





2020

EST

FOODSHARE BAMBERG COUNTY

FEEDING A NEED IN OUR COMMUNITY

A program of



Healthy Me-Healthy SC Leadership

As we reflect on another highly successful year, our HMHSC team is thankful for the opportunity to serve our fellow citizens across SC alongside our many community partners.

Our vision to provide every SC resident with equal access to improved health and wellness continues to guide every personal interaction, program and service we offer.

HMHSC was initially established and continues to grow from the foundation built by MUSC and Clemson University. This powerhouse partnership seeks to fully leverage the commitment and expertise of both institutions and acknowledges our collective state-wide responsibility.

We are proud that in this past fiscal year our programs' reach grew to helping more South Carolinians and that we leveraged technology in order to better connect our community members to primary care and other medical resources.

Our passion and mission is addressing health access in rural and underserved communities. We remain committed to work that is transparent, accountable and sustainable with the ultimate goal of maximizing impact and innovation.

Meet the team



David Sudduth
Executive Director



Kapri Kreps
Director



Sara Beth Napper
Operations Manager



Garret Kent, M.D.
Chief Medical Officer



Rhonda Matthews
*Clemson Health
Extension Program
Director*

Message from Innovation leadership



Jesse Goodwin, Ph.D.
Chief Innovation Officer,
MUSC Health

Healthy Me-Healthy SC (HMHSC) is transforming healthcare access in South Carolina

by addressing disparities in rural and underserved communities. HMHSC delivers innovative solutions addressing chronic disease management, preventive screenings, and mobile health units. This year, HMHSC leveraged EPIC to create connectivity between residents in rural areas and primary care providers. Through its unique structure, statewide partnerships, and innovative approaches, HMHSC is bridging gaps in care, empowering healthy communities, and improving access to essential services statewide.

Message from Clemson leadership



Matthew Burns, Ph.D.
Associate Director, Clemson
Cooperative Extension Service

At Clemson University, we are proud to partner with Healthy Me - Healthy SC to drive

impactful, innovative solutions that benefit communities across South Carolina. The newly-formed Extension Center for Health Outreach (ECHO) exemplifies how collaboration can advance interdisciplinary approaches to real-world challenges. The partnership, formation of the center and continued outreach efforts of our Clemson Extension Rural Health and Nutrition team, has leveraged resources to improve health outcomes in rural communities, strengthening the foundation for a healthier, more resilient South Carolina. Together, these partnerships reflect our shared commitment to progress and innovation, creating meaningful impacts for those we serve.

Mission, vision, values

Mission:

Improve health care access and outcomes in rural and underserved communities of South Carolina through impact and innovation.

Vision:

All South Carolinians will have equal opportunity to experience improved health and wellness.

Values:

- Health Access
- Collaboration
- Transparency
- Sustainability
- Accountability

Strategies

- Leverage the collective commitment and expertise of MUSC and Clemson
- Establish a statewide initiative that builds healthier communities through collaborative partnership
- Utilize community health data and outcomes to guide program development and evaluation
- Explore innovative solutions to improve healthcare access and capability of care
- Support and empower communities to make sustainable changes that lead to improves health and wellness

By the Numbers

26,330

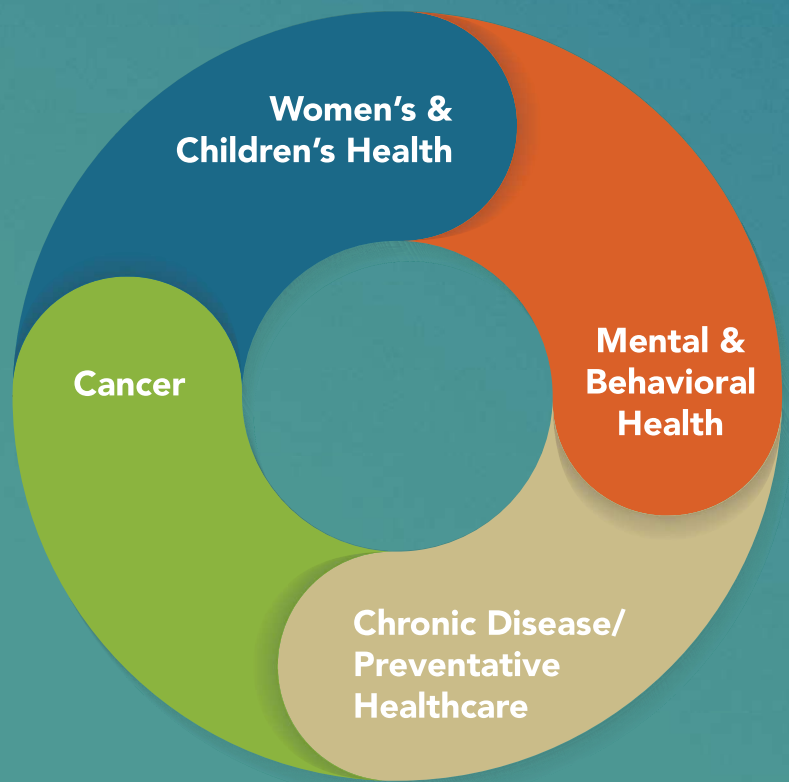
South Carolinians impacted

46

counties served

144

unique community partners



Women's & Children's Health

- **21** total counties served
- **110,288** total ounces of donor milk collected
- **46** total schools impacted by BCCW

Mental & Behavioral Health

- **12** total counties served
- **17** total families enrolled in Tele-PCIT

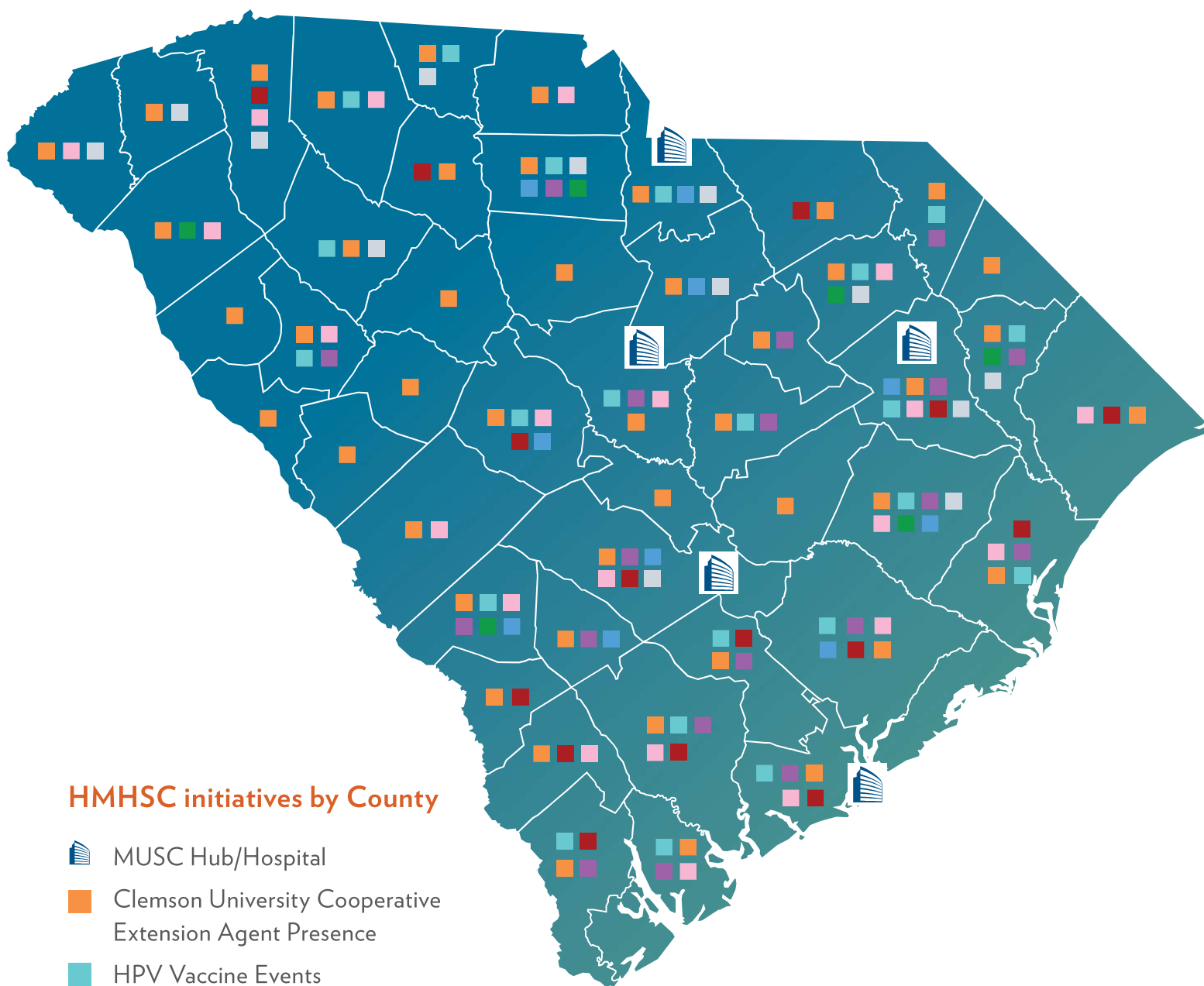
Chronic Disease/Preventative Health

- **46** total counties Clemson University Cooperative Extension Agent Coverage
- Health Extension for Diabetes Pilot
 - **255** people impacted
 - **79.07%** Average % reporting increased confidence in controlling their diabetes
- **21** community health clinic events

Cancer Prevention

- **27** total counties served
 - **20** (HPV)
 - **15** (HCC)
- Hollings Cancer Center Mobile Women's Health Unit:
 - **1,387** total patient visits
 - **1,019** total mammography screenings
 - **11.5%** required additional diagnostic imaging
 - **54** total cervical cancer screenings (pap smears)
- Hollings Cancer Center Mobile HPV Van & SC AMEN:
 - **710** total vaccines administered
 - › HPV: **164**
 - › TDAP: **324**
 - › Polio: **27**
 - › Meningitis: **82**
 - › MMR: **24**
 - › Chickenpox: **46**
 - › Hepatitis A: **22**
 - › Hepatitis B: **21**

Healthy Me – Healthy SC Presence



HMHSC initiatives by County

-
- MUSC Hub/Hospital
- Clemson University Cooperative Extension Agent Presence
- HPV Vaccine Events
- Women's Cancer Screenings
- Mother's Milk Bank Depot
- School Wellness Initiative, HMHSC
- HMHSC Rural Health Clinics & CARES St. Stephen
- Tele-PCIT
- Chronic Disease Education Pilots



Cancer Prevention

Hollings Cancer Center Mobile Women's Health Unit

MUSC Hollings Cancer Center launched its Mobile Health Unit in 2022 to provide cancer screening and education to South Carolina's most medically underserved communities. Offering breast, cervical, and skin cancer screenings, the unit partners with Federally Qualified Health Centers, churches, community centers, and employers, increasing their partnerships in FY24. The Mobile Health Unit traveled to 15 counties in FY24. Staffed by a Women's Health nurse practitioner, the unit provides clinical breast exams, pap smears, and prevention education. Featuring advanced 3D mammography, it improves early detection for high-risk women and those with dense breast tissue. In partnership with South Carolina's Best Chance Network, the unit delivers services to uninsured and underinsured women, as one of the state's largest providers for the Centers for Disease Control and Prevention's Breast and Cervical Cancer Early Detection Program Best Chance Network. Health professionals on the unit also offer cancer prevention education and tobacco cessation resources.

- **Three patients were ultimately diagnosed with cancer due to their screenings with the Mobile Women's Health Unit**
- **366 South Carolina Department of Corrections patients were seen on the Mobile Health Unit in FY24**
- **In FY24, the Mobile Health Unit conducted 1,387 appointments, a 136% increase from FY23**





The HPV vaccine helps to prevent six cancer types that are associated with the human papillomavirus. As the only NCI-designated cancer center in South Carolina, Hollings has a responsibility to serve all people in the state, regardless of where they may live.”

— Dr. Marvella Ford, Associate Director of Population Science and Community Outreach and Engagement

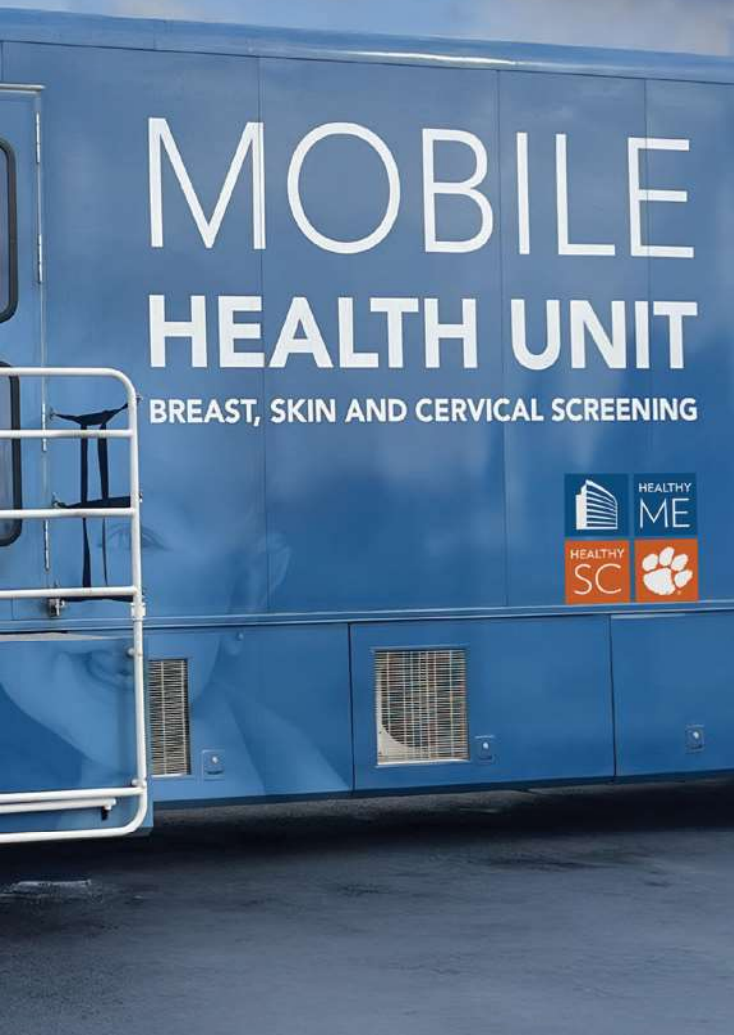
Hollings Cancer Center: HPV Vaccination Unit/SC AMEN

Now entering its fourth year of operation, The MUSC Hollings Cancer Center’s Mobile HPV Vaccination Unit Program continues to vaccinate children between nine and 18 years of age, in rural and medically underserved counties in South Carolina. Many of the children vaccinated were behind in their immunizations and could not continue going to school if they were not vaccinated through the program.

Since 2007, Community Outreach and Engagement (COE) health educators have conducted the MOVENUP statewide cancer education program based on a “Train the Trainer” approach to prepare community leaders to serve as ambassadors to share helpful, evidence-based information with members of their communities. The 4.5-hour intensive education training covers cancer prevention, screening, treatment options, and clinical trials. MOVENUP prioritizes SC counties with the highest cancer death rates. More than 1,000 trained ambassadors have conducted 109 educational sessions in their communities.

The Office of COE developed the South Carolina Prostate Cancer Education and Navigation to Screening Program for African American Men (SC AMEN Program) to combat cancer disparities in South Carolina, where Black Men are more than twice as likely as White men to die from prostate cancer. Since its launch in September 2021, 523 Black men from 16 counties have participated. Ninety percent of the participants were overdue for a prostate screening exam and nearly 70% have completed or scheduled prostate cancer screening since joining the program. One participant was diagnosed and completed treatment for prostate cancer.

The Mobile HPV Vaccination Unit Program was named South Carolina’s Immunization Champion for 2024. This award recognizes individuals and programs doing exemplary work, going above and beyond to promote immunizations for children and adults in their communities. The award is hosted by the Association of Immunization Managers (AIM) and is funded by the Centers for Disease Control and Prevention (CDC).



Chronic Disease and Preventative Healthcare



Clemson Health Extension

The Healthy Me - Healthy SC collaboration continued to impact the lives of South Carolinians in FY24. Clemson University Cooperative Extension contributes to the creation of positive health changes by working jointly with Mother's Milk Bank of SC, MUSC Division clinicians for rural health clinic outreach as well as Health Extension for Diabetes program referrals, and Boeing Center for Children's Wellness for the School Wellness Initiative.

The work with Mother's Milk Bank of SC includes housing ten depot sites at local Cooperative Extension offices across the state. At each of these sites, donations are accepted, stored and shipped per protocol to Mother's Milk Bank of SC.

Cooperative Extension also contributes to the Boeing Center for Children's Wellness School-based Wellness Initiative.

Extension Agents in six counties serve as program coordinators for local school districts, connecting schools to community resources, providing technical assistance and working with wellness committees to maximize use of the School Wellness Checklist tool. Schools successfully taking part in the initiative enhance their culture of wellness which positively impacts all students and staff. As part of the School-based Wellness Initiative, schools are also provided the opportunity to enroll teachers in the Cooperative Extension School Gardening for SC Educators course and receive school garden beds, materials, and transplants upon completion of the course.

Chronic Disease Education Pilot

Cooperative Extension Agents collaborate regularly with MUSC Division clinicians to accept referrals into the Health Extension for Diabetes (HED) program which is designed to help those diagnosed with diabetes increase knowledge and improve self-management behaviors. As part of the collaboration, MUSC clinicians refer qualified patients into the program and track HbA1C measures for all MUSC patients enrolled. This referral workflow has been refined, and the number of clinicians referring into the program has increased. In FY24, MUSC's Pee Dee and Catawba Divisions participated. Cooperative Extension Agents delivering the HED program participate in the MUSC Division health clinics by being onsite the day of the event to share information about HED as well as other programs available through Cooperative Extension.





MUSC CARES and Rural Health Clinics

MUSC CARES St. Stephen

The MUSC C.A.R.E.S. St. Stephen Rural Outreach Initiative began in 2018. Partnering with the Berkeley County School District and the Lowcountry Food Bank, it provides free medical screenings, preventive care, including seasonal and recommended vaccines, and distribution of fresh produce to the locally underserved and uninsured population. The outreach initiative has grown to include pediatric

care, such as school-mandated vaccines and vision screenings, as well as facilitated referrals to free or low-cost chronic disease management programs including the YMCA Hypertension Management Program and Diabetes Prevention Program. The CARES St. Stephen Rural Outreach model is the foundation of HMHSC'S Rural Health Clinics initiative. Five events were conducted in FY24.

CARES St. Stephen promoted the idea of a sugar-free Halloween by doing fun crafts with children at the crafts and giveaways table.

CARES St. Stephen's back-to-school event was a huge hit. The event included a gun safety table and that provided several gun locks. The event also provided school supplies, which is an ongoing community need.

During their December event, CARES St. Stephen gave out essentials like toilet paper, toothbrushes etc. and items that would promote movement and exercise, such as basketballs and skipping ropes.

CARES St. Stephen maintained their partnership with the Low Country Food Bank, which is a motivation for St. Stephen citizens to come to the events.



CARES St. Stephen hosted a successful Heart Health Fair on February 10th, 2024. Over 40 attended, and home blood pressure cuffs were given out to community members. There was also a pediatric sports physical event held in the summer where 40 middle and high school athletes were able to get free sports physicals.

Chronic Disease and Preventative Healthcare

HMHSC Rural Health Clinics

Through infrastructure in each MUSC RHN division, HMHSC Rural Health Clinics completed 16 events in FY24 throughout 11 counties in the state. As the clinic sponsors, MUSC and Clemson University Cooperative Extension work together as Healthy Me-Healthy SC, partnering with locally-based community organizations that know their communities best. In recognizing the multiple and often complicated barriers to care that many rural and underserved communities face, the overarching goal of the HMHSC Rural Clinics is to bring healthcare resources (including health-related social needs) directly to communities as a form of mobile care, complementing the traditional, centralized format of health care delivery. Through strong local collaborations, including direct input at all planning stages, we are able to provide routine community-centered clinics that address health from a broad perspective. While specific participating groups change based on location, offerings include: chronic disease screenings, including hypertension and diabetes; preventive care including nutrition counseling, vaccines, and breast cancer screening; connection to food security resources (either through Foodshare or a local Food Bank); facilitating connection to primary care for both insured and uninsured individuals; highlighting local community resources addressing major social determinants of health including financial stability, education, housing, and parenting resources; and regional resources including or similar in scope to Clemson University Cooperative Extension, Access Health, the South Carolina Department of Health and Environmental Control, and Trident United Way.



Pee Dee

- Organized two health clinic events: one in Marion County and one in Florence County
- Distributed blood pressure cuffs to community members diagnosed with hypertension, in addition to providing health screenings and vaccinations.
- Partnered with Harvest Hope to distribute 200 food boxes to individuals experiencing food insecurity and helped connect community members with other local resources
- Volunteers to run the health clinic events included MUSC clinical and non-clinical team members, as well as Francis Marion nursing students

Catawba

- Hosted three health clinic events: two in Lancaster County and one in Chester County
- Provided health screenings and Smoking Cessation for the Health Springs Annual Wellness Event.
- Provided 300 food boxes to those having food insecurities in the community in partnership with Foodshare, some of whom were affected by hurricane Helene.
- Volunteers to run the health clinic events consisted of MUSC clinical and non-clinical team members, high school students as well as Edward Via College of Osteopathic Medicine (VCOM) medical students.

Midlands

- Conducted two health clinic events: one in Kershaw County and one in Lexington County
- Health clinic events provided sports physicals, vaccinations, mammography's, and connectivity to MUSC Cardiology Midlands, in addition to blood pressure and glucose screens. A Kids' Corner also entertained children while parents received their medical screenings.
- Provided 200 food box distributions in partnership with Foodshare.
- With the onboarding of EPIC, was able to provide multiple referrals to primary care
- Volunteers consisted of MUSC Midlands clinical and non-clinical care team members and staff from a local hosting elementary school

Orangeburg

- Conducted five health clinic events: three in Orangeburg County, one in Bamberg County and one in Calhoun County
- Health clinic events provided individuals with their body fat percentage, in addition to blood pressure and glucose screenings.
- Distributed 600 food boxes to community members in partnership with Groceries on the Go
- The Catalyst and the South Carolina Community Health Works Association (SCHWA) featured LaShandra Morgan, Ph.D. and Courtney Snell during Women's History month, for their community health leadership for HMHSC Orangeburg
- Volunteers consisted of MUSC Orangeburg clinical and non-clinical care team members, Denmark Tech nursing students, Claflin University students, High school for Health Professions students, South Carolina State University Health Equity Research and Training Center students, and community members

EPIC Integration

In FY24, HMHSC focused on improvement of data collection, tracking referrals and increasing patient care access at the HMHSC Rural Health Clinic Events. One way this was implemented, was the use of the EPIC electronic medical record system to register patients and track vitals recorded at the health clinics. With using EPIC, there is access to the SlicerDicer system and use of the database of EPIC to track blood pressures, blood sugars and other metrics in a given location or across all of the RHN health clinics. Clinicians volunteering at the health clinics are able to place referrals directly to providers in the area same day as the health clinic. These referrals can also be tracked to see if patients followed up. If an attendee has an abnormal blood pressure or blood sugar, they can be referred to primary care. If specialty care is needed such as a colonoscopy or other screening, this referral can also be placed if there is a nearby specialist. In FY24, both the Catawba and Midlands HMHSC Health Clinics began using EPIC for this purpose, with other areas coming online throughout FY25.

Core Team

- Conducted four health clinic events: two in Williamsburg County and two in Barnwell County
- Distributed 400 boxes of fresh produce to community members in partnership with Foodshare
- Offered COVID and flu vaccines to community members
- Volunteers consisted of Denmark Tech nursing students, clinical and non-clinical MUSC care team members, including those from Black River Medical Center, as well as high school students from the school sites hosting the events

Women and Children's Health

Boeing Center for Children's Wellness

The MUSC Boeing Center for Children's Wellness (BCCW) supports schools in implementing evidence-based policy, systems, and environmental (PSE) strategies through our School-based Wellness Initiative. This initiative provides direct support and motivation for K - 12 schools and districts as they implement universal wellness strategies for students and staff. These strategies aim to improve nutrition, increase physical activity, and enhance social emotional wellness. MUSC BCCW's goal is to improve the health and wellness of children by reaching them where they are, in school. With support from partnerships like HMSC and the hard work of our partner schools, we are achieving our vision of a South Carolina where all children are healthy, succeed in school, and thrive in life.

Additionally, seven districts, 30 schools, and 5,762 students participated in virtual produce taste testing opportunities with GrowFood Carolina. MUSC BCCW has partnered with GrowFood Carolina for the past three years to offer virtual taste testing opportunities for students. GrowFood functions as a hub for over 100 local farmers in SC. Taste testing serves as a school-based intervention designed to enhance the food environment and help children boost their fruit and vegetable intake. Despite the advantages of consuming fruits and vegetables, only about 26% of children aged six to 11 eat two or more servings of fruit daily, and just 27% of boys and 24% of girls consume two or more servings of fruits and vegetables each day.

During the 2023-2024 school year, eight school districts and 46 schools participated in the School-based Wellness Initiative.



“

I believe that The Wellness Initiative through the Clemson Extension and MUSC Boeing Center for Children's Wellness has helped us as a school and as a community to be more aware of our environment and how important it is to eat nutritious meals, get regular exercise, and gain social and emotional control by being involved with each other at school and in our communities.”

— Jennifer Paquin, Wellness Lead for The Academy of Teaching and Learning



Mother's Milk Bank

The Mother's Milk Bank of South Carolina is a non-profit service that promotes the health of babies across the state by providing access to safe, pasteurized human donor milk. Breastfeeding mothers with a surplus milk supply are welcome to complete the approval process to become MMBSC donors in order for their milk to support South Carolina's hospitalized, very low birth weight infants. Donors are able to make their donations at 25 depot sites across the state, including ten that are housed in Clemson University Cooperative Extension offices. MMBSC is a fully accredited member of the Human Milk Banking Association of North America (HMBANA).

Mother's Milk Bank of SC dispensed almost 90,000 ounces of Pasteurized Donor Human breastmilk to NICU infants and families across South Carolina in FY24. MMBSC also participated in numerous Healthy Me-Healthy South Carolina rural health clinic events and rounded out the year with a successful HMBANA annual audit.

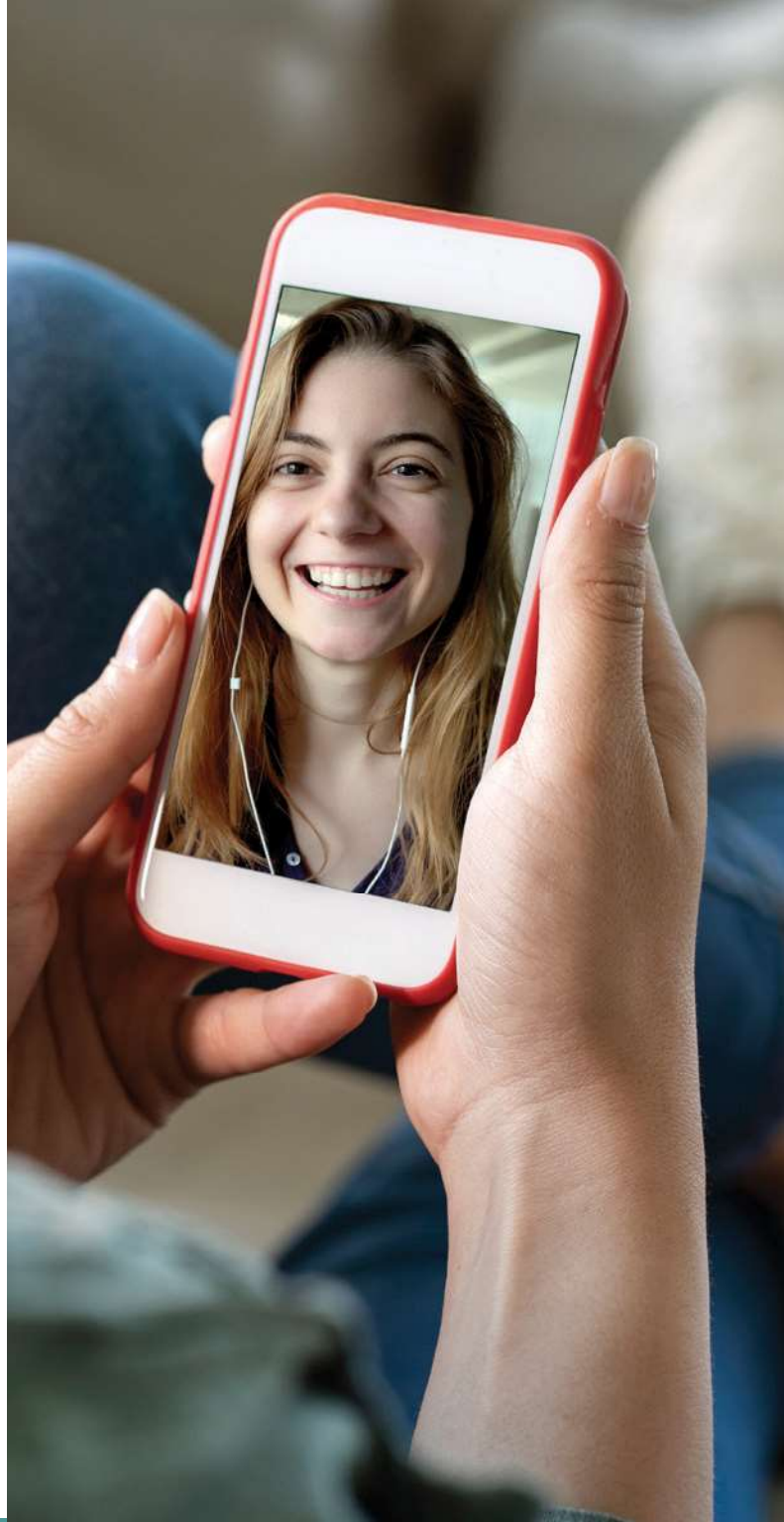


Mental and Behavioral Health

The Tele-PCIT Program was selected as the recipient of HMHSC's inaugural Innovation Grant and has completed pilot testing across three years. Sixty-eight caregivers of children aged two to six years with a developmental diagnosis (ADHD, developmental delay, autism spectrum disorder, speech delay, etc.) participated in a research study for Parent-Child interaction Therapy (PCIT) via telehealth. Therapy was free and families were compensated for their time. PCIT is a therapy with over 30 years of research support for young children who are experiencing behavioral challenges. PCIT therapists virtually coached caregivers on strategies while they played and interacted with their child at home through a Bluetooth microphone. Outcomes of the tele-PCIT study demonstrated significant improvements in child behavior, parenting practices, and parenting stress after completing therapy and at a three-month follow-up.

In FY24 Tele-PCIT:

- Completed enrollment of **68** total families in individual PCIT
- Presented research finding at the national Society for Developmental and Behavioral Pediatrics conference in September
- Was selected for the Site Visit phase for Duke Endowment submission to expand Tele-PCIT for Spanish speaking families.



The School Wellness Initiative has been very instrumental in educating and promoting healthy habits at Lamar-Spaulding Elementary, not only to the students, but the staff as well. The MUSC and Clemson Extension team has been a valuable resource in our journey with the School Wellness Initiative. We have thoroughly enjoyed getting to Adopt a Cow, taste testing new and healthy things, and we love our garden. The School Wellness Initiative has been and still is a wonderful learning opportunity.”

— Amy Bullard, School Nurse and Wellness Leader at Lamar-Spaulding Elementary School,
Darlington County School District

Community Partners - Thank You

- A Father's Way
- Absolute Total Care
- Agape Care Group
- Barnwell County Family YMCA
- Barnwell County School District
- Barnwell First Steps
- Barnwell Hilda High School
- Best Chance Network
- Black River Medical Center
- Center for Community Health Alignment
- Chester/ Indian Land Surgical/ Neurosurgery
- Clemson EFNEP Williamsburg
- Clemson Health Extension
- Clemson Rural Health
- Community Outreach Coordinator
- Crossroads
- DAI
- Denmark Technical College
- Department of Public Health
- DHEC
- DHEC Community Systems
- DHEC Maternal Child Health
- Diaper Day Give-away Tour
- Digital Information Specialist- District Five of Lexington and Richland Counties
- Dominion Energy
- Edisto Health Coalition
- Edmonds Insurance Agency
- Eli Collins Foundation
- Executive Director of Communications- Richland County School District One
- Eye and Laser Center
- Family Health Center (FQHC)
- Family Solutions
- Foodshare Bamberg
- Foodshare- Kingstree
- Fort Lawn Community center
- Genentech
- Gregory YMCA
- Groceries-on-the-go
- Hazel Pittman Center
- Healing Partners
- Healthcare Partners
- Healthy Blue
- Healthy Families Georgetown
- Healthy Learners
- Hold Out the Lifeline
- Hollings Cancer Center
- Hope Health
- Hope Health (FQHC)
- Hospice of Lancaster
- HPV Vaccine Mobile Unit
- I Am Lavish
- In Our DNA South Carolina
- Kingstree Senior HS
- Lancaster Fire Dept
- Local DHEC
- Lowcountry AHEC
- Lowerys Family Chester
- Mobile HPV
- Mobile Mammography unit
- Molina Health Care
- MUSC BCCW
- MUSC Breast Cancer Awareness
- MUSC Collage of Dental Medicine
- MUSC College of Nursing
- MUSC External Affairs
- MUSC General Surgery/IR
- MUSC Health Flo Division - Marketing Director
- MUSC Health Florence Oncology
- MUSC Health Florence Rehab Director
- MUSC Health GI Lancaster
- MUSC Health Orangeburg
- MUSC Health Primary Care - Bamberg
- MUSC Health Urology Lancaster
- MUSC Health-Orangeburg Breast Health Center
- MUSC Health-Orangeburg, Dialysis Access Institute
- MUSC HPV Mobile Vaccines
- MUSC Lung Cancer Screening
- MUSC Outpatient Pharmacy

- MUSC Primary Care
- MUSC SC In Our DNA
- MUSC Service Dogs
- MUSC Smoking Cessation Research Program
- MUSC Telehealth
- MUSC Vax Van
- MUSC Women's Health
- My Pharmacy and Optical
- Nami National Alliance on Mental Health
- Natalie Johnson
- Neighbor to Neighbor
- North Central Family Medicine
- Nurse Family Partnership
- Orangeburg-Calhoun Technical College
- Orangeburg Area Department of Mental Health
- Orangeburg Rural Accelerator
- Orangeburg School County District
- Orangeburg Sheriff Dept
- Orangeburg Sickle Cell
- Palmetto Care Connections
- Palmetto Citizens Against Sexual assault
- Pick 42 Foundation
- Plexus Healthcare
- Promise Neighborhood
- Prostate Health Education Network, Inc.
- Richland County Recreation Commission-Blythewood
- Richland County Recreation Commission-Columbia
- RMC Bamberg Primary Care
- RMC Breast Health Center
- Safe Kids
- Samaritan House
- Save the Children Action Network (SCAN)
- SC Department of Employment & Workforce (DEW)
- SC DEW
- SC DHEC – Lancaster
- SC Legal
- SC State University
- SC Thrive
- SCPITC.org
- Sharing Hope
- South Carolina Association for Community Economic Development SCACED
- South Carolina Safe Babies Court
- South Carolina State University
- South Carolina State University-1890 Extension
- South Carolina State University-Health Equity Research & Training Center
- Southeastern Housing & Community Development
- Syntrell Thompson - Diaper Distribution
- TCHN Food Policy Council
- The Children's Council
- The Courage Center
- The Courage Center
- The SAFE Organization
- The South Carolina Witness Project
- Transplant
- Tri-County Commission on Alcohol and Drug Abuse; FIRE Squad Youth Group
- Trident United Way
- Veteran Outreach Coordinator-Brain Injury Association of South Carolina
- VOCA SC legal aid
- Vorhees University
- Waccamaw EOC Lanes Head Start
- We are Sharing Hope SC
- Welvista
- WIC Van
- Williamsburg County Behavioral Health
- Williamsburg County School District



hmhsc@musc.edu
healthymesc.org

