



Health
**HELP
WANTED**

KENTUCKY

**LOCATION, TRANSPORTATION
AND LIMITED RESOURCES**

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?

2. What cultural barriers exist that may discourage patients from seeking routine health care? How can health care professionals and community leaders overcome these obstacles?
3. How does lack of transportation in rural Kentucky affect health care access? What steps could be implemented to address this issue?
4. How might telehealth support Kentuckians' health? What patient training and internet infrastructure would be needed to ensure success?
5. How can community support systems be strengthened to improve health outcomes in Kentucky? How can existing community structures be leveraged to enhance health care delivery and prevention efforts?
6. How can the AHA and other advocacy groups support policies that address Kentucky's health care challenges and ensure increased access to residents?



RESOURCES

- American Heart Association rural health portal: <https://www.heart.org/en/about-us/rural-health>
- Rural Health Information Hub: <https://www.ruralhealthinfo.org/states/kentucky>
- House Bill 512 from the 2022 regular legislative session, to improve heart attack response and treatment: <https://apps.legislature.ky.gov/record/22RS/hb512.html>
- Center of Excellence in Rural Health at the University of Kentucky College of Medicine: <https://medicine.uky.edu/centers/ruralhealth>
- Appalachian Regional Commission's report on health disparities in Kentucky: <https://www.arc.gov/wp-content/uploads/2020/07/KYHealthDisparitiesKeyFindings8-17.pdf>
- Life's Essential 8, the AHA's checklist for lifelong good health: <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>
- Empowered to Serve Health Lessons and Toolkits that include 19 science-based toolkits covering topics such as lifesaving skills, advocacy, healthy living, risk factor management and substance abuse: <https://www.empoweredtoserve.org/en/community-resources/health-lessons>



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: https://cpr.heart.org/-/media/CPR-Files/Courses-and-Kits/Comm-Training/Community-CPR-Training-Guide.pdf?sc_lang=en
- 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: <https://cpr.heart.org/en/>
- 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.