

<b>Diabetes, Nutrition, Physical Activity and Weight</b>	
<b>Community Partners/ Planned Collaboration</b>	<ul style="list-style-type: none"> <li>• American Diabetes Association</li> <li>• American Heart Association</li> <li>• American Cancer Society</li> <li>• National Kidney Foundation</li> <li>• Junior League of Alexandria</li> </ul>
<b>Goal</b>	<b>To increase awareness of nutrition, physical activity and weight status as contributing factors in chronic health diseases (diabetes, heart disease and cancer)</b>
<b>Timeframe</b>	FY2020-FY2022
<b>Scope</b>	These strategies will focus on the residents in the service area.
<b>Strategies &amp; Objectives</b>	<p><b>Strategy #1: Provide free monthly Diabetes/Nutrition classes – taught by Registered Dietician and Registered Nurse.</b></p> <p><b>Strategy #2: Promote physical activity through sponsorship of active community events, i.e. 5K runs, bicycle events, sporting events.</b></p> <p><b>Strategy #3: Provide nutritional information and healthy lifestyle recommendations at various community events/health fairs.</b></p> <p><b>Strategy #4: Partner with Alexandria Museum of Art (AMoA) to promote healthy living.</b></p> <p><b>Strategy #5: Provide free diabetic screening/education – Diabetes Sound the Alert Day.</b></p> <p><b>Strategy #6: Educate the community on free resource – Diabetes Health Profiler.</b></p>
<b>Financial Commitment</b>	<p>Diabetes/Nutrition Classes - \$1,800</p> <p>Diabetes Sound the Alert Day - \$500</p> <p>Community event sponsorship - \$50,000</p> <p>Health fairs/Community Events - \$1,500</p> <p>Diabetes Health Profiler - \$3,000</p>
<b>Anticipated Impact</b>	<ul style="list-style-type: none"> <li>• 100 participants in Diabetes/Nutrition Classes</li> <li>• 50 participants in Diabetes Sound the Alert Day</li> <li>• Sponsorship of 40 community events</li> <li>• 750 participants in AMoA Healthy Living classes</li> <li>• 25 Diabetes Health Profiler assessments completed</li> </ul>
<b>Plan to Evaluate Impact</b>	<ul style="list-style-type: none"> <li>• Report number of participants in Diabetes/Nutrition Classes</li> <li>• Report number of participants in Diabetes Sound the Alert Day</li> <li>• Report number of community events sponsored</li> <li>• Report number of participants in AMoA healthy living classes</li> <li>• Report number of Diabetes Health Profiler Assessments completed</li> </ul>

**Results**

**1<sup>st</sup> q 2020**

Diabetes Class – 19 participants - \$340  
Cause We Care Fair – 250 participants - \$495  
AMoA Classes – 470 participants; 2724 virtual participants  
Pineville High School Softball Sponsorship - \$500  
ASH Softball Sponsorship - \$200  
Louisiana Sports Hall of Fame Sponsorship - \$15,000  
City of Pineville Community Event Sponsorship - \$10,000  
Rapides High School Sponsorship - \$200  
Pineville High School Football - \$300  
Rapides High School Baseball Sponsorship - \$400  
LSUA Basketball Sponsorship - \$600  
YWCA Bowling for Buddies - \$500  
Hixson Ford ProAm Golf Sponsorship - \$1,000  
**Total - \$29,535**

**2<sup>nd</sup> q 2020**

AMoA Classes – 41 participants; Healthy Living On-line – 12,522 views, 255 shares  
**Total - \$0**

**3<sup>rd</sup> q 2020**

AMoA classes – information not available  
**Total - \$0**

**4<sup>th</sup> q 2020**

LHSAA sponsorship - \$14, 750  
**Total - \$14, 750**

**Total - \$44,285**

Heart Disease & Stroke	
<b>Community Partners/ Planned Collaboration</b>	<ul style="list-style-type: none"> <li>• American Heart Association</li> <li>• American Stroke Association</li> <li>• The National Coalition of Women with Heart Disease</li> <li>• National Institutes of Health</li> <li>• American Red Cross</li> </ul>
<b>Goal</b>	<b>To educate service area residents on cardiovascular health.</b>
<b>Timeframe</b>	FY2020-FY2022
<b>Scope</b>	These strategies will focus on the residents in the service area.
<b>Strategies &amp; Objectives</b>	<p><b>Strategy #1: Provide educational materials, presentations and screenings to community residents on cardiovascular health.</b></p> <p><b>Strategy #2: Educate the community on availability of free resource – Heart Health profiler.</b></p> <p><b>Strategy #3: Provide monetary support for cardiovascular health and prevention research to AHA.</b></p> <p><b>Strategy #4: Provide Basic Life Support (BLS) training to community organizations.</b></p> <p><b>Strategy #6: Educate the community on stroke awareness with Tackle Stroke program.</b></p>
<b>Financial Commitment</b>	Education Materials - \$1500 AHA Donation - \$15,000 Community BLS training - \$1,000 Tackle Stroke - \$2,000 Heart Health Profiler - \$3,000
<b>Anticipated Impact</b>	<ul style="list-style-type: none"> <li>• 500 service area residents educated on cardiovascular health</li> <li>• 30 Heart Health Profiler assessments completed</li> <li>• Donation to AHA for cardiovascular research</li> <li>• BLS training to 350 community residents</li> <li>• 2,000 Tackle Stroke participants</li> </ul>
<b>Plan to Evaluate Impact</b>	<ul style="list-style-type: none"> <li>• Report number of service area residents educated on cardiovascular health</li> <li>• Report number of Heart Health profiler assessments completed</li> <li>• Report AHA donation</li> <li>• Report number of community residents trained in BLS</li> <li>• Report number of Tackle Stroke participants</li> </ul>

**Results**

**1<sup>st</sup> q 2020**

Go Red for Women Sponsorship - \$5,000  
Health Fair/Community Event – 107 participants - \$152  
P&G Heart Health Presentation – 25 participants - \$85  
AHA Heart Walk – 500 participants - \$270  
CPR Training – 32 participants - \$192  
Heart Health Profiler – 141 participants - \$3375  
**Total - \$9,074**

**2<sup>nd</sup> q 2020**

Heart Health Profiler – 10 participants - \$3375  
CPR Training – 28 participants - \$168  
**Total \$3,543**

**3<sup>rd</sup> q 2020**

Heart Health Profiler – 0 participants - \$3375  
CPR Training – 99 participants - \$594  
**Total - \$3,969**

**4<sup>th</sup> q 2020**

Heart Health Profiler – 1 participant - \$3375  
CPR Training – 15 participants - \$90  
**Total - \$3,465**

**Total - \$20,051**

<b>Cancer</b>	
<b>Community Partners/ Planned Collaboration</b>	<ul style="list-style-type: none"> <li>• Cancer Screening Project</li> <li>• American Cancer Society</li> <li>• Colon Cancer Alliance</li> <li>• American Academy of Dermatology</li> <li>• National Council on Skin Cancer Prevention</li> </ul>
<b>Goal</b>	<b>To educate service area residents on cancer prevention and screenings</b>
<b>Timeframe</b>	FY2020-FY2022
<b>Scope</b>	These strategies will focus on the residents in the service area.
<b>Strategies &amp; Objectives</b>	<p><b>Strategy #1: Provide educational materials on cancer (colorectal, skin, breast, prostate, lung) to community groups/health fairs.</b></p> <p><b>Strategy #2: Partner with American Academy of Dermatology and local dermatologists to offer “Spot Me” as a skin cancer screening event.</b></p> <p><b>Strategy #3: Partner with National Council on Skin Cancer Prevention and the American Academy of Dermatology to increase awareness of signs and symptoms of skin cancer by promoting “Don’t Fry Day.”</b></p> <p><b>Strategy #4: Provide monetary support for cancer research and prevention to ACS through Colors of Courage Run and No Shave November.</b></p> <p><b>Strategy #5: Facilitate Cancer Support Group for service area residents.</b></p>
<b>Financial Commitment</b>	<p>Education materials for cancer awareness/screening -\$1,000</p> <p>Don't Fry Day - \$400</p> <p>Spot Me Event - \$450</p> <p>ACS Donation - \$5,000</p> <p>Support Group - \$500</p>
<b>Anticipated Impact</b>	<ul style="list-style-type: none"> <li>• 150 participants for “Don’t Fry Day”</li> <li>• 100 participants for “Spot Me”</li> <li>• 500 participants in health fairs/community events</li> <li>• Donation to ACS for cancer research</li> <li>• 100 participants in the Cancer Support Group</li> </ul>
<b>Plan to Evaluate Impact</b>	<ul style="list-style-type: none"> <li>• Report number of participants for “Don’t Fry Day”</li> <li>• Report number of participants for “Spot Me”</li> <li>• Report number of participants in health fairs/community events</li> <li>• Report ACS donation</li> <li>• Report number of participants in Cancer Support Group</li> </ul>

**Results**

**1<sup>st</sup> q 2020**

Colorectal Cancer Awareness – 115 participants - \$160

Health Fairs/Community Events – 10 participants - \$152

Cancer Support Group – 18 participants - \$120

**Total - \$432**

**2<sup>nd</sup> q 2020**

Colorectal Health Profiler – 4 participants - \$3,375

**Total \$3,375**

**3<sup>rd</sup> q 2020**

Colorectal Health Profiler – 1 participant - \$3,375

**Total \$3,375**

**4<sup>th</sup> q 2020**

Colorectal Health Profiler – 0 participants - \$3375

Proctor & Gamble Breast Cancer Education (Virtual) - \$30

**Total - \$3,405**

**Total - \$10,587**

Injury and Violence	
<b>Community Partners/ Planned Collaboration</b>	<ul style="list-style-type: none"> <li>• Louisiana State Police</li> <li>• AARP</li> <li>• Safe Kids</li> <li>• National Highway Traffic and Safety Administration</li> <li>• Rapides Senior Citizen Centers</li> <li>• American College of Surgeons</li> </ul>
<b>Goal</b>	<b>To decrease traumatic injury in defined service area</b>
<b>Timeframe</b>	FY2017-FY2019
<b>Scope</b>	These strategies will focus on the residents in the service area.
<b>Strategies &amp; Objectives</b>	<p><b>Strategy #1: Partner with Louisiana State Police to conduct Sudden Impact programs including hospital based, on-site, mock crash and mock trial.</b></p> <p><b>Strategy #2: Educate community on ATV safety through various events.</b></p> <p><b>Strategy #3: Provide fall prevention education targeting senior citizens in service area.</b></p> <p><b>Strategy #4: Provide monthly child passenger safety seat checks.</b></p> <p><b>Strategy #5: Provide hemorrhage control education to service area residents.</b></p>
<b>Financial Commitment</b>	<p>Sudden Impact - \$22,000</p> <p>ATV Safety Events - \$500</p> <p>Fall Prevention Education - \$500</p> <p>Child Passenger Safety Seat Checks - \$2,500</p> <p>Hemorrhage Control - \$300</p>
<b>Anticipated Impact</b>	<ul style="list-style-type: none"> <li>• 2,500 participants in Sudden Impact</li> <li>• 500 participants in ATV safety events</li> <li>• 100 participants in fall prevention education</li> <li>• 100 child seat checks</li> </ul>
<b>Plan to Evaluate Impact</b>	<ul style="list-style-type: none"> <li>• Report number of participants in Sudden Impact</li> <li>• Report number of participants in ATV safety events</li> <li>• Report number of participants in fall prevention education</li> <li>• Report number of child seats checked</li> <li>• Report number educated on hemorrhage control</li> </ul>
<b>Results</b>	<p><b>1<sup>st</sup> q 2020</b></p> <p>Sudden Impact – 1,016 participants - \$7,245</p> <p>AARP Safe Driving Course – 14 participants - \$55</p> <p>Child Passenger Safety - 17 seats checked - \$345</p> <p>Hemorrhage Control Education – 175 participants - \$340</p> <p><b>Total - \$7,985</b></p>

## Rapides Regional Medical Center Implementation Strategies

### **2<sup>nd</sup> q 2020**

Child Passenger Safety – 2 seats checked - \$90

**Total \$90**

### **3<sup>rd</sup> q 2020**

Child Passenger Safety – 30 seats checked - \$690

Sudden Impact – 109 participants - \$825

Hemorrhage Control – 32 participants - \$80

**Total - \$1,595**

### **4<sup>th</sup> q 2020**

Child Passenger Safety – 160 seats checked - \$1,410

Sudden Impact – 193 participants - \$1,650

**Total - \$3,060**

**Total - \$12,730**



ACCESS TO HEALTH SERVICES	
	<ul style="list-style-type: none"> <li>• Primary Care Physicians in the Service Area</li> <li>• Louisiana State University Family Residency and Oral Maxillofacial Programs</li> <li>• Tulane Gynecology and Ophthalmology Programs</li> <li>• Louisiana State University at Alexandria (LSUA)</li> <li>• Louisiana College (LC)</li> <li>• Northwestern State University (NSU)</li> </ul>
<b>Goal</b>	<p><b>To increase access to care in the service area</b>  <b>To assist individuals with identifying Primary Care Providers</b>  <b>To educate residents in the service area on appropriate utilization of primary care/urgent care/emergency care</b>  <b>To provide funding to increase graduation rate, quality of healthcare workforce</b></p>
<b>Timeframe</b>	FY2020-FY2022
<b>Scope</b>	These strategies will focus on residents in the service area.
<b>Strategies &amp; Objectives</b>	<p><b>Strategy #1: Continue the Cooperative Endeavor Agreement with the State to provide indigent health care services.</b></p> <p><b>Strategy #2: Provide all patients discharged from the Emergency Department with an educational document on appropriate usage of primary care/urgent care/emergency care.</b></p> <p><b>Strategy #3: Provide all patients discharged from the Emergency Department with a primary care provider referral.</b></p> <p><b>Strategy #4: Provide Physician Directories at Community functions/Health fairs and screenings.</b></p> <p><b>Strategy #5: Continue to provide transportation funds for patients including outpatient radiation cancer patients.</b></p> <p><b>Strategy #6: Support the LSU Family Residency, LSU Oral Maxillofacial Residency, Tulane Gynecological Residency and Tulane Ophthalmology Residency programs which provides access to care to the service area residents.</b></p> <p><b>Strategy #7: Provide funds to local universities to increase healthcare workforce development.</b></p>
<b>Financial Commitment</b>	<p>Physician Directories - \$2,000  Transportation Funds - \$8,000  LSU Family Residency Program - \$3,500,000  Nursing Schools - \$200,000  LSU OMFS Residency - \$317,378  Tulane Gynecology Residency - \$560,442  Tulane Ophthalmology Residency - \$1,008,795</p>
<b>Anticipated Impact</b>	<ul style="list-style-type: none"> <li>• Distribute 1500 physician directories</li> <li>• Provide \$5,000 in transportation funds for cancer patients</li> <li>• 18 LSU Family Practice residents</li> <li>• 40 nursing graduates</li> </ul>

**Plan to Evaluate Impact**

- Report # of physician directories distributed
- Report amount of transportation funds distributed to patients
- Report number of LSU Family residents
- Report number of nursing graduates

**Results**

**1<sup>st</sup> q 2020**

Primary/Urgent/Emergent Education – 1,329 distributed - \$132  
 Physician Directories – 320 distributed - \$400  
 Transportation funds for patients – \$3,475  
 LSU FP Residency Program - \$881,258  
 LSU OMFS Residency Program - \$79,559  
 Tulane Ophthalmology Residency Program – \$167,417  
 Tulane GYN Residency Program - \$244,993  
**Total - \$1,377,234**

**2<sup>nd</sup> q 2020**

Primary/Urgent/Emergent Education – 933 distributed - \$99  
 Transportation Funds for patients – \$3,350  
 LSU FP Residency Program – \$876,897  
 LSU OMFS Residency Program – \$77,555  
 Tulane Ophthalmology Residency Program - \$163,964  
 Tulane GYN Residency Program – \$253,251  
**Total - \$1,375,116**

**3<sup>rd</sup> q 2020**

Primary/Urgent/Emergent Education – 1,019 distributed - \$101  
 Transportation Funds for patients - \$2,350  
 LSU FP Residency Program – \$828,315  
 LSU OMFS Residency Program – \$56,639  
 Tulane Ophthalmology Residency Program - \$164,970  
 Tulane GYN Residency Program – \$259,058  
**Total - \$1,311,433**

**4<sup>th</sup> q 2020**

Primary/Urgent/Emergent Education – 943 distributed - \$94  
 Transportation Funds for patients - \$3,450  
 LSU FP Residency Program – \$885,885  
 LSU OMFS Residency Program – \$80,446  
 Tulane Ophthalmology Residency Program - \$165,586  
 Tulane GYN Residency Program – \$263,626  
 LSUA Nursing Support - \$50,000  
 NSU CRNA Support - \$30,000  
 NSU Nursing Support - \$112,500  
**Total - \$1,591,587**

**Total - \$5,655,370**

Maternal/Infant Health	
Community Partners/ Planned Collaboration	<ul style="list-style-type: none"> <li>• Nurse Family Partnership</li> <li>• Department of Health and Hospitals/FIMR</li> </ul>
Goal	To improve maternal/infant health in the service area
Timeframe	FY2020-FY2022
Scope	These strategies will focus on the residents in the service area.
Strategies & Objectives	<p><b>Strategy #1: Provide free Childbirth Classes to service area residents – Prepared Childbirth, Breastfeeding, Sibling and Breathing and Relaxation.</b></p> <p><b>Strategy #2: Distribute baby packets to expectant mothers providing education, community resources and safe sleep information.</b></p> <p><b>Strategy #3: Provide educational materials promoting 39 weeks gestation to expectant mothers.</b></p> <p><b>Strategy #4: Provide free Perinatal Loss Support Group.</b></p> <p><b>Strategy #5: Provide Grandparenting class to service area residents.</b></p>
Financial Commitment	<p>Childbirth Classes - \$10,000</p> <p>Baby Packets - \$7,500</p> <p>Perinatal Loss Support Group - \$500</p> <p>Grandparent Class - \$250</p>
Anticipated Impact	<ul style="list-style-type: none"> <li>• 400 participants in Childbirth Classes</li> <li>• 1,000 Baby Packets distributed to expectant mothers</li> <li>• 50 participants in Perinatal Loss Support Group</li> <li>• 75 participants in Grandparenting classes</li> </ul>
Plan to Evaluate Impact	<ul style="list-style-type: none"> <li>• Report number of participants in Childbirth Classes</li> <li>• Report number of baby packets distributed to expectant mothers</li> <li>• Report number of participants in Perinatal Loss Support Group</li> <li>• Report number of participants in Grandparenting Classes</li> </ul>
Results	<p><b>1<sup>st</sup> q 2020</b></p> <p>Childbirth Classes – 68 participants - \$1,945</p> <p>Perinatal Loss Group – 3 participants - \$60</p> <p><b>Total - \$2,005</b></p> <p><b>2<sup>nd</sup> q 2020</b></p> <p>Childbirth Classes – 6 participants - \$310</p> <p>Baby Packets – 240 distributed - \$828</p> <p><b>Total - \$1,138</b></p> <p><b>3<sup>rd</sup> q 2020</b></p> <p>Childbirth Classes – 36 participants - \$890</p> <p>Baby Packets – 20 distributed - \$69</p> <p><b>Total - \$959</b></p>

## Rapides Regional Medical Center Implementation Strategies

### **4<sup>th</sup> q 2020**

Childbirth Classes – 16 participants - \$240

Perinatal Loss Group – 27 participants - \$110

Baby Packets – 96 distributed - \$331

**Total - \$681**

**Total -\$4,783**

**Grand Total - \$5,747,806**