Our Tithe: To give back to our community 10 percent of our bottom line to improve the health of our community.
It is our pleasure to present the Report of the Tithe 2016.

This report details our goals and accomplishments, and provides an overview of services and resources provided by Palmetto Health's Office of Community Health during the past year. We invest our tithe into health care services and resources to make a difference for the people in our community. It is our honor to serve them.

While our tithe was a commitment we made in 1998, it continues to be a vital part of Palmetto Health. Our tithe is one of the ways we live our Vision each and every day, To be remembered by each patient as providing the care and compassion we want for our families and ourselves.

2016 Palmetto Health Leadership

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December 18, 2016

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  

Rep. Lester P. Branham, Jr., Chair  
Palmetto Health Board of Directors
Fiscal year 2016 in review

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

The goals are to:
- Impact individual health status
- Help create a healthier community
- Provide quality screening, intervention and education
- Foster and promote collaboration among various agencies and organizations

Funding Dollars Spent Per Year

In FY 2016, the Office of Community Health provided 299,539 services to the underinsured, uninsured and medically underserved people in the Midlands, along with the general population. Services were provided to 48,665 people in South Carolina communities.

During its more than 19 years of service, the Palmetto Health Office of Community Health has invested $53,098,653 in health care services.
Chronic Disease Prevention

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

- There were **5,355 total screenings** performed, **115** community and worksite screenings and **110** additional clinic days.
- There were **1,898 diabetes screenings services** performed for adults at risk for type 2 diabetes.
  - Of the 1,898 participants screened, **678** were found to have abnormal test results, with **356** diagnosed as prediabetic and **11** as diabetic.
- There were **3,457 cancer screenings** performed for adults.
- There were **more than 2,000 people** educated about diabetes, nutrition, physical activity and heart disease.
- **66 community education sessions** were held.
- Team members supported **210 Healthy Palmetto weigh-in participants**.
  - 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.
- Through screening efforts, **four cancers, 18 cervical dysplasias** and **26 colon polyps** were detected.
- Team members managed **169 patients** for abnormal findings following cancer screenings.
- The Smoking Cessation program provided prescriptions and services to **72 participants**.
- **More than 1,200 students** in Richland, Lexington and Fairfield counties were engaged through Trumpeter, an anti-smoking campaign designed for middle and high school students.
- There were **130,052 youth development services and contacts** provided to teens in the Midlands.
- Ten community advocates conducted **1,628 Teen Talk sessions** in **36 public and private schools** in Richland and Lexington counties.
- The eleventh annual Teen Health Summit provided teen pregnancy prevention education to **410 students** and **80 parents**.
- Freshman Focus reached **584 college freshmen**, increasing knowledge of reproductive health and improving attitudes and behaviors towards contraception.
- There were **55 parents** reached through ParenTeen, a quarterly program designed to improve parent/child communication.
- Through Summer Connections, **1,109 teens** received pregnancy prevention education in their community.

Palmetto Healthy Start

*Palmetto Healthy Start (PHS) targets expectant mothers and infants in Lexington and Sumter counties and at-risk moms in Richland County.*

- The infant mortality rate for Palmetto Healthy Start participants was **0 per 1,000 live births**, compared to 14.6 per 1,000 live births among African-Americans in 2015 in the target area.
- Enrolled **449 pregnant women** in the Palmetto Healthy Start program.
- There were **206 infants** born during the reporting period.
- Services were provided to **945 women** and **539 infants** with **1,839 home visits**.
- **Two Infant Mortality Awareness (IMA) Walks** were held in Lexington and Sumter counties with **203 attendees**.
- **More than 2,500 fact sheets and buttons** were provided throughout the community on Infant Mortality Awareness Day.
- Childbirth classes were held for **201 participants**.
- Childbirth education was provided to **69 participants** through home visits or phone contacts.
- The Repeat Pregnancy Prevention and the Male Involvement Initiative provided **10 educational sessions**, with **34 participants**.
- Breastfeeding education was provided to **434 women** through home visits and telephone calls.
- **76 breast pumps** were provided to participants who attended breastfeeding support groups.
- Oral health services were provided to **460 participants**, with **five affected** by periodontitis (1.1 percent).

Community Health Improvement

*This initiative was created to address adolescent health through school, community and faith-based programs for youth and adults in Richland and Lexington counties. South Carolina has experienced significant declines in teen pregnancy for the past six years, in part because of organizations and programs such as Community Health Improvement.*

- There were **zero reported student pregnancies** among teen participants.
- The Teen Talk program provided instruction for **828 students** during 29 weeks.
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, Lexington and Fairfield counties. The program opened to Sumter County residents in January 2016.

- There were **1,944 first-time enrollees** to the Richland Care program.
- The all-time number of Richland Care participants reached **27,863** (FY 1998-2016).
- There were **1,754 referrals** for specialty care services (e.g. ophthalmology, gastroenterology and surgery services).
- Participants received **more than $1.66 million** in specialty services.
- Participants receiving disease management services for diabetes had an average decrease of **24 percent** in HbA1c readings.

Community partners

*Palmetto Health funds many initiatives designed to improve community health.*

- Through a partnership with the United Way, Community Partners of the Midlands, now operating as WellPartners since February 2016, provided services to **2,450 patients**, including comprehensive dental services for uninsured, low-income, children, adults and pregnant women.
- There were **285 emergency dental services** provided to **178 Richland and Lexington county residents** through the Midlands Dental Initiative (provided by Palmetto Health and Lexington Medical Center), which transitioned to the WellPartners clinic.
- Midlands Eye Care Clinic provided **440 pairs of eyeglasses** and saw **467 patients** during **41 clinic days**.
- Project Breathe Easy, a six-month asthma education program, provided services to **83 children and their families** and resulted in a **66.67 percent reduction** in asthma-related emergency room visits/hospitalizations and missed school days.
- With the use of GoNoodle, an online tool utilizing videos and games to get kids moving, public and private schools in Richland and Sumter counties have engaged **more than 34,000 students** monthly, resulting in **15.2 million minutes** of physical activities. The program is available to all Richland County schools, with approximately **1,400 monthly-active teachers** using GoNoodle activities.
- Through a partnership with James R. Clark Memorial Sickle Cell Foundation, Palmetto Health provided funding for **5,174 hours of case management** and **2,587 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 Ambulatory Care Transition Team, in partnership with the Columbia Housing Authority, conducted **783 home visits**, **984 blood pressure screenings** and had **more than 120 social work encounters**. The team worked with residents to identify health concerns or medical diagnoses through health and wellness education, health fairs, health care case management and health screenings.
- There were **249 adolescents** (ages 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 **32 free hearing aids** to **17 uninsured adults** from Richland and Fairfield counties.
- There were **13,871 middle and high school students** participating in **666 youth-focused education sessions** for the Sexual Trauma Services of the Midlands Youth Violence Prevention Program.
- Silver Ring Thing, a high-energy program designed to promote abstinence until marriage through an intense live concert, served **740 adults and youth** in Richland and Lexington counties.
- The South Carolina Campaign to Prevent Teen Pregnancy reached **1,621 professionals, parents and teens** via training, technical assistance, outreach events and the annual Summer Institute. The campaign also reached nearly 75,000 people through their websites.
- SC HIV/AIDS Council identified and treated **148 rapid HIV and STD tests**, **17 positive gonorrhea**, **42 positive chlamydia**, **18 syphilis** and **six bacterial vaginitis**.
- PASOs (“steps” in Spanish), a healthy family planning and health care navigation program for the Hispanic/Latino community in South Carolina, provided services for **1,300 participants** through the pathways model.
- A partnership with FoodShare, providing fresh produce to communities in need, screened **1,412 individuals** and identified **951 as positive for food insecurity**, who were then given a coupon for a fresh food box.
- The University of South Carolina hosted a contraceptive awareness fashion show, Project Condom, with **185 university students** in attendance and provided ‘edu-tainment’ about sexual responsibility.
- Through a Palmetto Health partnership, Mental Illness Recovery Center, Inc. (MIRCI) served **321 clients** including families and children.
- The Good Samaritan Clinic provided services to **1,606 patients** within the Latino community through a partnership with Palmetto Health.
Diversity and Inclusion

As part of Palmetto Health’s Vision, to provide the same care and compassion for each patient that we would want for our families and ourselves, 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 2016, the Diversity and Inclusion team accomplishments included:
- Focusing the Leadership Diversity and Inclusion Advisory Council to strengthen the culture of inclusion infrastructure
- Increasing team member engagement around diversity and inclusion as measured by a team member engagement survey
- Providing diversity and inclusion awareness training for all Palmetto Health team members
- Engaging executive team members in institutional ethics discussion about patients and race
- Signing the SC Hospital Association equity pledge for a healthier South Carolina

“We must embrace and celebrate our differences to support a culture of inclusion. Diversity is a given and we must use it to connect all of us. Palmetto Health creates an experience to ensure each patient and team member feels welcome within and outside of our walls.”

Cynthia Walters, EdD, Corporate Director of Diversity and Inclusion, Palmetto Health
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
PalmettoHealth.org/HealthyStart

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. The walk also was a remembrance of those babies who did not live to their first year of birth, while celebrating those babies who did. This year, Palmetto Healthy Start organized two IMA walk events.

The first walk was held on Saturday, Sept. 10, 2016, at the Irmo Community Park, located in Lexington County. The second walk was held on Saturday, Sept. 24, 2016, at Crosswell Park, located in Sumter, SC. There were a total of 203 attendees. Judi Gatson, WIS-TV news anchor, as well as Councilwoman Tameika Isaac Devine shared their personal stories regarding the loss of their sons. A special bubble ceremony was dedicated to the lives of infants and children.

Palmetto Healthy Start is a member of the national Healthy Start initiative and is operated through a federally funded grant received by Palmetto Health.

Empower
PalmettoHealth.org/Empower

Palmetto Healthy Start revamped its conference on reproductive health in 2016 to begin a new event, Empower, in 2016. Empower is a daylong event for moms, dads and caretakers to focus on their mind, body and soul. Two events were held in Lexington and Sumter counties. The first was Friday, April 22, at Saluda Shoals Park in Lexington County, with nearly 200 people in attendance. The second event was held Tuesday, Aug. 30, at the Sumter County Civic Center. Keynote speakers talked about the personal struggle to rise above their challenges and how they were able to provide for themselves and their families. Topics and sessions focused on stress, parenting, prenatal support, yoga, relaxation and more. Exhibitors and community partners provided advice, information and family health resources.

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.
Community Health Needs Assessment

*PalmettoHealth.org/CHNA*

The 2016 Community Health Needs Assessment (CHNA) was conducted to identify primary health issues among Richland, Lexington and Sumter counties of South Carolina. Understanding the current health status of South Carolinians will provide valuable information to Palmetto Health and other community organizations that are seeking to positively improve health outcomes of area residents. The Palmetto Health Board of Directors and the Palmetto Health Tuomey Board have accepted the results of the 2016 CHNA findings, and an action plan will be completed and posted to the Palmetto Health website in February 2017.

This rigorous process began in 2015 and followed the outline provided by the Association of Community Health Improvement of the American Hospital Association's CHNA Toolkit and various research materials. It is a review of collective data that identifies the top critical health areas in Richland, Lexington and Sumter counties. The report reviews community profiles and examines rationale for poor health outcomes from community leaders, health professionals as well as from the patient’s perspective.

The 2016 Community Health Needs Assessment results indicated three distinctive health issues and priority areas for intervention within Richland, Lexington and Sumter counties: access to care, overweight/obesity and hypertension. During the next three years, Palmetto Health is committed to partnering with health care and community leaders to prioritize and select critical areas for intervention and action planning.

The assessment findings will:

- Support hospital administrators and community leaders in prioritizing needed services
- Target key findings through creating programs and expanding partnerships where necessary
- Continue efforts to improve the health status of Palmetto Health’s community

**Telehealth**

*PalmettoHealth.org/Telehealth*

Palmetto Health and Richland School District One have partnered to launch a telehealth pilot program in the lower Richland County school community. A grant from the US Department of Agriculture (USDA) will help to provide educational and clinical services in the area and will include two phases.

**Phase 1:**
Students in the afterschool programs at Gadsden, Webber and Hopkins elementary schools will have access to a variety of educational programming, administered by school and health officials. Each program is designed to empower students about ways to live healthier lives. Adult-based programs and chronic disease self-management also will be available to parents and community members for those who qualify for a diabetes prevention program through Palmetto Health.

**Phase 2:**
A school-based health component and clinical program will be added in 2017 to allow students to receive primary care services in the school health room setting. This does not replace existing primary health care, but rather will be provided to address non-emergent situations and will be in partnership with community primary care providers to ensure care continuity for students.

Palmetto Health will offer chronic disease self-management and diabetes prevention classes to qualified adults (based on age and risk) who live in lower Richland County communities. Free classes will be provided through state-of-the-art telehealth equipment at the Magic Johnson Empowerment Center, 140 Webber School Rd. (located at Webber Elementary School), Eastover. Palmetto Health team members will deliver education via special computer equipment incorporating interactive discussions and live conversations. Topics range from nutrition, physical activity, self-motivation and goal setting. Classes will begin in early 2017. A health screening and assessment is required to determine eligibility.
Chronic diseases are conditions that persist for a long time, typically three months or more. They generally cannot be prevented by vaccines or cured by medication. While they may go into remission or become more manageable, they rarely disappear.

The risk of chronic disease increases with advanced age. In the United States, 88 percent of Americans aged 65 and older have been diagnosed with at least one chronic disease. The leading chronic diseases in the US include arthritis, cardiovascular disease and stroke, cancer, diabetes and obesity. These diseases account for most deaths globally, in the US and in South Carolina.

These chronic conditions can be attributed in large part to a list of key risk factors: high blood pressure, tobacco use and exposure to secondhand smoke, obesity, physical inactivity, excessive alcohol use and poor diet. Addressing these contributing factors may lead to disease prevention and/or lessen the impacts of the conditions.

The Office of Community Health’s Chronic Disease Prevention and Population Health initiative aims to promote and improve health through three levels of preventions:
- Health screenings
- Care navigation and intervention
- Disease management programs

These services are provided at no cost to residents of Richland, Lexington, Fairfield and Sumter counties.

### FY 2016 cancer screening and intervention outcomes

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Number of Patients Screened</th>
<th>Number of Screenings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast</td>
<td>2,364</td>
<td>3,457</td>
</tr>
<tr>
<td>Colon</td>
<td>1,272</td>
<td>1,374</td>
</tr>
<tr>
<td>Prostate</td>
<td>1,500</td>
<td>1,640</td>
</tr>
<tr>
<td>Total Outcomes</td>
<td>3,354*</td>
<td>4,355</td>
</tr>
</tbody>
</table>

*Total outcomes include screenings and lung health intervention services.

**Cancer health services**

<table>
<thead>
<tr>
<th>Description</th>
<th>Number of Patients Screened</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of patients screened</td>
<td>2,364</td>
</tr>
<tr>
<td>Number of screenings</td>
<td>3,457</td>
</tr>
<tr>
<td>Participants who received lung health prevention education</td>
<td>1,272</td>
</tr>
<tr>
<td>Services provided to lung health prevention participants</td>
<td>1,374</td>
</tr>
</tbody>
</table>

Partnering with the community we serve strengthens our efforts. Services are provided at health events, schools, faith-based organizations, civic organizations, businesses and clinics. In FY 2016, there were 5,355 screenings provided and 115 community and worksite location screenings. There were an additional 110 clinic days at Palmetto Health. These events help educate the community about the signs and symptoms of chronic diseases, as well as prevention and early detection.
Chronic diseases: cancer
Cancer is a chronic health condition characterized by rapid cell growth and division in the affected area of the body that can grow and spread uncontrollably if not diagnosed at an early stage and properly treated. A variety of factors are linked to cancer, such as genetics and family history, cigarette smoking, diet (fried foods, red meat), physical inactivity, stress, excessive alcohol intake, obesity, sun exposure, environmental pollutants and infections. It remains the second leading cause of death in the US and South Carolina. According to the National Institute for Health, in 2016, an estimated 1,685,210 new cases of cancer will be diagnosed in the United States and 595,690 people will die from the disease.

At the state level, it is estimated that 27,980 new cases of cancer will be diagnosed in 2016 and an estimated 10,330 South Carolinians will die from cancer in 2016. However, the number of people living beyond a cancer diagnosis reached nearly 14.5 million in 2014 and is expected to rise to almost 19 million by 2024, which is likely due to increased early detection and intervention through cancer screening programs.

Palmetto Health’s cancer screening services include cervical cancer as well as four of the most prevalent types of cancer and leading cancer causes of death in South Carolina, including breast, colorectal, lung and prostate. There were a total of 2,364 patients screened and 169 abnormalities (seven percent). Four patients were diagnosed with cancer: two breast cancers (both stage 2), one prostate cancer (Gleason score of 7) and one vulvar cancer (stage 1). All patients received (or are receiving) treatment.

Chronic diseases: diabetes
Diabetes is a chronic health condition that affects multiple systems within the body and is characterized by the body’s inability to process sugar, resulting in elevated blood sugar (glucose) levels. Many forms of diabetes exist, but type 2 diabetes comprises 90-95 percent of all diabetes cases in the US. Without early detection and proper treatment/management, type 2 diabetes can lead to cardiovascular disease and stroke, blindness, kidney failure and amputations. Type 2 diabetes is caused by several factors including genetics and family history, cigarette smoking, poor diet, physical inactivity, stress, excessive alcohol intake and obesity. According to the Centers for Disease Control and Prevention, more than 29 million adults have diabetes and more than 25 percent of them are unaware of having the condition. According to the American Diabetes Association (ADA), approximately 576,211 people in South Carolina, or 14.1 percent of the adult population, have diabetes. Of these, an estimated 127,000 have diabetes but don’t know it. Diabetes is the seventh leading cause of death in South Carolina.

Clinical diabetes screenings are provided to participants at risk for type 2 diabetes, as determined by the (ADA) Diabetes Risk Assessment. To be eligible for a screening, participants ages 18-44 must complete the risk assessment to determine if they are high risk for developing type 2 diabetes. The clinical screening test used is the hemoglobin (HbA1c) blood test. The highest reported risks of those screened were physical inactivity (37 percent), hypertensive (30 percent) and family history (32 percent). People at a higher risk for type 2 diabetes often exhibit signs and symptoms.

<table>
<thead>
<tr>
<th>FY 2016 diabetes screening outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total number of screenings</td>
</tr>
<tr>
<td>Number of abnormal test results</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Prediabetes</td>
<td>356</td>
</tr>
<tr>
<td>Diabetes</td>
<td>11</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diabetes warning signs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported by screening patients</td>
</tr>
<tr>
<td>---------------------------</td>
</tr>
<tr>
<td>Frequent urination</td>
</tr>
<tr>
<td>Blurry vision</td>
</tr>
<tr>
<td>Tingling/numbness in hands or feet</td>
</tr>
<tr>
<td>Unusual tiredness or drowsiness</td>
</tr>
<tr>
<td>Extreme thirst</td>
</tr>
<tr>
<td>Frequent or recurring infections</td>
</tr>
<tr>
<td>Unexplained weight loss</td>
</tr>
</tbody>
</table>

“Chronic diseases, such as diabetes, cancer or heart disease, affect a large number of people in our state and some can be fatal. In life, there are some things we can change and other things we can’t. Let’s work together to improve what we can change.”

Valencia Bostic, Director, Chronic Disease Prevention, Palmetto Health
Chronic diseases: heart
Cardiovascular disease (heart disease) refers to several types of heart conditions, but the most common type is coronary artery disease, which can lead to a heart attack or stroke. Coronary artery disease occurs when plaque builds up in the arteries causing the arteries to narrow and harden over time, reducing blood flow to the heart. Smoking, poor diet and physical inactivity can cause heart disease. It is the leading cause of death in the United States, contributing to one in every four deaths, with more than 600,000 Americans dying of heart disease each year. Other chronic conditions, such as obesity, diabetes, high cholesterol and high blood pressure also are risk factors.

Palmetto Health provides free heart health screenings and support through the annual Women at Heart event. Screenings including a full lipid panel, biometric assessment and plasma glucose, which allows for early detection of the various risk factors for heart disease, high cholesterol, high blood pressure (hypertension/prehypertension), type 2 diabetes, obesity and the accumulation of visceral fat in the abdominal region. Screenings are held at churches, community events, health and human services organizations, worksites and stationary and mobile clinic sites throughout the community. In preparation for the upcoming Women at Heart event in February 2017, 136 heart health screenings were provided in late 2016.

Population health: health and wellness education
One of our health and wellness goals is to educate individuals on the harm associated with certain behaviors and the benefits of adopting and engaging in positive health behaviors. The intent is to move individuals from the pre-contemplation and contemplation stages of behavior change to the preparation and action stages. Once in these stages, participants will benefit from interventions designed to promote and facilitate cessation of negative health behaviors and the adoption of positive ones. Though many chronic diseases have a genetic/hereditary component, these conditions are largely attributed to potentially unhealthy lifestyle risk factors. Addressing these modifiable behavioral risk factors has the potential to significantly reduce the incidence of these diseases and to lessen the associated negative impacts.

Healthy Palmetto
Healthy Palmetto is the collaboration between Palmetto Health and community partners. Its purpose is to provide health education programming designed to promote physical activity and proper nutrition and cessation of negative health behaviors, including smoking and sedentary lifestyles. Health and wellness education serves as a primary prevention effort by educating the community on the adoption of eating well and engaging in the recommended amounts of physical activity. Education efforts also help identify existing risk factors for chronic diseases and providing biometric screening assessments for weight, Body Mass Index (BMI), body fat percentage and waist circumference.

- **Healthy Palmetto education sessions**
  Healthy Palmetto provided 66 community education sessions throughout the Columbia area. These educational sessions provided healthy lifestyle information to 1,707 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, BMI, body fat percentage information on 210 residents through health fairs and other community
events. The average age of weigh-in participants was 47, with women comprising 75 percent of participants. Approximately 37 percent of those weighed were in the overweight category for BMI and 45 percent were obese or morbidly obese. Of the 52 men weighed, 29 percent were in the obese category for body fat percentage, whereas 70 percent of women (n=158) were in the obese category.

### Healthy Palmetto weigh-in results

<table>
<thead>
<tr>
<th>Category</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>21.5%</td>
<td></td>
</tr>
<tr>
<td>Overweight</td>
<td>33.5%</td>
<td></td>
</tr>
<tr>
<td>Obese</td>
<td>11.4%</td>
<td>46.2%</td>
</tr>
<tr>
<td>Morbidly obese</td>
<td>7.7%</td>
<td>36.5%</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### School and community partnerships

- **Trumpeter**
  Participants receive one hour of tobacco prevention education, then are challenged to create positive tobacco-free marketing and media tools. This year, 1,200 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 the facts and myths of tobacco-related advertising. *(See pictures at end of section.)*

- **Bellfield Center summer camp**
  During the summer camp at the Bellfield Center, Palmetto Health partnered with local leaders in the community to provide an educational and fun experience for 46 students in grades pre-K to 10. Local leaders and business owners participated in the “I Can Be” series, designed to inform students about different career paths. Speakers included professors, health care professionals, and local business owners. Vince Ford, Chief Community Health Services Officer at Palmetto Health, was one of the key speakers during the summer camp (pictured above).

- **Bronze Award**
  Edward E. Taylor Elementary School received the Bronze Award by placing a treadmill in the teachers’ lounge that can be used by all staff members. This treadmill was purchased through a donation from Palmetto Health. We encourage the staff to increase intake of water and healthy snacks. Many of the staff members have Fitbits® and have challenged one another to meet set goals and increase steps.

- **Health events**
  Eau Claire High School completed several health-related events during the school year. These events include a blood drive, a biggest loser competition and field day. The school also implemented a walking club, Zumba® classes for staff members, GoNoodle brain breaks, and faculty-student basketball and volleyball games. Ninth grade students also received lessons about sexual health and pregnancy prevention and all students received health nutrition lessons. Health screenings for diabetes and prostate cancer were conducted in February.

- **LiveWell Columbia**
  This 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 programs (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. This team is comprised of health professionals from non-profit, for-profit and governmental agencies.

- **School wellness committees**
  As a 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 is to develop a wellness committee. For FY 2016, Palmetto Health worked with the following schools:

  - A.J. Lewis-Greenview Elementary School
  - Arden Elementary School
  - E.E. Taylor Elementary School
  - Eau Claire High School
  - Forest Heights Elementary School
  - Hyatt Park Elementary School
  - J.P. Thomas Elementary School
  - Keenan High School
Intervention and self-management
The Chronic Disease Prevention Initiative’s self-management and intervention programs address the secondary and tertiary levels of prevention through its Diabetes Prevention Programs (DPP). The DPP is an intensive lifestyle change program designed to prevent or delay the onset of type 2 diabetes. DPP assessments are available for individuals with a blood-based diagnosis of prediabetes and/or those who are at risk for the condition. Prediabetes is a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. An estimated 37 percent of US adults have prediabetes, and the condition is often asymptomatic. A true diagnosis requires a screening test. It is estimated that one third of individuals with prediabetes will develop type 2 diabetes within three to five years of diagnosis without intervention and lifestyle changes. Early detection through screening efforts offers a unique opportunity to reduce the impact of type 2 diabetes along with heart disease, obesity and even some forms of cancer.

Diabetes Prevention Programs (DPP)
Palmelto Health’s Diabetes Prevention Programs (DPP) encourages 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.

Cardiac Rehabilitation Diabetes Prevention Program (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 2016, there were five graduates of the program. All participants achieved measurable improvements in three or more indicators, including an improvement 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 60 percent.

Community Diabetes Prevention Program
This yearlong 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 follow-up checks. Sessions are available at convenient times and routine measurements are done throughout the program. The following data presented was collected from the four groups who completed the core phase of the program by the completion of FY 2016. Of the 72 eligible participants who began the program in 2016, 64 participants have completed the core phase (89 percent of participants). Overall, there were modest changes from baseline to post-program during the DPP core phase among participants. On average, the participants saw most success in weight loss. Greater than one-third (39 percent) of the participants achieved a weight loss of five to seven percent of their initial body weight. Approximately two-thirds (63 percent) of the participants who completed the core phase saw measurable improvements in three or more of the measured indicators. Half of those participants achieved a measurable improvement in their HbA1c.

Support teams
Cancer support program
The care navigation team facilitates MARYS (Meeting and Reviving Your Spirit) for cancer survivors and is designed for the unique needs of African-American women diagnosed with cancer. This group provides a safe environment in which women share their experiences with others and receive psychosocial, educational and spiritual insight and support. Each monthly session averages 10 women, accounting for more than 100 contacts during the year.

In 2016, Ernestine Jackson (left) and her two sisters, Henrietta (middle) and Linda (right), saw success through Palmetto Health’s diabetes programs and motivate each other to continue living healthy lives.
Diabetes support program

This support group is designed for DPP graduates and is intended to provide ongoing support for continued success and prevention of diabetes following the completion of the program. Sessions are developed to increase motivation and to help participants identify and overcome barriers to the maintenance of healthy lifestyle changes in a supportive group atmosphere. Each session provides opportunities for the group to share their successes and struggles. Regular contact between group members and DPP staff is encouraged and maintained. The program began in March 2016 and averages 13 participants per monthly session.

Smoking cessation

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 physician consultation
- Free one-month supply of medication to those who qualify
- Six sessions within three weeks

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®, Chantix®, 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.
• **Health and wellness education**
  Asthma and stroke education will be provided as an addition to the existing health and wellness education programming.

• **Self-management and intervention**
  Palmetto Health will continue its expansion of the existing self-management and intervention programs including a chronic disease self-management course.

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 for an increased number of DPP slots available to prediabetics diagnosed through Palmetto Health physician practices 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 intervention. The second year of funding will begin in January 2017.

As a result of DPP expansion efforts, the DPP’s reach has increased by more than 390 percent. The team is actively working to extend the program’s reach even further through telehealth initiatives and continuing to nurture and develop partnerships with physician practices and other stakeholders.

### Trumpeter program winners

<table>
<thead>
<tr>
<th>High School Winner</th>
<th>Ridgeview High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle School Winner</td>
<td>Anna Boyd Middle School</td>
</tr>
</tbody>
</table>

### Trumpeter program runner up

| Runner Up | W.G. Sanders Middle School |

[Trumpeter program winners](#)
The Community Health Improvement (CHI) team, formerly Maternal and Child Health, was created to develop and implement evidenced-based processes in the identification of priority issues, creation of strategies for action and establishment and tracking of metrics. New initiatives for FY 2016 included the design and implementation of the Community Health Needs Assessment and school-based telehealth in the lower Richland County community. In addition to new initiatives, CHI continues to guide efforts associated with adolescent health and community partnerships. 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 one-half (40.3 percent) of high school students reported having had sex at least once. SC DHEC reported 4,086 teenage births in 2015. Nonetheless, SC teenage birth rates have steadily decreased by 61 percent since 1991.

CHI 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 six years, in part because of organizations and programs such as CHI.

### Teenage pregnancy rates per 1,000 (ages 10-19), 2010-2015

<table>
<thead>
<tr>
<th>Year</th>
<th>Rate per 1,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>16.0</td>
</tr>
<tr>
<td>2011</td>
<td>15.3</td>
</tr>
<tr>
<td>2012</td>
<td>14.5</td>
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<tr>
<td>2013</td>
<td>14.5</td>
</tr>
<tr>
<td>2014</td>
<td>12.3</td>
</tr>
<tr>
<td>2015</td>
<td>9.8</td>
</tr>
</tbody>
</table>

Data source: SC DHEC, 2015

### Teenage pregnancies (ages 10-19), 2010-2015

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of pregnancies</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>832</td>
</tr>
<tr>
<td>2011</td>
<td>827</td>
</tr>
<tr>
<td>2012</td>
<td>777</td>
</tr>
<tr>
<td>2013</td>
<td>674</td>
</tr>
<tr>
<td>2014</td>
<td>692</td>
</tr>
<tr>
<td>2015</td>
<td>696</td>
</tr>
</tbody>
</table>

Data source: SC DHEC, 2015
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.

During FY 2016, Teen Talk was hosted in 36 Richland and Lexington county schools. 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 (SCHEA) 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.

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.

Freshman Focus
According to SC DHEC, 73 percent of South Carolina pregnant teens are between the ages of 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 584 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 2016, 1,109 youth educational contacts were provided at 12 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 2016, 74,870 newsletters were printed and mailed to teens in Richland and Lexington counties. To efficiently educate the community, the team began electronically sending the newsletter. In FY 2016, 21,246 e-newsletters were sent. In addition, there were 1,447 teen health flyers, pamphlets, brochures and promotional items distributed to local teen health providers and community organizers.

Next steps
CHI will work to:
• Improve Teen Talk enrollment process through innovative technology
• Increase the number of male participants served
• Promote clinical services to the teen population

2016 Teen Health Summit:
“Uprising: Disrupting Common Culture”

The 2016 Teen Health Summit was held at Dreher High School on Friday, June 10, with 490 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. Event surveys showed that teens enjoyed the event, with 84 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 12 years and has reached more than 4,200 students.
Palmetto Healthy Start (PHS) targets expectant mothers and infants in Lexington and Sumter counties and teen moms in Richland County. 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 Health began providing prenatal care services to low-income pregnant women in four ZIP code areas of Richland County in 1998 and expanded to all of Richland and Fairfield counties in 2001. In 2010, the PHS service area added Lexington and Sumter counties. PHS continues to provide services in Lexington and Sumter counties through federal grant funds and to at-risk teens in Richland County through funds received from Palmetto Health’s Office of Community Health.

In FY 2016, 945 women, including 449 newly enrolled pregnant women, and 539 infants received prenatal care and/or interconceptional care in addition to well-baby services.

Prenatal care
Early, adequate prenatal care significantly improves the chances of having a healthy baby. Through prenatal visits and classes, PHS provides education to expectant mothers about nutrition, toxic stress, danger 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. PHS works to bring prenatal care to participants in the earliest stages of pregnancy, connecting mothers and their infants with health and social services.

In FY 2016, 74.9 percent of PHS participants initiated prenatal care in the first trimester, which is a 4.4 increase over the FY 2015 data of 70.5 percent.

PHS also ensures that participants receive adequate prenatal care as outlined by the Kessner Index (the criteria for adequacy of prenatal care). In 2016, 69.6 percent of participants received adequate prenatal care, compared to 61.5 percent in FY 2015. Research 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, PHS is using culturally appropriate program strategies to engage and retain its most vulnerable population.

### Palmetto Healthy Start participants initiating prenatal care in the first trimester, 2014-2016

<table>
<thead>
<tr>
<th>Year</th>
<th>PHS participants</th>
<th>SC DHEC recent data, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>65.1%</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>70.5%</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td>74.9%</td>
<td></td>
</tr>
</tbody>
</table>

### Percent of low-birth weight infants, 2014-2016

<table>
<thead>
<tr>
<th>Year</th>
<th>PHS participants</th>
<th>SC DHEC recent data, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td>15.5%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>African-American women in target area</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>64.9%</td>
</tr>
<tr>
<td>2015</td>
<td>65.1%</td>
</tr>
<tr>
<td>2016</td>
<td>65.1%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>African-American women in target area</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>14.6%</td>
</tr>
<tr>
<td>2015</td>
<td>13%</td>
</tr>
<tr>
<td>2016</td>
<td>15.5%</td>
</tr>
</tbody>
</table>
Low-birth weight/infant mortality

All PHS 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 FY 2016, 15.5 percent of PHS infants were low-birth weight. This result means there were actually more babies born with a low-birth weight than in FY 2015.

There were no infant deaths among 206 PHS infants, compared to 4.9 per 1,000 live births in FY 2015.

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 to improve outcomes.

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, as well as 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 preterm 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 1998, 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 PHS and Palmetto Health Women’s Center. Women found positive for periodontitis, poor dental care or gingivitis, are provided treatment and follow-up care. Of the 460 women screened in FY 2016, five women screened positive for periodontal disease.

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.

Childbirth education, newborn care, infant CPR and breastfeeding classes were provided to pregnant women, new moms and teens in Richland, 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 2016, PHS provided 31 classes to 201 individuals in Lexington, Sumter and Richland counties.

“Of all the Palmetto Healthy Start participants, there were no infant deaths in FY 2016. We are seeing improvement and significant change in the lives of our participants and their families.”

Kimberly Alston, Director, Palmetto Healthy Start, Palmetto Health
Childbirth and Infant Care Classes, FY 2014-2016

<table>
<thead>
<tr>
<th></th>
<th>2014*</th>
<th>2015**</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classes/Events</td>
<td>38</td>
<td>6</td>
<td>31</td>
</tr>
<tr>
<td>Participants</td>
<td>450</td>
<td>26</td>
<td>201</td>
</tr>
</tbody>
</table>

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

Safe Sleep Program
PHS partnered with Palmetto Health Tuomey for the Cribs for Kids program. In FY 2016, 14 cribs were provided. Cribs are provided to the families along with in-person safe sleep education. Follow-ups occur at six months and one year to ensure the infants are staying safe. Children born at Palmetto Health Tuomey are given a Safe Sleep t-shirt and a storybook. Parents are encouraged to read to their infants.

Infant Mortality Awareness
During September, PHS recognized Infant Mortality Awareness (IMA) month in an effort to promote awareness and educate the community on infant mortality in South Carolina. Two annual Infant Mortality Awareness (IMA) walks were held in September in Lexington and Sumter counties. The Lexington County walk was Saturday, Sept. 10, at Irmo Community Park and the Sumter County walk was Saturday, Sept. 24, at Crosswell Park. There were 203 attendees for both IMA walks.

Next steps
In FY 2017, PHS will continue providing services to pregnant women, their infants and families to reduce infant mortality and health disparities in the community. PHS will develop strategies to improve outcomes for low-birth weight for participating infants. Through continued outreach, the goal is to serve 800 prenatal, inter-conceptional/postpartum women, infants and fathers in the program.

Goals include:
- Home visitation and care coordination
- Participant support groups
- Breastfeeding initiative
- Smoking cessation initiative
- Safe sleep awareness
- Fatherhood initiative
- Continuing partnerships with organizations and agencies

Overcoming Challenges
_Palmetto Healthy Start provides direct family support through case management. In FY 2016, PHS participant Genola Sutton was faced with several family and personal challenges. Her oldest son was diagnosed with cancer. Through the support of PHS team members, Genola was able to overcome her difficulties and provide a stable foundation for her family. For more on her story and others, visit PalmettoHealth.org/HealthyStart._
Richland Care

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. Since its inception in 2001, Richland Care has provided health care services to 27,863 residents of Richland County and expanded to cover Lexington and Fairfield counties in May 2015. Sumter County residents also became eligible for program services in January 2016.

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.

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 2016, Richland Care participants had a 14.31 percent reduction in avoidable emergency department visits, exceeding the 13 percent reduction 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 2016, more than 1,200 books were distributed.

Richland Care Community Coalition

Richland Care is advised by a coalition of community organizations including:

- 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
- Providence Health

- 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, 2016, there were 3,281 active Richland Care participants. The demographic characteristics of active participants have remained relatively consistent. The average age of participants is 48, with 63 percent between the age 41-60.

Richland Care participants

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 2016, Richland Care had partnerships with 24 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 $382,244 for specialty services during the year. For that amount, participants received care equaling a total value of $1,660,000.

Next steps
In FY 2017, 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 to grow its services in the region. Richland Care will change its name to Palmetto AccessHealth, to accentuate its partnership with Access Health SC and to depict a more accurate portrayal of its service area.

“Participants in our program received health care that equals a value of more than $1.6 million. This investment is making a difference in keeping many people out of emergency rooms and in medical homes for a better health care experience.”

Marc Barnes, Director, Richland Care, Palmetto Health

Richland Care paid $382,244 for specialty services during the year. For that amount, participants received care equaling a total value of $1,660,000.

Richland Care participation, by medical home

<table>
<thead>
<tr>
<th>Medical Home</th>
<th>Active Participants</th>
<th>Gained Health Care Coverage**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brookland Cayce Medical Practice</td>
<td>6</td>
<td>16</td>
</tr>
<tr>
<td>Celia Saxon Health Center</td>
<td>331</td>
<td>644</td>
</tr>
<tr>
<td>Christ Central Medical Care</td>
<td>46</td>
<td>2</td>
</tr>
<tr>
<td>Eastover Family Practice</td>
<td>27</td>
<td>133</td>
</tr>
<tr>
<td>Eau Claire-St. Lawrence Place</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Eau Claire-The Cooperative Ministry</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td>Eau Claire-Transitions</td>
<td>223</td>
<td>5</td>
</tr>
<tr>
<td>Eau Claire Internal Medicine</td>
<td>126</td>
<td>140</td>
</tr>
<tr>
<td>Family Medicine Center</td>
<td>127</td>
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<tr>
<td>Good Samaritan Clinic</td>
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<td>1</td>
</tr>
<tr>
<td>Hopkins Family Practice</td>
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<td>0</td>
</tr>
<tr>
<td>Immunology Center</td>
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<td>3</td>
</tr>
<tr>
<td>Internal Medicine Clinic</td>
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<td>318</td>
</tr>
<tr>
<td>Lake Monticello Family Practice</td>
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<td>0</td>
</tr>
<tr>
<td>Providence Internal Medicine-Downtown</td>
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<tr>
<td>Richland Care Transition</td>
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<td>10</td>
</tr>
<tr>
<td>Ridgeway Family Practice</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>The Free Medical Clinic</td>
<td>1,088</td>
<td>303</td>
</tr>
<tr>
<td>Waverly Family Practice</td>
<td>207</td>
<td>168</td>
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<tr>
<td>Winnsboro Pediatrics and Family Practice</td>
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* Some medical homes with zero active participants or that are no longer in service are included in this number. This includes Children’s Hospital Outpatient Center, Laurel Medical Practice, Physicians Medical Group and Sandhills Medical Foundation. Numbers also include those who are now out of the system due to death, moved out of area or did not meet income requirements. Numbers are under-reported at this time.

** This represents numbers since FY 2001, not just FY 2016.
Community partnerships

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 the walls of our health system.

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 56 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 311 hours to the clinic. Services are provided to patients at no cost.

Evidence supporting a strong association between periodontal disease and preterm and low birth-weight births prompted a third program through the Community Partners of the Midlands Adult Dental Clinic. This common gum disease, as well as 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 2016, 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.

Midlands Dental Initiative (MDI)

Palmetto Health and Lexington Medical Center

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 one-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 network dentist 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 to the most appropriate location.

In FY 2016, MDI provided 285 emergency dental visits to 178 patients from Richland and Lexington counties. Since the program began in 2012, there has been a 36 percent reduction in emergency department utilization (per Palmetto Health facility).

In February 2016, Palmetto Health transitioned from the Midlands Dental Initiative (MDI) to support the expansion of the Community Partnership of the Midlands, LLC. This expansion, WellPartners, is a free, comprehensive dental center for the underinsured and uninsured citizens of the Midlands, located at 2000 Hampton St., Columbia. The clinic operates normal business hours on Monday through Thursday, and a half-day on Fridays. It consists of one full-time dentist, supported by volunteer dentists and hygienists, for improved access to health care services.

“Palmetto Health is grateful for the collaboration and support of its community partners. We’re serving hundreds of people in need of health care. Together, we can improve the health of our community.”

Vince Ford, Chief Community Health Services Officer, Palmetto Health
Family Connection of South Carolina

Project Breathe Easy

Asthma education

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. In FY 2016, **83 children with asthma began the program** with a home visit that included individualized asthma education and home environmental assessment with remediation plan of identified triggers.

Of the 24 families that completed the six-month program, there was a **21.43 percent reduction in asthma-related physician visits**, **66.67 percent reduction in asthma-related emergency room visits/hospitalizations**, **66.67 percent reduction in asthma-related missed school days** and **50 percent reduction in asthma-related days parents missed work.**

FoodShare

The vision of FoodShare South Carolina is to ensure access to fresh produce for all in our state. This access is currently limited by where people live, their racial and ethnic background, age, income, and whether or not a family has reliable transportation. FoodShare has partnered with many organizations in the community to expand the reach of the program. The work revolves around three tenets: community empowerment and engagement, increased financial opportunity, and physical revitalization.

These tenets will be evident among FoodShare’s core programs:

1. The Fresh Food Box
2. The Community Kitchen
3. The Community Garden

In FY 2016, FoodShare South Carolina screened **more than 1,400 individuals** and nearly 1,000 were positive for food insecurity and given a coupon for a fresh food box.

GoNoodle, Inc., Community Youth Health Literacy Collaborative

Childhood obesity

GoNoodle online movement videos and games get kids running, jumping, dancing and stretching at school and at home. Trusted by teachers and parents and loved by kids, GoNoodle is one of the fastest-growing digital brands that inspires, measures and rewards elementary-age kids to move more while having fun. GoNoodle videos and games are also used to improve students’ focus and classroom engagement as well as teach healthy lifestyle habits. GoNoodle Plus videos and games incorporate kinesthetic and active learning principles by closely tying movement with core content allowing teachers the ability to channel kids’ energy for good while incorporating math, spelling and vocabulary. Palmetto Health’s partnership with GoNoodle began in 2013.

During the 2015-16 school year, **more than 34,000 Richland and Sumter county students were engaged** monthly resulting in 15.2 million total minutes of physical activity for the school year. With 115 active schools using GoNoodle this amounted to more than 1,400 monthly active teachers.

Thanks to the outstanding engagement of these two counties, Columbia was ranked second for mid-sized cities in the inaugural GoNoodle Kids Movement Index and South Carolina ranked fourth of the top five GoNoodle states. Since launching in 2013, GoNoodle’s library of short, interactive movement based videos and games are being used in 80 percent of United States public elementary schools, all 50 states and 175 countries around the world. Currently, more than 12 million kids and 600,000 teachers use GoNoodle every month in the classroom and 1.5 million families use GoNoodle content at home. GoNoodle has generated four billion minutes of movement for kids in the past school year.

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 each open one afternoon per week.

In FY 2016, **1,606 patients** were served. There have been 803 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. This also collects specific patient data to better
In FY 2016, the Foundation provided **5,174 hours of case management services** (disease monitoring, patient education) during 2,587 in-home visits with sickle cell patients from the Midlands.

MIRCI, Mental Illness Recovery Center, Inc.

**Mental health**

MIRCI specializes in assisting individuals who suffer from mental illness and/or severe emotional disturbances with the recovery process through community-based services. 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. Clients receiving all services and housing solely from MIRCI are linked via a unique tracking number to the SC Office of Research and Fiscal Affairs, which tracks general inpatient hospitalization and emergency department visits. In 2015, each client’s hospital/ED experience for the 12 months preceding the entry date and for the 12 months following the entry date were captured and placed into a statistical analysis file.

The following is a summary of MIRCI outcomes:

- Considering mental illness/substance abuse as the reason for the hospitalization, the number of hospitalizations dropped by 64 percent, pre- to post-entry into MIRCI.
- 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 59 percent.

For the clients linked to the psychiatric specialty hospital database:

- The number of inpatient hospitalizations dropped by 84 percent in the year following enrollment, virtually containing the use of inpatient services by good outpatient management.
- MIRCI enrollment was $2,914,775 less than charges for services in the year prior to MIRCI enrollment.

Palmetto Health Ambulatory Care Transition Team/ACTT

**Senior/geriatric care**

Palmetto Health provides funding to the Ambulatory Care Transition Team (ACTT) 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 and support team. They receive home visits, health screenings, blood pressure monitoring, chronic disease education, health histories, flu shots, prescription assistance and referrals.

In FY 2016, Palmetto Health’s ACTT nurses conducted **785 home visits, 984 blood pressure screenings** and had **more than 120 social work encounters**.

Palmetto Health Trauma Center

**Project READY**

**Youth and violence prevention**

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 2016, Project READY served **249 students** and provided **3,089 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 also is important to provide services to the growing number of unemployed, disabled, uninsured and low-income adults. 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 2016, Palmetto Health funded **32 hearing aids** for 17 uninsured adults in Richland and Fairfield counties.
Sexual Trauma Services of the Midlands
Community education and outreach/violence and trauma prevention

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 2016, the Sexual Trauma Services of the Midlands staff facilitated 666 youth-focused educational sessions to 13,871 middle and high school students through the Midland’s Youth Violence Prevention Program and provided support and education services to 10,510 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, nearly 21,000 people have attended a SRT live show in South Carolina with 11,600 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 parent sessions. In FY 2016, nearly 800 adults and youth attended the SRT live events in South Carolina.

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.

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.

Through funding from Palmetto Health in FY 2016, 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 1,621 professionals, parents and teens, and provided numerous hours of direct services and technical assistance to adolescent sexual health providers throughout the state.

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 148 rapid HIV tests and found 17 cases of gonorrhea, 42 cases of chlamydia, 18 cases of syphilis, and six cases of bacterial vaginitis. Free treatment was provided for all positive STI patients, along with counseling to avoid risky behaviors that can lead to a positive HIV/AIDS diagnosis for themselves or their partner.
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 2016, PASOs served more than 1,300 participants through outreach, community education and individual support through utilization of the pathway model. 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

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 2016, 185 students attended the final runway awareness fashion show.

WellPartners

Dental and eye health

A partnership with the United Way of the Midlands allowed Palmetto Health to sustain its relationship with the children’s and adult dental clinic. WellPartners provides comprehensive dental services to adults, and 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 56 years.

The WellPartners Dental Clinic (Richland County) also provides comprehensive dental services to uninsured and underinsured adults 36 hours per week. Palmetto Health dental residents volunteered 311 hours to the clinic. Services are provided to patients at no cost.

Evidence supporting a strong association between periodontal disease and preterm and low birth-weight births prompted a third program through the WellPartners 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 treated at no cost.

In FY 2016, the dental clinic served 2,611 patients, including children, adults and pregnant women. Two percent of the pregnant women served tested positive and were treated for periodontal disease.

WellPartners Eye Care Clinic (formerly Midlands Eyecare 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, Lexington and Fairfield counties are provided a free comprehensive eye exam and eyeglasses, as needed.

In FY 2016, the clinic saw 467 patients during 41 clinic days and provided 440 pairs of glasses.
Making an impact

GoNoodle

Palmetto Health is instrumental in the lives of children across the Midlands through the partnership with GoNoodle. Below are some comments from teachers in the Richland and Lexington county school districts.

I cannot express to you how GoNoodle has impacted my classroom. I teach a class of third, fourth and fifth graders with mild mental disabilities. We use GoNoodle during transitions, in between classes, before and after assessments and to break up and recharge during instructional time. Moving during the instructional day has made my students focus on what we need to accomplish. It is giving them self-confidence and allows them to enjoy being in school.

I am one of the biggest proponents of movement in the classroom in my school district. My classroom offers flexible seating for students that allows them to move while engaging with lessons. My goal is to have other teachers embrace this idea as well. I have GoNoodle in and out of my classroom walls and they have seen how well it has done for my students. I have minimal discipline issues in my class, and again, I attribute that to moving throughout the day.

GoNoodle has increased my students’ engagement and retention. They can better remember concepts through movement.

Family Connection of South Carolina: Project Breathe Easy

In FY 2016, Family Connection of SC received a referral for a family with a seven year old child. The child’s asthma, allergy symptoms and exacerbations were so severe he was not allowed outside to run and play with other kids. His asthma required frequent school absences and urgent care visits.

During the home visit, potential asthma triggers were identified and instruction was provided. This included how to reduce or eliminate triggers, use proper inhaler technique and pillow and mattress encasements were provided. More importantly, the mother was empowered by learning that every asthmatic child can run and play unhindered by asthma when control is achieved. Following the home visit, a primary care visit was scheduled, and at her request, a referral to an asthma specialist was made. The specialist added asthma and allergy control medicines along with providing an asthma action plan.

Within a few weeks following the specialist visit, the mother noticed a huge difference in her child, with a total absence of asthma exacerbations since the visit. During a recent follow-up with the mother, almost a year later, the child remains free of asthma exacerbations, has not required urgent physicians visits and has not experienced any school absences due to asthma. The child now plays sports and is as active as an average eight year old. The mother is happy with the new confidence in her son’s asthma control. She credits the knowledge, empowerment and support she received through Project Breathe Easy for the difference in her son.
In January 2016, Tuomey Healthcare merged with Palmetto Health and became Palmetto Health Tuomey. Community health programs, services and initiatives continue to help the residents living in the Sumter and Lee county areas.

Cancer health services
- There were 12 free breast cancer screenings for uninsured women with one malignancy found.
- There were 204 smoking cessation brochures provided.
- There were 74 free colon screenings.
- The Palmetto Health Tuomey Cancer Committee was re-established in 2015 to help set goals, plan, initiate, implement, evaluate and improve cancer-related activities.

Education and support
- Provided 12 community diabetes education sessions.
- Provided 12 cancer support group meetings.
- 60 cancer patients received assistance through the Tuomey Foundation’s Cancer Boutique (“from Tuomey with Love”), which provides wigs and accessories, scarves, hats and turbans.
- Held six “Look Good Feel Better” sessions (meeting space provided for the American Cancer Society program).

Provided childbirth education:
- Labor and Delivery: 22 classes, 241 participants
- Baby Basics: 21 classes, 119 participants
- Breastfeeding Class: 20 classes, 149 participants
- Sibling Class: 7 classes, 32 participants
- Friends and Family CPR: 277 participants
- Baby Fair: 151 attendees

Worked with Safe Kids of Sumter County to help with child seat safety for parents and people with car seat violations:
- Car seat installation: 234 participants, 99 discounted seats, 134 car seats checked (partnership with Safe Kids of Sumter County)
- Child passenger safety violators class: 104 participants, 140 car seats checked
- Kids Fest: 10 area schools, 861 children, 88 adults and 60 community volunteers
- Safe Kids Day (held during Iris Festival): 126 bicycle helmets provided along with water, heat and driving safety information

Care Reach
Care Reach connects children to needed medical and dental care. In partnership with Lee and Sumter County school districts, Palmetto Health Tuomey provides the following services:
- Direct medical, vision, mental health and dental care
- Transportation and funding, if needed
- Assistance with Medicaid enrollment
- Case management
- Parent/child health education

Care Reach professional services by appointments

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Care Reach outcomes

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Client Enrollment

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