Kentucky ranks 45th out of 50 for health indicators and outcomes according to America's Health Rankings. Kentucky ranks 47th out of 50 for adult population who were told by a health professional that they have angina or coronary heart disease and 8th in the nation for deaths caused by cardiovascular diseases.

Target Population
Cumberland County residents have some of the poorest health habits in the state, ranking 83rd out of Kentucky’s 120 counties for behaviors such as adult smoking, obesity, and inactivity; Case County ranked 90th.

<table>
<thead>
<tr>
<th>Cardiac/vascular</th>
<th>Death Rate per 100,000 (2011-15)</th>
<th>Obesity</th>
<th>Adult Smoking</th>
<th>Inactivity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casey County</td>
<td>121.50</td>
<td>36%</td>
<td>25%</td>
<td>29%</td>
</tr>
<tr>
<td>Cumberland County</td>
<td>200.5</td>
<td>32%</td>
<td>23%</td>
<td>32%</td>
</tr>
<tr>
<td>Kentucky</td>
<td>109.70</td>
<td>33%</td>
<td>26%</td>
<td>28%</td>
</tr>
</tbody>
</table>

The Heart4Change Project

**PLAN**
- Consortium met and discussed overall goal to reduce morbidity and mortality related to cardiovascular disease.
- By April 30, 2021, 75% of individuals participating in one or more offered educational interventions will reduce at least one CVD risk factor.
- Heart4Change four components of using health activities as a church ministry:
  - Improve health and reduce cardiovascular disease within the congregations.
  - Build relationships within the congregation
  - Outreach tool for churches to bring others into church
  - Way to love and serve community

**DO – Year 1 Activities – 311 participants overall**
- Baseline Biometric Screenings (Glucose, Cholesterol, HDL/LDL, Triglycerides, B/P, BMI, Waist, A1c); repeated end of Year 1 – Heart Age dropped by 1 year!
- Community Gardens started churches – gave away so many vegetables at one site that Farmers’ Market complained!
- Health committees established churches
- Cooking Matters/Shopping Tours both counties
- Diabetes Self-Management & Education classes
- Freedom from Smoking classes
- CPR/First Aid Classes
- Check Change Control. Information shared
- Healthy Eating Programs – Daniel Plan. This was taken out into other churches!
- Physical activity programs – Insanity group, Walk Across America Challenge, Gentle Yoga, Walking groups
- Weekly powerpoint health messages to improve heath literacy.
- Monthly newsletters
- Annual Community event – Block Party & a 5K Walk/Run
- NUMEROUS Success Stories

**DO – Year 2**
- Continue Year 1 activities, but churches begin taking lead in many programs! Goal for Health Committees independence
- Church members trained to lead: Gentle Yoga, Shopping Tours, Freedom from Smoking, CPR/First Aid
- Started recording health message videos and sharing instead of powerpoint messages.

**CHECK/ACT**
- Had to revise how we did Check.Change.Control. due to no participation – now sending via email.
- Videos better received than powerpoint messages.
- Still challenges with participation & buy in.