Foster G. McGaw
National Prize
Winning System
For Caring
For Our
Community

Report of the Tithe 2015
It is our pleasure to present the Report of the Tithe 2015

This report details our goals and accomplishments, and provides an overview of services and resources provided by Palmetto Health’s Office of Community Health.

In 2015, Palmetto Health was named the 2014 Foster G. McGaw prize winner, an annual award from the American Hospital Association given to a hospital that excels in community service.

Read more about the Foster G. McGaw prize on page 11.

Our Leadership

Our Vision

To be remembered by each patient as providing the care and compassion we want for our families and ourselves.

Palmetto Health Board of Directors 2015

James E. “Rick” Wheeler, Chair
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Community Outreach Advisory Task Force 2015

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Willie March
Rhonda Marshall
Lonnie Randolph, MD
Carol Sloop
Gregory Taste
December 18, 2015

Ms. Catherine Heigel  
Director  
Bureau of Health Facilities and Services  
SC Department of Health and Environmental Control  
2600 Bull Street  
Columbia, South Carolina 29201

Re: COPA Annual Report

Dear Director Heigel:

We are pleased to provide the Annual Report covering the period Oct. 1, 2014 through Sept. 30, 2015, in accordance with the terms of our Certificate of Public Advantage (COPA) issued by your department on May 8, 1997, and modified on Nov. 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,

Charles D. Beaman, Jr.  
Chief Executive Officer, Palmetto Health

Attachment: COPA Annual Report

c: Gwen Thompson, Director, Bureau of Health Facilities and Services Department  
SC Department of Health and Environmental Control  
James E. Wheeler, Chairman  
Palmetto Health Board of Directors
Fiscal Year 2015 in Review

Created in 1998, the Palmetto Health Office of Community Health continues to be true to its mission. The department is focusing on multiple innovative initiatives to improve the physical, emotional and spiritual health of all individuals and communities it serves.

The goal is to:

- impact individual health status;
- help create a healthier community;
- provide quality screening, intervention and education; and
- foster and promote collaboration among various agencies and organizations.

In FY 2015, Palmetto Health provided health care services and support to thousands of people in South Carolina. Together with our partners, we are working to improve the overall health of our community.

- In FY 2015, the Office of Community Health provided 453,892 services to the underinsured, uninsured and medically underserved people in the Midlands, along with the general population. Services were provided to 68,472 people in South Carolina communities.
- Palmetto Health made a commitment in 1998 to return to the community 10 percent of its annual bottom line.
- During its 18 years of service, the Palmetto Health Office of Community Health has invested $49,693,600 in health care services.

Cancer Health Initiative

This initiative addresses five cancers: breast, cervical, lung, prostate and colorectal. Through the use of clinics, health fairs, schools, faith-based and civic organizations, free screenings are made available to the community.

- There were 4,480 screenings performed for 2,676 participants.
- Through screening efforts, seven cancers, two cervical dysplasias and 28 colon polyps were detected.
- There were 978 patients screened at the weekly screening clinic.
- The cancer health case management team followed 223 patients for abnormal findings following cancer screenings.
- Cancer health teams participated in Benedict College’s Annual Multicultural Heritage Celebration, Harambee, to provide prostate cancer education and screenings.
- Through a partnership with the Palmetto Health Breast Center, mobile mammography screenings were provided in the community.
- The Smoking Cessation program provided prescriptions and services to 85 participants.

“One of the first things Palmetto Health did when it became a merged system was to tithe 10 percent to the community. That was courageous and visionary. We’ve committed to that every year, even during tough financial times. Thousands have been served every day. I do think we have a healthier community because of that.”

Vince Ford, Chief Community Health Services Officer
More than **8,000 students** in Richland, Lexington and Fairfield counties were engaged through Trumpeter, an anti-smoking campaign designed for middle and high school students.

**Diabetes Health Initiative**

This initiative conducts comprehensive screening programs designed to detect and diagnose pre-diabetes and diabetes at an early stage of development while providing education and programs to those at risk.

- There were **5,051 screening and education services** for early detection and prevention of type 2 diabetes.
- Of the **2,694 participants** screened, **59 percent** were found to have abnormal test results. Of those, 736 were diagnosed as pre-diabetic and 14 were diabetic.
- There were **268 diabetes** screening events and more than **2,000 people** educated about diabetes, nutrition, physical activity and heart disease.
- Women at Heart was held Saturday, Sept. 26, and **933 people** attended. A total of 350 women were provided free blood work consisting of a fasting glucose and a fasting lipid panel.
- Conducted **36 community education sessions**.
- Supported **230 Healthy Palmetto weigh-in participants**.
- Enrolled **143 students** in the Katherine M. Bellfield Cultural Arts Center summer camp.
- Of the adults enrolled in the Diabetes Prevention Program (DPP), **86 percent** showed measurable improvement in health indicators including HbA1c, body fat percentage, weight, BMI, blood pressure and waist circumference.

**Maternal and Child Health Initiative**

These two sub-initiatives aim to improve the health and well-being of women, infants, children and families. Teen pregnancy prevention services also are provided.

**Teen Health**

- There were **zero reported student pregnancies** among teen participants.
- The Teen Talk program provided instruction for **949 students** during 29 weeks.
- There were **146,880 youth development services** and contacts provided to teens in the Midlands.

**Palmetto Healthy Start**

- The infant mortality rate for Palmetto Healthy Start participants was **4.9 per 1,000 live births**, compared to 9.9 per 1,000 live births among African-Americans in 2014 in the target area.
- Enrolled **406 pregnant women** in the Palmetto Healthy Start program.
- There were **203 infants** born during the reporting period.
- Provided services to **936 women** and **521 infants** with **1,492 home visits**.
- Sponsored the 2015 Infant Mortality Awareness (IMA) Walk with **356 attendees**.
- Distributed more than **2,500 fact sheets** and buttons throughout the community on Infant Mortality Awareness Day.
- Held childbirth classes for **26 participants** and childbirth education to **69 participants** through home visits or phone contacts.
- Provided breastfeeding education to **420 women** through home visits and telephone calls.
- Distributed **55 breast pumps** to participants who attended breastfeeding support groups.
- Provided oral health services to **390 participants**, with 24 affected by periodontitis (six percent) and 100 with tooth decay (26 percent).
Richland Care
This initiative is a health care delivery system designed to improve access to care and improve health outcomes for low-income, uninsured residents of Richland County.

- There were **1,441 first-time enrollees** to the Richland Care program.
- All-time number of participants reached **25,919** (FY 1998-2015)
- There were **963 referrals** for specialty care services (e.g., ophthalmology, gastroenterology and surgery services)
- Participants received more than **$1.35 million** in specialty services.
- Participants receiving disease management services for diabetes had an average decrease of **22 percent** in HbA1c readings.

Community Partners
Palmetto Health funds many initiatives designed to improve community health. The Community Health Committee, a sub-group of the Palmetto Health Board of Directors, approves the funded initiatives.

- Through a partnership with the United Way, Community Partners of the Midlands provided services to **2,611 patients**, including comprehensive dental services for uninsured, low-income, children, adults and pregnant women.
- There were **1,460 emergency dental services** given to **833 Richland and Lexington county** residents through the Midlands Dental Initiative (provided by Palmetto Health and Lexington Medical Center).
- Midlands Eye Care Clinic provided **279 pairs of eyeglasses** and saw **283 patients** during **27 clinic days**.
- Project Breathe Easy, a six-month asthma education program, provided services to **156 children and their families**.
- With the use of GoNoodle, a community youth-health literacy collaborative in Richland County, more than **43,000 students** were engaged monthly, resulting in 11.9 million minutes of physical activities. The program is available to all Richland County schools with **1,548 monthly-active teachers** using GoNoodle activities.
- Through a partnership with James R. Clark Memorial Sickle Cell Foundation, Palmetto Health provided funding for **5,338 hours** of case management and **2,688 in-home visits**, disease monitoring services, patient education and resource referrals to patients living with sickle cell disease in Richland, Lexington, and Fairfield counties.
- The Midlands Partnership for Parish Nursing Program conducted **684 home visits, 722 blood pressure screenings** and identified **10,431 health concerns** or medical diagnoses through health and wellness education, support groups, health care case management and health screenings.
- There were **270 adolescents** (age 13-21) from Richland, Lexington and Fairfield counties who participated in Project READY (Realistic Education about Dying Young) through five-hour hospital sessions at the Palmetto Health Richland Trauma Center.
- Palmetto Project’s Carolina Hearing Aid Bank provided **53 free hearing aids** to **28 uninsured adults** from Richland and Fairfield counties.
- There were **13,022 middle and high school students** participating in 568 youth-focused education sessions for the Sexual Trauma Services of the Midland’s Youth Violence Prevention Program.
- Silver Ring Thing, a high-energy program designed to promote abstinence until marriage through an intense live concert, served **1,216 adults and youth** in Richland and Lexington counties.
- The South Carolina Campaign to Prevent Teen Pregnancy reached **2,003 professionals, parents and teens** via training, technical assistance, outreach events and the annual Summer Institute.
- SC HIV/AIDS Council performed **116 rapid HIV and STD tests**, and reported two positive HIV results, 17 positive gonorrhea, 37 positive chlamydia, 24 syphilis and seven bacterial vaginitis.
- PASOs (‘steps’ in Spanish), a healthy family planning and health care navigation program for the Hispanic/Latino community of Richland County, provided services for **700 families**.
- A partnership with the University of South Carolina School of Medicine provided funding for **one minority student** to study medicine.
- The University of South Carolina hosted a contraceptive awareness fashion show, Project Condom, with **200 university students** in attendance and provided ‘edu-tainment’ about sexual responsibility.
- Through a Palmetto Health partnership, Mental Illness Recovery Center, Inc. (MIRCI) served **337 clients** including families and children.
- The Good Samaritan Clinic provided services to **1,539 patients** within the Latino community through a partnership with Palmetto Health.
Diversity and Inclusion

Palmetto Health provides the same care and compassion for each patient that we would want for our families and ourselves. As part of that vision, we work to foster and sustain a climate of inclusion. This includes a diverse workforce and community involvement. We want to provide a culture where team members, patients, families and the community feel respected, valued and visible along with having the opportunity to contribute to the success of Palmetto Health.

In FY 2015, the Diversity and Inclusion team accomplishments included:

- Strengthened the culture of inclusion infrastructure by creating a leadership diversity and inclusion advisory council
- Improved team members’ diversity and inclusion engagement through internal survey analysis
- Provided diversity and inclusion training for all Palmetto Health leaders
- Recognized history months for African-Americans, women, men, Hispanics, Asian-Americans and Pacific Islanders
- Engaged executive team in institutional ethics discussion
- Served or supported civic and state organization inclusion efforts

In 2013, Cynthia Walters, EdD, was named the Corporate Director of Inclusion at Palmetto Health. She works with Vince Ford, the Chief Community Health Services Officer, to provide oversight of compliance requirements, training opportunities, metrics and reporting, strategic alignment, and policy review for diversity and inclusion.

“When we feel a sense of belonging, it’s not because we are the same as everyone else, but because we have been accepted as we are.”

—Cynthia Walters, Corporate Director of Inclusion
Palmetto Health
Women at Heart

As the number one killer among diabetics and women, heart disease has become a major concern for the Diabetes Health Initiative. Since 2008, the department has annually hosted the Women at Heart Forum and Exhibition. Women receive important information regarding heart disease risk factors, heart attack symptoms that differ from men and heart-healthy cooking recipes. Women also learned about the effects of menopause on heart health, the heart health benefits of starting a weight loss program and cooking tips. Fitness and cooking demonstrations were provided along with free heart-health screenings, breast exams and, as needed, case management. Since its inception, Women at Heart has engaged more than 8,000 women. In 2015, there were 933 women who attended the event at the Columbia Metropolitan Convention Center and 350 heart health screenings were performed.

Women at Heart 2015 featured keynote speaker Valorie Burton, back by popular demand. Cardiologist Meghan Businaro, DO, Palmetto Heart, led a general session on the dangers of diabetes and heart disease. Other Palmetto Health doctors, including Tobin Moss, MD, discussed topics on aging optimally and healthy lifestyles.
As part of our ongoing community outreach to combat childhood obesity, Palmetto Health invested in a program called GoNoodle in 2013. True to its name, GoNoodle is an interactive resource used to increase students’ physical activity and improve academic performance through activity breaks or brain breaks. As a result of Palmetto Health’s partnership with GoNoodle, this gift is available to all Richland County schools. It’s free and easy to set up.

During the 2014-2015 school year, more than 43,000 Richland County students were engaged each month. For the school year, this resulted in 11.9 million minutes of physical activity. There were 78 active schools using GoNoodle in Richland County with 1,548 monthly active teachers.

Through these efforts, schools have been able to increase the number of health education minutes taught in the school, increase health information delivered directly to parents and help schools develop policies that support healthy eating and physical activity. Moreover, these initiatives provide vital education to a rising risk population for type 2 diabetes. It is important to start as early as possible to ensure this population is not elevated to a high-risk prevalence for chronic disease.

Since its launch, GoNoodle is in 65,000 schools around the country with nine million active students and nearly 400 million minutes of activities, including running, jumping, dancing, stretching and deep breathing. Students who played GoNoodle’s Mega Math Marathon also scored 50 percent better on standardized math tests.

How did GoNoodle make you stronger this year?

Dear Palmetto Health,

Thank you for GoNoodle. It is great to have in the classroom. The kids have fun while staying active. Thanks so much.

Thanks a BILLION!

[Signature]

Palmetto Health
Community Support

From successful outcomes to community events, Palmetto Health is more than just a health care system. We are committed to keeping our population healthy and thriving in the environment in which we live.

Infant Mortality Awareness Walk

During September, Palmetto Healthy Start recognizes Infant Mortality Awareness (IMA) month to raise awareness about keeping babies healthy and to reduce infant mortality rates. Palmetto Healthy Start organized an IMA Walk at Columbia’s Finlay Park on Saturday, Sept. 12, to recognize infants who are celebrating their first birthday and remember those who are not. There were 356 attendees.

Judi Gatson, WIS-TV news anchor, led a special bubble ceremony to symbolize the lives of children and infants. Palmetto Healthy Start is a member of the national Healthy Start initiative and is operated through a federally funded grant received by Palmetto Health.
Foster G. McGaw Award

In January 2015, Palmetto Health was named the 2014 Foster G. McGaw award winner, a tribute to the community service programs that strive to make communities healthy through active involvement.

Diabetes Prevention Program (DPP)

“Through the encouragement of my DPP instructors, I’ve learned to schedule and fit gym workouts into my weekly routine. I enjoy and look forward to going. Previously, I didn’t like going to the gym and saw it as a chore, but this has been a game changer. After each workout, I feel refreshed and energized. The workouts ease my stress level and allow time to focus and meditate. Additionally, keeping a dedicated food log has been enlightening. Often, we graze and nibble throughout the day without being mindful of the extra caloric intake. Meal tracking increased my awareness of mindless eating. While I have not yet reached my weight loss goal, I have gained insights and experiences that have been invaluable.”

Yvonne Donald, 2015 DPP Participant

Mobi-Rec in Columbia

Palmetto Health is proud to provide funding and support to the Columbia Housing Authority for the first mobile recreation vehicle in Columbia, designed to increase opportunities for youth to participate in safe, structured play and recreation in areas where access is limited. The new vehicle, officially named “Mobi-Rec,” has recreation equipment that will travel to select neighborhoods. A similar vehicle is located in Greenville, SC.

“Approximately 35 percent of children in South Carolina are overweight or obese, and adequate exercise is a critical part of living a healthy lifestyle,” said David Lominack, project lead for Mobi-Rec in Columbia. “The project’s goal is to provide children in Columbia with the opportunity to exercise through play and recreation.”

The American Hospital Association (AHA), through the funding of the Baxter Foundation and the Health Research and Educational Trust, presented the award to Chuck Beaman, CEO and Vince Ford, Chief Community Health Services Officer, and other Palmetto Health team members at the AHA award ceremony in Washington, D.C., in May 2015, pictured below. To learn more about the American Hospital Association’s award, visit AHA.org.

Palmetto Health Foundation

Palmetto Health Foundation, a 501(c)(3) non-profit organization, engages community partners to enhance healthcare for patients and families served by Palmetto Health. Gifts to the Foundation allow Palmetto Health to continue to offer an ever increasing array of services targeted to meet specific community needs. Private support is essential to maintain a level of excellence with new programs, services and equipment. Find out more at PalmettoHealthFoundation.org or call 803-434-7275.
Cancer Health Initiative

Cancer is a chronic health condition that plagues the lives of thousands each year. In the United States, it remains the second leading cause of death and accounts for one of every four deaths. According to the American Cancer Society, in 2015 there will be an estimated 1,658,370 new cancer diagnoses and 589,430 cancer deaths in the US.

Cancer is the second leading cause of death in South Carolina and the primary cause in the Midlands, according to the SC Department of Health and Environmental Control (SC DHEC, 2014).

The Cancer Health Initiative addresses five of the most prevalent types of cancer in South Carolina: breast, cervical, colorectal, lung and prostate.

Cancer education, screenings and lung health services are available to participants at health events, schools, faith-based, civic organizations, businesses and clinics. Intensive follow-up care and case management for patients with abnormal screening results also is provided.

The Cancer Health Initiative provides screenings and services to the medically underserved and general public due to our state having one of the highest reported rates of prostate and lung cancer mortality.

### Health Education and Cancer Screenings

Free cancer awareness events, screenings and prevention workshops were provided throughout the year in more than 125 community locations. These events help educate the community about the signs and symptoms of cancer, as well as prevention. Weekly clinical screenings also are provided.

In order to provide clinical-based services, the Cancer Health Initiative partners with a variety of Palmetto Health specialty health care offices, including Palmetto Health Women’s Center, Palmetto Health Breast Center at the Baptist and Richland locations, SC Cancer Center, Palmetto Health Orthopedic and Surgery Center, and Richland Care. Numerous primary care providers also ensure patients have ongoing access to medical care regardless of health insurance coverage.

### FY 2015 Cancer Screening and Intervention Outcomes

<table>
<thead>
<tr>
<th>Screening and intervention</th>
<th>Participants</th>
<th>Services</th>
<th>Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast (Clinical breast exam, mammogram and ultrasound)</td>
<td>818</td>
<td>2,504</td>
<td>1 breast cancer,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2 cervical dysplasias</td>
</tr>
<tr>
<td>Cervical (Pelvic exam, Pap smear, ultrasound and colposcopy)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Colon (Colonoscopy)</td>
<td>28</td>
<td>28</td>
<td>28 polyps</td>
</tr>
<tr>
<td>Lung (Smoking cessation and Trumpeter)</td>
<td>8,939</td>
<td>9,335</td>
<td>N/A</td>
</tr>
<tr>
<td>Prostate (Prostate specific antigen and digital rectal exam)</td>
<td>1,830</td>
<td>1,948</td>
<td>3 prostate cancers</td>
</tr>
<tr>
<td><strong>Total Outcomes</strong></td>
<td><strong>11,615</strong></td>
<td><strong>13,815</strong></td>
<td><strong>7 cancers</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cancer Health Services</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of patients screened</td>
<td>2,676</td>
</tr>
<tr>
<td>Number of screenings</td>
<td>4,480</td>
</tr>
<tr>
<td>Participants who received lung health prevention education</td>
<td>8,939</td>
</tr>
<tr>
<td>Services provided to lung health prevention participants</td>
<td>9,335</td>
</tr>
</tbody>
</table>
Case Management

Health care can be complicated following a cancer diagnosis. Case management and psychosocial support groups are vital to the continued care and well-being of cancer patients and their families. Case management is provided to all patients who have abnormal breast, cervical, colorectal or prostate screenings requiring further evaluation or treatment. Case management coordinators assist patients with follow-up medical appointments and diagnostic results analysis.

Cancer Support Program

In addition, the case management team facilitates MARYS (Meeting and Reviving Your Spirit) for cancer survivors. This support group is designed 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. Each monthly session averages ten women, accounting for more than one hundred contacts during the fiscal year.

Smoking Cessation

The Smoking Cessation program consists of six 90-minute group meetings for smokers eager to quit. The initial meeting is a medical consultation with the program physician. Participants receive a medical check-up and, if desired, a prescription for Wellbutrin, Zyban or the nicotine patch. During initial sessions, participants can discuss personal motivations to quit smoking and throughout the program learn cognitive-behavioral skills to quit smoking.

| Number of Smoking Cessation program participants | 86 |
| Number of Smoking Cessation program sessions | 66 |
| Number of prescriptions | 57 |
| Total prescription cost | $3,316 |
| Types of medication | Nicotine patch
Bupropion (Wellbutrin/Zyban) |
| Number of smoke-free participants (by end of program) | 72 |
| Decreased tobacco use | 25 |

I choose to say NO.

Smoking Cessation Program

Palmetto Health, in conjunction with Philip Michels, PhD, and Gary Ewing, MD, offers a comprehensive, adult smoking cessation program to residents of Richland, Lexington, Fairfield and Sumter counties. Recent results indicate **74 percent** of smokers quit smoking by the end of the three-week program and those who continued to smoke significantly reduced the number of cigarettes consumed each day.

The program includes:
- Free counseling and consultation
- Free one-month supply of medication to those who qualify
- Six sessions within three weeks
Trumpeter

Participants receive one hour of tobacco prevention education, then are challenged to create positive tobacco-free marketing and media tools. This year **8,854 students** participated in the campaign.

The Trumpeter program is an initiative to educate and prevent tobacco use by middle and high school students. This anti-tobacco media campaign encourages students to have smoke-free lifestyles and to understand facts and myths of tobacco-related advertising.

Next Steps

In FY 2016 the Cancer Health Initiative will expand their services to include other chronic illnesses such as diabetes. Palmetto Health will continue to provide education, screening, wellness sessions and case management for each chronic illness.

For more information about the Cancer Health Initiative, contact:
Valencia Bostic, Director
803-296-3070

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When you think you are healthy, life can take you in a different direction.

Willie March went to a Palmetto Health screening in 2015 and found out his PSA (prostate specific antigen) blood test results were abnormal. Further follow up with his physician revealed he had prostate cancer. He’s currently going through treatment and hopes to be cancer-free soon. He encourages others to schedule their screening.

Palmetto Health offers free services such as screenings, education and case management.

Call 803-296-CARE (2273) for more information or visit PalmettoHealth.org/CommunityHealth.
According to the Centers for Disease Control and Prevention, 9.3 percent of the U.S. population has been diagnosed with diabetes, or about 28 million people. If the current trends continue, more than 37 million people will be living with the disease by the end of 2015. According to the 2012 Burden of Diabetes Report, approximately 450,000 South Carolinians are affected by diabetes, many of whom are undiagnosed. Diabetes is the seventh leading cause of death in South Carolina.

There are several health complications associated with diabetes. Heart disease is the leading cause of diabetes-related deaths. Adults living with diabetes have heart disease death rates two to four times higher than adults without diabetes. The risk of other health concerns and conditions include stroke, high blood pressure, new blindness, kidney disease, amputations, dental disease, diabetic ketoacidosis, nervous system disease and coma. According to the SC Department of Health and Environmental Control (SC DHEC), South Carolina has the 16th highest rate of diabetes among African-Americans in the nation.

In South Carolina, 27.8 percent of adults also are physically inactive, a major risk factor for developing type 2 diabetes. Obesity and a low level of physical activity among young people, as well as exposure to diabetes during pregnancy, also may be contributors to the increase in type 2 diabetes, specifically during childhood and adolescence.

One of every five patients in a South Carolina hospital has diabetes, and one in every ten visits to a South Carolina emergency room is related to diabetes. The Burden of Diabetes Report indicates that the total charges for diabetes and diabetes-related hospitalizations and emergency room visits were more than $4.2 billion in 2010. The Diabetes Health Initiative provides comprehensive screenings to detect and diagnose diabetes at an early stage of development to prevent hospital visits while providing education to diabetics and those at risk for developing type 2 diabetes.

### Clinical Diabetes Screenings

Clinical diabetes screenings are provided to participants at risk for type 2 diabetes, as determined by the American Diabetes Association (ADA) Diabetes Risk Assessment. To be eligible for a screening, participants age 18-44 must complete the risk assessment to determine if they are high risk for developing type 2 diabetes. According to American Diabetes Association Clinical Practice Recommendations, anyone over the age of 45 is eligible for testing regardless of risk score.

Throughout the 18 years of service to the community, the Diabetes Health Initiative has provided more than 39,000 free screening tests for type 2 diabetes resulting in 11,062 abnormal screenings. Of those, 6,875 cases of pre-diabetes were detected and 441 cases of type 2 diabetes were diagnosed.

<table>
<thead>
<tr>
<th>FY 2015 Diabetes Screening Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total number of screenings</td>
</tr>
<tr>
<td>Number of abnormal screenings</td>
</tr>
<tr>
<td><strong>Diagnosis</strong></td>
</tr>
<tr>
<td>Pre-diabetes</td>
</tr>
<tr>
<td>Diabetes</td>
</tr>
</tbody>
</table>

During FY 2015, there were 2,694 free screenings performed for type 2 diabetes through the Diabetes Health Initiative. Of those screened, 59 percent had abnormal test results. There were 736 cases of pre-diabetes detected and 14 cases of type 2 diabetes diagnosed.

Of those screened, women represented 55 percent, 70 percent were African-American, 20 percent were white, eight percent were Hispanic and two percent listed themselves in other categories. There were 65.2 percent from Richland County and 20.8 percent from Lexington County. The remaining 14 percent were from other counties.
The highest reported risks of those screened were overweight (70.1 percent), race/ethnicity (12.7 percent) and family history (15.3 percent).

Screenings are held at churches, community events, health and human services organizations, worksites and stationary clinic sites throughout the community. There are no income eligibility requirements and screening tests are free. The clinical screening test used is the hemoglobin (HbA1c) blood test. Patients with values that are considered abnormal are referred to primary care physicians for a fasting plasma glucose test or a repeat HbA1c to definitively diagnose diabetes. A patient is not classified as diabetic until this second test is performed and diabetes is confirmed.

People at a higher risk for type 2 diabetes often exhibit signs and symptoms.

### Diabetes warning signs reported by screening patients

<table>
<thead>
<tr>
<th>Sign</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent urination</td>
<td>24%</td>
</tr>
<tr>
<td>Blurry vision</td>
<td>6%</td>
</tr>
<tr>
<td>Tingling/numbness in hands or feet</td>
<td>18%</td>
</tr>
<tr>
<td>Unusual tiredness or drowsiness</td>
<td>24%</td>
</tr>
<tr>
<td>Extreme thirst</td>
<td>18%</td>
</tr>
<tr>
<td>Frequent or recurring infections</td>
<td>6%</td>
</tr>
<tr>
<td>Unexplained weight loss</td>
<td>6%</td>
</tr>
</tbody>
</table>

### Case Management/Medical Home

Follow-ups and case management are provided to the patient. A patient with normal test results receives a letter from a staff nurse stating that the test performed yielded normal results.

All patients found to have test results that show pre-diabetic or abnormal levels are referred to a staff nurse and a case manager for follow-up. Patients are able to see their results and are encouraged to schedule an appointment with a primary care physician in order to have a fasting plasma glucose test or a repeat HbA1c test to diagnose diabetes.

The patient with abnormal HbA1c test results also receives a letter in the mail. The patient is encouraged to schedule an appointment with a primary care physician. Test results for patients with abnormal results are forwarded to the patient and their primary care physician. The case manager follows up with the patient and the primary care physician to provide support and encouragement. Diagnoses of diabetes are made after patients have had a second test performed by his/her doctor. A physician’s signature on a diagnosis form is required.

All patients diagnosed as diabetic receive information on diabetes care, a cookbook, a foot-care guide, and diabetes self-management educational program information. Patients who are not diagnosed as diabetic are put into a yearly queue and sent annual reminder letters for diabetes screening.

### Coffee Talk

Palmetto Health partnered with Richland County Library and the YMCA of Columbia to host monthly educational discussions on healthy lifestyle topics held around the Columbia area. Coffee Talk gives the community an opportunity to come together to have a round table discussion about different health topics, facilitated by a trained health educator. Each month featured a new topic, including how to live a less stressful life, the truth about carbohydrates, and healthy holiday eating.

- **January**
  - Organizing Your Health

- **May**
  - Let’s Make Summer Fun
  - Walking – Taking Steps to a Healthier You

- **July**
  - How to Be Active During Your Busy Day

- **October**
  - New Flavors – Replacing Salt

- **November**
  - How to Be Active During Your Busy Day

- **December**
  - Healthy Holiday Eating

- **April**
  - Living a Stress-less life

- **June**
  - In or Out of Season

- **August**
  - Should I Lift Weights?
Healthy Palmetto

**Education sessions**

Healthy Palmetto provided **36 community education sessions** throughout the Columbia area. These educational sessions provided healthy lifestyle information to **710 participants**. Sessions included information on the importance of physical activity, BMI and body fat, heart health, diabetes education, stress management and nutrition.

**Weigh-ins**

In addition to education sessions, Healthy Palmetto collected height, weight, and BMI, body fat percentage information on **230 residents** through health fairs and other community events. The average age of weigh-in participants was 49, with women comprising 63 percent of participants.

Approximately **38 percent of those weighed** were in the overweight category for BMI and **44 percent were obese** or morbidly obese. Of the 77 men weighed, about **14 percent were in the obese category** for body fat percentage, whereas **78 percent** of women (n=145) were in the obese category.

### Summary results by gender

<table>
<thead>
<tr>
<th></th>
<th>Age</th>
<th>Weight (lbs.)</th>
<th>% of Body Fat</th>
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<td></td>
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<tr>
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<td>88</td>
<td>379.0</td>
<td>47.0</td>
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<tr>
<td>Average:</td>
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<td><strong>Women (n=145)</strong></td>
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<tr>
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<td>49</td>
<td>187.0</td>
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<td>29.9</td>
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</table>

Total participants: **230** (77 male, 145 female, 8 unknown)
Total residents in the 29203 ZIP code: **36**

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<th><strong>BMI classifications</strong></th>
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<td>Overweight</td>
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<tr>
<td>Obese</td>
<td>30.0 – 39.9</td>
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<tr>
<td>Morbidly obese</td>
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### Body fat percentage classifications

<table>
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<tr>
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<th>Men (% fat)</th>
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</thead>
<tbody>
<tr>
<td>Essential fat</td>
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</tr>
<tr>
<td>Athletes</td>
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<td>6-13%</td>
</tr>
<tr>
<td>Fitness</td>
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<td>14-17%</td>
</tr>
<tr>
<td>Acceptable</td>
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<td>18-25%</td>
</tr>
<tr>
<td>Obese</td>
<td>32% plus</td>
<td>25% plus</td>
</tr>
</tbody>
</table>
Summer Camps

Bellfield Center and Hyatt Park Recreation summer camps

During the summer camp at the Bellfield Center and Hyatt Park Recreation, Palmetto Health partnered with local leaders in the community to provide an educational and fun experience for 143 students in the grades pre-K to ten. Local leaders and business owners participated in the “I Can Be” series, designed to inform students of different career paths. Speakers included professors, health care professionals, and local business owners.

River’s Edge Retreat summer camp

Palmetto Health partnered with the River’s Edge Retreat’s 10-week summer camp to provide a series of educational classes. The goal of these classes was to encourage children to make healthy choices that prevent chronic diseases, such as type 2 diabetes, and to help children understand the complex media world around them. Information about diabetes, nutrition and physical activity, and the media’s effect on nutrition and physical activity behaviors was shared over eight 30-minute classroom sessions. Each week, 30 students in grades 5K-10, participated in an interactive educational session. Sessions included:

- **Introduction to Diabetes**: Students learned about the process of converting food to energy and the ways in which diabetes affects the process, as well as the difference between type 1 and type 2 diabetes.

- **Type 2 Diabetes**: Students learned the risk factors for type 2 diabetes (those under their own control vs. those they cannot change) and the warning signs of type 2 diabetes.

- **MyPlate Basics**: In this session, students learned how to identify the different food groups: grains, fruits, vegetables, milk, meat and beans, and they were introduced to the concept of “GO, SLOW, and WHOA” foods.

- **What’s all the Commotion with Motion?**: Students learned the importance of physical activity and the distinction between exercise and physical activity. They also learned the physical activity guidelines for children.

- **Outsmarting the Media**: This lesson focused on media. Students discussed the different forms of media (television, computers/tablets, and gaming consoles) and explored the connection between media and sedentary behavior.

- **What’s on the Label?**: Students learned how to read nutrition labels and were introduced to the “ABCs of Eating Out” principles.

- **The Power of Advertising**: Students discussed the different forms of advertising and explored the connection between advertising, poor nutrition, body image and other negative health behaviors.

- **Conclusion/Wrap up**: Concepts discussed in each of the previous sessions were reiterated. Students were reminded that diabetes and other chronic health conditions can be prevented by eating healthy and being physically active.

At the completion of the camp, students were given a survey to evaluate the program. Students indicated that their favorite thing about having Palmetto Health come each week was “getting to learn more about living healthy” so that they can live a healthy life in the future as well as learning overall. Students stated that they learned about the importance of being healthy, diabetes, saturated fats, how to read food labels and how to make their food healthier. Students also demonstrated increased knowledge related to diabetes, diabetes prevention, the components of a healthy diet, the physical activity guidelines for children and the importance of being physically active.

Community Partnerships

SC DHEC Office of Community Nutrition Services

Palmetto Health partnered with the South Carolina Department of Environmental Control (SC DHEC) Office of Community Nutrition Services for the six-week Cooking Matters program for Columbia area families. Cooking Matters helps participants learn to shop smarter and use nutrition information to make healthier choices and to cook delicious and affordable meals. The program has been recognized by the US Department of Agriculture for excellence in nutrition education. The class was provided for 40 participants. During the program, waist circumference comparisons were done for participants. Overall, nearly an inch was lost as an average for participants.
City of Columbia and Metro Baptist Association

Palmetto Health partnered with the City of Columbia and Columbia Metro Baptist Association to offer a free community event at Lorick Park. The Mayfest event provided free food, screenings and activities for more than 150 adults and children in the community.

Lourie Center

In February 2015, Palmetto Health partnered with the Lourie Center to have “Ask a Nurse” sessions available twice a month for two hours. The nurse staff educator was available for blood pressure and weight checks, health and nutrition questions and referrals as deemed necessary. Since March, there were 95 nursing visits with 44 Lourie Center members and staff. The nurse saw an average of seven members per “Ask a Nurse” day with the youngest being 47 years old and the oldest being 96 years old. The average age of this group is 72 years old.

Diabetes Prevention Programs (DPP) Cumulative Success

Palmetto Health’s Diabetes Prevention Programs (DPP) encourage participants to make lifestyle changes through supervised exercise, educational classes and nutritional counseling. The goal of DPP is to lose and maintain a seven percent total weight loss through proper nutrition and achieving the recommended level of physical activity (150 minutes) each week.

The cardiac rehabilitation and community diabetes prevention programs’ success has been demonstrated with the majority of participants achieving measurable improvements in three or more indicators (86.1 percent). More than two-thirds (71.4 percent) of participants achieved measurable improvements in three or more indicators and saw a decrease in their hemoglobin A1c (HbA1c). The percentage of participants who achieved measurable improvements in three or more indicators and saw their HbA1c return to the normal range (HbA1c ≤ 5.6 percent) after program completion was 16.7 percent.

Cardiac Rehabilitation DPP (CR DPP): This program encourages lifestyle changes through exercise, education and counseling. This six-month program consists of three sessions each week. Sessions include exercise (one hour) and instruction (30 minutes). Registered nurses, dietitians and exercise physiologists are available for assistance and consultations. Routine measurements are done throughout the program. During FY 2015, there were 13 graduates of the CR DPP. All participants achieved measurable improvements in three or more indicators, and the majority (92.3 percent) of participants achieved measurable improvements in three or more indicators and saw a decrease in their hemoglobin A1c (HbA1c). The percentage of participants who achieved measurable improvements in three or more indicators and saw their HbA1c return to the normal range after program completion was 15.4 percent.

Cardiac Rehabilitation DPP: Change in HbA1c value

Cardiac Rehabilitation DPP: Weight Change

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Cooking Matters: Mean Pre/Post Waist Circumference Comparison

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<th>Post-CM</th>
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<td>Hopkins (n=1)</td>
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Community DPP: FY 2015 Total Participants (n=23)

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<tr>
<td></td>
<td>BMI</td>
<td>% Body Fat</td>
<td>Waist Circ.</td>
<td>A1C</td>
<td>BMI</td>
<td>% Body Fat</td>
<td>Waist Circ.</td>
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<td>North Main</td>
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<td>21.8</td>
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<tr>
<td>Greenview</td>
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<td>28.7</td>
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<td>7.0</td>
<td>48.5</td>
<td>49.9</td>
<td>52.0</td>
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<tr>
<td>Average:</td>
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<td>6.0</td>
<td>34.0</td>
<td>40.3</td>
<td>39.7</td>
</tr>
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</table>

- **Community DPP:** This year-long program helps participants make changes such as eating healthier, including physical activity in their lives and improving problem-solving and coping skills. Lifestyle coaches meet with small groups for 16 weeks and monthly thereafter. Sessions are available at convenient times and routine measurements are done throughout the program. This past year was the pilot year of the community DPP. On average, participants saw the most success in weight loss, with seven of the 23 participants losing 10 or more pounds in four months. Along with decreases in weight, there also was a decrease in BMI across both groups. These changes were significant, overall, and within each group.

- **Cooking Matters and Community Diabetes Prevention Program (DPP):** Through a partnership with the SC DHEC Office of Community Nutrition Services, participants of the Community DPP had the opportunity to participate in Cooking Matters. Community DPP participants participated in the six-week Cooking Matters program. Each hands-on session was team-taught by a volunteer chef and a registered dietitian and included meal preparation, grocery shopping, food budgeting and nutrition. To encourage meal preparation at home, participants received a bag of groceries to take home after each session. At the completion of the six-week program, participants received a cookbook and educational tools to build on the knowledge gained throughout the program. There were 11 Cooking Matters participants from the DPP North Main group and eight from the DPP Greenview Group.
LiveWell Columbia is a collaborative effort committed to reducing obesity in Columbia by promoting healthy eating and active living choices in our community. LiveWell Columbia focuses on environmental and lifestyle changes, and policy and systems change designed to remove barriers and increase access to healthy choices and behaviors.

The LiveWell Columbia Children’s Subcommittee works closely with Richland School District One through their Palmetto Pals program (school wellness committees). Through this relationship, committee members are able to assist the schools with planning, implementing, and evaluating health promotion and education activities and programs. The LiveWell Columbia Adult Subcommittee works closely with partner organizations dedicated to advancing health initiatives in the 29203 ZIP code community and fellow community members to develop new ways to address diabetes, obesity and related health issues.

The LiveWell Columbia Children’s Subcommittee is comprised of health professionals from various non-profit, for profit, and governmental agencies.

School Wellness

As part of the South Carolina’s Coordinated School Health Advisory Council (CSHAC) and District Wellness Policy, each school district is responsible for developing and implementing a school health improvement plan. As a part of this plan, each school developed a wellness committee. Palmetto Health worked with the following schools:

- A.J. Lewis Greenview Elementary School
- Arden Elementary School
- Forest Heights Elementary School
- Hyatt Park Elementary School
- J.P. Thomas Elementary School
- Eau Claire High School

In FY 2016, Palmetto Health hopes to engage two of the schools located in 29203, including E.E. Taylor Elementary School and Keenan High School, in wellness activities.

2014-2015 School Year Highlights

A.J. Lewis Greenview Elementary School

- The activity trail project was completed in summer 2015.
- The school received an Active Schools Acceleration Project award for the development of “Just Move” activity cards, detailing a variety of exercise activities and poses, with children from Greenview as the actual models. These incorporated individual grade-level curriculum standards to help teachers integrate physical activity into their lesson plans. Students at Greenview participated in 422,654 minutes of physical activity through GoNoodle, or 1,239 minutes per student.
- In addition to the activity trail and activity cards, administrators at Greenview were able to advocate for and install a salad bar in the cafeteria. The school participated in the Safe Routes to Schools national “Walk to School Day” in October. The wellness committee also was able to switch to low-fat ice cream sandwiches in the cafeteria.
- In the fall, BMI and body fat screenings, along with health information were offered to faculty, staff, and parents at two separate events. During Greenview’s annual field day and community activities, Palmetto Health offered free type 2 diabetes and PSA screenings to Greenview faculty, staff, and parents.
- There also are plans to have screenings during future PTA meetings for the 2015-2016 school year. Children’s Subcommittee Members and the Greenview wellness committee are planning a kick-off event for the grand opening of the activity trail.
**Arden Elementary School**

- The Coordinated Approach To Child Health (C.A.T.C.H.) initiative, a school-wide curriculum, allowed teachers and students to create a project to post outside of their classroom. These included a diagram of the “GO, WHOA and SLOW” foods or a collage of students performing physical activity.
- Students also participated in taste-testing healthy snacks, including new fruits and vegetables, every week.
- From January to February, students participated in the American Heart Association’s Jump Rope for Heart fundraising event. Students collected donations from family, friends, teachers, staff and local business partners to support the American Heart Association’s fight heart disease among children. The school sets aside one day for students to jump in honor of children with heart disease.
- Fifth graders participated in a field trip to the University of South Carolina where students met track and field Olympic athletes, Natasha Hasting and Francena McCorory. The students participated in events such as running, jumping and throwing activities led by the USC track and field team. All students were able to participate in the Active Gamecock program, a competition in which students must exercise at least 30 minutes a day for two weeks to earn free tickets to a USC ball game.
- In May, the students had a field day with several indoor and outdoor stations, including basketball, tug o’ war, and a balloon pop relay race. Palmetto Health team members led an activity in which students could spin a wheel that had multiple physical activities, they could do.
- Throughout the school year, the school participated in 202,380 minutes of physical activity through GoNoodle (796.77 minutes per student).
- Palmetto Health team members provide presentations to students and parents about eating healthy and being safe over the summer.

**Forest Heights Elementary School**

- Forest Heights Elementary School earned the Alliance for a Healthier Generation’s Healthy Schools Bronze award. They also received the Let’s Move! Active Schools Bronze Award.
- The school hosted a family fitness night in January 2015 where students and families participated in various activities and games. The families also received healthy foods to take home.
- Students also participated in the school district’s Annual Fitness Bowl, a physical activity competition for elementary school’s top student athletes. Students in each participating school qualify by meeting certain fitness requirements assessed throughout their physical education classes.
- The school participated in GoNoodle, and exercised for 149,343 minutes (315 minutes per student) over the course of the school year.
- The annual field day provided a healthy competition in several games, activities, and relays. Winners for grade levels were presented.
- In September 2015, Palmetto Health hosted a screening during the 2015 family fitness night and screened 19 people for type 2 diabetes.
**Go Noodle Usage**

Overall, the students in our schools participated in **1,589,739 minutes** of physical activity through GoNoodle during the 2014-2015 school year.

**GoNoodle Physical Activity Minutes Per Student for 2014-2015 School Year**

![Graph showing physical activity minutes per student.]

**Summer Gardening Program**

During the summer, Palmetto Health team members worked with the Hyatt Park Recreation Center (see pictures on page 23) to host a weekly nutrition and physical activity program. The participants ranged in age from 5-13 years old. On average, 30 participants attended each class session. Session topics included understanding the parts of a plant, touring the community garden, healthy snack preparation and the importance of physical activity.

- Introduction and garden overview
- Introduction to MyPlate
- Garden Activity #1/ Fit Together Part 1
- Physical Activity for a Healthy Life
- Garden Activity #2
- Nutrition Literacy and Healthy Food Preparation
- Food Safety
- Fit Together Part #2
- Healthy Food Prep
- End of Summer Celebration/Presentation of Lessons Learned

![Image of a healthy snack preparation activity.]
# 29203 Community Health Panel (CHP) Strategic Plan

<table>
<thead>
<tr>
<th>Goal</th>
<th>To partner with the Diabetes Health Initiative to decrease the prevalence of type 2 diabetes in 29203 ZIP code by preventing new diabetes diagnosis.</th>
</tr>
</thead>
</table>
| Outcome | **Initial**  
• Increase knowledge, early detection and/or prevention of pre-diabetes and type 2 diabetes among high-risk individuals  

**Intermediate**  
• An increase in healthy eating and physical activity related behaviors among residents of the 29203 community  
• Improve use of diabetes self-management practices among residents with a prior type 2 diabetes diagnosis  

**Long-Term**  
• Reduce the incidence of pre-diabetes and type 2 diabetes among high-risk populations  
• Reduce the incidence of type 2 diabetes among those diagnosed pre-diabetic  
• Reduce the number of co-morbidities for 29203 residents with type 2 diabetes  
• Reduce disability associated with type 2 diabetes and its co-morbidities in 29203  

**Impacts**  
• Improve access to free screening and educational opportunities within 29203 to increase early detection, resulting in improved outcomes  
• Increase knowledge related to pre-diabetes and diabetes among adult patients, caregivers, parents, children, physicians and others in the 29203 area  
• Provide free screening for type 2 diabetes to high-risk adults in the 29203 community  
• Increase participation in education programs among 29203 residents with a confirmed diagnosis of either pre-diabetes or type 2 diabetes  
• Provide free education about healthy behavioral changes and type 2 diabetes prevention to adult residents of the 29203 community who have not been diagnosed and Diabetes Self-Management Education (DSME) for those who have diagnosed type 2 diabetes  
• Provide educational training and materials to physicians, patients, caregivers and others on the importance of early diagnosis of pre-diabetes and diabetes  
• Promote pre-diabetes and diabetes education programs to 29203 residents with a confirmed diagnosis  
• Increase opportunities for social support among 29203 residents with pre-diabetes and diabetes  

**Strategic Objective**  
1. Increase CHP membership and support for the CHP’s activities  
2. Increase opportunities for education, screening and early detection for pre-diabetes and type 2 diabetes for adults at various locations throughout the 29203 community  
3. Promote pre-diabetes and diabetes education programs to 29203 residents with a confirmed diagnosis  
4. Increase opportunities for social support among 29203 residents with pre-diabetes and diabetes
LiveWell Columbia 29203 Community Health Panel

As an extension of the adult subcommittee, the 29203 Community Health Panel (CHP) was formed to enhance outcomes and improve community buy-in and ownership. This panel consists of individuals who live and/or work in the 29203 community and were nominated to serve because of their concern for and desire to improve the community in which they live, work and play. The panel’s desire is to decrease the prevalence of type 2 diabetes in 29203 by preventing new diabetes diagnoses.

The inception of the CHP occurred during FY 2015. During its inaugural year, the panel met on a quarterly basis, and a three-year strategic plan was developed to guide the CHP’s activities for the upcoming years. The CHP’s strategic plan outlines the CHP’s desire to decrease the prevalence of type 2 diabetes in the 29203 ZIP code of Columbia by preventing new diabetes diagnoses.

Next Steps

Palmetto Health will continue to focus on improving access to healthy lifestyle and chronic disease prevention programs and services by increasing the number of services we provide throughout the community as well as the breadth and depth of programming. We also will continue to focus on expanding the Diabetes Prevention Program.

To further expand the DPP, Palmetto Health was awarded a $270,000 grant from the Duke Endowment. As a Centers for Disease Control and Prevention (CDC) DPP site with “recognition pending” status, the funding received from the Duke Endowment will allow us to increase the number of DPP slots available to pre-diabetics diagnosed through Palmetto Health physician practices, physician offices and the Office of Community Health, with the ultimate goal of helping a greater number of patients delay or prevent the onset of type 2 diabetes through lifestyle change.

As a result of DPP expansion efforts, it is now possible to reach more than 200 patients through the DPP in FY 2016, an increase of more than 700 percent. In addition, the team will implement plans to streamline and synchronize all processes across DPP programs to ensure patients have the best opportunity to be successful in their lifestyle change.

For more information about the Diabetes Health Initiative, contact:
Tiffany Sullivan, Director, 803-296-3070
Maternal and Child Health: Teen Health Initiative

Teenage pregnancy is a serious public health issue that affects the lives of teenage parents and their children. According to the National Campaign to Prevent Teen and Unintended Pregnancy, teenage parents and their children face high risk of social challenges. Teen parents are less likely to receive prenatal care and more likely to deliver prematurely. Less than one-third of teenage mothers graduate from high school and are more likely to live at or below the poverty level.

Children of teenage parents are at increased risk for violence and drug use exposure and, as they grow older, more likely to become high school dropouts themselves. Daughters of teenage mothers are more likely to become teenage mothers and sons are more likely to become incarcerated. According to the South Carolina Youth Risk Behavior Survey, nearly half (47.5 percent) of high school students reported having had sex at least once. SC DHEC reported 4,346 teenage births in 2014. Nonetheless, SC teenage birth rates have steadily decreased by 54 percent since 1992.

The Maternal and Child Health Initiative was created to address adolescent health through school and community and faith-based programs for youth and adults in Richland and Lexington counties. The initiative has implemented four school and community-based teen pregnancy prevention programs supplemented by monthly teen health newsletters.

South Carolina as a whole and target counties (Richland and Lexington) have experienced significant declines in teen pregnancy for the past five years, in part because of organizations and programs such as the Maternal and Child Health Initiative.

**Teen Talk**

Teen Talk is a weekly youth development program for middle and high school students held during each participating school’s lunch period. The program is a standard abstinence-based program. Each program facilitator, also known as a community advocate, uses an approved youth development curriculum developed by Advocates for Youth, a national adolescent health research organization.

**FY 2015 Teen Talk Participants**

<table>
<thead>
<tr>
<th>Students recruited</th>
<th>1,199 total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
</tr>
<tr>
<td>African-American</td>
<td>87.5%</td>
</tr>
<tr>
<td>White</td>
<td>2.3%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1.1%</td>
</tr>
<tr>
<td>Other</td>
<td>9.1%</td>
</tr>
<tr>
<td><strong>School level</strong></td>
<td></td>
</tr>
<tr>
<td>Middle (grades 6-8)</td>
<td>69.3%</td>
</tr>
<tr>
<td>High (grades 9-12)</td>
<td>29.5%</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>12.5%</td>
</tr>
<tr>
<td>Female</td>
<td>87.5%</td>
</tr>
</tbody>
</table>

During FY 2015, Teen Talk was hosted in 38 Richland and Lexington county schools, including one private school. The curriculum includes group discussions, role-play and team-building activities to allow teens to express their concerns in a safe and confidential setting. Community Advocates strictly adhere to the South Carolina Comprehensive Health Education Act (CHEA) and the school district’s sexual health guidelines. The curriculum allows open discussion of youth-related topics including self-esteem, personal and family values, decision-making, communication, alcohol, tobacco and other drugs, personal responsibility and accountability.

According to program pre- and post-tests, Teen Talk students reported increased levels of communication, goal setting skills and positive perceptions of difficult conversations (such as I feel comfortable talking to my parents about sex and for people my age not having a baby is the best choice).

Operating this large program requires partnerships with school administrators and staff. School liaisons are trained...
each year, and community advocates are required to meet with school liaisons biweekly. During these meetings, program updates and session topics are discussed as they relate to each school. As a show of appreciation for this collaboration, Palmetto Health honors a school each year for an outstanding partnership. Blythewood Academy was honored as the Teen Talk School of the Year, 2014-2015.

ParenTeen

Palmetto Health understands the importance of parent-child connections in improving overall teen health outcomes. ParenTeen was created to help parents of teens with communication about sexuality and health education. The program raises awareness of important issues facing teens, informs parents of the economic and social impacts of teen pregnancy, and nurtures parental skills in developing strong, positive and connected relationships. One session is hosted per quarter.

FY 2015 ParenTeen Sessions

<table>
<thead>
<tr>
<th>Total attendees: 101</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dollars and Sense</strong></td>
</tr>
<tr>
<td><strong>Do You Hear Me</strong></td>
</tr>
<tr>
<td><strong>Understanding Your Child’s Temperament</strong></td>
</tr>
<tr>
<td><strong>Dads Matter</strong></td>
</tr>
</tbody>
</table>

Freshman Focus

According to SC DHEC, 74 percent of South Carolina pregnant teens are between the ages 18 and 19. In response, Palmetto Health partners with local colleges to implement a college-based sexual health workshop. Freshmen Focus is a 50-minute session that provides accurate information to college freshmen on healthy relationships, signs and symptoms of sexually transmitted diseases and the appropriate use of contraceptive methods to protect against sexually transmitted diseases (STDs) and unintended pregnancy.

During freshmen orientation, the program served 60 college students.

Summer Connections

The Summer Connections program supports the community in educating teens about pregnancy prevention. This six-week program incorporates weekly youth development sessions into existing summer programs.

Students are engaged in discussions and activities regarding self-esteem, body image, decision-making, goal-setting, values and building positive relationships. These topics are universal, and can be incorporated into most existing summer programs. Sessions are one-hour long and conducted by Palmetto Health team members. Programs and organizations within Richland and Lexington counties are eligible to participate and each session accommodates at least 10 students (age 10-19).

In FY 2015, 1,289 youth educational services were provided at 13 locations, including summer camps hosted by the City of Columbia.

ItzTime Newsletter

Palmetto Health publishes a monthly teen health newsletter, ItzTime, to provide information and promote communication between teens and parents. In FY 2015, 102,993 newsletters were distributed to teens in Richland and Lexington counties. In addition, there were 1,698 teen health flyers, pamphlets, brochures and promotional items distributed to local teen health providers and community organizers.
Next Steps
The Maternal and Child Health Initiative will work to:

- Increase the number of parent workshops offered throughout the community
- Increase the number of male participants served
- Continue to promote clinical services to high-risk teen populations

For more information about the Maternal and Child Health Initiative, contact:
Stacey McPhail, Director, 803-296-3764.

2015 Teen Health Summit: “Breaking ties with the lies”

The 2015 Teen Health Summit was held at Dreher High School on Friday, June 12, with 466 teens and parents in attendance.

For seven hours, parents and teens engaged in conversations about personal, peer and parental relationships while being entertained by Silver Ring Thing and other adolescent health educators. Palmetto Health partnered with local school districts, teen-friendly organizations and supporting businesses to provide services and information during the day. A’ja Wilson, a University of South Carolina Lady Gamecocks basketball player, talked to students about being motivated and balancing school, sports and friends.

Event surveys showed that teens enjoyed the event, with 81 percent reporting they would attend again next year. The Teen Health Summit is a large, comprehensive program that requires the commitment of Palmetto Health team members, local teachers, administrators and community members. Palmetto Health has sponsored the summit for 11 years and has reached more than 3,800 students.
Maternal and Child Health: 
**Palmetto Healthy Start**

Palmetto Healthy Start has an instrumental role in helping pregnant women receive prenatal services. In FY 2015, **936 women**, including **406 newly enrolled pregnant women** and **521 infants** received prenatal care and/or inter-conceptional care in addition to well-baby services.

Palmetto Healthy Start targets medically-indigent expectant mothers and infants in Richland (teenagers only), Lexington and Sumter counties. The community-based, federally funded program has been part of Palmetto Health since 1997. Palmetto Healthy Start’s goal is to reduce infant mortality, low birth weights and racial disparities within perinatal health outcomes.

Palmetto Healthy Start began providing prenatal care services to low-income pregnant women in four ZIP code areas of Richland County in 1997 and expanded to all of Richland and Fairfield counties in 2001. The service area was expanded in 2010 to include Lexington and Sumter counties through an additional grant from the Bureau of Maternal and Child Health of the Health Resources and Services Administration (HRSA). However, after 16 years of success in keeping mothers and babies healthy in Richland and Fairfield counties, services ended in both counties in September 2014. The overall 11-year (2003-2013) infant mortality among participants was 2.7 per 1,000 live births, a rate significantly lower than the rate (10.3 per 1,000 live births) among all African-Americans in Richland County in the same time period.

**Prenatal Care**

Early, adequate prenatal care significantly improves the chances of having a healthy baby. Through prenatal visits, Palmetto Healthy Start provides education to expectant mothers about nutrition, toxic stress, dangers of substance abuse during pregnancy and other risk factors that could impact a healthy pregnancy. Education helps prevent poor birth outcomes including low birth-weight and infant death.

Prenatal care that begins early and is risk-appropriate, continuous and comprehensive improves maternal and infant outcomes. Palmetto Healthy Start works to bring prenatal care to participants in the earliest stages of pregnancy, connecting mothers and their infants with health and social services.

Palmetto Healthy Start recruits participants from three counties centrally located in South Carolina including Lexington, Richland and Sumter counties.

In 2015, **70.5 percent** of Palmetto Healthy Start participants initiated prenatal care in the first trimester, compared to **63.1 percent** of non-participating pregnant African-American women within the program’s target area in 2014 (latest data from SC DHEC).

Palmetto Healthy Start also ensures participants receive adequate prenatal care as outlined by the Kessner Index (the criteria for adequacy of prenatal care). In 2015, **61.5 percent** of Palmetto Healthy Start participants received adequate prenatal care, compared to **57.7 percent** of pregnant African-American women within the program’s target area in 2014 (latest data from SC DHEC).

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**Palmetto Healthy Start participants initiating prenatal care in the first trimester 2014-2015**

<table>
<thead>
<tr>
<th>Year</th>
<th>African-American women in target area</th>
<th>Palmetto Healthy Start participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>57.7%</td>
<td>65.1%</td>
</tr>
<tr>
<td>2015</td>
<td>61.5%</td>
<td>65.1%</td>
</tr>
</tbody>
</table>

*Data source: SC Department of Health and Environmental Control, most recent data (2014)*
data has proven that African-Americans have high rates for infant mortality and supporting risk factors. With an African-American population of more than 74 percent, Palmetto Healthy Start is using culturally-appropriate program strategies to engage and retain its most vulnerable population.

Low-Birth Weight/Infant Mortality

All Palmetto Healthy Start services are designed to improve the health of infants and to reduce infant mortality rates. These efforts have made significant progress in reducing the number of low-birth weight babies (2,499 grams or less) and infant mortality among participants in the past several years. In 2015, 13 percent of Palmetto Healthy Start infants were low-birth weight babies, compared to 13.3 percent of African-American infants within the program’s target area. However, the infant mortality rate among Palmetto Healthy Start infants was 4.9 per 1,000 live births (one infant death among 203 newborns), compared to 9.9 per 1,000 live births among African-Americans within the program’s target area (Lexington, Sumter and Richland counties).

The significant decreases in the infant mortality rate, especially among African-Americans, are a result of improving health measures and/or health behaviors (such as prenatal care, reducing 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. Nevertheless, there still are opportunities that exist.
Periodontitis Prevention

Periodontitis is inflammation of the tissue surrounding the teeth, causing shrinking of the gums and loosening of the teeth. This common gum disease and severe gingivitis are factors in premature and low-weight births. The harmful bacteria causing these diseases can enter the bloodstream and target the fetus, resulting in pre-term labor. While obstetricians encourage all pregnant women to be examined, the challenge is reaching low-income or uninsured pregnant women early to have dental problems identified and treated.

In 1997, Palmetto Health’s Office of Community Health partnered with South Carolina’s first free dental clinic for uninsured adults and children, Community Partners of the Midlands Dental Clinic (formerly Family Service Center Dental Clinic), to provide free comprehensive dental care for the women referred by Palmetto Healthy Start. Women who tested positive for periodontitis, dental care or gingivitis, are provided treatment and follow-up care. Of the 390 women screened in FY 2015, 24 women screened positive for periodontal disease and were treated and provided dental care services.

<table>
<thead>
<tr>
<th>Periodontal Screenings FY 2014-FY 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY 2014</td>
</tr>
<tr>
<td>Screenings</td>
</tr>
<tr>
<td>Screened positive</td>
</tr>
</tbody>
</table>

Childbirth and Infant Care Classes

One of the Healthy People 2020 objectives is to increase the number of pregnant women who attend childbirth education classes. Patients are educated on the importance of prenatal care and the childbirth process during free classes.

<table>
<thead>
<tr>
<th>Childbirth and infant care classes FY 2014-FY 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY 2014*</td>
</tr>
<tr>
<td>Screenings</td>
</tr>
<tr>
<td>Screened positive</td>
</tr>
</tbody>
</table>

* In Richland, Fairfield, Lexington and Sumter counties
**In Lexington and Sumter counties only (lower participation classes were suspended)

Childbirth education, newborn care, infant CPR and breastfeeding classes were provided to pregnant women and new moms in Richland (teenagers only), Lexington and Sumter counties. Childbirth education increases women’s knowledge regarding the importance of prenatal care and the childbirth process. Transportation to classes is provided when needed. Women and teens are encouraged to bring expectant fathers or support people. In FY 2015, Palmetto Health provided six classes to 26 participants.

Infant Mortality Awareness

During September, Palmetto Healthy Start recognized Infant Mortality Awareness (IMA) month in an effort to promote awareness and educate the community on infant mortality in South Carolina. Palmetto Healthy Start conducted its annual IMA Walk on Saturday, Sept. 12, with 356 attendees at Columbia’s Finlay Park.

Next Steps

In FY 2016, Palmetto Healthy Start will continue providing services to pregnant women, their infants and families to reduce infant mortality and health disparities in the community. Through continued outreach, the goal is to serve 800 prenatal, inter-conceptional/postpartum women, infants and fathers in the program. Goals include:

- Participant support groups
- Breastfeeding initiative
- Identify resources to purchase more breast pumps
- Safe sleep awareness
- Fatherhood initiative
- Continuing partnerships with organizations and agencies

For more information about the Maternal and Child Health Initiative, contact:

Kim Alston, Director, 803-296-3780.
Richland Care is a collaborative initiative designed to improve access to care and health outcomes for low-income (below 100 percent of the federal poverty level), uninsured residents of Richland, Lexington and Fairfield counties.

Richland Care participants choose a medical home and have access to primary care, specialty care, hospital and pharmacy services, plus referral to mental health and substance abuse services as needed.

Since its inception in 2001, Richland Care has provided health care services to 25,919 low-income, uninsured residents of Richland County and expanded to cover Lexington and Fairfield counties in May 2015. This access has allowed participants to address health concerns through primary care, specialty care and/or medications.

Richland Care's goal is to continue developing a coordinated health care delivery system to improve access to care and outcomes for low-income, uninsured residents. Medical homes provide primary care and pharmaceuticals, and four local hospitals, including Palmetto Health, provide inpatient services.

Richland Care services also include disease case management activities and support for participants with hypertension or diabetes, and case management for participants who use emergency departments. In FY 2015, Richland Care participants had 14.17 percent reduction in avoidable emergency department visits, exceeding the 10 percent goal set forth by Palmetto Health.

Health education and wellness services are available to all participants. The Healthwise Handbook, a self-care reference guide, supports these activities. In FY 2015, 1,441 handbooks were distributed.

Richland Care Community Coalition

Richland Care is advised by a coalition of community organizations.

- Columbia Area Mental Health Center
- The Cooperative Ministry
- Eau Claire Cooperative Health Centers, Inc.
- The Free Medical Clinic
- Lexington Richland Alcohol and Drug Abuse Council
- Norman J. Arnold School of Public Health, University of South Carolina
- Palmetto Health
- Palmetto Public Health District
- Sisters of Charity Providence Hospitals
- Richland County

- Richland County Department of Social Services
- Richland County School Districts One and Two
- SC Department of Health and Environmental Control
- SC Department of Health and Human Services
- United Way of the Midlands
- USC College of Social Work
- USC School of Medicine
- Welvista

As of Sept. 30, 2015, there were 2,687 participants active in Richland Care.

The demographic characteristics of active Richland Care participants have changed slightly with a growth in both male and Hispanic enrollment:

- 86 percent unmarried, 14 percent married
- 64 percent African-American
- 21 percent Caucasian
- 9 percent Hispanic
- 6 percent other
- 57 percent female, 43 percent male
- 65 percent between the ages 41 and 60 (average age of 48)

Health Care Coalition

Providing access to primary care is the cornerstone of Richland Care. All participants select one of the following medical homes for primary care and pharmaceutical services. Richland Care participants have access to subspecialty care and services through providers that have contracted with the program for partial payment of fees and through groups that provide services at little or no cost.

Contracted specialists were paid on a fee-for-service basis, and participants were responsible for a $20 office visit co-payment. At the end of FY 2015, Richland Care had partnerships with 21 specialty groups.

In addition, Richland Care has referred participants to the following services:

- Dental and vision services
- Infectious disease
- Mental health
- Substance abuse
Richland Care paid $202,271 for specialty services during the year. For that amount, participants received a total value of care equaling $1,350,000.

Next Steps
In FY 2016, the community coalition and health care teams will continue to evaluate capacity within the primary care safety net for low-income, uninsured patients. Richland Care will continue to evaluate utilization data with AccessHealth SC to improve the network’s effectiveness and efficiency. The network also will research opportunities for expansion into Sumter County.

For more information about Richland Care, contact:
Marc Barnes, Director
803-296-2251
Community Partners

Palmetto Health is grateful for the collaboration and support of its community partners. Together, we can improve health care in our community. As part of the annual tithe, Palmetto Health provides funding support to a variety of community organizations and health initiatives. From dental care for adults and children, to mental health support, vision services and student support in local school districts, our partnerships extend beyond hospital walls.

Children and Adult Dental Clinic

A partnership with the United Way of the Midlands allowed Palmetto Health to sustain its relationship with the children’s and adult dental clinic. Community Partners of the Midlands provides comprehensive dental services to those children caught in the government assistance and insurance gap. Dental services include cleanings, X-rays, sealants, fluoride and fillings. The children’s dental clinic is operated using private volunteer dentists. More than 500 South Carolina dentists have volunteered to provide free dental services for children and have done so for 55 years.

The Community Partners of the Midlands Dental Clinic (Richland County) also provides comprehensive dental services to uninsured and underinsured adults 11.5 hours per week during adult clinic hours. Palmetto Health dental residents volunteered 309 hours to the clinic. Services are provided to patients at no cost.

Evidence supporting a strong association between periodontal disease and pre-term and low birth-weight births prompted a third program through the Community Partners of the Midlands Adult Dental Clinic. This common gum disease and severe gingivitis are factors in premature and low-weight births. Women participating in Palmetto Healthy Start’s prenatal program are referred to the dental clinic, screened for periodontal disease and also treated at no cost.

In FY 2015, the dental clinic served 2,611 patients, including children, adults and pregnant women. Nine percent of the pregnant women served tested positive and were treated for periodontal disease.

Palmetto Health and Lexington Medical Center

Midlands Dental Initiative (MDI)

In 2012, an emergency oral health program was developed to relieve uninsured individuals of dental pain and discomfort, and to discourage unwarranted emergency department visits. Palmetto Health partnered with 20 private dentists who each agreed to provide emergency dental services for a minimum of five uninsured, low-income patients per month. More than half of the dentists enrolled in the Midlands Dental Initiative treat more than 10 patients per month, doubling available appointments.

Patients are referred to a dentist from the network, and Palmetto Health and/or Lexington Medical Center cover costs at the 2011 Medicaid rate. An uninsured dental visit to the emergency room costs approximately $700 per patient. Through the initiative, an emergency dental visit to a private dentist costs approximately $200 per patient, a $500 savings per patient served. The hospitals are able to redirect an uninsured patient from the emergency department at a reduced cost.

In FY 2015, the MDI provided 1,460 emergency dental visits to 833 patients from Richland and Lexington counties. This has contributed to a decrease in emergency department utilization for dental issues in 29 of 39 months.

Beginning in 2016, Palmetto Health will transition from the Midlands Dental Initiative (MDI) and support the expansion of the Community Partnership of the Midlands, LLC. This is a free, comprehensive dental center for the underinsured and uninsured citizens of the Midlands, located at 2000 Hampton St., Columbia. The clinic will include expanded hours, one full-time dentist and volunteer dentists and hygienists for improved access to health care services.

Community Partners of the Midlands, LLC

Midlands Eye Care Clinic

A collaboration of the United Way of the Midlands, Palmetto Health, and South Carolina Optometric Physicians Association maintain one of the state’s only eye care clinics for the uninsured. Residents of Richland and Fairfield counties are provided a free comprehensive
eye exam and eyeglasses, as needed. Currently, the clinic operates two half-days per month with assistance from volunteer optometrists.

In FY 2015, the clinic saw 283 patients during 27 clinic days and provided 279 pairs of glasses.

Family Connection of South Carolina

Project Breathe Easy

According to the SC Office of Research and Statistics, asthma is the leading cause of hospitalizations in Richland County for children under the age of 18. Serving Richland and Lexington counties, Family Connection received funding from Palmetto Health to expand Project Breathe Easy, a six-month asthma education program for parents of asthmatic children. Of the 48 families that participated in the six-week asthma education program, there was a 15.15 percent reduction in asthma-related doctor visits, 62.5 percent reduction in asthma-related emergency room visits/hospitalizations, 16 percent reduction in asthma-related missed school days and 47.06 percent reduction in asthma-related days parents missed work. In FY 2015, 156 children and their families participated in Project Breathe Easy.

GoNoodle, Inc.

Community Youth Health Literacy Collaborative

GoNoodle is a program designed to get children moving. Used at school and at home, GoNoodle’s online movement videos improve health and enhance behavior, focus and performance. GoNoodle’s short videos engage children in moderate, vigorous, and calming physical activities. Students also are encouraged to do these activities at home by themselves or with their families.

Palmetto Health’s GoNoodle sponsorship began in 2013. During the 2014-2015 school year, more than 43,000 Richland County students were engaged monthly, with more than 2,600 parent-verified home accounts. For the school year, this resulted in 11.9 million minutes of physical activity. There were 78 active schools using GoNoodle in Richland County with 1,548 monthly active teachers. This engagement ranked Columbia the number three city in the nation for total minutes of movement using GoNoodle per the student population in top US cities.

Good Samaritan Clinic - Increasing Access to Services

Palmetto Health entered into a partnership with the Good Samaritan Clinic in April 2014 to help increase access to health care, case management and health education services, primarily for the Latino community. The clinic has two site locations that are open one afternoon per week. The clinic is open one afternoon per week. In FY 2015, 1,539 patients were served. There were 374 people who signed up for the Richland Care program through the clinic.

James R. Clark Memorial Sickle Cell Foundation

Sickle Cell Case Management

For patients with a chronic illness like sickle cell disease, case management is essential for a healthy lifestyle. Palmetto Health helps fund the James R. Clark Memorial Sickle Cell Foundation to provide direct nurse case management to patients in Richland and Lexington counties. The Foundation also collects specific patient data to better understand and address avoidable usage of emergency rooms and to measure the impact of case management services.

In FY 2015, the Foundation provided 5,338 hours of case management services (disease monitoring, patient education) during 2,688 in-home visits with sickle cell patients from the Midlands.

Mental Illness Recovery Center, Inc. (MIRCI)

MIRCI specializes in assisting individuals who suffer from mental illness and/or severe emotional disturbances with
the recovery process through community-based services. This organization recognizes that helping individuals recover from these conditions should include not only treatment, but also assistance in recovering the areas of their lives that have been disrupted as a result of mental illness, such as housing and social skills. Palmetto Health provides funding to MIRCI, which enables the organization to provide the HomeBase and Homeless Recovery Center programs at no cost to the patient. These programs help those in recovery recuperate from the disruptions to housing and social skills that may have occurred as a result of their mental illness.

The HomeBase program offers housing for homeless individuals and families who need intensive therapeutic services. The Homeless Recovery Center is open every day and combines intensive services with social rehabilitation therapy and peer support. Both of these programs assist in the recovery process by promoting fellowship and nurturing the desire to accomplish among individuals recovering from mental illness. They allow individuals to recover from their illness while simultaneously making the transition from homelessness to supported independent living, providing a foundation for recovery and independence.

MIRCI completed a pre- and post-study of inpatient hospitalization and emergency department visits using a data system managed by South Carolina Department of Revenue and Fiscal Affairs. The following is the most recent data (2014):

- The total number of inpatient hospitalizations for the cohort of 212 clients for the year after beginning MIRCI services dropped by almost 50 percent from the year preceding entry into MIRCI (from 115 to 58). Decreases in mental illness and substance abuse hospitalizations (from 89 discharges pre-enrollment to 26 discharges post-enrollment) were the entire reason for the overall decline.

- Considering Mental Illness/Substance Abuse as the reason for the hospitalization, the number of hospitalizations dropped by 71 percent, pre- to post-entry into MIRCI.

- Hospitalizations for physical illness and accidents actually increased, from 26 (pre) to 32 (post). This type of change is not unexpected because of variability introduced by small numbers; in this case, one client with five hospitalizations post-MIRCI explains almost the entire increase.

- A second finding for inpatient hospitalizations is that the intensity of services required when hospitalization was needed (measured by number of days in the hospital) dropped by 44 percent from an average of 13.1 days pre-MIRCI to 7.4 days post-MIRCI.

- The combination of decreases in number of hospitalizations and length of stay resulted in a 58 percent drop in inpatient charges, or $2,233,390.

- The number of Emergency department (ED) visits dropped by 39 percent once the clients enrolled in MIRCI.

- Emergency department visits where mental illness was the reason for the visit dropped even more, by 61 percent. Unlike inpatient hospitalizations, ED visits for physical illness dropped by 30 percent and by 33 percent for injuries.

- Schizophrenic disorder was the most common mental illness reason for visiting the ED; these visits dropped by 62 percent.

For the 207 clients linked to the psychiatric specialty hospital database:

- The number of inpatient hospitalizations dropped by 86 percent in the year following enrollment, from 29 to 4, virtually containing the use of inpatient services by good outpatient management.

**Monetary Savings:** Considering all hospital services combined (inpatient general, inpatient specialty and emergency department visits), total charges for services in the year following MIRCI enrollment were $3,171,107 less than charges for services in the year prior to MIRCI enrollment. Note: Because this analysis is longitudinal and spans clients enrolling in MIRCI over a 17-year period, health care charges have been adjusted to 2013 dollars using the GDP index for the latest year available. Inpatient general hospitalization decreases accounted for 56 percent of these savings, with emergency department visits and specialty hospital discharges accounting for 29 percent and 15 percent respectively.
The results of pre- and post-hospital and emergency department use analysis show substantial observed decreases once MIRCI programs assist clients. Decreases are most dramatic for diagnoses of mental illness and substance abuse but also are reflected in the declining use of hospital emergency departments even for physical illness. MIRCI case management offers emphasis on appropriate outpatient psychiatric services, stability in medication adherence, life skills, and housing. The significance of their success is borne out in the substantial drop in expensive service utilization expressed in avoided hospital charges of over $3.1 million.

Midlands Partnership for Community Health

Palmetto Health Parish Nurse Program

Palmetto Health provided funding to the Midlands Partnership for Community Health to cover the costs of a nurse for elderly patients of Columbia Housing Authority (CHA). CHA matches the health system's funds to ensure supplemental materials and resources also are provided. The elderly, low-income residents of CHA high-rise apartments, who typically receive little to no care, benefit tremendously from the services and convenience of an on-site nurse. They receive home visits, health screenings, blood pressure monitoring, chronic disease education, health histories, flu shots, prescription assistance and transportation.

In FY 2015, Palmetto Health’s parish nurses conducted 684 home visits, 722 blood pressure screenings, and identified 10,431 health concerns or medical diagnoses.

Effective June 30, 2015 each partner providing funds ended its contract with the Midlands Partnership for Community Health. However, Palmetto Health and the Columbia Housing Authority continue to fund this commitment through the support of a Palmetto Health Ambulatory Care Transition Team (ACTT) nurse. As a result, there were no gaps in health care services.

Palmetto Health Trauma Center

Project READY

Project READY (Realistic Education about Dying Young) is an injury prevention program that exposes adolescents to a Level I trauma center in order to explore the consequences of risky adolescent behavior. Project READY is a single five-hour session offered to youth ages 13-21. Participants learn how to evaluate and anticipate consequences of their choices by witnessing real situations in which risky behavior resulted in traumatic injury. In FY 2015, Project READY served 270 students and provided 5,336 educational opportunities for the general public.

Palmetto Project, Inc.

Carolina Hearing Aid Bank

South Carolina has existing programs for children and working adults to obtain free hearing aids. However, it is also important to provide services to the growing number of unemployed, disabled, uninsured and low-income adults within the state. Palmetto Health partnered with the Carolina Hearing Aid Bank to provide free hearing aids to low-income adults who were referred by local audiologists. In FY 2015, Palmetto Health funded 53 hearing aids for 28 uninsured adults in Richland and Fairfield counties.

Sexual Trauma Services of the Midlands

Community Education and Outreach

Sexual Trauma Services of the Midlands provides public awareness, community education and prevention programming to local schools, youth and adult organizations, educators, parents and professionals in Richland, Lexington and Newberry counties. The program’s goals include:

- Expose youth to harmful gender stereotypes which perpetuate gender-based violence
- Explore personal, physical, emotional and electronic boundaries to help youth identify their own sense of safety
- Teach youth how to express their needs assertively in familial, romantic and professional relationships
- Empower youth to be positive bystanders to confront and prevent dating and sexual violence in schools and communities
- Reinforce help-seeking behavior and raise students’ awareness of resources within the community
- Provide 24-hour hotline and hospital response to sexual violence survivors

In FY 2015, the Sexual Trauma Services of the Midlands staff facilitated 488 youth-focused educational sessions to 13,022 middle and high school students through the Midland’s Youth Violence Prevention Program, and provided support and education services to 10,958 adults and sexual assault survivors.

Silver Ring Thing

Abstinence Only Sexual Health Education

The Silver Ring Thing (SRT) is a ministry that promotes abstinence until marriage using an intense live concert
and a small youth group film event called Project 434. The SRT program was created in 1995 as a response to the escalating numbers of teen pregnancies in Arizona and was moved to Pittsburgh, Pennsylvania in 2000. In 2001, SRT was invited to bring its program to South Carolina. With funding from Palmetto Health, 20,000 people have attended a SRT live show in South Carolina with 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. In FY 2015, 1,216 adults and youth attended the SRT live events. In 2015, there were 428 pledges of abstinence and “silver rings” put on in South Carolina.

SC Campaign to Prevent Teen Pregnancy

Teen Pregnancy Prevention in the Midlands

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 SC Campaign is the only organization that serves all 46 counties with an exclusive focus on reducing teen pregnancy.

According to the campaign’s website, since the early 1990s, the teen birth rate in South Carolina has fallen by 54 percent. This includes a substantial decrease between 2012 and 2013 when the teen birth rate for 15- to 19-year-olds declined by 13 percent, landing at 31.6 per 1,000, the lowest in recorded history. Over the last two decades, declines have been most substantial among school-aged youth ages 15-17 whose teen birth rate has decreased by 68 percent since 1992.

Through funding from Palmetto Health in FY 2015, the organization has hosted several events to further address teen pregnancy among older teens on college campuses and continues its annual teen pregnancy prevention conference, Summer Institute. The Summer Institute provided the latest on teen pregnancy and STD/HIV prevention to enhance knowledge and skill level of youth-serving professionals nationally. Through these initiatives and other activities, the SC Campaign reached 2,003 professionals, parents and teens, and provided numerous hours of direct services and technical assistance to adolescent sexual health providers throughout the state. SC Campaign’s biweekly Friday newsletter reaches 1,500 people.

South Carolina HIV/AIDS Council

HIV/AIDS Community Health Education, Screening and Treatment

South Carolina HIV/AIDS Council (SCHAC) provides HIV testing in the community using a mobile unit and the rapid HIV/AIDS test. Palmetto Health funded SCHAC to provide free HIV/STI screening and treatment for adults in Richland, Lexington and Fairfield counties. SCHAC performed 116 rapid HIV tests and found two positive cases of HIV, 17 cases of gonorrhea, 37 cases of chlamydia, 24 cases of syphilis, and seven cases of bacterial vaginitis. Free treatment was provided for all positive STI patients, and counseling to avoid risky behaviors that can lead to a positive HIV/AIDS diagnosis for themselves or their partner. The SC HIV/AIDS Council also provided education sessions to 200 college students in the Midlands.

South Carolina Research Foundation

PASOs Hispanic/Latino Education and Outreach

PASOs (which means “steps” in Spanish) is a statewide, community-based organization that helps the Latino community and service providers work together to build strong and healthy families. PASOs supports the Latino community by providing prevention services while offering parenting and early childhood development skills. The program trains Latino community health workers who support others with connections to community resources. PASOs partners with local health care providers to ensure they are effectively and efficiently serving Latino patients. Recently, PASOs partnered with the Palmetto Health Children’s Hospital Outpatient Center to provide Reach Out and Read, a program promoting breastfeeding, child oral health, family planning, positive parenting and early childhood development. In FY 2015, PASOs served 700 families through outreach, community education and individual support. The program also hosted monthly radio
shows on the local Spanish-language radio station and partnered with 100 organizations to strengthen resources.

University of South Carolina School of Medicine

Minority Medical Student Scholarship

South Carolina has a disproportionate number of minority students enrolling in medical school within the state. Palmetto Health uses its partnership with the University of South Carolina School of Medicine to provide funding for a minority medical student to increase the number of minority students studying and practicing medicine in South Carolina. Since the inception of the award, seven students have received the Palmetto Health Medical Scholarship. Six have graduated, two have remained to practice in South Carolina and the remaining four are in residency programs. In FY 2015, Osita Obi-Osuagwu was the student recipient. He is a fourth-year medical student who plans to continue training as a surgery resident.

University of South Carolina

Student Health Services - Project Condom

Project Condom is an education-based, contraceptive awareness fashion show initiated by the University of South Carolina’s Office of Sexual Health and Violence Prevention. The concept is derived from the popular reality show, Project Runway. Unlike the reality show, Project Condom allows students three to four weeks to complete their condom-constructed garments. Students are given an opportunity to display their garments during the Project Condom fashion show and entries are judged for creativity, theme, stage presence and conceptual message.

Project Condom seeks to:

• Increase the quality, availability and effectiveness of educational and community-based programs designed to prevent disease and improve health and quality of life
• Improve pregnancy planning and prevent unintended pregnancies
• Prevent HIV infection and its related illnesses and death
• Promote responsible sexual behaviors, strengthen community capacity and increase access to quality services to prevent sexually transmitted diseases (STDs) and their complications

In FY 2015, 200 students attended the final runway awareness fashion show.
Our Mission
Palmetto Health is committed to improving the physical, emotional and spiritual health of all individuals and communities we serve; to providing care with excellence and compassion; and, to working with others who share our fundamental commitment to improving the human condition.

Our Tithe
To give back to our community 10 percent of our bottom line for 35 years and beyond.