Our community’s health

Annual Report of the Tithe

Fiscal Year 2017

Richland | Lexington | Fairfield | Sumter | Lee

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 2017.

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.

Our tithe was a commitment made in 1998 and 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.

Charles D. Beaman, Jr.
Chief Executive Officer
FY 2017

Palmetto Health Leadership

**Palmetto Health Board of Directors**
- Beverly D. Chrisman, Chair
- Jerome D. Odom, PhD, Vice Chair
- Sara B. Fisher, Secretary
- Jean E. Duke, Treasurer
- Charles D. Beaman Jr., CEO
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- James L. Best
- John M. Brabham, Jr.
- William L. Cogdill, Jr.
- LeRoy “Roy” P. Creech
- Edward Duffy, Jr., MD
- Paul V. Fant, Sr.
- John W. Foster, Jr.
- Rosalyn W. Frierson, Esq.
- William C. Gerard, MD
- James H. Herlong, MD
- Joel E. Johnson, DMD
- George S. King, Jr.
- Charles D. Waddell

**Community Health Committee**
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- Beverly D. Chrisman, Ex-Officio
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- Charles D. Beaman, Jr., Ex-Officio
- Traci Young Cooper, EdD, RMH Board Designee

**Community Outreach Advisory Task Force**
- Jonathan Bell
- Heather Brandt, PhD
- Deborah Billings
- Edith Canzater
- Beverly D. Chrisman
- Ana Cossio
- Kathy Creech
- Rev. Jamey Graham
- Randy Heath
- Willie March
- Rhonda Marshall
- Lonnie Randolph
- Mattie Anderson-Roberson
- Carol Sloop
- Benjamin Small
Nov. 20, 2017

Mr. David Wilson  
Director  
SC Department of Health and Environmental Control  
2600 Bull St.  
Columbia, South Carolina 29201

Re: COPA Annual Report

Dear Director Wilson,

We are pleased to provide the Annual Report covering the period Oct. 1, 2016 through Sept. 30, 2017, 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

Beverly Chrisman, Chair  
Palmetto Health Board of Directors

Vince Ford, Chief Community Health Officer  
Palmetto Health
Palmetto Health made a commitment in 1998 to return to the community 10 percent of its annual bottom line. Together with our partners, we are working to improve the overall health of our community.

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

In FY 2017, the Office of Community Health provided services to the uninsured, underinsured and medically underserved people in the Midlands, along with the general population. Services were provided to people throughout South Carolina.

During its more than 20 years of service, the Palmetto Health Office of Community Health has invested $56,437,435 in health care services.

“Our goal is to create a healthier community. Thus, we spend time outside the walls of the hospital to take care of individuals, families and the community. That is what community health and population health is all about.”
- Vince Ford, Palmetto Health
Chief Community Health Services Officer

Palmetto Health Foundation
Palmetto Health Foundation, a 501(c)(3) non-profit organization, engages community partners to enhance health care 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.
Chronic Disease Prevention

This initiative was designed to detect and diagnose chronic health conditions at an early stage of development while providing education and intervention programs to those at risk. The work of this team addresses the chronic health conditions of hypertension, pre-diabetes, Type 2 diabetes, and breast, cervical, lung, prostate and colorectal cancers within the community. Partnerships with schools, faith-based and civic organizations provide comprehensive prevention and screening programs through clinics, health fairs and intervention services with a strong care coordination component.

Health services provided in FY 2017

Screening services: 6,558
Health education contacts: 1,853

- Of the 6,558 health services provided, there were 1,952 abnormalities detected. Of these, 90 percent of patients received a plan of care.
- Of the 15 adults enrolled in the community Check Change and Control® program, preliminary data indicate an average reduction in diastolic blood pressure of 5.2 mmHg.
- Of the adults enrolled in the Diabetes Prevention Program (DPP), 85 percent completed the core phase of the program, and measurable improvements in health indicators including HbA1c and body weight were achieved.
- Palmetto Health's Smoking Cessation program provided prescriptions and services to 36 participants, 54.5 percent of which remained smoke-free for 30 days or more by the end of the program.
- More than 1,100 students in Richland, Lexington and Fairfield counties were engaged through Trumpeter, an anti-smoking campaign designed for middle and high school students.
- Interviews with 65 readmitted patients with chronic obstructive pulmonary disease (COPD) were completed as part of a system-wide effort to help determine causes of frequent emergency department visits and to reduce hospital readmissions. Most readmissions were due to other co-morbidities.
- Annual heart disease education and screenings were provided to 357 women during the annual Women at Heart event.
- There were 191 screenings and care coordination for participants of the Holy Strokes program, led by Anil Yallapragada, MD, Palmetto Health.
- In partnership with Palmetto Health HealthWorks, there were 540 prostate cancer screenings at South Carolina state agencies with 48 abnormal results.

Community Health Improvement

This initiative was created to address adolescent health in partnership with school, community and faith-based organizations 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 initiatives like this.

Since 1991, there has been a 75 percent decrease in teen pregnancies in Richland County. In FY 2017, there were zero-reported student pregnancies among Teen Talk participants.

- The Teen Talk program provided instruction for 907 students during 29 weeks.
- There were 58,240 youth development services and contacts provided to teens in the Midlands.
- Eleven community advocates conducted 1,578 Teen Talk sessions in 36 schools in Richland and Lexington counties.
- The 12th annual Teen Health Summit provided teen pregnancy prevention and health education to 392 students and 59 parents.
- Freshman Focus reached 286 first-year college students, increasing knowledge of reproductive health and improving attitudes and behaviors towards contraception.
- There were 50 parents reached through ParenTeen, a quarterly program designed to improve parent/child communication.
- Through Summer Connections, 910 teens received pregnancy prevention education in their community.

Palmetto Healthy Start

Palmetto Healthy Start (PHS) targets expectant mothers and mothers with infants in Lexington and Sumter counties and pregnant teens in Richland County.

The infant mortality rate for Palmetto Healthy Start participants was 0 per 1,000 live births in FY 2017.

- There were 531 pregnant women enrolled in the Palmetto Healthy Start program.
- There were 241 infants born during the reporting period.
- Services were provided to 847 women and 471 infants with 2,210 home visits.
- In observance of infant mortality awareness month, two family fun festival events were held in Lexington and Sumter counties with 136 attendees.
- More than 2,000 fact sheets and buttons were provided throughout the community on Infant Mortality Awareness Day.
• Childbirth classes were held for 352 participants.*
• Childbirth education was provided to 482 participants through home visits or phone contacts.
• A total of 68 safe sleep Pack’nPlays were provided to participants in Lexington and Richland counties (61) and in Sumter County (7).
• Breastfeeding education was provided to 622 women through home visits and telephone calls and 69 participants received training by a certified lactation consultant.
• Breastfeeding support groups were attended by 55 women who received breast pumps.
• Oral health screenings were provided to 45 participants, with none affected by periodontitis.**
* Some scheduled classes were canceled due to low registration.
** Due to renovations at Palmetto Health Women’s Center this year, fewer oral health screenings were scheduled.

Palmetto AccessHealth
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, Fairfield and Sumter counties.

The all-time number of Palmetto AccessHealth participants reached 29,845 (FY 2001–2017).

• There were 1,983 first-time enrollees to the Palmetto AccessHealth program.
• There were 2,064 referrals for specialty care services (e.g. ophthalmology, gastroenterology and surgery services).
• Participants received more than $1.76 million in specialty services.
• Participants receiving disease management services for diabetes had an average decrease of 22 percent in HbA1c readings.

Community partners
Palmetto Health provides support for many initiatives designed to improve community health.

• Through a partnership with United Way of the Midlands’ WellPartners program, Palmetto Health provided dental services to 3,086 patients, including comprehensive dental services for uninsured, low-income children, adults and pregnant women.
• With support from Palmetto Health, WellPartners Eye Care Clinic provided 1,492 pairs of glasses and examined 1,601 patients.
• The Ambulatory Care Transition Team (ACTT) had 47,701 patient contacts and worked with 1,024 patients. 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.
• Mental Illness Recovery Center, Inc. (MIRCI) served 356 clients including families and children.
• The Good Samaritan Clinic provided services to 1,420 patients within the Latino community.
• Welvista provided 3,986 prescriptions to 1,285 patients, a value of $1,948,415.
• Project Breathe Easy, a six-month asthma education program, provided services to 64 children and their families and resulted in zero-reported 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 32,000 students monthly, resulting in 14.5 million minutes of physical activities. Approximately 1,400 monthly-active teachers utilize GoNoodle activities for their students.
• Through a partnership with James R. Clark Memorial Sickle Cell Foundation, Palmetto Health provided funding for 4,920 hours of case management and 2,428 in-home visits, disease monitoring services, patient education and resource referrals to patients living with sickle cell disease in Richland, Lexington and Fairfield counties.
• Palmetto Project’s Carolina Hearing Aid Bank provided 28 free hearing aids to 19 uninsured adults from Richland and Fairfield counties.
• Sexual Trauma Services of the Midland’s Youth Violence Prevention Program held 421 youth-focused education sessions for 6,798 participating middle and high school students.
• Silver Ring Thing, a faith-based organization promoting sexual abstinence until marriage, held an intense live concert-style stage performance for 810 teens and young adults in Richland and Lexington counties.
• The South Carolina Campaign to Prevent Teen Pregnancy reached 712 professionals, parents and teens via training, technical assistance, outreach events and the annual Summer Institute. The campaign also reached 11,525 people online.
• SC HIV/AIDS Council provided 126 rapid HIV and STD tests resulting in treatment for 18 positive gonorrhea cases, 29 positive chlamydia cases, five syphilis cases and one case of 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 2,561 participants through the pathways model.
• A partnership with FoodShare, which provides fresh produce to communities in need, screened 1,465 individuals and identified 710 with limited or uncertain access to adequate food who were then given a coupon for a fresh food box.
Diversity and Inclusion

Palmetto Health works to strengthen and sustain a culture of inclusion where team members, patients, families and the communities served feel visible, valued and respected. Palmetto Health continues to create an inclusive working culture where similarities are embraced and differences are valued. We strive to ensure all team members have the opportunity to develop skills and talents consistent with our mission, vision and values.

Palmetto Health continuously engages with team members, patients and the community to identify opportunities for improving inclusion, cultural competence and health equity.

- The South Carolina Hospital Association (SCHA) Equity Pledge was completed with the following results:
  - Readmissions for African-American males with chronic obstructive pulmonary disease (COPD) were reduced by 10 percent.
  - Patient identification now includes a process for patients to self-identify race, ethnicity, age and language. Previous identification processes only included three to four categories.
  - Palmetto Health Board of Directors had discussions to ensure board membership mirrors the communities served.
  - Cultural competence awareness training was provided to all team members.
  - Palmetto Health diversity and inclusion Behavior Expectations for team members were expanded.
  - Palmetto Health Tuomey’s Diversity and Inclusion Advisory Council was created.
  - There were five Women of Impact and five Men of Impact recipients recognized with an emphasis on embracing diversity and inclusion.
  - Team member diversity and inclusion engagement survey and patient survey data (HCAPHS) were monitored to measure a culture of inclusion.
  - Palmetto Health’s Women’s and LGBTQ inaugural resource groups were initiated to improve team member engagement and patient care.
  - Open dialogue was encouraged among team members and the patient/family advisory committee through training, discussions and information sharing.
  - The diversity and inclusion intranet site was revamped as a resource tool for leaders and team members.

### Palmetto Health patient cases FY 2017

<table>
<thead>
<tr>
<th>Patient cases</th>
<th>Baptist</th>
<th>Richland</th>
<th>Baptist Parkridge</th>
<th>Tuomey</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>93,085</td>
<td>247,542</td>
<td>62,703</td>
<td>67,703</td>
<td>471,033</td>
</tr>
<tr>
<td>Black</td>
<td>86,088</td>
<td>266,810</td>
<td>31,460</td>
<td>84,432</td>
<td>468,790</td>
</tr>
<tr>
<td>Other</td>
<td>4,998</td>
<td>20,669</td>
<td>2,326</td>
<td>2,953</td>
<td>30,946</td>
</tr>
<tr>
<td>Hispanic</td>
<td>3,453</td>
<td>15,236</td>
<td>1,399</td>
<td>5</td>
<td>20,093</td>
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<tr>
<td>Oriental Asian</td>
<td>975</td>
<td>3,931</td>
<td>648</td>
<td>815</td>
<td>6,369</td>
</tr>
<tr>
<td>American Indian</td>
<td>481</td>
<td>1,393</td>
<td>311</td>
<td>81</td>
<td>2,266</td>
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<tr>
<td>Hawaiian</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>229</td>
<td>229</td>
</tr>
</tbody>
</table>

Data does not include those who declined to indicate their ethnicity.

Cynthia Walters, EdD
Corporate Director, Diversity and Inclusion
Cynthia.Walters@PalmettoHealth.org
803-296-5086
From successful outcomes to community events, Palmetto Health is more than a health care system. We are committed to keeping those we serve healthy.

American Hospital Association NOVA Award

Dental Health Initiatives

In FY 2017, Palmetto Health was nationally recognized by the American Hospital Association (AHA) for efforts to improve community health and collaborate with partners to address dental care needs for the underserved population. Palmetto Health won the AHA Nova Award, which recognizes hospitals and health systems for collaborative efforts toward improving community health.

Dental health is an initiative that Palmetto Health has addressed for more than 20 years. In 2016, Palmetto Health partnered with the United Way of the Midlands, Richland County, SC Department of Health and Environmental Control and other organizations to form WellPartners, Inc., which provides dental and vision care to the underserved community. Earlier dental health efforts included collaboration with private dentists, SC Mission events and partnerships with family health centers to provide dental care for the many people in our state unable to pay for dental coverage.

“It’s important to our overall health to have good dental care. We knew many people in the community were unable to access the right care for their needs. Through years of collaboration, we now have WellPartners, which results in a unique opportunity to get people to the type of dental care they need.”

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

Palmetto Health won a NOVA award in 2005 for the vision program and in 2007 for Richland Care.

Special events, awards and programs

<table>
<thead>
<tr>
<th>Year</th>
<th>Emergency Department Dental Visits*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>88</td>
</tr>
<tr>
<td>2010</td>
<td>102</td>
</tr>
<tr>
<td>2011</td>
<td>115</td>
</tr>
<tr>
<td>2012</td>
<td>127</td>
</tr>
<tr>
<td>2013</td>
<td>126</td>
</tr>
<tr>
<td>2014</td>
<td>92</td>
</tr>
<tr>
<td>2015</td>
<td>75</td>
</tr>
</tbody>
</table>

* Average per month for two facilities (Palmetto Health Baptist, Palmetto Health Richland) and three starting in 2014 (Palmetto Health Baptist Parkridge)
** Midlands Dental Initiative (MDI) launched
Disparities Leadership Program Award
Reducing health care disparities
Palmetto Health recently was awarded one of two best overall awards in diversity given by the Disparities Solutions Center at Massachusetts General Hospital for work with African-American patients diagnosed with COPD. Vince Ford and Cynthia Walters were selected to participate in a year-long leadership program to reduce health care disparities, as part of the South Carolina Hospital Association Healthy SC Alliance. During the program, Palmetto Health leaders and medical experts proposed solutions and opportunities to reduce the health system’s re-admission for African Americans with COPD. Research showed that African-Americans are more likely than Caucasians to be re-admitted to an acute care setting within 30 days of discharge.

The Disparities Leadership Program helps hospital leadership to meet health care challenges by improving the quality for at-risk communities. There were 16 hospitals selected to participate in the 2016-2017 Disparities Leadership program. This was Palmetto Health’s first year participating.

“This award symbolizes the work we are doing to eliminate health disparities and create healthier communities. Keeping our patients healthy and identifying ways to reduce readmissions is vital to our patients, community and hospitals.” - Vince Ford, Community Health Services Officer, Palmetto Health

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. Understanding the current health status of South Carolinians provides 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 accepted the results of the 2016 CHNA findings and an action and implementation plan were posted to the Palmetto Health website.

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.

A copy of the CHNA report can be found at PalmettoHealth.org/CHNA.
Women at Heart
Saturday, Feb. 25, 2017

Heart disease is the number one killer among diabetics and women. Since 2008, Palmetto Health has hosted the Women at Heart Forum and Exhibition, with an average of 1,000 women each year attending. Women receive important information regarding heart disease risk factors, heart attack symptoms that differ from men and heart-healthy cooking recipes. Women also learn about the effects of menopause on heart health, the heart health benefits of starting a weight loss program and cooking tips. Fitness and cooking demonstrations are provided along with free heart-health screenings, breast exams and, as needed, case management.

In 2017, 1,061 women attended the event at the Columbia Metropolitan Convention Center and 357 heart health screenings were performed.

Women at Heart 2017 featured nationally renowned wellness coach and author “Dr. Ann” Kulze, MD, as the keynote presenter. Meghan Businaro, DO, Palmetto Heart, led a general session on the dangers of diabetes and heart disease. Other Palmetto Health-USC Medical Group physicians and experts discussed topics on diabetes and minimizing stress.
School-based telehealth
A telehealth pilot program in the Lower Richland community launched as a partnership between Palmetto Health and Richland School District One. A grant from the U.S. Department of Agriculture (USDA) and support from the S.C. Telehealth Alliance has helped provide educational and clinical services to students and families in the community.

Youth education
As a result of findings in the CHNA, Palmetto Health adopted an evidence-based curriculum entitled “Eat Well and Keep Moving” to address childhood obesity. The educational program is a 14-week obesity prevention/reduction program in the after-school programs of elementary schools in the Lower Richland community.

Clinical program
A school-based clinical program was added in 2017 to allow students to receive primary care services in the school health room setting. Students participating in the program have face-to-face visits with a doctor or nurse practitioner using video conferencing equipment. This does not replace existing primary health care and is provided to address non-emergent health care needs. Prescriptions may be sent to the pharmacy following a student visit.

The program goals include:

• Getting students better, quicker
• Reducing missed time from school
• Reducing missed work days by parents
• Eliminating transportation barriers

Community-based telehealth/adult education
Palmetto Health offers chronic disease self-management and diabetes prevention classes to qualified adults (based on age and risk) who live in Lower Richland communities. Free classes will be provided through state-of-the-art telehealth equipment at Lower Richland High School. Palmetto Health team members deliver education through computer equipment incorporating interactive discussions and live conversations. Topics range from nutrition, physical activity, self-motivation and goal setting. A health screening and assessment is required to determine eligibility.

“Improving our community’s health is critical to our overall well-being. We want our community to know we are here to support them and provide resources that will allow them to become successful and healthy individuals.”

- Stacey McPhail
System Director, Office of Community Health
 Americans are living longer, but chronic diseases such as diabetes, cancer and heart disease can negatively impact health. Chronic diseases are responsible for seven out of every 10 deaths and are the leading cause of death and disability in the United States. Ironically, most chronic diseases are preventable. According to the World Health Organization (WHO), chronic diseases are ongoing, typically incurable conditions of long duration and slow progression. There are five main types: cardiovascular diseases (such as heart attacks, hypertension and stroke), cancers, chronic respiratory diseases (such as chronic obstructed pulmonary disease, or COPD, and asthma), diabetes and arthritis. While they cannot be cured by medications, they may go into remission or become more manageable through early detection and subsequent lifestyle changes and behavior modification.

In the United States, approximately half of all adults or 117 million people, have one or more chronic health conditions, and the risk of chronic disease increases with advanced age. Eighty-eight percent of Americans aged 65 and older have been diagnosed with at least one chronic disease, and three in four adults aged 65 and older have multiple chronic health conditions. This presents significant issues given that an individual’s risk of premature death increases significantly with the diagnosis of a chronic disease and the risk continues to increase with each additional chronic disease diagnosis.

The leading chronic diseases in the U.S. include cardiovascular disease and stroke, cancer, diabetes and obesity. In South Carolina, heart disease and cancer together account for nearly 46 percent of all deaths in the U.S.

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 contributing risk factors may lead to disease prevention and/or lessen the impacts of chronic conditions.

The Chronic Disease Prevention and Population Health (CDP) initiative aims to promote and improve health through three levels of prevention:
- Health screenings
- Care coordination
- Intervention programs
- Education

### Chronic Disease Prevention Outcomes, FY 2017

#### Cancer screening outcomes

<table>
<thead>
<tr>
<th>Total number of screenings</th>
<th>1,174</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of abnormal test results</td>
<td>218*</td>
</tr>
</tbody>
</table>
* Some patients did not complete recommended follow-up care and/or respond to repeated attempts to contact.

#### Cancer diagnosis

<table>
<thead>
<tr>
<th>Cancer</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical dysplasia</td>
<td>17</td>
</tr>
<tr>
<td>Colon polyps (benign)</td>
<td>15</td>
</tr>
</tbody>
</table>

#### Diabetes screening outcomes

<table>
<thead>
<tr>
<th>Total number of screenings</th>
<th>2,270</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of abnormal test results</td>
<td>917*</td>
</tr>
</tbody>
</table>
* 396 patients did not have follow-up information.

#### Diabetes diagnosis

<table>
<thead>
<tr>
<th>Pre-diabetes</th>
<th>356</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 2 diabetes</td>
<td>11</td>
</tr>
</tbody>
</table>

#### Hypertension diagnosis

<table>
<thead>
<tr>
<th>Pre-hypertensive</th>
<th>476</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertensive</td>
<td>389</td>
</tr>
</tbody>
</table>

#### Blood pressure screening outcomes

<table>
<thead>
<tr>
<th>Total number of screenings</th>
<th>910</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of abnormal test results</td>
<td>865</td>
</tr>
</tbody>
</table>

### Cancer case management outcomes

- Benign colon polyps | 15 |
- Non-responsive/non-compliant | 52 |
- Breast cancer | 2 |
- Prostate cancer | 2 |
- Cervical dysplasia | 17 |
- Confirmed benign diagnosis | 42 |

All cancer patients have begun treatment. Data does not include all benign diagnosis or physician follow-ups.
Chronic diseases: cancer
Cancer remains the second leading cause of death in the U.S., and it ranks first in South Carolina. Research shows that more than half of cancer deaths could be prevented through healthy choices, screening and vaccinations. Not smoking, drinking alcohol in moderation or not at all, getting enough sleep, eating a diet rich in fruits and vegetables and low in red meat and getting physical activity have been shown to improve overall health and lower the risk of developing some cancers. According to the American Cancer Society, in 2017, an estimated 1.6 million new cases of cancer will be diagnosed in the United States and 600,920 people may die from the disease. Palmetto Health’s community cancer screening services address five cancers: cervical, breast, colorectal, lung and prostate.

There were 1,174 patients screened for cancer and 218 abnormalities (18.5 percent). Four patients were diagnosed with cancer; two with breast cancer and two with prostate cancer. All patients have begun treatment.

Chronic diseases: diabetes
Every 30 seconds, a lower limb is amputated in the United States as a consequence of 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 U.S. Without early detection and proper treatment/management, diabetes can lead to heart disease, stroke, blindness, kidney failure or amputation of toes, feet or legs. Type 2 diabetes is caused by several factors including genetics and family history, cigarette smoking, diet, physical inactivity, stress, alcohol intake and obesity.

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 (38.4 percent), hypertensive (29 percent) and family history (32.5 percent).

An estimated 37 percent of U.S. adults have pre-diabetes, and the condition is often asymptomatic. A true diagnosis requires a screening test. Approximately one third of individuals with pre-diabetes 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.

Chronic diseases: hypertension
When the force of the blood pumping through the arteries becomes too strong and remains that way over time, the resulting diagnosis is hypertension. Hypertension can be a ‘silent killer’ because there are few signs and symptoms. Left untreated over time, the condition can result in heart attack, stroke, kidney issues and death.

In partnership with the American Heart Association, Palmetto Health offers an evidence-based hypertension management program for adults at risk for high blood pressure complications. Check. Change. Control.* (CCC) allows adults to self-monitor their blood pressure while empowering them to take control of their lives. The program incorporates in-person educational sessions discussing stress management, medication and much more. Remote monitoring and self-tracking of blood pressure, which are key factors to improve hypertension, also are incorporated in the program.

Population health intervention and self-management
Self-management and intervention programs address the secondary and tertiary levels of prevention through the Diabetes Prevention Program (DPP), Check. Change. Control.* program and health and wellness programs.

DPP is an intensive lifestyle change program designed to prevent or delay the onset of Type 2 diabetes. Assessments are available for individuals with a blood-based diagnosis of pre-diabetes and/or those who are at risk for the condition. Pre-diabetes is a condition in which blood glucose levels are higher than normal but not yet high enough to result in a diabetes diagnosis.

Diabetes Prevention Program (DPP)
This year-long program helps participants make changes such as eating healthier, including physical activity in their lives and improving problem-solving and coping skills. Lifestyle coaches meet weekly with small groups for six months (core phase) and then monthly for six months (post-core phase). Sessions are available at convenient times and routine measurements are done throughout the program. Two new groups were formed during each of the following months: January, April, July and October.
Data was collected from the four groups who completed the core phase of the program by the end of FY 2017 (January and April groups). Of the 62 eligible participants who enrolled in these groups, 53 have completed the core phase (85 percent of participants). Additionally, 21 participants were enrolled in the two July groups, which will complete the core phase by December 2017. Overall, there were modest changes from baseline to post-program during the DPP core phase among participants. On average, participants saw most success in weight loss and reductions in HbA1c values. More than one-third (36 percent) of the participants achieved a weight loss of at least five percent of their initial body weight. In FY 2017, DPP was offered through telehealth to the Lower Richland community. Data will be available in FY 2018.

In August 2017, Palmetto Health was selected as one of two sites in the country to undergo a two-year rigorous evaluation by the CDC’s Division of Diabetes Translation. Palmetto Health’s selection was based on the successes in recruiting and impacting the health of African-Americans in the Midlands, along with a rigorous evaluation. Findings from the evaluation will be used to develop program implementation guidance, evaluation tools and other resources for DPP sites throughout the country.

Population health intervention and wellness education
One of the health and wellness goals is to educate individuals on the harm from 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 lessen their associated negative impacts.

Healthy Palmetto
Healthy Palmetto provided 64 community-based educational sessions throughout the Columbia area. These educational sessions provided healthy lifestyle information to 1,853 participants. Sessions include information on the importance of physical activity, body mass index (BMI) and body fat, heart health, diabetes, stress management and nutrition.

Body and Soul
Palmetto Health partnered with the City of Columbia to provide free physical activity classes. There were 180 community members who participated in 16 low-to medium intensity physical activity classes offered at Greenview Park.

Fit Together
Through Fit Together, 29 sessions were offered at local schools and afterschool programs. This is a youth educational program that teaches kids to make healthy choices in order to prevent Type 2 diabetes. A total of 658 students participated and were given information about diabetes prevention.

Youth summer programs
Throughout the summer, Healthy Palmetto provided education that focused on nutrition, physical activity and healthy choices to 840 youth. This was possible through partnerships with local non-profits and faith-based organizations such as Ezekiel Ministries whose mission emphasizes education, family literacy, character development and wellness.

Weigh-ins
In addition to educational sessions, Healthy Palmetto collected height, weight, BMI and body fat percentage information on residents through health fairs and other community events. In FY 2017, 425 residents received screenings.

<table>
<thead>
<tr>
<th>BMI and body fat measurement: 425 screenings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Normal</strong></td>
</tr>
<tr>
<td>Female (347)</td>
</tr>
<tr>
<td>22</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal: 46%</td>
</tr>
<tr>
<td>Overweight: 31%</td>
</tr>
<tr>
<td>Obese: 23%</td>
</tr>
<tr>
<td>Underweight: 1.3%</td>
</tr>
</tbody>
</table>

![BMI and body fat measurement chart]
LiveWell Columbia
This collaborative effort is committed to reducing obesity in Columbia by promoting healthy eating and active living in our community. LiveWell Columbia focuses on environmental and lifestyle change, as well as policy and systems change, designed to remove barriers and increase access to healthy choices and behaviors.

The LiveWell Columbia Children’s subcommittee works closely with Richland School District One through their Palmetto Pals program (school wellness committees). Through this relationship, committee members assist the schools with planning, implementing and evaluating health promotion and education activities and programs.

On Saturday, Jan. 21, 2017, more than 400 students put their workout skills to the test for the sixth annual Richland One Fitness Bowl at Eau Claire High School. This year, Palmetto Health provided 25 blood pressure screenings and 27 BMI and body fat screenings to parents. Other community partners including SC DHEC, SNAP-Ed, SC Thrive and local farmers provided fresh produce, healthy snacks, recipes and educational materials.

“Palmetto Health’s partnership with Palmetto PALS (Partners Advancing the Lives of Students) provides an integral part in the advancement of the health and well-being of the students and staff of Richland School District One. Their knowledgeable, respected health professionals serve as key members of a School Wellness Council who, in conjunction with the Council, support the assessment of the school health environment, the development of an action plan to improve the health of students and staff and help celebrate the school’s successful wellness efforts.”
- Tony Boatwright, PhD, health and physical education coordinator, Richland School District One.

Arden Elementary School, Forest Heights Elementary and W.J. Keenan High School were named America’s Healthiest Schools by Alliance for Healthier Generations.

Trumpeter
Trumpeter is an education program that addresses the powerful effect media has on a young person’s decision to use or not use tobacco products. The program encourages teens to think critically and talk about the influence of tobacco advertisement. With the help of our Teen Talk program, students are encouraged to become positive peer role models by creating counter-advertisements for tobacco products that tell the truth about tobacco.

In FY 2017, 1,106 students across the Midlands area participated in Trumpeter. South Carolina Science Academy High School and W.G. Sanders Middle School were the 2017 Palmetto Health Trumpeter Poster Contest winners.

Support teams
The CDP sponsors two support programs for the patients we serve. Support groups bring together people who are facing similar issues. Members of a support group usually share their personal experiences and offer one another emotional comfort and moral support. They also may offer practical advice and tips to help individuals cope with personal situations. The many benefits of participating in support groups include:
- Feeling less lonely, isolated or judged
- Gaining a sense of empowerment and control
- Improving coping skills
- Talking openly and honestly about one’s feelings
- Reducing distress, depression, anxiety or fatigue
- Developing a clearer understanding of what to expect
- Getting practical advice or information about treatment options
- Comparing notes about resources, such as doctors and alternative options

Cancer support program
The MARYS (Meeting and Reviving Your Spirit) support group continues to meet every second Tuesday of each month. The group meets at the Celia Saxon Health Center, located at 2133 Walker Solomon Way. MARYS was created to meet the unique needs of African-American women diagnosed with cancer. The social work case manager facilitates the group and coordinates speakers/presenters to share information on various topics, including health, nutrition, spirituality and arts. Group members share stories and provide care and comfort to each another. MARYS continues to grow and welcome new members. Typically, six to eight women attend the monthly meetings.

Diabetes support program
The Diabetes Prevention Program Support Group is designed to provide ongoing support and encouragement to graduates of DPP after their completion of the year-long program. The purpose of the support group is to maintain participants’ motivation to make healthier lifestyle choices related to nutrition, physical fitness and stress management in a supportive group atmosphere. Sessions are interactive and include group discussion, guest speakers and demonstrations to keep participants engaged and enthusiastic about preventing the onset of diabetes. The group began in March 2016, and takes place monthly with eight to 10 participants.

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 54.5 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 90-minute group sessions within three weeks

The initial meeting is a medical consultation with the program physician. Participants, if desired, receive a prescription for Wellbutrin®, Chantix®, Zyban® or the nicotine patch. During the initial session, participants can discuss personal motivations to quit smoking and throughout the program learn cognitive-behavioral skills to quit smoking.

<table>
<thead>
<tr>
<th>Smoking cessation program outcomes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of smoking cessation program participants</td>
<td>36</td>
</tr>
<tr>
<td>Number of participants who completed the program</td>
<td>22 (66.1%)</td>
</tr>
<tr>
<td>Number of smoking cessation program sessions</td>
<td>30</td>
</tr>
<tr>
<td>Number of prescriptions</td>
<td>24</td>
</tr>
<tr>
<td>Total prescription cost (uninsured)</td>
<td>$1,310</td>
</tr>
<tr>
<td>Percentage of smoke-free participants who complete the program</td>
<td>16.7%</td>
</tr>
<tr>
<td>Percentage of those who quit smoking among those who completed the program</td>
<td>54.5%</td>
</tr>
</tbody>
</table>

Lourie Center
Since February 2015 Palmetto Health has partnered with the Lourie Center, a nonprofit recreation center for seniors, to offer two-hour “Ask-a-Nurse” sessions twice a month for their members. The nurse staff educator is available for blood pressure and weight checks, health and nutrition questions and referrals, as needed. In FY 2017, there were 119 nursing visits. The nurse saw an average of five members per “Ask-a-Nurse” day between the ages of 48 to 90. The average participant age is 68.

Next steps
For FY 2018, Palmetto Health will continue to focus on improving access to healthy lifestyle and chronic disease prevention programs by enhancing our scope of services. In addition, CDP will work to extend the population health strategy throughout community health initiatives.

Valencia Bostic
Director, Chronic Disease Prevention and Population Health
Valencia.Bostic@PalmettoHealth.org
803-296-3070
The Community Health Improvement (CHI) team was created to develop and implement evidence-based processes for identifying priority health issues, create action strategies and establish and track metrics. New FY 2017 initiatives included the design and implementation of the Community Health Needs Assessment and school-based telehealth in the Lower Richland 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 SC Youth Risk Behavior Survey, nearly one-half (47.5 percent) of high school students reported having had sex at least once. SC DHEC reported 3,696 teenage births in 2016. However, in Richland County, teenage birth rates have steadily decreased by 75 percent since 1991.

CHI was created to address adolescent health through school, community and faith-based programs in Richland and Lexington counties. The initiative is implemented in four school and community-based teen pregnancy prevention programs, with monthly teen health newsletters. South Carolina as a whole, and in Richland and Lexington counties, have experienced significant declines in teen pregnancy for the past six years, in part because of community organizations and Palmetto Health programs.

### Teenage birth rates per 1,000 (ages 15-19), 2013-2016

<table>
<thead>
<tr>
<th>Year</th>
<th>Richland</th>
<th>Lexington</th>
<th>South Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>30.6</td>
<td>31.6</td>
<td>19.5</td>
</tr>
<tr>
<td>2014</td>
<td>25.4</td>
<td>23.3</td>
<td>19.6</td>
</tr>
<tr>
<td>2015</td>
<td>23.3</td>
<td>26.1</td>
<td>16.9</td>
</tr>
<tr>
<td>2016</td>
<td>20.3</td>
<td>23.8</td>
<td>13.8</td>
</tr>
</tbody>
</table>

Data source: SC DHEC, 2016

### Teenage births (ages 15-19), 2013-2016

<table>
<thead>
<tr>
<th>Year</th>
<th>Richland</th>
<th>Lexington</th>
<th>South Carolina</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>4,759</td>
<td>4,297</td>
<td>3,10</td>
</tr>
<tr>
<td>2014</td>
<td>4,297</td>
<td>307</td>
<td>251</td>
</tr>
<tr>
<td>2015</td>
<td>4,020</td>
<td>271</td>
<td>211</td>
</tr>
<tr>
<td>2016</td>
<td>3,696</td>
<td>197</td>
<td>223</td>
</tr>
</tbody>
</table>

Data source: SC DHEC, 2016
Teen Talk
Teen Talk is an abstinence-based education program for middle and high school students held weekly during each participating school’s lunch period. Program facilitators, also known as a community advocates, use an approved curriculum developed by Advocates for Youth, a national adolescent health research organization.

During FY 2017, Teen Talk was held 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 conversation, 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. This year, Palmetto Health honored Richland One Middle College (ROMC) for an outstanding partnership (photo below).

Freshman Focus
According to SC DHEC, 44.3 percent of the state’s 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 first-year college students 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 first-year orientation, the program served 286 college students.

Summer Connections
Summer Connections 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. One-hour long sessions are 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 (ages 10–19).

In FY 2017, 910 youth educational contacts were provided at 15 locations, including summer camps hosted by the City of Columbia.

Next steps
Community Health Improvement will work to:
- Improve health outcomes for program participants
- Increase the number of male participants served
- Promote telehealth clinical services to rural elementary schools

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. In FY 2017, 50 adults participated.

Talarria Jackson
Director, Community Health Improvement
Talarria.Jackson@PalmettoHealth.org
803-296-3910
2017 Teen Health Summit:
“New Standard: Raising the Bar, Refusing to Conform”

The 2017 Teen Health Summit was held at Dreher High School Friday, June 9, with 451 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 educators who specialize in adolescent health. Palmetto Health partnered with local school districts, teen-friendly organizations and supporting businesses to provide services and information during the day. Surveys showed that teens enjoyed the event, with 86 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 13 years and has reached more than 4,600 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, expanded to all of Richland and Fairfield counties in 2001, and to Lexington and Sumter counties in 2010. 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 2017, 847 women (including 531 newly enrolled pregnant women) and 241 infants received prenatal care and/or inter-conceptional 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, dangers of substance abuse and other risk factors that impact pregnancy. Education promotes healthy pregnancy and helps prevent poor birth outcomes, including low-birth weight and infant death.

Maternal and infant outcomes are improved by prenatal care that begins early, is risk-appropriate, continuous and comprehensive. PHS works to bring prenatal care to participants in early stages of pregnancy, connecting mothers with health and social services.

In FY 2017, 79.6 percent of PHS participants initiated prenatal care in the first trimester, which is a 4.7 increase over the FY 2016 data of 74.9 percent.

PHS also ensures participants receive adequate prenatal care as outlined by the Kessner Index (the criteria for adequacy of prenatal care). In 2017, 75 percent of participants received adequate prenatal care, compared to 69.6 percent in FY 2016. Research has proven that African-Americans have higher rates for infant mortality and supporting risk factors. More than 74 percent of PHS participants are African-American and PHS is using culturally appropriate program strategies to engage and retain its most vulnerable population.
Low-birth weight/infant mortality

Palmetto Healthy Start services are designed to improve the health of infants and reduce infant mortality rates. In FY 2017, **12.4** percent of PHS infants were low-birth weight. This result means there were actually more babies born with low-birth weight than in FY 2016, due to an increase in twins and triplets among program participants.

There were zero infant deaths among 241 PHS infants, compared to 0 per 1,000 live births in FY 2016 for PHS. This marks two years with zero infant deaths for PHS participants.

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.

Childbirth and infant care

One of the Healthy People 2020 objectives is to increase the number of pregnant women who attend childbirth education classes. Participants 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. Women and teens are encouraged to bring expectant fathers or support people. In FY 2017, PHS provided **53** classes to **352** individuals in Lexington, Sumter and Richland counties.

| Childbirth and Infant Care Classes, FY 2015-2017 |
|-----------------|-------|-------|
| **Classes/Events** | 6 | 31 | 53 |
| **Participants** | 26 | 201 | 352 |

** Lexington and Sumter counties only (due to low participation, classes were canceled)

Safe Sleep Program

PHS partnered with Safe Kids for the Cribs for Kids program to provide **68** cribs in FY 2017. Families receive these along with in-person safe sleep education. Follow-ups occur at three months and one year to ensure the infants are staying safe.

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 Family Fun Festivals were held in Lexington and Sumter counties with **136** total attendees. Events were held Saturday, Sept. 9, at Irmo Community Park and Saturday, Sept. 23 at Crosswell Park.

Periodontitis prevention

Periodontitis is inflammation of the tissue surrounding the teeth, causing shrinking of the gums and loosening of the teeth. This common gum disease and severe gingivitis are factors in premature and low-weight births. 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.

| Periodontal screenings, FY 2015-2017 |
|-------------------------------|-------|-------|
| **Screenings** | 390 | 460 | 45 |
| **Screened positive** | 6% | 1.1% | 0 |

Of the 45 women screened in FY 2017, there were none who screened positive for periodontal disease.

Next steps

In FY 2018, services will be provided to pregnant women, infants and families to reduce infant mortality and health disparities in the community. Strategies will help 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.

Goals include:

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

Kimberly Alston
Director, Palmetto Healthy Start
Kimberly.Alston@PalmettoHealth.org
803-296-2786
Palmetto AccessHealth

Palmetto AccessHealth 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, Palmetto AccessHealth has provided health care services to 29,845 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. Palmetto AccessHealth 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.

Palmetto AccessHealth’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 prescription drugs. Four local hospitals, including Palmetto Health, provide inpatient services. Services include disease case management, activities and support for participants with hypertension or diabetes, as well as case management for participants who use emergency departments.

In FY 2017, Palmetto AccessHealth participants had a 29.28 percent reduction in avoidable emergency department visits from the previous fiscal year.

Community Coalition

Palmetto AccessHealth 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 School of Medicine
- Welvista

As of Sept. 30, 2017, there were 3,387 active Palmetto AccessHealth participants. The demographic characteristics of active participants have remained relatively consistent. The average age of participants is 48, with 60 percent between the ages of 41 and 60.

Health care coalition

Providing access to primary care is the cornerstone of Palmetto AccessHealth. All participants select one of the following medical homes for primary care and pharmaceutical services. Palmetto AccessHealth participants have access to sub-specialty 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 2017, Palmetto AccessHealth had partnerships with 23 specialty groups.

Palmetto AccessHealth also has referred participants to the following services:
- Dental and vision services
- Infectious disease
- Mental health
- Substance abuse

Palmetto AccessHealth paid $317,587 for specialty services in FY 2017. For that amount, participants received care equaling a total value of $1,766,435.

Next steps

In FY 2018, the community coalition and health care teams will continue to evaluate capacity within the primary care safety net for low-income, uninsured patients. Palmetto AccessHealth 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.

Marcus Barnes
Director, Palmetto AccessHealth
Marcus.Barnes@PalmettoHealth.org
803-296-2251
As part of the annual tithe, Palmetto Health provides funding 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 far beyond the walls of our health system.

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 2017, 1,885 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 64 families that completed the six-month program, there was an 86.67 percent reduction in asthma-related physician visits, zero-reported asthma-related emergency room visits/hospitalizations, 95.45 percent reduction in asthma-related missed school days and 92.86 percent reduction in asthma-related days parents missed work.

FoodShare
Access to healthy foods
The vision of FoodShare South Carolina is to ensure access to fresh produce for all in the state. This access currently is limited by where people live, 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:
- The Fresh Food Box
- The Community Kitchen
- The Community Garden

In FY 2017, FoodShare South Carolina screened more than 1,465 individuals and 710 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 are designed to 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 also are 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 and Columbia schools have continuously ranked in the top five for mid-sized city engagement.

During the 2016-17 school year, more than 32,000 Richland and Sumter county students were engaged monthly resulting in 14.6 million total minutes of physical activity for the school year. With 120 active schools using GoNoodle, this amounted to more than 1,380 monthly active teachers.

Good Samaritan Clinic
Increasing access to services
Palmetto Health partners with the Good Samaritan Clinic 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 every week.

In FY 2017, 1,420 patients were served. There have been 829 people who signed up for the Palmetto AccessHealth 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 understand and address avoidable usage of emergency treatment.
rooms and to measure the impact of case management services. In FY 2017, the Foundation provided 4,920 hours of case management services (disease monitoring, patient education) during 2,428 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 illness. Clients receiving all services and housing solely from MIRCI are linked to the SC Office of Research and Fiscal Affairs, which tracks general inpatient hospitalization and emergency department visits. In 2016, each client’s hospital/emergency department experience for the 12 months preceding the entry date and for the 12 months following 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 73 percent, pre- to post-entry into MIRCI.
- The number of emergency department (ED) visits dropped by 45 percent once the clients enrolled in MIRCI.
- Emergency department visits, where mental illness was the reason for the visit, dropped even more, by 63 percent.

For the clients linked to the psychiatric specialty hospital database:
- The number of inpatient hospitalizations dropped by 82 percent in the year following enrollment, virtually containing the use of inpatient services by good outpatient management.
- MIRCI enrollment was $5,045,873 less than charges for services in the year prior to MIRCI enrollment.

The results of pre- and post-hospital and emergency department use analysis show substantial observed decreases once MIRCI programs assist clients. Decreases are most dramatic for diagnoses of mental illness and substance abuse, but also are reflected in the declining use of hospital emergency departments even for physical illness. MIRCI case management offers emphasis on appropriate outpatient psychiatric services, stability in medication adherence, life skills and housing.

The significance of patient success is created in the substantial drop in expensive service utilization expressed in avoided hospital charges of more than $5 million.

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.

Through ACTT’s first three quarters of 2017, the program had 27,769 patient contacts. In FY 2017, Palmetto Health’s ACTT nurses conducted 1,608 home visits, 1,073 blood pressure screenings and had more than 180 social work encounters.

Palmetto Project, Inc. Carolina Hearing Aid Bank
South Carolina has existing programs for children and working adults (based on income and insurance) 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 2017, Palmetto Health funded 28 hearing aids for 19 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 a sense of safety
- Teach youth to express their needs assertively in 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 2017, the Sexual Trauma Services of the Midlands staff facilitated 655 youth-focused educational sessions to 3,392 middle and high school students through the Midland’s Youth Violence Prevention Program. They provided support and education services to 10,092 adults and 2,605 sexual assault survivors received crisis intervention, clinical support and advocacy services.

Silver Ring Thing
Abstinence only sexual health education
The Silver Ring Thing (SRT) is a Christian ministry that promotes abstinence until marriage through an intense live stage performance and a video-based, interactive resource called Bare Essentials. The SRT program was created in 1995 as a faith-based 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 31,000 people have attended a SRT live show in South Carolina with 15,517 committing to abstinence and wearing a silver ring that signifies their decision.

Across the country, more than 4,900 parents have been equipped to inspire abstinence in their children’s lives as a result of attending parent sessions. In FY 2017, more than 800 adults and youth attended the SRT live events in South Carolina.

SC Campaign to Prevent Teen Pregnancy
Teen pregnancy prevention in the Midlands
The South Carolina Campaign to Prevent Teen Pregnancy was founded in 1994 to respond to concerns in South Carolina and across the country regarding high rates of teen pregnancy. It is the only organization that serves all 46 counties with an exclusive focus on reducing teen pregnancy.

According to the campaign, 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 67 percent since 1992.

The organization hosted several events in FY 2017 to further address teen pregnancy among older teens on college campuses and continues its annual teen pregnancy prevention conference, the Summer Institute. This event provides the latest on teen pregnancy and STD/HIV prevention to enhance knowledge and skill level of youth-serving professionals nationally. Through these initiatives and activities, the Campaign reached 712 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 126 rapid HIV tests and found 18 cases of gonorrhea, 29 cases of chlamydia, 5 cases of syphilis, and one case of bacterial vaginitis. Free treatment was provided for all patients who tested positive for sexually transmitted infections, along with counseling to avoid risky behaviors that can lead to a HIV+/AIDS diagnosis for themselves or their partner.

PASOs
Spanish/Latinx 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 2017, PASOs served more than 2,500 participants through outreach, community education and individual support. The program also hosted monthly radio shows on the local Spanish-language radio station and partnered with 100 organizations to strengthen resources.
WellPartners
United Way of the Midlands
WellPartners Dental Clinic
A partnership with the United Way of the Midlands WellPartners program allowed Palmetto Health to sustain its relationship with their 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 dentists in SC have volunteered to provide free dental services for children and have for 56 years.

The WellPartners Dental Clinic in Richland County also provides comprehensive dental services to uninsured and underinsured adults 36 hours per week. Palmetto Health dental residents volunteered 448 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 2017, the dental clinic served 3,083 patients, including children, adults and pregnant women. There also was a 12 percent reduction in emergency department utilization for dental issues.

WellPartners
United Way of the Midlands WellPartners Eye Care Clinic (formerly Midlands Eye Care Clinic)
A collaboration of the United Way of the Midlands, Palmetto Health and South Carolina Optometric Physicians Association, maintain one of the state’s only eye care clinics for the uninsured. Residents of Richland, Lexington and Fairfield counties are provided a free comprehensive eye exam and glasses, as needed.

In FY 2017, the clinic saw 1,601 patients and provided 1,492 pairs of glasses.

Welvista
A partnership with Welvista started in FY 2017 to provide a single point of access to uninsured patients for prescription medication. With a formulary of approximately 170 medications, patients’ medications are mailed directly to their homes. These medications are critical in controlling chronic diseases such as diabetes, cardiovascular disease, asthma, and mental health, which left untreated, can require emergency treatment and hospitalization.

In FY 2017, Welvista filled 3,554 prescriptions for 1,178 patients, with an average value of $1,786,047.52.
Palmetto Health Tuomey provides 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 16 prostate cancer screenings (PSA) with two abnormal results.
• There were 204 smoking cessation brochures provided.
• There were 74 free colon screenings.

Diabetes services
• There were 253 diabetes screenings with 104 abnormal results.
• There were 114 BMI (Body Mass Index) screenings with 83 abnormal results.

Hypertension services
• There were 193 blood pressure exams with 114 abnormal results.

Education and support
• There were 12 community diabetes education sessions provided and 12 cancer support group meetings.

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

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<th>Dental</th>
<th>Mental Health</th>
<th>Medical</th>
<th>Glasses R/R</th>
<th>Hearing</th>
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<td>568</td>
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Care Reach outcomes
Care Reach funded services | $3,767

Client Enrollment
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<tbody>
<tr>
<td>Sumter County</td>
<td>267 (78 new)</td>
</tr>
<tr>
<td>Lee County</td>
<td>88 (6 new)</td>
</tr>
<tr>
<td>Total</td>
<td>355 (84 new)</td>
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There were 60 cancer patients receiving assistance through the Tuomey Foundation’s Cancer Boutique (“from Tuomey with Love”), which provides wigs and accessories, scarves, hats and turbans.

There were six “Look Good Feel Better” sessions (meeting space provided for the American Cancer Society program).

The following classes were held:
• 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

Teams 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 (partner 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, summer heat vehicle and driving safety information.