



April 5, 2023 | Ramada by Wyndham Hotel & Conference Center | Paintsville, KY

AGENDA

- 8:00-9:00 **Registration/Networking Breakfast**
Poster Session/Poster Judging
Health and Research Fair Exhibits Open
- 9:00-9:15 **Welcome and Announcements**
Dr. Fran Feltner, Director
University of Kentucky Center of Excellence in Rural Health
- 9:15-10:15 ***Building Recovery Ecosystems in Central Appalachia***
Michael Meit, Co-Director
East Tennessee State University Center for Rural Health Research
Andrew Howard, Director of Policy
Fletcher Group
- 10:15-11:30 ***UK-CARES River Water Testing Utilizing Drone Technology***, Buckhorn High School and Perry Central High School Students
- Healthy WAY (Wellness in All Youth) Student Research Projects**
- ***Be Safe While You Surf***, Pikeville High School
 - ***SMILE Club***, Martin County High School
 - ***Relaxation Techniques in Middle School Students***, Jackson Independent High School
 - ***Coping After COVID***, Johnson Central High School
- Presentation of Healthy WAY Certificates of Completion

- 11:30 – 12:45 **Networking Lunch/Health and Research Fair/Poster Session**
- 12:45-1:45 **KEYNOTE**

The Good, the Bad, and the Ugly of COVID-19
Jamie Sturgill, PhD
University of Kentucky College of Medicine
- 1:45-2:45 *Increasing Access to Healthcare During Disasters Utilizing Drone Technology*
Bart Massey, Executive Director, USA Drone Port
Chris Stiles, Operations Director, USA Drone Port
Fran Feltner, UK Center of Excellence in Rural Health
Community Health Workers, Kentucky Homeplace
- 2:45-3:00 **Awards Presentations**
 - Poster Awards
 - UK-CARES/UK CERH Environmental Health Community Engagement Award
 - Special Recognition
- 3:00-3:30 *Community Roundtable Discussion*
Share your thoughts on rural health and research
- 3:30-3:45 **Community Round Table Report Back**
- 3:45-4:00 **Door Prize Drawing/Closing Remarks/Evaluation/Adjourn**

HEALTH AND RESEARCH FAIR EXHIBITORS

Appalachian Center for Assistive Technology (ACAT)

ACAT provides assistive technology (AT) demonstrations and consultation, a short term AT loan locker, maker space, workforce training, and refurbishing. ACAT serves eastern Kentucky and is a part of Kentucky Assistive Technology Service (KATS) Network.

Contact: Crystal Hignite, crystal.hignite@uky.edu

Appalachian Community Health Days and Kentucky HomePlace Clinic

Free health screenings, free COVID-19 vaccines and education, free t-shirt with proof of COVID-19 vaccination card, door prizes.

Contact: Joshua Adams, Joshua.Adams21@uky.edu

CARAT-TOP (Coordinating and Assisting the Reuse of Assistive Technology: Together One Priority)

CARAT-TOP is an intergenerational training program that brings together students of all abilities from local high schools and the community to develop new skills like assessing community accessibility, refurbishing used medical equipment, adapting toys and more to help individuals and communities impacted by disability.

Contact: Keisha Hudson, keisha.hudson@uky.edu

Cognitive Behavioral Therapy for Depressive Symptoms in Rural Patients with Cardiac Disease (COMBAT)

A research study for rural Kentuckians who have a historic cardiac event and/or heart failure and who are experiencing depressive symptoms.

Contact: Margie Duff, margie.duff@uky.edu

ELEVATE Community Health Workers

ELEVATE (Educate, Lead, Empower, Value, Access, Train and Equity) will address health disparities and workforce shortages by expanding the CHW workforce. They recruit, train and place CHWs across the state. Apprenticeship opportunities for CHWs and organizations are also utilized to strengthen the CHW workforce. Upskilled training is also being developed for current CHW across the state.

Contact: kyle.burnett@uky.edu

Engaging Resilient Eastern Kentucky Communities as Partners in Disaster Recovery

A research study for adult residents impacted by the July 2022 flood disaster in Eastern Kentucky.

Contact: Christal Badour, christal.badour@uky.edu.

Faith Moves Mountains - Appalachians In Control (AIC)

Aimed at improving diabetes self-management among participants with Type 2 diabetes, the AIC project provides participants with group diabetes education classes and/or individual health coaching.

Contact: Jennifer Malan, jennifer.malan@uky.edu

Healthcare Worker Loan Relief Program of the Commonwealth (HWLRPC)

The HWLRPC, administered by the UK CERH in Hazard, is a new opportunity designed to increase the recruitment and retention of health care professionals to practice in underserved areas of Kentucky. It was established during 2022 with rolling application windows. The next application window will be April 1st – April 30th, 2023.

Contact: Sierra Williams, slwi258@uky.edu

Kentuckians Vaccinating Appalachian Communities (K-VAC)

Kentucky COVID-19 vaccine outreach project serving Appalachia Kentucky.

Contact: Rachel Gillespie, rachel.gillespie@uky.edu

Make Better Choices 2 (MBC2)

An innovative healthy living study designed for Eastern Kentuckians aiming to improve diet, activity, sleep, and stress. Participants use a free health app, Fitbit, and health coaching to eat better, sleep better, and get more exercise.

Contact: Deanna Lee Sherman, dleesherman@uky.edu

Project CARAT (Coordinating and Assisting the Reuse of Assistive Technology)

A community outreach and service-learning program that aims to make assistive technology and durable medical equipment (DME) more accessible to those who need it in underserved areas of Kentucky. Project CARAT has several locations across Kentucky and ACAT oversees the site at the University of Kentucky Center of Excellence in Rural Health.

Contact: Keisha Hudson, keisha.hudson@uky.edu

Promoting Intergenerational Health in Rural Kentuckians with Diabetes (PIHRK'D)

This study is focused on improving the health of families where members have been diagnosed with type 2 diabetes and meet the criteria for obesity. Study participants will have family members join them for diabetes education, monthly personalized nutrition counseling, and participate in Dining with Diabetes offered through extension offices. Eligible participants must be 18 years or older. This study is expected to improve health outcomes, promote diabetes and obesity self-care, and provide support for families impacted by diabetes and obesity in rural Kentucky.

Contact: Brittany Smalls, Brittany.Smalls@uky.edu

Social Network Analysis and Social Support Intervention for Older Rural Dwelling Adult with Type 2 Diabetes Mellitus

This study seeks to support older adults (55+) who have diagnosed type 2 diabetes by identifying individuals in their social network to join them for a 6-week education program, which is centered on understanding diabetes in the body and using SMART goals to optimize self-management skills.

Contact: Brittany Smalls, Brittany.Smalls@uky.edu or Zoe Taylor, Zoe.Taylor@uky.edu

University of Kentucky Center for Appalachian Research in Environmental Sciences (UK-CARES)

A National Institutes of Environmental Health Sciences Core Center committed to improving air and water quality and reducing emerging health threats such as climate-related health events in rural Appalachia through novel environmental health research. UK-CARES provides advanced infrastructure, expertise, career development and mentorship, and community engagement to

facilitate innovative discovery and new understandings of environmental factors and exposure pathways in disease initiation, progression, and outcomes and their community impacts.

Contact: Kelly Kennoy, kelly.kennoy@uky.edu

USA Drone Port

See demonstrations and learn how innovative drone technologies are being used to improve healthcare access, disaster preparedness and river water quality testing in eastern Kentucky. The USA Drone Port is partnering with key state and local partners to test and refine these innovative approaches, including the UK Center of Excellence in Rural Health, UK-CARES, students and teachers with the Perry County Schools, and local Emergency Management Teamvolunteers. Contact: Bart Massey, bart.massey@usadroneport.com