

DISCUSSION GUIDE

A shortage of health care workers, an aging population and a lack of public transportation impact health outcomes in Kentucky. The American Heart Association and partners are working to evaluate and improve the quality of health care across the state. One successful, innovative program highlighted in the film is a rural health initiative at the University of Kentucky that seeks to train and retain health care workers in the state.





DISCUSSION QUESTIONS

1. How do Kentucky's geographic and demographic factors contribute to its lower life expectancy and higher prevalence of certain health conditions? What risk factors are most critical to address in the state?

POTENTIAL PARTNERS

- Local legislators to discuss recent proposals and other ways legislative policy can support constituents' health
- Local EMTs to share experiences that illuminate issues and concerns
- Representatives from the University of Kentucky's Center for Excellence in Rural Health
- Local media



ENGAGEMENT ACTIVITIES

- Demonstrate how an automated external defibrillator is used.
- Organize a community audit of local places where groups gather , and note where AEDs are present. If AEDs are needed, create a plan for adding them to high -priority spaces.
- Download and discuss the AHA's Community CPR Training Guide: <u>https://cpr.heart.org/-/media/CPR-Files/Courses-and-Kits/Comm-Training/Community-CPR-Training-Guide.pdf?sc_lang=en</u>
- Demonstrate CPR and provide information on local training opportunities. Use resources on Hands - Only CPR (CPR without rescue breaths). Resources for courses and kits are available from the AHA: <u>https://cpr.heart.org/en/</u>
- Create and distribute advocacy kits aimed at state lawmakers, including their addresses and talking points about state health access issues, encouraging participants to write thank -you notes for recent legislation and offering support for upcoming legislation.

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