Healthy People in Healthy Communities: Promoting Good Health in Williamsburg County Across the Lifespan

PI: Dr. Marilyn Laken
Overview

The goal of this program is to pursue the vision of ‘Healthy People in Healthy Communities’ through awareness, education and outreach efforts. Focus is on establishing:

(i) Healthy Lifestyles
(ii) Access to effective healthcare and medications to promote lifelong health promotion by prevention, detection, treatment and control of major chronic diseases.

Achieving this objective involved reaching people where they live, work, worship, learn and receive health care; we focused on collaborative efforts that would allow us to interact with ongoing established activities within churches, worksites, community organizations, medical clinics or practices and schools.
Who did we reach?
1. Marion Missionary Baptist Church, Salters, SC (Mini-Grant recipient)
2. St. Peters Way of the Cross Church, Andrews, SC (Mini-Grant recipient)
3. Friendship United Methodist Church, Nesmith, SC (Mini-Grant recipient)
4. Elijah United Methodist Church, Kingstree, SC
5. Greater Bethel AME Church, Kingstree, SC
6. Trinity Missionary Baptist Church, Greeleyville, SC
7. Bethlehem AME Church, Hemingway, SC
8. Kingstree Presbyterian Church, Kingstree, SC
9. Mt. Zion United Methodist Church, Kingstree, SC
10. The Ark Food Ministry, Kingstree, SC
11. Bethesda UMC – Kingstree, SC
12. Bethesda UMC – Cades, SC
13. St. Luke United Methodist Church, Salters, SC
14. St. Paul UMC, Nesmith, SC
Worksites Reached

1. Trebol USA, Inc., Andrews, SC
2. Tupperware Inc., Hemingway, SC
3. Palmetto Synthetics, Kingstree, SC
4. Farmer’s Telephone Cooperative, Inc. (FTC)
5. Santee Electric Cooperative, Inc. (SEC)
6. Hemingway Apparel Manufacturing, Inc., Hemingway, SC
7. Don’s Car Crushing, Hemingway, SC
8. House of Raeford Food Reprocessing Plant, Stuckey, SC
9. Hemingway Hardware and Supply Hemingway, SC
11. Stuckey Auto Parts, Hemingway, SC
12. Stuckey Brothers Farm Parts, Stuckey, SC
13. Stuckey Brothers Furniture, Stuckey, SC
14. Wilder Bros. Furniture, Greeleyville, SC
15. Kenney’s Bar B Q, Hemingway, SC
16. Mishoe Oil and Propane Co., Inc., Greeleyville, SC
17. The Seafood Shack, Hemingway, SC
18. The Wise Co., Greeleyville, SC.
Community Organizations Reached

1. Williamsburg Regional Boys to Men Club, Inc., Kingstree, SC (Mini-Grant recipient)
2. Williamsburg Home Town Chamber, Kingstree, SC (Mini-Grant recipient)
3. Parents Anonymous of South Carolina, Inc., Kingstree, SC (Mini-Grant recipient)
4. Williamsburg County Disabilities & Special Needs Board (WCDSNB), Kingstree, SC (Mini-Grant recipient)
5. Kingstree Recreation Department, Kingstree, SC
6. Vital Aging, Kingstree, Hemingway and Greeleyville, SC
7. Trio Community Action Organization, Trio, SC
8. Williamsburg County Interagency Council, Kingstree, SC
9. Williamsburg County Salvation Army, Kingstree, SC
10. Kingstree Women’s Connection Group, Kingstree, SC
11. Williamsburg County Diabetes Coalition, Kingstree, SC
12. Coastal Collaborative American Cancer Society, Myrtle Beach, SC
13. Kingstree Recreation Department Exercise Class, Kingstree, SC
14. Williamsburg County Emergency Management, Kingstree, SC
15. Alpha Kappa Alpha Sorority, Kingstree, SC
16. Williamsburg County Farmers Market, Kingstree, SC
17. Johnsonville Adult Day Care, Johnsonville, SC
Healthcare Sites Reached

1. Hope Health Inc., Florence, SC
2. Pee Dee SC DHEC, Kingstree, SC
3. Williamsburg County Mental Health Facility, Kingstree, SC
4. Palmetto Primary (Live Oak), Kingstree, SC
5. Andrews Medical Center, Andrews, SC
6. Andrews Family Practice, Andrews, SC
7. Williamsburg Regional Hospital, Kingstree, SC
8. Hemingway Family Practice, Hemingway, SC
9. Kingstree Family Practice, Kingstree, SC.
10. Collaborations initiated with Morehouse School of Medicine – Atlanta, Georgia and Medical University of South Carolina, Hollings Cancer Center, MUSC
Schools Reached

1. C.E. Murray High School, Greeleyville, SC (Mini-Grant recipient)
2. D.P. Cooper Elementary School - Salters, SC (Mini-Grant recipient)
3. Williamsburg County First Steps to School Readiness Partnership Board - Kingstree, SC (Mini-Grant recipient)
4. Hemingway Elementary, Middle and High School, Hemingway, SC
5. Greeleyville Elementary School, Greeleyville, SC
6. Williamsburg Technical College, Kingstree, SC
7. Johnsonville Schools, Johnsonville, SC
8. Anderson Primary School, Kingstree, SC
9. Kenneth Gardner Elementary School, Kingstree, SC
10. Kingstree Middle and Senior High School, Kingstree, SC
11. Williamsburg County Magnet School of the Arts, Kingstree, SC
12. Williamsburg Academy (Private), Kingstree, SC
13. Youth Academy Charter
Government Organizations

1. Williamsburg County Government
2. Town of Kingstree - Kingstree, SC
3. Williamsburg County School District, Kingstree, SC
4. Williamsburg County Development Board, Kingstree, SC
SE-VIEW Asset Map

Health Promotion and Disease Prevention Across the Lifespan
SE VIEW: Williamsburg County Data Collection/Asset Mapping

http://www.ccihealth.org/htn/se_view_map.html
Key Accomplishments/Outcomes
Community Grants

One of the most notable programs introduced was providing competitive community grants so local entities could teach healthy lifestyles and screen/refer for early detection of chronic disease, and working with the medical community to coordinate evidence-based approaches to prevention and treatment of chronic disease.
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<tr>
<th>Organization/Agency &amp; Title of Grant</th>
<th>DESCRIPTION</th>
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<td><strong>Williamsburg Regional Boys to Men Club, Inc.</strong>&lt;br&gt;Kingstree, SC&lt;br&gt;“Let’s Get Physical”</td>
<td>School District Parent Coordinator. Work w/parents of students @ Greeleyville Elementary; re: nutrition, physical activity, education.</td>
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<td><strong>Marion Missionary Baptist Church</strong>&lt;br&gt;Salters, SC&lt;br&gt;“Working Together for a Healthier Lifestyle”</td>
<td>Collaborators will work w/children &amp; adults members of church &amp; surrounding community. Health Screenings (lipids, diabetes, hypertension, cancer); education re: nutrition and physical activity, Purchase equipment,* DASH cookbooks, etc.</td>
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<td><strong>New Commitment</strong>&lt;br&gt;Lane, SC&lt;br&gt;“Fitness Friday”</td>
<td>Mayor of Lane, SC and C.E. Murray HS JROTC Staff will target JROTC students, entire student body &amp; community. Focus on physical activity, nutrition, education and health fairs.</td>
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<td><strong>St. Peter Way of the Cross Church</strong>&lt;br&gt;Andrews, SC&lt;br&gt;“Parents and Children Exercising Program”</td>
<td>Church family approach. Nutrition, physical activity classes, walk-a-thons, tracking weight loss, health fair (screening/referral), cookbooks, etc.</td>
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<td><strong>Hopewell Senior Day Care Center, Inc.</strong>&lt;br&gt;Salters, SC&lt;br&gt;D.P. Cooper Elementary School&lt;br&gt;Blakeley, SC&lt;br&gt;“Food and Fun: A Nutritional and Physical Activity Program for Children”</td>
<td>Guidance Counselor, Curriculum Specialist, Principal, Teachers, Parents focus on children. Nutrition, PA, messaging, newsletter, DASH cookbooks, biweekly discussions.</td>
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<td><strong>Williamsburg Home Town Chamber</strong>&lt;br&gt;Kingstree, SC&lt;br&gt;“Affairs of the Heart”</td>
<td>School District Coordinator. Community summits and health fairs w/students, parents and staff in Hemingway, Greeleyville, Kingstree schools. Nutrition, PA, education, etc.</td>
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<td><strong>Friendship United Methodist Church</strong>&lt;br&gt;Nesmith, SC&lt;br&gt;“Change Your Life with One Step and One Move Ministry”</td>
<td>Pastor, Church Committees: Church &amp; Society, Disaster Preparedness, Finance, Secretary, WRH Community RN. Members of all ages, gender. Nutrition, PA, health screening, tracking health info, walk-a-thons, health fairs, education, etc.</td>
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<td><strong>Parents Anonymous of South Carolina, Inc.</strong>&lt;br&gt;North Charleston, SC&lt;br&gt;“Rural Education Accelerating Community Health Initiative Impacting Families”</td>
<td>Coordinator will select 25 families across the county w/focus on nutrition, food preparation, education, PA.</td>
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<td><strong>Williamsburg County First Steps to School Readiness Partnership Board</strong>&lt;br&gt;Kingstree, SC&lt;br&gt;“Rural Education Accelerating Community Health Initiative Impacting Childcare”</td>
<td>Target audience: Parents, Childcare Providers and children countywide. Healthy food preparations, PA, education/training sessions for Childcare Directors and kitchen staff of 7-8 centers, ~355 children. DASH cookbooks, Connie’s Bakery &amp; Specialty Shoppe, WC ESMM, etc.</td>
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Community Health Advisory Board (CHAB)

A Community Health Advisory Board in the Williamsburg county was established which involved key stakeholders who could tailor the program and its implementation to the current needs of the community.

Ernest M. Atkinson, MD – Board Member, Live Oak Medical Center

Harry W. Floyd, MD, PA – Board Member, Member, Williamsburg Regional Hospital Board

B. Lee Jones, MD- Board Member, Andrews Medical Center

Jennifer Lamb, RN – Board Member, School District Nurse Coordinator

Andrea M. McKnight, PA-C – Board Member (Hope Health Inc).

Regina Nesmith, MS – Board Member, DHEC, Region 6, Director Community Health Education

Karen Segars, RN – Board Member, Williamsburg Regional Hospital Community Outreach Nurse
School Grant
(to purchase physical activity equipment for their fitness center)

Dr. Marilyn Laken, PI, presenting the check to Dr. Yvonne Jefferson-Barnes, the Williamsburg County School District superintendent to establish a fitness center for WCSD’s faculty and staff
Schools, churches, worksites and medical clinics/practices have purchased exercise equipment and established a health room for church members, community residents and employees funded by the SE-VIEW mini-grants.
Health Fairs
(to raise awareness about healthy living in the community)
Pastors Retreat & Workshop

Faith is an Action Word

Check In/Registration
Sheryl S. Mack
Program Coordinator
MUSC SE VIEW

Invocation/Blessing of Food
Reverend James Lane
St. Paul United Methodist Church

Dinner
Greetings
Honorable Stoney S. Pasley
County Supervisor, Williamsburg

Honorable Romie A. SABB
SC State House of Representatives
District 102

“Your Choice for Local Care”
Sharon Poteat, CEO
Williamsburg Regional Hospital

Mini Grant Recipients
Recipients

“Biblical Prescriptions for Good Health, Part 1”
Brent M. Egan, MD
Professor of Medicine
University of South Carolina School of Medicine
Greenville Medical Director
Care Coordination Institute (CCI)

“God Wants You Healthy-Part 1”
Reverend Jeannette Jordan, MS, RD, CDE
The Church House of Ministries
Christian Church

 announcements
Sheryl S. Mack
Program Coordinator

Meet Our Speakers...

Brent M. Egan, MD
Professor of Medicine
University of South Carolina School of Medicine
Greenville Medical Director, Care Coordination Institute (CCI)

Sharon Poteat, RT-R, CNMT,CPC, CMPE
Chief Executive Officer/ Administrator
Williamsburg Regional Hospital

Adrian Greines, Vice President
Corporate Communications
Govmennt Choice Health Plan

Reverend Jeannette Jordan, MS, RD, CDE
Pastor, The Church House of Ministries Christian Church

Sheryl Shaw Mack, Program Coordinator
SE VIEW Program
General Internal Medicine/ College of Nursing

Thanks to everyone for your participation in “Preserving Good Health Across the Lifespan in Williamsburg County”
Our team introduced the DASH for Good Health Southern Style cookbook in the Williamsburg county. Local hospitals, worksites and other entities have started nutritional classes, hosted food preparation seminars using recipes adapted from the cookbook.
Resources

Increased utilization promoted by the SE-VIEW project, “Healthy People in Healthy Communities: Promoting Good Health in Williamsburg County Across the Lifespan”
Walking and Hiking

http://www.mapmywalk.com/us/kingstree-sc/

More people in the Williamsburg county are participating in exercise classes, zumba, walking clubs in their community or at the town or county recreational facility. The local hospital, some worksites and other entities have created a walking trails around the facility to encourage employees to walk.
People in the Williamsburg community are more aware of healthy eating and the value of fresh food and hence are participating in the Farmers Market.

http://sc.foodmarketmaker.com/business/420183-williamsburg-county-farmers-market
Kingstree is in need of an alternative way of feeding the needy – hence the Kingstree Community Garden was created and sponsored by Williamsburg Regional Boys to Men Club, Inc., which has begun the garden journey. This garden project follows the “teach a man to fish” principle. Many have now managed to create their rows, harvest their produce, and now can replicate their growing beds on their own. Organizations have started community gardens in Kingstree, Greeleyville following the lead of the Boys & Girls Club (Hemingway).
More people in the Williamsburg county are exercising and utilizing the gymnasium and the fitness centers. The town now has a gymnasium that operates 7 days per week – 24 hour that people can pay a nominal fee to be a member and it is well utilized.
A county agency is collaborating with the school district to create a smoking cessation program with plans to implement in elementary middle school grade levels.

http://www.scdhec.gov/health/chcdp/tobacco/quit-for-keeps/index.htm

Quit now, feel the difference
Improvements in your health begin even minutes after quitting, even if you have used tobacco for years.

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<th>Time Frame</th>
<th>Health Benefit</th>
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<tr>
<td>20 Minutes</td>
<td>Blood pressure and pulse rate decrease.</td>
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<tr>
<td>8 Hours</td>
<td>Carbon monoxide and oxygen levels in the blood return to normal.</td>
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<tr>
<td>1 Day</td>
<td>Risk of a sudden heart attack decreases.</td>
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<tr>
<td>2 Days</td>
<td>Better sense of taste and smell.</td>
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<tr>
<td>2 Weeks-3 Months</td>
<td>Circulation improves and lung function increases.</td>
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<tr>
<td>1-9 Months</td>
<td>Coughing, sinus congestion, fatigue and shortness of breath decrease.</td>
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<tr>
<td>1 Year</td>
<td>Your risk of coronary heart disease is half that of someone who is still smoking.</td>
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<tr>
<td>5 Years</td>
<td>Your lung cancer death rate decreases by nearly 50% compared to one-pack-per-day smokers.</td>
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In an effort to reduce the number of sick days, develop a healthier workforce and lower insurance premiums, the number of worksites have increased that are conducting annual health screening for employees and their families. Many are hiring a nurse to work onsite full time or part time; the local hospital has been offering to assist them in staffing.
Rural Health Clinic

http://www.wilhos.com/hospital_website/services.html

The Williamsburg Regional hospital added a rural health clinic in an attempt to reduce the number of patients using the emergency room as a medical clinic. The hospital utilizes rural health clinics, one within Kingstree and another in Hemingway, staffed by nurse practitioners to help in Williamsburg County Regional Hospital’s outreach to the underserved.
Primary care providers are more aware of the work and programs offered by agencies i.e., SC DHEC, Hollings Cancer Center Cancer Collaborative, Wise Woman program, Diabetes Coalition that can benefit their patients through education and outreach.

https://www.scdhec.gov/administration/hplhc/health.htm

http://hcc.musc.edu/patientcare/

http://www.cdc.gov/wisewoman/brochure.htm

Conclusion

Efforts were paid off and the general awareness for leading a healthy lifestyle increased among residents and in the communities of Williamsburg county. We anticipate that our programs will contribute to reduction of cardiovascular mortality in South Carolina and will be expanded and accelerated in Williamsburg County. We are both optimistic and confident that the progress in health promotion and disease prevention across the lifespan in Williamsburg County will provide the leading edge for progress in South Carolina and beyond.