



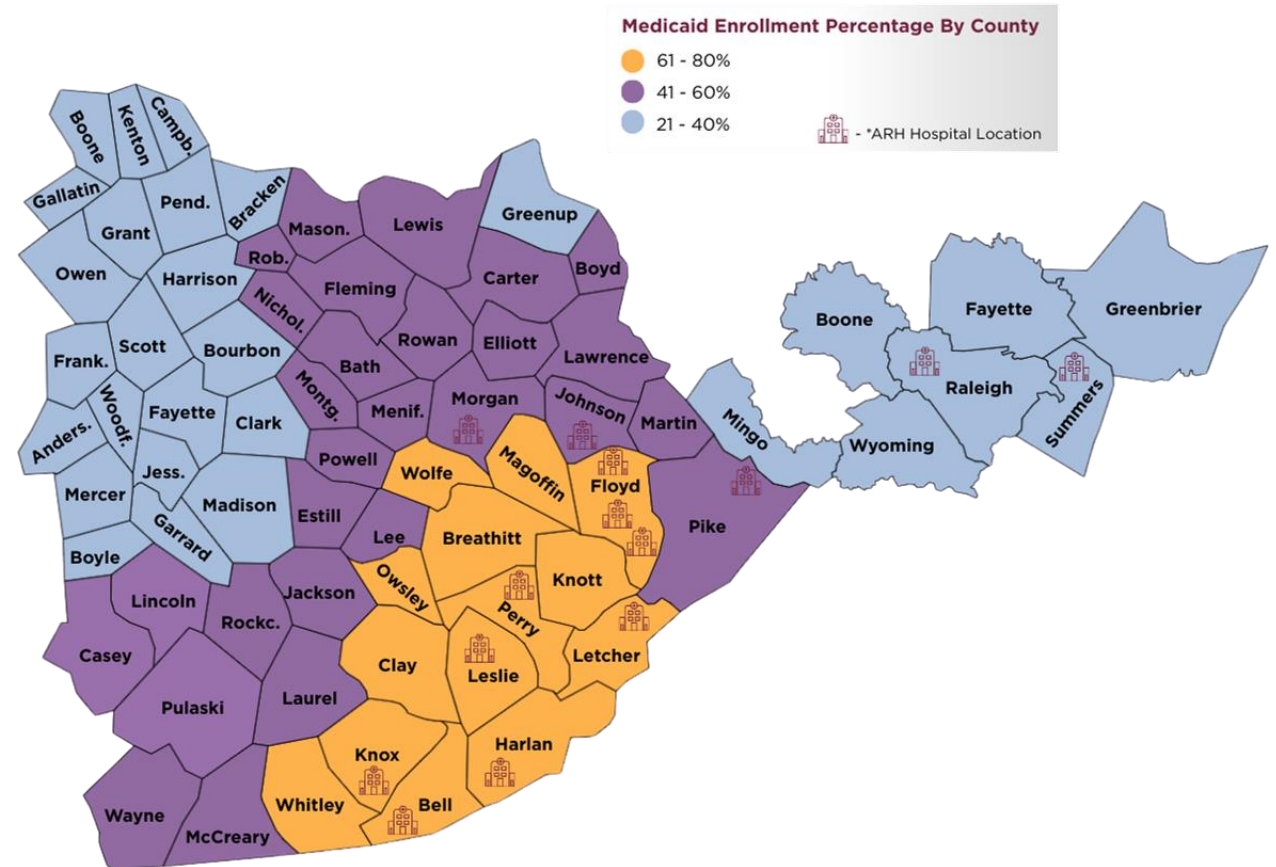
Appalachian Regional Healthcare (ARH)

**Make America Healthy Again (MAHA)
Task Force Committee**

October 15, 2025

The ARH System Statistics

- \$5B+ gross revenue
- 14 hospitals
- 6,700 employees
- 1,300 active & courtesy staff
- \$500M annual payroll
- 120 buildings
- 18 retail pharmacies
- 10+ home health agencies
- 10+ medical equipment stores
- 95+ clinics
- 25 county service area
- 400,000 patients
- DNV GL* Accredited
- Serving Southeastern Kentucky & Southern West Virginia

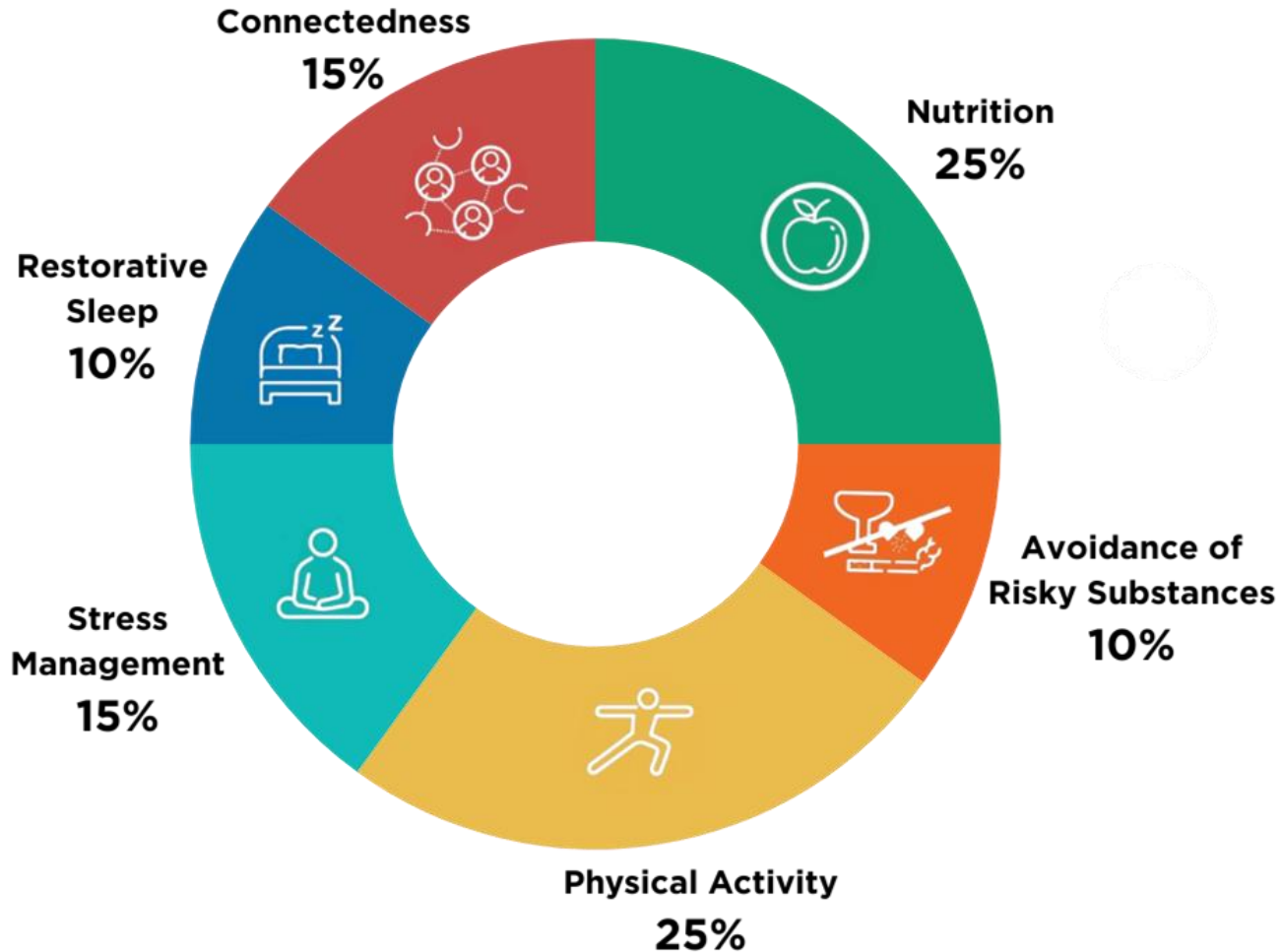


ARH Wellness Implementation

- Department launched in 2022
- **Strategic Plan Alignment:**
 - Grow Communities from Within
 - An employee first wellness strategy
- **Department's Mission:**
 - Provide employees with the tools and resources needed to implement and maintain healthy lifestyles.



Whole-Employee Care Approach



Evidence-based Wellness pillars align with main pillars of the



Pillars

- Nutrition
- Physical Activity
- Restorative Sleep
- Stress Management
- Avoidance of Risky Substances
- Positive Social Connections

Federal Food Is Medicine Briefing: May 2025



Improving Health While
Managing Healthcare Spending:
ENTER FOOD IS MEDICINE

Crystal McGaffee

Community Chief Nursing Officer and Food is Medicine
Program Participant, Paintsville ARH Hospital



Gerald J. and Dorothy R. Friedman
School of Nutrition Science and Policy
FOOD IS MEDICINE INSTITUTE



Paintsville ARH patient, employee, Community Chief Nursing Officer Crystal McGaffee speaking in Washington DC has lost 125 pounds with ARH Wellness support



ARH Wellness Impact Statistics

- **Nutrition**

- Community Supported Agriculture Programs (2022-2025)
 - ARH subsidizes 50% of the cost
 - Locations: Hazard & Harlan
 - Sells Out in 12 Hours; Farmers visit facilities
- Wondr Health Behavior Modification Program (2024-25)
 - 212 Participants
 - Average 4.3% Total Body Weight Loss
- 96%: Lark Diabetes Prevention Program participants lost weight
 - 38% achieving >5% total body weight loss

- **Physical Activity**

- 1,048 total active members across all ARH hospital community gyms
- Hikes with Hollie

ARH Wellness Impact Statistics

- **Connectedness and Stress Management**

- 400+ employees engaged across regional Hike with Hollie events since 2022
 - 90 employees (average) per event
- 15 enrollments, 72 completed RULA Telehealth Therapy visits, since March 2025 launch
- 120 calls to ARH Employee Resource Line since January 2025 launch
- 100+ employees participated in Restorative Sleep Education Challenge

- **Avoidance of Risky Substances and Restorative Sleep**

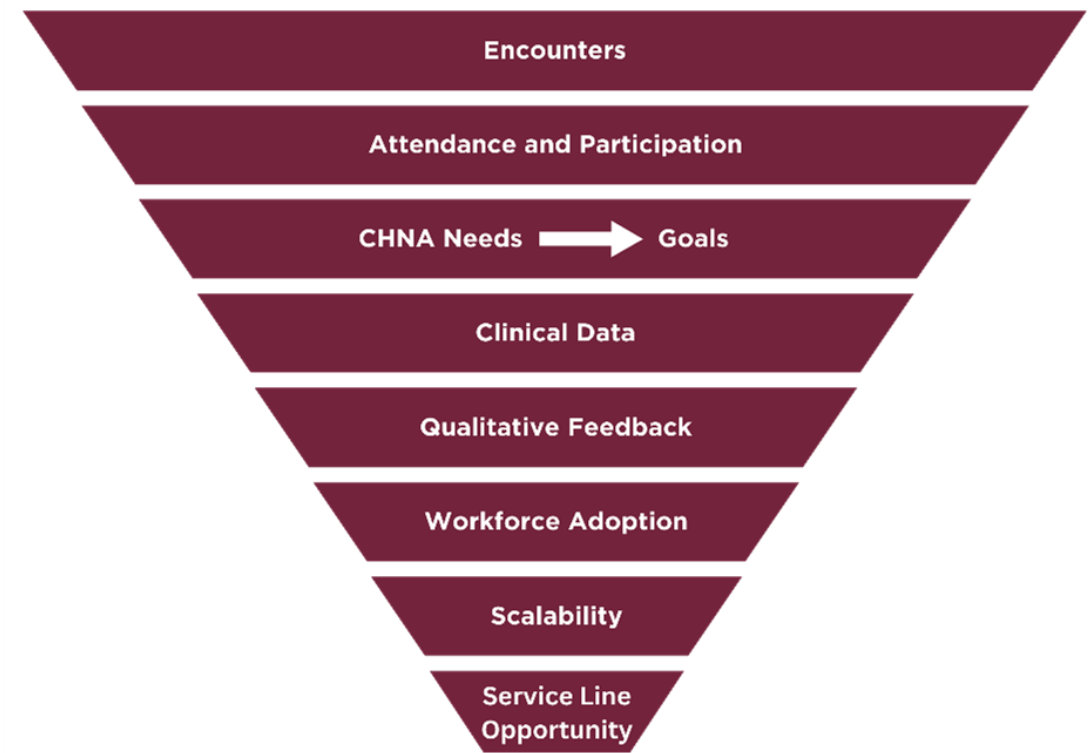
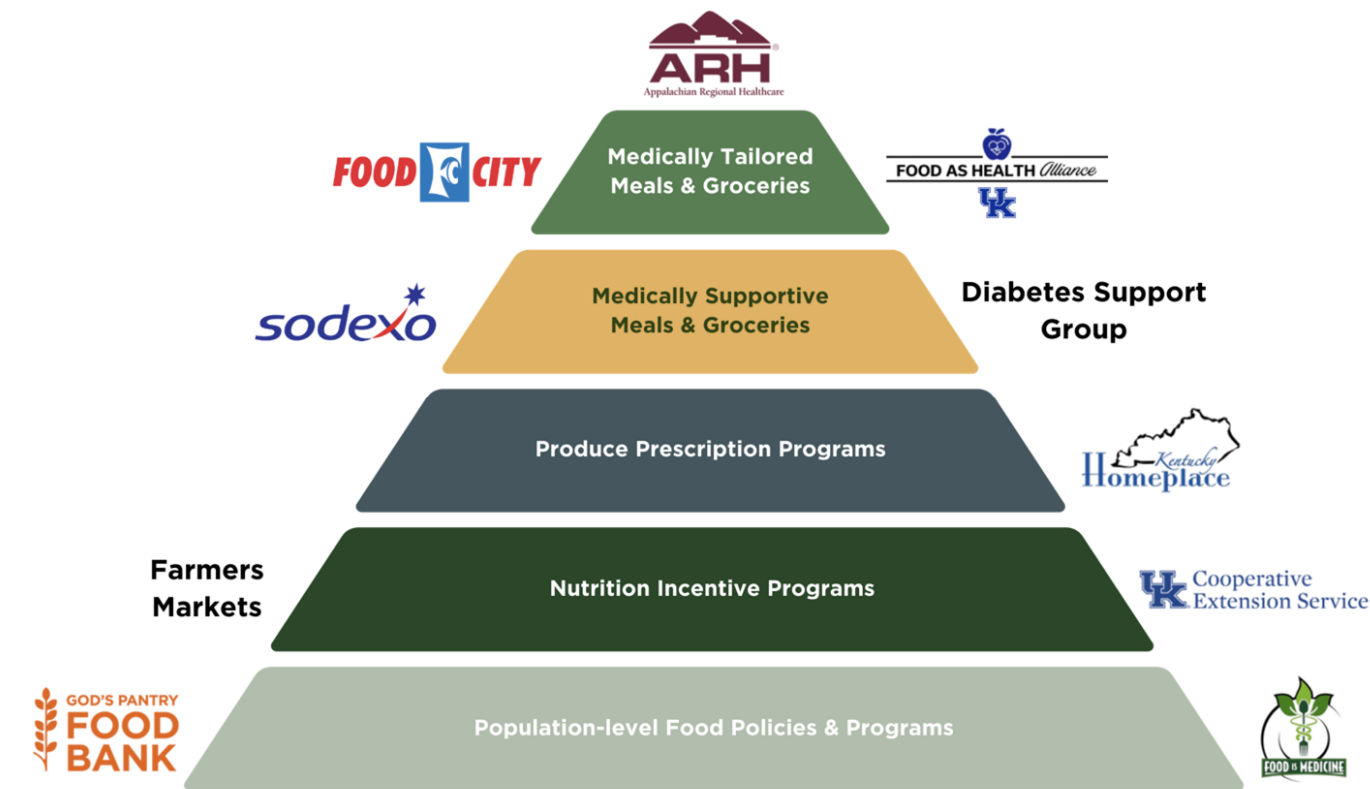
- 136 employees enrolled: Pelago Nicotine Cessation Program: **50% quit rate**
- 40 employees enrolled: We Care Smoking Cessation Program: **23% quit rate**

Addressing Health Related Social Needs Outcomes through Community Development

ARH Mission:

To improve health and promote well-being of all people in Central Appalachia in partnership with our communities.

Food is Medicine Continuum & Measuring Outcomes



Impact Statistics: Population Health

- **96,387 people encountered** tracked through Community Benefit in FY 25
- **\$5,311,121 Total System Community Benefit**
- 3,816 community-based clinical screenings
+1,200 from FY24
- 134 Events with Free Screenings
- 61 Support Groups (Diabetes and Stroke) +30
from FY 24
- 31 cooking classes in 8 counties
+8 from FY 24
- 1,360 emergency food boxes
-161 from FY 24
- 33 farmers markets events: co-located at ARH or in partnership +5 from FY 24



Clinical Opportunities for Health Improvement



Paintsville ARH Community Chief Nursing Officer Crystal McGaffee speaking in Washington DC addresses Wound Care as an intervention point for sustained health improvement.

Points of Contact



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