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# Mon Health Medical Center

## Community Health Implementation Plan 2023



**Prepared for:** Mon Health Medical Center

**Prepared by:** West Virginia University Health Sciences  
Center Health Affairs Institute

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## Strategy One: Wig Bank, Lodging Assistance, Gas Cards

**Priorities Targeted:** The strategies included here are designed to improve the wellbeing of cancer patients in the community by easing financial burdens. MHMC has an established bank of wigs and hats for any cancer patient in the community - they do not have to be receiving treatment at MHMC. MHMC also has processes in place for the nurse navigator to link existing patients to lodging and gas gift cards that will ensure timely access to treatment. MHMC's facilities often draw very rural patients and have provided this financial help to patients who would not have otherwise been able to get to necessary treatment appointments.

Table 1: Wig Bank, Lodging Assistance, Gas Cards

Wig Bank, Lodging Assistance, Gas Cards	
Objectives	Continue to provide free wigs, hats, and scarves to community cancer patients, and financial assistance for lodging and travel to MHMC cancer patients.
Activities	<ul style="list-style-type: none"> <li>Assess any needed changes to wig bank procedure: currently, patients contact nurse navigator for access to these supplies Organize interviewees</li> <li>Assess any needed changes to gas card procedure: currently, patients who need to travel long distances or who are financially stressed may be provided gift cards at the nurse navigator's discretion</li> <li>Assess any needed changes to lodging procedure: currently, the nurse navigator assesses need of each patient and makes lodging arrangements, or, if a patient is receiving treatment several days in a row, can negotiate to obtain rooms at a lower rate or free of charge</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>MHMC Foundation- Angel Fund</li> <li>American Cancer Society</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>MHMC Foundation- Angel Fund</li> <li>American Cancer Society</li> </ul>
Resources	<ul style="list-style-type: none"> <li>Angel Fund</li> <li>Private Donations</li> </ul>
Evaluation Activities	Obtain information from Oncology Nurse Navigator - number of patients utilizing these services are tracked and reported annually to the Cancer Committee

Point of Contact	<ul style="list-style-type: none"> <li>● Tricia Julian</li> <li>● julianp@monthhealthsys.org</li> <li>● 304-285-2622</li> </ul>
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## Strategy Two: MonHealth Talk and Facebook Live Events

**Priority Targeted:** The strategy included here is well-established and has been ongoing for some time, and since it is already virtual has carried on despite COVID-19 restrictions. During this cycle, MHMC intends to continue this successful programming, while including some new and relevant topics among those discussed, including some regarding cancer. (Some segments included in this program will also address the health concerns covered later in this report: substance use, abuse, mental health issues, and obesity.)

Table 2: MonHealth Talk and Facebook Live Events

MonHealth Talk and Facebook Live Events	
Objectives	Hold monthly live stream events via Facebook, as well as weekly Mon Health Talk Radio shows. Some of these sessions will have a cancer focus.
Activities	<ul style="list-style-type: none"> <li>● Recruit providers to speak during these events</li> <li>● Advertise each event</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>● MHMC Marketing Department</li> <li>● MHMC Physician Services</li> <li>● WV Radio</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>● MHMC Health Providers</li> <li>● WV Radio</li> <li>● Contract Videographer</li> </ul>
Resources	<ul style="list-style-type: none"> <li>● Hospital space</li> <li>● MHMC Providers' time</li> <li>● Prep time for each event</li> <li>● Advertising</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>● Track available FB analytics</li> <li>● # viewers reached</li> <li>● # appointments made following each event</li> <li>● Dates of each event</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>● MHMC Marketing Department</li> </ul>

## Strategy Three: Living Beyond Breast Cancer Sessions

**Priority Targeted:** This strategy targets breast cancer patients ages 45 and younger. Tricia Julian will be the primary instructor of the courses. NPs Jessica Pforr and Sarah Proffitt have offered to assist with two course topics, and guest speakers will be identified for those that remain once planning progresses and dates are established. A \$750 stipend will be paid to MHMC by Living Beyond Breast Cancer program at the close of the four sessions - this will assist with paying for food and other materials. LBBC has also provided supplies for gifting to participants.

Table 3: Living Beyond Breast Cancer Sessions

Living Beyond Breast Cancer Sessions	
Objectives	Host four individual educational sessions for patients ages 45 and younger - program will focus on care after diagnosis of breast cancer.
Activities	Four courses to be held individually: <ul style="list-style-type: none"> <li>• Early Menopause</li> <li>• Sex and Breast Care</li> <li>• Self-care</li> <li>• Long-Term Effects of Breast Cancer Treatment</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• Tumor Registry (for identifying appropriate patients)</li> <li>• Mariea Hamm, RN, Breast Health Nurse Navigator</li> <li>• MHMC Marketing Department</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Mariea Hamm, RN, Breast Health Nurse Navigator</li> <li>• Jessica Pforr, APRN, NP-C</li> <li>• Sarah Proffitt, FNPBC</li> <li>• IT Department</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Candidate Training (completed)</li> <li>• MHMC will provide the space and staff time</li> </ul>
Evaluation Activities	Evaluation for each session is provided by LBBC, and results will be assessed by Ms. Julian for any needed additions or changes to future sessions.
Point of Contact	<ul style="list-style-type: none"> <li>• Tricia Julian</li> <li>• julianp@monhealthsys.org</li> <li>• 304-285-2622</li> </ul>

## Strategy Four: Free Mammography Days

**Priority Targeted:** This strategy provides free mammograms to uninsured and underinsured patients in the MHMC service area. In the past this programming has been offered by the MHMC cancer team but has faced some logistical barriers. However, leadership recognizes the extent to which these free screenings can affect health outcomes and is committed to reworking the details and trying again moving forward in this CHNA cycle.

Table 4: Free Mammography Days

Free Mammography Days	
Objectives	Provide free mammograms for uninsured/underinsured patients in MHMC’s service area.
Activities	<ul style="list-style-type: none"> <li>● Identify testing dates</li> <li>● Promote testing dates via PSAs and on social media</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>● Foundation- Zelda Stein Weiss Cancer Fund</li> <li>● MHMC Marketing Department</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>● American Cancer Society</li> <li>● Community Women’s Groups</li> </ul>
Resources	<ul style="list-style-type: none"> <li>● Community Outreach</li> <li>● Physician liaisons</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>● Dates of screenings</li> <li>● # community members screened at each event</li> <li>● # referred for follow-up from each event</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>● Tricia Julian</li> <li>● julianp@monhealthsys.org</li> <li>● 304-285-2622</li> </ul>

## Strategy Five: Breast Cancer Awareness Day

**Priority Targeted:** This strategy provides education and activities designed around WV Breast Cancer Awareness Day each October and is not new to the MHMC team. A focus of materials and programming is early detection of breast cancer to improve health outcomes.

Table 5: Breast Cancer Awareness Day

Breast Cancer Awareness Day	
Objectives	Increase breast cancer awareness in community via distribution of educational materials and hosting of activities through the month of October. This includes presentations, information disseminated to women at the time of their mammograms and at their doctor appointments during October and covering this topic on MHMC's Talk Radio.
Activities	<ul style="list-style-type: none"> <li>● Develop/modify Breast Cancer Awareness presentation</li> <li>● Assembly and dissemination of educational materials for bags</li> <li>● Plan Talk Radio segment re: early detection</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>● Women's Imaging</li> <li>● MHMC Foundation</li> <li>● MHMC Marketing Department</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>● Community Outreach</li> </ul>
Resources	<ul style="list-style-type: none"> <li>● Radiology Department</li> <li>● Oncology Department</li> <li>● American Cancer Society</li> <li>● Mon Health Equipment &amp; Supply</li> <li>● Print Materials</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>● Contents of "swag bags"</li> <li>● # bags distributed</li> <li>● # attendees at presentation</li> <li>● Dates of Talk Radio Segments</li> <li>● Analytics for Talk Radio if tracked; clicks if shared on social media</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>● Community Outreach Coordinator</li> </ul>

## Strategy Six: Local School Partnerships

**Priority Targeted:** MHMC maintains an ongoing partnership with the Marion and Monongalia County Boards of Education. This initiative grew as a result of previous success at Brookhaven Elementary school, although activities regarding substance use prevention education had to be put on hold during the COVID-19 pandemic. This partnership addresses



many health topics with community youth, including substance use, abuse, and mental health.

Table 6: Local School Partnerships

Local School Partnerships	
Objectives	Improve youth awareness of issues related to substance use, abuse, and mental health.
Activities	<ul style="list-style-type: none"> <li>• Plan educational presentation for annual school Health Fair</li> <li>• Coloring Contest related to substance abuse</li> <li>• Educational materials disseminated to students and families (currently happening digitally)</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• Monongalia County Board of Education</li> <li>• Marion County Board of Education</li> <li>• Valley Community Health</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Monongalia County Board of Education</li> <li>• Marion County Board of Education</li> <li>• MHMC Team Members</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• MHMC Marketing Department</li> <li>• Community Outreach</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• Dates of events</li> <li>• # attendees of events</li> <li>• # recipients of disseminated information</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>• Community Outreach Coordinator</li> </ul>

## Strategy Seven: Educational Materials - Opioid Use

**Priority Targeted:** In an ongoing effort to provide relevant educational materials to community members via their primary care clinics, specialists, pharmacists, and more, MHMC will again be incorporating an educational strategy in partnership with all area primary care clinics. This effort will focus on opioid use, abuse, and safe disposal.

Table 7: Educational Materials - Opioid Use

Educational Materials - Opioid Use	
Objectives	Provide educational materials concerning opioid use to all primary care clinics.
Activities	<ul style="list-style-type: none"> <li>● Identify, develop, and compile needed educational material</li> <li>● Develop an educational program that will target school-age children</li> <li>● Make these materials available at all health fairs and corporate events</li> <li>● Participate in Save-a-life Day</li> <li>● Provide Narcan training at community events</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>● Valley Community Health</li> <li>● Monongalia County Schools</li> <li>● Local law enforcement agencies</li> <li>● Monongalia and Marion County Quick Response Team/MAT/FRNC Committees</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>● Marketing Department</li> <li>● Physician Liaisons</li> <li>● WVU Medicine</li> <li>● Milan Puskar Health Right</li> <li>● Office of Drug Control Policy</li> </ul>
Resources	<ul style="list-style-type: none"> <li>● Marketing Department</li> <li>● Physicians' time</li> <li>● Narcan</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>● Date/location/# attendees at each event in community or schools</li> <li>● # materials/packets/bags disseminated</li> <li>● # Narcan trainings or kits given</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>● Community Outreach Coordinator</li> </ul>

# Strategy Eight: Pregnancy and Infant Loss Support Group

**Priority Targeted:** MHMC team developed and implemented a Pregnancy and Infant Loss Support Group in 2020. During the initial phase of this program, this support group met online with plans to progress to in person meetings once COVID-19 restrictions were lifted. MHMC staff also uses this opportunity to provide needed resources in the patient’s area if telehealth is unavailable to them.

Table 8: Pregnancy and Infant Loss Support Group

Pregnancy and Infant Loss Support Group	
Objectives	Provide mental and emotional health support for families experiencing pregnancy and infant loss via weekly Zoom meetings, with a goal of at least one meeting per week (for 50 weeks of the year) and at least one participant per meeting.
Activities	<ul style="list-style-type: none"> <li>Continue to develop program’s educational resources and identify participants</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>Abby Butler</li> <li>Jennifer Bender</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>Abby Butler</li> <li>Jennifer Bender</li> </ul>
Resources	<ul style="list-style-type: none"> <li>Zoom account subscription</li> <li>RN or Therapist facilitator’s time</li> <li>Laptop or other device to connect visually with group</li> <li>Print materials to be mailed as needed</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>Group meeting dates</li> <li># of participants</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>Jennifer Bender</li> </ul>

# Strategy Nine: Prescription Drug Takeback Day

**Priority Targeted:** MHMC’s pharmacy partners locally with law enforcement agencies and pharmacies to promote and conduct a coordinated take-back day for the community. Residents can take this opportunity to safely dispose of unused or unwanted prescription drugs. MHMC also uses this opportunity to provide sharps containers to local law enforcement agencies.

Table 9: Prescription Drug Takeback Day

Prescription Drug Takeback Day	
Objectives	Provide annual opportunity for safe disposal of unused or unwanted prescription drugs. Provide # sharps containers for law enforcement agencies.
Activities	<ul style="list-style-type: none"> <li>Continue to develop program’s educational resources</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>Abby Butler</li> <li>Jennifer Bender</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>Abby Butler</li> <li>Jennifer Bender</li> </ul>
Resources	<ul style="list-style-type: none"> <li>Zoom account subscription</li> <li>RN or Therapist facilitator’s time</li> <li>Laptop or other device to connect visually with group</li> <li>Print materials to be mailed as needed</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>Group meeting dates</li> <li># of participants</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>Jennifer Bender</li> </ul>

## Strategy Ten: Naloxone Resources

**Priority Targeted:** MHMC’s pharmacy partners locally with law enforcement agencies and pharmacies to promote and conduct a coordinated take-back day for the community. Residents can take this opportunity to safely dispose of unused or unwanted prescription drugs. MHMC also uses this opportunity to provide sharps containers to local law enforcement agencies. Data from this program is reported to Marion county QRT teams.

Table 10: Naloxone Resources

Naloxone Resources	
Objectives	MHMC team intends to continue a Naloxone Resource strategy that currently provides a kit, or a means of obtaining a kit, to ten or more patients per month. This program is conducted in conjunction with staff Peer Recovery Support Specialists.

Activities	<ul style="list-style-type: none"> <li>• Coordinate with Life Project to provide resources for uninsured patients</li> <li>• When available, provide free Naloxone kits to patients from the</li> <li>• University of Charleston School of Pharmacy grant</li> <li>• Work with WV Peers to deliver Naloxone kits to patients</li> <li>• Provide Fentanyl test strips as part of Naloxone kits</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• Mosaic Group</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Monongalia County Health Department</li> <li>• Mosaic Group</li> <li>• Milan Puskar Health Right</li> <li>• WV Peers</li> <li>• Ascension Services</li> <li>• Monongalia County DHHR</li> <li>• University of Charleston</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Hospital staff time</li> <li>• Hospital space</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• # patients supported</li> <li>• # educational materials given</li> <li>• # Naloxone kits given</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>• Dr. Mary Edwards</li> </ul>

## Strategy Eleven: Medical Nutrition Therapy Program

**Priority Targeted:** For patients who have an obesity diagnosis, MHMC provides nutrition education via a Medical Nutrition Therapy (MNT) Program. Moving forward this cycle, MHMC wishes to increase the number of individuals participating in this program, both by coordinating with insurance providers to ensure that more patients are eligible, and by working directly with referring providers to increase their awareness of the availability of this program.

Table 11: Medical Nutrition Therapy Program

Medical Nutrition Therapy Program	
Objectives	Increase the number of individuals participating in the MNT program. Prior to COVID-19 restrictions, MHMC was serving 15-20 patients annually with this program, and aims to increase this by 2-5%.
Activities	<ul style="list-style-type: none"> <li>• Fill vacant Outpatient Dietitian position</li> <li>• Train all staff in the Diabetes Learning Center about adult weight management</li> <li>• Work with referring providers to increase awareness of this program</li> <li>• Coordinate with insurance companies to increase coverage of MNT when provided by an RDN</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• Diabetes Education Coordinator</li> <li>• Outpatient Dietitian</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Diabetes Education Coordinator</li> <li>• Outpatient Dietitian</li> <li>• Physician Liaison with Mon Health</li> <li>• Private Pay insurance companies</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Diabetes Education Coordinator</li> <li>• Additional print materials - brochures and marketing tools</li> <li>• Outpatient Dietitian</li> <li>• Physician Liaison</li> <li>• Time</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• # patients scheduled</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>• Andrea McCarty</li> </ul>

## Strategy Twelve: Girls on the Run Sponsorship

**Priority Targeted:** Girls on the Run is a national program that seeks to empower school-aged girls through local chapters/groups organizing participants from area schools, holding multiple practices/skill-building sessions per week, and hosting a celebratory 5k at the end of the program each spring. Though MHMC has a partnership with a particular area elementary school, they have historically provided sponsorship to the overall program/race for the region. MHMC was a sponsor for the 2021 and 2022 program and has renewed their sponsorship for

2023. MHMC will also provide conference center space for the local GOTR chapter to host their annual coaches' training.

Table 12: Girls on the Run Sponsorship

Girls on the Run Sponsorship	
Objectives	MHMC will provide sponsorship of the GOTR program.
Activities	<ul style="list-style-type: none"> <li>Identify supplier/order branded items</li> <li>Provide sponsorship to local chapter coordinator</li> <li>Provide other marketing materials/logos as needed for inclusion on materials GOTR will prepare</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>Local GOTR chapter</li> <li>WV Radio</li> <li>Monongalia County Schools</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>WV Radio</li> <li>MedExpress</li> </ul>
Resources	<ul style="list-style-type: none"> <li>Conference center space (for training)</li> <li>Funds for sponsorship</li> <li>Funds for swag (?)</li> <li>Hospital staff time</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li># student participants</li> <li># swag</li> <li>Dollar amount donated</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>MHMC Marketing Department</li> </ul>

## Strategy Thirteen: WVU Football “Swag Bags”

**Priority Targeted:** MHMC is situated in close proximity to West Virginia University’s football stadium, and on game days has historically utilized some of its available parking to provide more space for those attending. Taking advantage of this opportunity to provide educational materials to individuals from the community and region, MHMC prepares swag-bags to distribute to all who park in their lot. MHMC plans to disseminate materials during the 2023 football season.

Table 13: WVU Football “Swag Bags”

WVU Football “Swag Bags”	
Objectives	Provide a swag bag of educational literature and health information to each vehicle parked in available spaces during the 2023 football season.
Activities	<ul style="list-style-type: none"> <li>• Compile materials for upcoming season</li> <li>• Print materials and assemble bags</li> <li>• Identify home game opportunities</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• Mon Health physicians</li> <li>• Mon Health Marketing Department</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Mon Health Auxiliary</li> <li>• Morgantown Printing and Binding</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Staff time - assembly of bags</li> <li>• Staff time - dissemination of bags on game days</li> <li>• Printing costs</li> <li>• Space - hospital parking</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• Contents of swag bags</li> <li>• # swag bags disseminated</li> </ul>
Point of Contact	<ul style="list-style-type: none"> <li>• MHMC Marketing Department</li> </ul>

## Strategy Fourteen: Diabetes Prevention Program

**Priority Targeted:** MHMC intends to begin a new cohort of National Diabetes Prevention Program participants using the CDC curriculum/guidance. MHMC will also explore offering this program in a virtual setting if current standards will support this.

Table 14: Diabetes Prevention Program

Diabetes Prevention Program	
Objectives	Provide proactive education to pre-diabetic patients to prevent complications or diagnosis.
Activities	<ul style="list-style-type: none"> <li>• Scheduled classes</li> <li>• Evaluation surveys</li> <li>• Guest lectures</li> </ul>



	<ul style="list-style-type: none"> <li>• Follow-up conversations at completion of courses</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• Primary Care Providers</li> <li>• Diabetes Education Coordinator</li> <li>• Population Health Director</li> <li>• Cardiology Health Coach</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Cardiology Health Coach</li> <li>• Diabetes Education Coordinator</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• American Diabetes Association</li> <li>• In-house diabetes education materials</li> <li>• Health Coaches</li> <li>• Diabetes Education Coordinator</li> <li>• Mon Health provider network</li> <li>• Marketing</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• Number of participants for each session</li> <li>• Number pre-diabetic patients with positive health trends during course and after course completion</li> </ul>
Point of Contact	Diabetes Education Coordinator Cardiology Health Coach

## Strategy Fifteen: Outpatient Diabetes Counseling

**Priority Targeted:** MHMC supports diabetes patients in a variety of ways, one of which being outpatient counseling services. This program will support patients with education about prevention and treatment options.

Table 15: Outpatient Diabetes Counseling

Outpatient Diabetes Counseling	
Objectives	Provide consistent follow-up and counseling to patients with diabetes to educate on preventative and treatment options.
Activities	<ul style="list-style-type: none"> <li>• Regularly meet with diabetes patients and provide follow-up/guidance to increase the chance of positive outcomes</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• Primary Care Providers</li> <li>• Diabetes Education Coordinator</li> <li>• Population Health Director</li> <li>• Cardiology Health Coach</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Diabetes Education Coordinator</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• American Diabetes Association</li> <li>• In-house diabetes education materials</li> </ul>

	<ul style="list-style-type: none"> <li>• Health Coaches</li> <li>• Diabetes Education Coordinator</li> <li>•</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• Continued evaluation of patient outcomes</li> <li>• Expansion of patient load</li> </ul>
Point of Contact	Diabetes Education Coordinator

## Strategy Sixteen: 5k Run/Walk Event

**Priority Targeted:** MHMC intends to begin a new cohort of National Diabetes Prevention Program participants using the CDC curriculum/guidance. MHMC will also explore offering this program in a virtual setting if current standards will support this.

Table 16: 5k Run/Walk Event

5k Run/Walk Event	
Objectives	Increase physical activity among community members by hosting a 5k walk/run.
Activities	<ul style="list-style-type: none"> <li>• Identify course location and needed signage or other materials</li> <li>• Identify date</li> <li>• Identify staff volunteers</li> <li>• Develop any needed marketing materials</li> <li>• Develop any needed registration tools</li> <li>• Purchase any needed “race swag”</li> <li>• Plan food details</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• BOPARC</li> <li>• HealthWorks</li> <li>• Mylan Park</li> <li>• Monongalia County Schools</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Girls on the Run</li> <li>• American Heart Association</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Heart and Vascular Department</li> <li>• Hospital Foundation</li> <li>• Diabetes Education</li> <li>• Marketing Department</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• Date and location of event</li> <li>• # participants</li> </ul>
Point of Contact	Community Outreach Coordinator

## Strategy Seventeen: Mylan Park Sponsorship

**Priority Targeted:** MHMC gives annually to Mylan Park, which provides funding for local community activities that increase physical activity: Walking on Track and Mon Swim Stars..

Table 17: Mylan Park Sponsorship

Mylan Park Sponsorship	
Objectives	Continue annual sponsorship of Mylan Park, which provides physical activity-based activities to the community.
Activities	<ul style="list-style-type: none"> <li>• Provide annual donation</li> </ul>
Planning Partners	<ul style="list-style-type: none"> <li>• Mylan Park</li> </ul>
Implementation Partners	<ul style="list-style-type: none"> <li>• Mylan Park</li> </ul>
Resources	<ul style="list-style-type: none"> <li>• Funds for sponsorship</li> </ul>
Evaluation Activities	<ul style="list-style-type: none"> <li>• # of youth athletes reached (if these funds provide specific things, like gear)</li> </ul>
Point of Contact	Community Outreach Coordinator