputy Commissioner S.C. DHEC; Sandy Reidenbach, LMSW, USC Specialty Clinic Immunology Center; Dr. Robert Ridgeway, Palmetto Women’s Healthcare; Katherine Brooker, Palmetto Healthy Start Consumer; Jimmie Smith, Palmetto Healthy Start Consumer/Intern; Julie Smithwick-Leone, LMSW, PASOs; and Virginia Berry-White, Director, Low Country Healthy Start.

The “Little Heroes Baby Shower” was a huge success this year! The baby shower was presented as an educational session for pregnant women and their families to attend. Approximately 50 Healthy Start consumers participated. The shower guests participated in interactive discussions on pre-term labor, breast feeding, fatherhood, safe sleep, car seat safety, reproductive health and mental massage therapy. The mothers-to-be were encouraged to invite a support person to participate and several fathers came as a support to the mothers. As a show of appreciation, shower guests received prenatal incentives and gifts such as car seats, breast pumps, bottles, baby blankets and other items to give their babies a healthy start.

During the Heroes in the Field Awards Luncheon, honorees James Richard (J.R.) Williamson, MD; Patricia Solomon; Margarita Franco; Phyllis Waters, RN; and Linda Robinson, APRN, MSN received the Heroes in the Field award to recognize their significant contributions to reduce the incidence of infant mortality in South Carolina. S.C. Representative Gilda Cobb-Hunter, District 66 served as the guest speaker for the event. Ms. Cobb-Hunter used the classic Michael Jackson song “Man in the Mirror” to charge the honorees and guests to continue to look within themselves in order to make a difference in their communities. Darci Strickland, WLTX anchor, served as mistress of ceremonies for the third year.

Infant mortality is a significant indicator of health. In 2009, South Carolina’s infant mortality rate was 7.1 per 1,000 live births. Between 1999–2009, the rate of infant mortality in South Carolina declined by 31 percent. We have made significant improvements, yet in 2009, there were still 430 babies in South Carolina who did not live to see their first birthday. Much more work needs to be done to save our babies!
Teen Health Initiative

Demetrius Johnson
One of the main things Demetrius Johnson took away from his experience with Teen Talk, a Teen Health Initiative Program, was “to keep my head up at all times.” Now a freshman in college, Demetrius lost his mother when he was in middle school. He and his older brother moved in with his uncle, who encouraged him to get involved with Teen Talk. The experience showed him the opportunities that exist to go down the right path. He learned to “feel free about himself.” Talking to others his own age who struggled, he learned to put his own problems in perspective and that he was “not all alone in the world.”

Currently at Midland Technical College, Demetrius is studying nursing and hopes to become a nurse anesthetist. He believes his experience with Teen Talk helped him get to where he is today and will continue to help him be successful in life.
The Teen Health Initiative, a Maternal Child Health initiative, seeks to provide support and assistance to teens so that they can make good choices and have the best possible chance at a bright future. The initiative supports environments in which teens facing tough choices can discuss problems, distinguish between positive and negative alternatives and ultimately, make healthy choices. The diversified activities of the programs promote increased self-esteem and encourage goal setting among teens.

**FY 2011 Highlights**
- Increased teen health education contacts by 45 percent (243,643)
- Increased the number of Teen Summit participants by over 100 percent (639 participants)
- Collaborated with Columbia College’s Leadership Institute to increase teen pregnancy prevention education and leadership development among older teen girls by 200 percent (1,550 contacts)

**COMMUNITY PARTNERS**

**HealthTeacher**

HealthTeacher was originally developed in 1999 by health educators and health professionals with the goal of providing a comprehensive online resource that would make it easy to teach good health habits to children. Today, HealthTeacher is used in all 50 states and 14 foreign countries. HealthTeacher is committed to education, outreach and the promotion of health literacy. Programs goals are to:
- Increase the health literacy of all teachers;
- Enable teachers to overcome constraints that limit health education in the classroom;
- Provide the knowledge, skills and tools that increase the health literacy of all students; and
- Engage parents and other key community stakeholders to reinforce healthy behaviors among children.

In FY 2011, Palmetto AIDS Life Support Services implemented an intervention that combined and adapted two evidence-based curricula to create a new peer education model designed to promote HIV prevention and peer advocacy among African American women. The women trained with the new curriculum were designated as WISE Women (Women In Support of Empowerment), and as peer educators that worked within their social networks to disseminate HIV prevention information to women who are at risk and their social networks or to women who are HIV+. Both the WISE Women and their target audience are African American women who have experienced additional risk factors in their lives, such as incarceration, sexual or domestic abuse, or homelessness, and who do not have a support network. These women were encouraged to take control of their own health and integrate HIV/STI prevention into their daily lives.

In FY 2011, PALSS made 2,419 contacts with WISE women and their communities.
In FY 2011, Project LEAD facilitated sessions with over 200 young ladies and provided 1,550 program contacts.

Project READY
Project READY is an injury prevention program designed to explore the consequences of risky adolescent behavior. READY (Realistic Education About Dying Young) is a program sponsored by Palmetto Health's Office of Community Services and Palmetto Health Richland’s Trauma Program. The READY program provides adolescents with real insight into the consequences of risky behaviors that lead to traumatic injury by exposing them to the environment of a Level I Trauma Center.

Each READY program consists of one, four-hour session. Participants learn how to evaluate and anticipate consequences of their choices by witnessing real situations in which risky behavior resulted in traumatic injury. Sessions include interactive presentations, a tour of the hospital’s trauma area and morgue, and injury/disability simulation stations. In FY 2011, Project Ready served 255 students and adults.

South Carolina Campaign to Prevent Teen Pregnancy
The South Carolina Campaign to Prevent Teen Pregnancy was founded in 1994 to respond to concerns in South Carolina and across the country regarding high rates of teen pregnancy. The S.C. Campaign is the only organization that serves all 46 counties exclusively focused on the reduction of teen pregnancy. The organization’s cornerstone activities include community partnerships, technical assistance, education and training, public awareness and advocacy, and research.

Through funding from Palmetto Health in FY 2011, the Campaign has been able to offer several training courses for teen pregnancy prevention professionals and host its annual national teen pregnancy prevention conference, Summer Institute. Now in its 12th year, the Summer Institute provides the latest information and research on teen pregnancy and STI/HIV prevention to enhance knowledge and skill level of participants. Through these initiatives, the S.C. Campaign was able to provide 752 contacts with adolescent sexual health providers throughout the state.

Silver Ring Thing
The Silver Ring Thing (SRT) is a unique para-church youth ministry that promotes abstinence until marriage using two avenues – an intense live concert and a small, youth group film event called Project 434. The Silver Ring Thing program was created in 1995 by Denny and...
Amy Pattyn as a response to the escalating numbers of teen pregnancies in Yuma, Arizona, and was later moved to Pittsburgh, PA in 2000. In 2001, SRT was invited to bring its program to South Carolina, and in 2006 a SRT Hub was established in Columbia, SC. With funding from Palmetto Health, more than 20,000 people have attended a SRT live show in S.C. with nearly 11,500 committing to abstinence and putting on the ring. More than 3,000 parents have been equipped to inspire abstinence in their children’s lives as a result of attending the parent session and 1,538 teenagers have committed their lives to Christ at the SRT shows. In FY 2011, 990 adults and youth attended the SRT live events.

**Sexual Trauma Services of the Midlands**
For the past 14 years, Sexual Trauma Services of the Midlands has provided public awareness, community education, and prevention programming to local schools, youth and adult organizations, educators, parents and professionals in Richland, Lexington, and Newberry counties. To achieve its goal of eliminating sexual violence in the Midlands, the organization:
- Exposes youth to harmful gender stereotypes which perpetuate gender-based violence;
- Explores personal, physical, emotional and electronic boundaries to help youth identify their own sense of security and safety;
- Teaches youth how to communicate assertively to express their needs in familial, romantic, and professional relationships;
- Empowers youth to be positive bystanders to confront and prevent dating and sexual violence in schools and communities;
- Reinforces help-seeking behavior and raises students’ awareness of resources within the community; and
- Provides 24-hour hotline and hospital response to sexual violence survivors.

In FY 2011, the STSM staff provided 28,774 educational contacts throughout their service area.

**SC HIV/AIDS Council**
South Carolina HIV/AIDS Council (SCHAC) provides testing for HIV/AIDS in the community utilizing a mobile testing unit and the rapid HIV/AIDS test. Palmetto Health provided funding to SCHAC to provide free rapid HIV/AIDS tests to high-risk adults in Richland, Lexington and Fairfield counties.

SCHAC performed 274 rapid HIV/AIDS tests and found three cases of HIV/AIDS. All patients are counseled after testing to avoid risky behaviors that can lead to a positive HIV/AIDS diagnosis for themselves or their partner.

**March of Dimes**
In 2011, Palmetto Health provided funding to the South Carolina March of Dimes to support its mission to improve the health of babies by preventing birth defects, premature birth and infant mortality. This sponsorship has allowed for continued programming through the March of Dimes Prematurity Campaign, a multi-year national prematurity, awareness and education campaign.

Through the support of Palmetto Health, the March of Dimes has been able to reach over 2,939 contacts in direct contacts (including parent education, grants and professional conferences) and 5,752 indirect contacts (through printed material and media outlets). The March of Dimes is very grateful for its longstanding partnership with Palmetto Health and looks forward to continued support of the South Carolina Prematurity Campaign.
Research has shown that risky behavior among teens heightens during the summer months. To confront and combat the potentially crippling consequences of these behaviors, Palmetto Health sponsors the Teen Health Summit annually. The Teen Health Summit is a statewide teen symposium held each year on the first Friday of summer vacation. It is the program’s mission to address pressing teen health issues that teens battle during the school year and throughout the summer. Although the theme changes each year, the workshops typically address healthy relationships, self-esteem and body image, parent-child communication, nutrition and physical activity, and sexuality education.

Over 600 teens and 100 parents attended the Teen Health Summit “I’m Worth The Wait” in 2011. For seven hours, parents and teens engaged in deep conversations about themselves and their relationships and were entertained by noteworthy speakers. Palmetto Health does its best to partner with the local school districts, teen-friendly organizations, and supporting businesses. The 2011 summit was hosted at Dreher High School, lunch was provided by Chick-fil-a and Baskin Robbins hosted an ice cream social at the end of the day.

The Teen Health Summit is a large, comprehensive program that requires the commitment of hospital staff, teachers, school administrators and community members. It is the consistent commitment that keeps students coming from across the state. Palmetto Health has sponsored the summit for nearly ten years and has reached more than 3,000 students.
Thaman Pitts is ready to live a long life, but his road to good health has not been easy. In 2007, at the age of 36, Thaman had a stroke – an event that he says "might have been one of the best things to happen to me." After the stroke, Thaman enlisted the help of Richland Care because he didn’t have health insurance. He was working in car sales but his job provided no health insurance.

At his first appointment with a nephrologist, the doctor told him he would "be dead in two years" if he didn’t get his blood pressure under control. He would most certainly be on dialysis, since his high blood pressure had taken a toll on his kidneys. With Richland Care’s help, Thaman continues to be under the care of a nephrologist and cardiologist, since his high blood pressure has led to fluid build-up around his heart.

With the help of his doctors and financial assistance from Richland Care, Thaman has changed his lifestyle. He has lost 60 pounds and hopes to soon find the energy to begin an exercise regimen. "I couldn't have done any of this without Richland Care," says Thaman. "I've put off dialysis for five years, my blood pressure is under control, and I have stable kidney function. I am ready to continue to live a long life."
As of September 30, 2011, Richland Care has assisted 18,779 low-income, uninsured residents of Richland County, South Carolina.

Richland Care’s goal is to continue the development of a coordinated healthcare delivery system to improve access to care and improve health outcomes for low-income (below 200 percent of the federal poverty level), uninsured residents of Richland County, South Carolina. Richland Care is advised by a Community Coalition, which consists of a number of community organizations. Richland Care participants choose a medical home and have access to primary care, specialty care, hospital and pharmacy services, and referral to mental health and substance abuse services as needed. Medical homes provide primary care and pharmaceuticals to low-income, uninsured persons. Four hospitals within Richland County also provide inpatient services to low-income, uninsured persons. Richland Care services also include disease and care management activities and supportive services for participants with hypertension and/or diabetes and demand management capability for participants who utilize the emergency departments. Health education and wellness/health promotion services are available to all participants. These activities are supported by the Healthwise Handbook (a self-care reference guide), newsletters and a 24-hour nurse call line. There were 2,067 Healthwise Handbooks distributed to Richland Care participants in FY2011. Richland Care became operational on November 1, 2001.

Through September 30, 2011, Richland Care has touched the lives of 18,779 low-income, uninsured residents of Richland County. Participants have gained access to a number of healthcare services. This access has allowed participants to address their health concerns through primary care, specialty care and/or medications, and participants reported increased health status.

Results
Between November 1, 2001 and September 30, 2011, Richland Care gained 18,779 participants. Twenty-two percent (4,051) of the total participants were active in Richland Care on September 30, 2011.
The demographic characteristics of active Richland Care participants have remained constant:

- 85 percent unmarried;
- 75 percent African American;
- 6 percent Hispanic;
- 67 percent female;
- 61 percent between the ages of 41 and 60 (range 1 to 85 years; average age of 45.)

**Health Care Delivery System**

Having access to primary care is the cornerstone of Richland Care. All participants select one of 14 medical homes for primary care and pharmaceutical services. They choose from the following provider organizations:

- Brookland-Cayce Medical Practice
- Celia Saxon Health Center
- Eau Claire Internal Medicine
- Family Medicine Center at Palmetto Health
- The Free Medical Clinic
- Internal Medicine Clinic at Palmetto Health
- Lake Monticello Family Practice
- Palmetto Family Primary Health Care
- Richland Community Health Care
- Richland Primary Health Care
- Physicians Medical Group
- Providence Internal Medicine - Downtown
- Ridgeway Family Practice
- Waverly Family Practice

At the end of the reporting period, the Columbia location of Richland Primary Health Care had the highest number of participants with 6,667 total participants. The Internal Medicine Clinic had the second highest number of participants at 2,364, and the Family Medicine Center had the third highest enrollment at 1,981 total participants.

Richland Care participants have access to subspecialty care and services through specialty groups that have contracted with the program for partial payment of fees and through groups that provide services at little or no cost. Contracted specialists are paid on a fee-for-service basis, and participants are responsible for a $20 office visit co-payment. As of September 30, 2011, Richland Care was contracted with 22 specialty groups covering 15 different subspecialty areas.

The contracted specialty care areas that comprise the specialty network are:

- Cardiac surgery
- Cardiology
- Endocrinology
- ENT
- Gastroenterology
- Nephrology
- Obstetrics/Gynecology
- Orthopedics
- Orthopedic Surgery
- Plastic and Reconstructive Surgery
- Podiatry
- Pulmonology
- Rheumatology
- Surgery
- Urology

Richland Care paid $284,070 for these specialty services during the year. For that amount, participants received a total value of care equaling over $1,256,153. This is an increase from the previous year in which participants received services valued at $1,043,604 at a cost of $259,954 to the program. Also available to our participants were:

- Hematology/Oncology
- Infectious Disease
- Mental Health
- Substance Abuse Services

Richland Care made 1,894 referrals in the reporting period for participants to receive specialty services from contracted specialty providers. The three specialty areas that were the most frequently utilized were: gastroenterology (21.65 percent), surgery (12.99 percent), and cardiology (10.51 percent).

**Next Steps**

In FY 2012, Richland Care will continue implementation of the healthcare delivery system to improve access to care and improve health outcomes of the target population. Through continued marketing efforts, our goal is to enroll 2,129 new persons into the program. The community coalition and healthcare delivery system subcommittee will continue to meet and discuss capacity within the primary care safety net for additional low-income, uninsured patients. Additionally, the step-down program for disease management participants will continue to be implemented and will be evaluated to determine effectiveness. Richland Care has been selected to work with AccessHealth SC to develop and implement a new strategic plan to help improve the network’s effectiveness and efficiency.
community partnership initiatives

Palmetto Health funds many outstanding, community initiatives designed to improve community health. The initiatives that are selected for funding are approved by the Community Health Committee and the Palmetto Health Board.

The Healthy People 2020 Objectives (p. 45) are used to influence funding decisions. Initiatives must address Healthy People 2020 Objectives and seek to improve health status based on these objectives.
**Family Service Center Medicaid Dental Program**

A partnership with Family Service Center provides dental services to Medicaid eligible and ineligible children at the Children's Dental Clinic. These children often have difficulties finding a dentist who will accept new Medicaid patients. Children receive services including cleanings, X-rays, sealants, fluoride and fillings. This program was designed by a team of professionals, including dentists, from Family Service Center, DHEC, the Women's Shelter and Palmetto Health.

A partnership with Family Service Center also provides dental services to uninsured or underinsured adults once a week at the Children’s Dental Clinic. The adult program is one of the first of its kind in the county. Restorative care is the focus for many of the adults. Preventive care, tooth extractions, fillings and emergency treatment also are provided. This program also was designed by a team of professionals, including dentists, from Family Service Center, DHEC, the Women’s Shelter and Palmetto Health. Some of the funds given to Family Service Center for the Children’s Program were allocated for adult care. Palmetto Health Richland dental residents provided over 275 hours of service to the Dental Clinic.

All services were provided to the patients at no cost.

**Columbia Oral Health Clinic HIV/AIDS Dental Program**

Through a partnership with the Columbia Oral Health Clinic, Palmetto Health provides dental services for HIV/AIDS patients at the Columbia Oral Health Clinic. Patients served by this program cannot afford to access dental care. This program is unique in South Carolina and provides HIV/AIDS patients with a source of dental care. The program was designed by a team of professionals, including dentists, from Family Service Center, DHEC, the Women’s Shelter and Palmetto Health. Patients receive preventive and restorative care from a staff of professionals, including a dentist, dental assistant and dental hygienist. All services are free of charge to the patient.

The Columbia Oral Health Clinic performed dental procedures including oral surgery, extractions and prosthodontics, among other services, on men and women.

*The presence of the new Medicaid Dental Clinic offering extended service hours and walk-in appointments impacted the number of children who scheduled appointments with the Family Service Center dental clinic. As a result, Family Service Center increased the number of adult appointments available.*

**University of South Carolina Medical School Scholarship**

The Palmetto Health Scholarship is awarded to outstanding minority students who wish to obtain master’s degrees in Health Administration. The award has been provided in order to increase minority involvement in the health administration field, in accordance with section 5.4 of the COPA document. Students are selected based on academic and personal leadership criteria. The students are chosen by a planning committee comprised of Dr. Saundra Glover, University of South Carolina; Dr. Lonnie Randolph, Community Outreach Advisory Task Force; Vince Ford, Senior Vice President for Community Services Palmetto Health; and Tiffany Sullivan, Director of COPA Programs, Palmetto Health.
To date, 19 students have received the Palmetto Health scholarship award; all have graduated. All students have been placed within Palmetto Health departments as graduate assistants so that they may gain experience in the hospital environment. To date, more than 22,000 work hours have been provided to Palmetto Health by the students via graduate assistantships and residencies. The students provide constant feedback on their assistantships, via monthly reports. To date, six students have been employed by Palmetto Health in full-time positions. Four remain employed with Palmetto Health.

South Carolina has a disproportionate number of African-American students enrolling in medical school within the state. Palmetto Health has a partnership with the University of South School of Medicine to provide funding for a medical student scholarship. Three medical students have received the Palmetto Health Medical Scholarship. Two students have graduated from medical school. Both graduates have remained in the state of South Carolina to practice medicine.

Parish Nurse Program
Palmetto Health provided funding to the Parish Nurse Program to help pay the salary of a parish nurse who works with the elderly in Columbia Housing Authority sites. Columbia Housing Authority matches the funds for the parish nurses. Residents who ordinarily receive little or no care will benefit from the services provided by the parish nurse.

Elderly residents within Columbia Senior Housing receive services such as home visits, health screenings and monitoring for blood pressure, diabetes and other chronic diseases. They also receive health histories, flu shots and help with filling out Lifeline and Silver Card applications, as well as obtaining prescriptions, making appointments obtaining medical supplies and arranging transportation. All patients were senior citizens.

Services Provided to Elderly Patients

<table>
<thead>
<tr>
<th>FY09</th>
<th>FY10</th>
<th>FY11</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,455*</td>
<td>2,302*</td>
<td>1,912</td>
</tr>
</tbody>
</table>

*The Parish Nurse for the Elderly retired during FY 2009-FY 2010. For a brief period during the search for a new Parish Nurse for this population, no services were provided.

<table>
<thead>
<tr>
<th>Name</th>
<th>Graduation Date</th>
<th>Current Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doug Kelley</td>
<td>May 2000</td>
<td>Dental Center Administrator, Palmetto Health</td>
</tr>
<tr>
<td>Rozalynn Goodwin</td>
<td>May 2001</td>
<td>Director of Special Programs, S.C. Hospital Association</td>
</tr>
<tr>
<td>Joel Nesbitt</td>
<td>May 2002</td>
<td>Mgr., Clinical Quality and Patient Safety, Palmetto Health</td>
</tr>
<tr>
<td>Courtney Davis</td>
<td>May 2002</td>
<td>USC, Office on the Study of Aging</td>
</tr>
<tr>
<td>Vivian Allen</td>
<td>May 2003</td>
<td>Business Analyst II, Medical Education, Palmetto Health</td>
</tr>
<tr>
<td>Jessica Tillman</td>
<td>December 2003</td>
<td>Eau Claire Cooperative Health Centers, Inc.</td>
</tr>
<tr>
<td>Deirdre Drake</td>
<td>May 2004</td>
<td>Business Analyst I, Palmetto Health Richland</td>
</tr>
<tr>
<td>Lyndsey Moses</td>
<td>May 2005</td>
<td>Status Not Known</td>
</tr>
<tr>
<td>Miriam Dicks</td>
<td>August 2005</td>
<td>Mgr, Business Development Operations, Palmetto Health</td>
</tr>
<tr>
<td>Asha Hampton</td>
<td>May 2007</td>
<td>Human Resources - VA Medical Center (Tampa, Florida)</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Graduation Date</th>
<th>Current Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marcous Gardner</td>
<td>May 2000</td>
<td>AMRAMP, SC, LLC</td>
</tr>
<tr>
<td>Jamie Austin</td>
<td>May 2001</td>
<td>Blue Cross, Blue Shield of South Carolina</td>
</tr>
<tr>
<td>Megan Busby</td>
<td>May 2001</td>
<td>Status Not Known</td>
</tr>
<tr>
<td>Vanessa Roshell</td>
<td>May 2002</td>
<td>Director; Decision Support, St. Joseph Hospital (Augusta, GA)</td>
</tr>
<tr>
<td>Trent LeGare</td>
<td>May 2003</td>
<td>KPMG Risk Advisory Services (Atlanta, GA)</td>
</tr>
<tr>
<td>Tim Gaillaird</td>
<td>May 2003</td>
<td>Senior Asst. Director; Guest and Support Services, University of Iowa</td>
</tr>
<tr>
<td>Maya Fields</td>
<td>May 2005</td>
<td>Research Program Coordinator</td>
</tr>
<tr>
<td>Kendra Brooks</td>
<td>May 2008</td>
<td>Status Not Known</td>
</tr>
<tr>
<td>Tremaine Robinson</td>
<td>May 2009</td>
<td>Mental Health Tech, Three Rivers Behavioral Health Center</td>
</tr>
</tbody>
</table>
Mental Illness Recovery Center, Inc.

Mental Illness Recovery Center, Inc. (MIRCI) received funding to provide services to mentally ill patients. MIRCI provides community-based services to individuals recovering from mental illness and/or severe emotional problems. Palmetto Health provided funding to the HomeBase and Homeless Recovery Center programs. These programs are designed to promote fellowship and personal improvement experiences among individuals recovering from mental illness and enable them to live independently in the community. The programs are provided at no cost to the patient. The HomeBase program is a housing program for homeless individuals and families who need intensive therapeutic services. The goal of HomeBase is to provide individuals and families with the stability and supportive services they need to make the transition from homelessness to permanent, safe housing. The Homeless Recovery Center is open 365 days a year to provide services to homeless men and women. The program combines intensive services with social rehabilitation therapy and peer support to enable individuals to recover and regain meaningful lives while making the transition from homelessness to supported independent living.

MIRCI clients’ hospitalizations decreased by more than 16 percent after enrolling into MIRCI programs. In addition, length of stay decreased by almost two days. Emergency department visits for MIRCI clients decreased by more than 26 percent after enrolling in the MIRCI program. Emergency department visits where mental illness was the reason for the visit dropped by 30 percent. Neurotic disorder was the most common reason for visiting the ED for mental illness; these visits drop by more than 52 percent for MIRCI clients. Emergency department visits for clients in the HomeBase program dropped by more than 45 percent and for the Homeless Recovery Center clients, the drop was more than 23 percent.

Palmetto Conservation

Palmetto Health provides funding to Palmetto Conservation for the Junior Trailblazers and Senior Explorers programs to improve the quality of life and general health of children and adults in Midlands counties served by Palmetto Health. These programs address the issues of obesity and unhealthy lifestyles through education and exercise in conjunction with the Palmetto Trail.

The Junior Trailblazer Club is designed for fifth-grade students. Completion of the Passport to Adventure is required to become a member of the club. The students participate in four educational, hands-on classes, which include South Carolina Wildlife, South Carolina Trees, Outdoor First Aid and Outdoor Skills. These classes take place during school hours. These fun yet educational classes have much to offer this age group. Each class also has a fitness component that requires the students to walk a total of ten miles each week. There is a hike on the Palmetto Trail at the end of the program, where the students can put their newfound knowledge and skills to use. After each class and completed fitness component, the students get a stamp to place on their passport. After the students participate in the final hike, they each receive a Junior Trailblazer pin, and are considered official members of the Junior Trailblazer Club. On the Junior Trailblazer website, members log on and play environmental education games, share nutritional recipes, get new ideas for outdoor recreation activities, or check out different hikes that are being offered.

The Senior Explorers is a program designed to bring seniors together for social, educational and recreational experiences. This program offers outdoor and environmental education classes along with exercise and nutrition components. Some of the classes and activities offered to this group are South Carolina Wildlife, South Carolina Trees, Owl Prowls, Nature Photography, History Hikes and Bird Watching. An organized hike or walk is offered with each of these classes. This group is designed to help seniors stay active in a fun and enjoyable atmosphere.

In FY 2011, 403 fifth graders and senior citizens participated in these programs.

Carolina Hearing Aid Bank

Palmetto Health provided funding to the Carolina Hearing Aid Bank to provide free hearing aids to low-income adults who have no other resource for obtaining hearing aid devices. According to the recipients:

- 86 percent are hearing better with hearing aids
- 83 percent report improved quality of life since receiving the devices:
- 85 percent report they can now communicate more effectively

Through this partnership, Palmetto Health was able to provide 15 patients with free hearing aid devices.
**Eau Claire Cooperative Health Centers, Inc.**
Palmetto Health has partnered with Eau Claire to fund a collaborative clinical pharmacological intervention program for asthmatics, pre-diabetics, hypertensives and patients living with metabolic syndrome. The purpose of this initiative is to provide continuity of care within the health care team at Eau Claire utilizing the diagnostic and treatment skills of pharmacy clinical staff. The primary goal of the pharmacy being part of the health care team in addressing these issues is to have drug monitoring, extensive tracking of the patient’s physical health through lab testing and immediate feedback to facilitate patient self-management and patient education with emphasis on the low income and uninsured.

There were 216 patient visits in FY 2011. With careful management, patients were able to reduce blood sugars, decrease asthma attacks and improve overall health.

**United Way of the Midlands**
The United Way received funding from Palmetto Health for the Collaboration for Community Change (C3) program. The purpose of C3 is to enhance collaboration among non-profit organizations to develop greater cost efficiencies and program effectiveness. Our community

will benefit by enhancing the ability of participating health care providers to operate more cost effectively. C3 will target high functioning non-profits working in health, human services, arts, and cultural fields in Richland and Lexington counties.

**Palmetto Poison Center**
Funding was provided to Palmetto Poison Center to promote reading and poison education to school age children in grades K4-3 and train community health leaders to become instructors for poison prevention education programs. The Poison Center educated 2,560 students in FY 2011.

**Swim Program**
Palmetto Health partnered with Absolute Total Care to provide free swimming lessons to children in Richland and Lexington Counties. The purpose of this program was to help reduce the number of children injured or killed due to the lack of basic swimming skills. Sadly, children from non-swimming families are eight times more likely to be at risk of drowning and minorities are disproportionately affected when it comes to drowning deaths; more than double the national average. Through this partnership, 298 children received free swimming lessons.

**Project Breathe Easy**
Family Connection of South Carolina received funding from Palmetto Health for the expansion of Project Breathe Easy, an asthma education program for parents of asthmatic children. Parents received physician and social services referrals. Parents and other family members also were educated regarding asthma and the steps that can be taken to prevent serious asthma attacks. Project Breathe Easy serves Richland and Lexington counties.

According to the S.C. Office of Research and Statistics, asthma is the leading cause of hospitalizations in Richland County for children under the age of 18.

Asthma and Bronchitis
- Asthma and related conditions were the leading cause of children's hospitalization in 2008, with over 3,700 admissions. The fifth leading cause, pneumonia, is diagnosed more frequently in children with asthma.
- Over 76,000 ER visits were due to asthma during 2006-2008.
- Children visited the ER more than 27,000 times (36 percent of the total) for asthma during 2006-2008.

**Project Breathe Easy, FY 2009-2011**

<table>
<thead>
<tr>
<th></th>
<th>FY09</th>
<th>FY10</th>
<th>FY11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents in the Program</td>
<td>173</td>
<td>108</td>
<td>171</td>
</tr>
<tr>
<td>Home visits</td>
<td>205</td>
<td>200</td>
<td>223</td>
</tr>
<tr>
<td>Telephone contacts</td>
<td>1207</td>
<td>1187</td>
<td>1558</td>
</tr>
</tbody>
</table>

Produced by the Bureau of Community Health and Chronic Disease Prevention, SC DHEC January 2010 for asthma during 2006-2008.

Project Breathe Easy participants’ initial home visit pre-test showed that 196 reported ED visits/hospitalization. After receiving services from the program, only 12 reported ED visits/hospitalization (a 94 percent reduction.)
The Healthy People 2020 Objectives are used to influence funding decisions. Initiatives must address Healthy People 2020 Objectives and seek to improve health status based on these objectives. Funded initiatives will target the following Healthy People 2020 Objectives:

**Access to Quality Health Services**  
*Healthy People 2020 Goal:* Improve access to comprehensive, high-quality health care services.

**Educational and Community-based Programs**  
*Healthy People 2020 Goal:* Increase the quality, availability and effectiveness of educational and community-based programs designed to prevent disease and improve health and quality of life.

**Oral Health**  
*Healthy People 2020 Goal:* Prevent and control oral and craniofacial diseases, conditions, and injuries, and improve access to preventive services and dental care.

**Vision**  
*Healthy People 2020 Goal:* Improve visual health through prevention, early detection and treatment.

**Hearing**  
*Healthy People 2020 Goal:* Increase access by persons who have hearing impairments to hearing rehabilitation services and adaptive devices, including hearing aids, cochlear implants, or tactile or other assistive or augmentative devices.

Vince Ford,  
*Senior Vice President, Community Services, Palmetto Health*
Our Vision: To be remembered by each patient as providing the care and compassion we want for our families and ourselves.

palmettohealth.org

Find Palmetto Health on Facebook and Twitter.