Rural Health Services, Inc.
Women's Health Initiative 2025-2026
Aiken County, SC

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Chief of Nursing and Risk Officer

South Carolina FOUNDATION

An independent licensee of the Blue Cross Blue Shield Association.

diabetes free SC

WHI Team: Jemetta Harvey, NP. Peighton Bolt, PA-C and Sheila Shaw, CHW

Service Location: Margaret J. Weston 4645 Augusta Rd. Beech Island, SC

Purpose: RHS Inc.'s WHI team will work in conjunction with the Primary Care Team and Behavioral Health Department to reach patients who need additional support with reaching Diabetes Management Goals.

Goals:

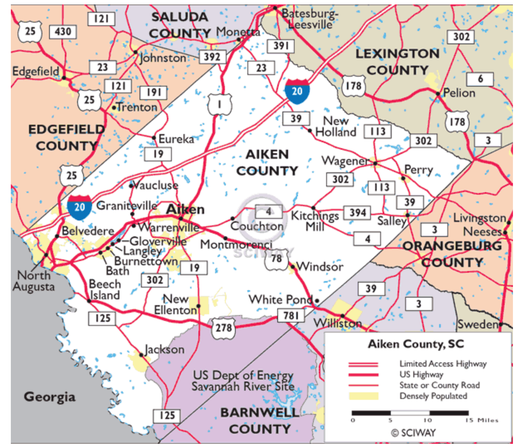
- Improve the BMI of participants diagnosed with prediabetes via education support services targeting lifestyle modifications.
- Decrease A1C levels in women with prediabetes by enhancing treatment plans and improving collaborative care within the organization.
- Improve Diabetes related risk factors and comorbidities like Hypertension and Hyperlipidemia with the promotion of medication adherence, enhanced education efforts, and communication improvements with the assistance of community health workers.
- Longterm, RHS will continue to provide resources, education, medication management, dietary support services, and lifestyle management guidance to support lifelong health practices.

Established in 1971, Rural Health Services, Inc. (RHS) has provided an array of primary and preventive healthcare services to the population of Aiken County and surrounding areas. RHS is a private, non-profit, Federally Qualified Health Center (FQHC) that offers culturally-competent, comprehensive primary, preventive, and supplemental healthcare services to all people, regardless of ability to pay, through its main facility in Aiken and satellite facilities in Clearwater and South Aiken.

RHS Program Summary (344 enrollees)	
Type 1 DM	0%
Type 2 DM	61%
Pre- DM	39%
Black	55%
White	20%
Hispanic	24%
Medicaid	26%
Medicare	14%
Uninsured	28%

RHS Program Data Completion Rates at 12 months (344 enrollees)	
T1 DM/T2 DM A1c (%)	66%
Pre-DM A1c (%)	52%
Lipid-LDL, HDL, cholesterol, triglyceride	56%
TSH	56%
Vit D	56%

2025: Assessing barriers and shortfalls of previous years (patient transportation, provider availability, changes in clinical team)
-Additional bus route lines added near clinical site.
-Clinical policy on strategic scheduling to better optimize patient appointments, address no show rate, and scheduling availability.



RHS Outcomes:
-Training all new providers on the WHI program and the benefits for the patients. This has increased referrals into the program.
-To date, RHS has served over 344 patients within the WHI program with a greater than 50% success rate of patient completion.
-Successful reductions in A1c %, blood pressure, and weight noted.
-Increase in referrals to specialty departments within the organization such as Optometry and Podiatry.
-Improved medication management and compliance.
-Enhanced communication and collaboration between the multidisciplinary team.
-Improved patient engagement and interest in their health outcomes.

ACKNOWLEDGEMENTS

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