



Tennessee Public Health Association Newsletter

www.TNpublichealth.org

“One Health, One Environment, One World”

2012 TPHA Conference Workshops

Submitted by: David Brumley, Program Committee Chair

Be sure to have a coin in your pocket while attending this year's TPHA continuing education conference in September. Based on the outstanding diversity of topics and speakers, it may come down to flipping a coin to decide which workshops to attend on Thursday and Friday. One thing is certain; you won't make a bad choice.

The Tennessee Public Health Association is well known across the nation for planning and sponsoring annual conferences which offer exceptional opportunities for continuing education. Once again, the program committee searched across the US to invite experts in numerous fields to speak at our statewide conference. This September, professionals from California, Florida, Georgia, Minnesota, Missouri, New Mexico, Ohio, Pennsylvania, Tennessee, and Washington, DC, will travel to Franklin to share their knowledge, opinions, and experience with us.

In addition to the five plenary session speakers featured in the previous issue of the TPHA Newsletter (February 2012), conference attendees will have numerous opportunities to earn continuing education credit at the concurrent sessions. This year's conference has 20 workshops in five different time slots on Thursday and Friday. Workshop topics include: One Health; Tennessee Fusion Center; 45th Civil Support Team – Weapons of Mass Destruction; Blood:Water Mission; Baldrige WORKshops; Mercy Hospital – Joplin, Missouri;

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President's Message

**Marian Levy,
Dr. P.H., RD**

In *Alice in Wonderland*, Alice reaches a fork in the road and asks the Cheshire Cat for directions.

"Would you tell me, please, which way I ought to go from here?"

"That depends a good deal on where you want to get to," said the Cat.

"I don't much care where--" said Alice.

"Then it doesn't matter which way you go," said the Cat.

Lewis Carroll's words underscore the importance of direction and action. At each of TPHA's highly successful regional meetings, Tennessee's Deputy Commissioner of Health, Bruce Behringer, and Katie Rawls, President and CEO of the Tennessee Center for Performance Excellence, shared the Department of Health's process for strategic planning. And the conversation will continue at our annual meeting in September, where our members will provide input to TDH's priorities for action.

Direction and action are evident throughout the state! We were pleased to recognize TPHA's 2012 Visionary Award winners at our regional meetings. Blount BENEfits (East Tennessee), Sheila Bates (Middle Tennessee), and Tony Geraci (West Tennessee) will be Nation's Health, APHA's official newspaper.

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And TPHA's actions were visible nationally to benefit students, as we became the 11th state affiliate of the American Public Health Association to provide membership reciprocity to students who relocate to our state as a result of graduation, job acquisition, or other circumstances.

In each county of our state, our members are working to protect, promote, and improve the health of people in Tennessee. I join your TPHA Board and Executive Director Doris Spain in thanking you for your vision, direction, and dedicated action.

Please plan to attend TPHA's annual conference in Cool Springs on September 12-14. This will be the most important public health event in our state, and you will be amazed at the breadth and quality of speakers David Brumley has lined up. Cathy Cowart's Fun and Fitness activities promise to deliver both (fun and fitness!) We will welcome Governor Haslam (invited), TDH Commissioner Dreyzehner, and APHA President Mel Shipp.

We hope to welcome you there, too!

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Public health education in Tennessee; Pharmacology update for public health practitioners; Built environment; Food safety & foodborne illnesses; Oral health; Wildlife diseases; Suicide prevention; Public health financing; National Prevention Strategy; and, Healthy Parks Healthy People. Please visit TPHA's website (www.tnpublichealth.org) frequently for up-to-date information about the conference agenda.

Be sure to mark September 12-14 on your calendars and start making plans to attend and enjoy all the offerings of the 2012 TPHA continuing education conference at the Cool Springs Marriott Conference Center in Franklin. While at the conference, take a minute to thank the speakers for taking time out of their schedules to join us. And when you see a member of the program committee, tell them "Job well done!"

And remember, each time you flip your coin to make a decision at the TPHA conference, whether the result is heads or tails – you're a winner!

Tennessee's Weapons of Mass Destruction 45th Civil Support Team

On Thursday, Sept. 13, TPHA annual conference attendees will have an opportunity to view two highly equipped vehicles used by Tennessee's 45th WMD Civil Support Team (WMD-CST). The team will bring a suite of equipment that is unparalleled to even the most sophisticated hazardous

materials team in the nation. The specialized vehicles will be on display in the north parking area at the Cool Springs Marriott Conference Center. Conference attendees can tour the Analytical Laboratory System (ALS) and the Advanced Echelon (ADVON).

The ALS is a mobile analytical vehicle capable of rapid, unconfirmed assessment of chemical, biological, and radiological agents in a field environment. It can provide spectra and microscopic photographs that can be emailed securely to subject matter experts for further analysis. The UCS is a mobile, integrated, and automated command and control vehicle. It provides positive communications between the unit and its command structure, technical references, and informational databases. The WMD-CST deploys to incident locations by the most expeditious means possible and is equipped to transport its specialized vehicles by ground, helicopter, and fixed wing air platforms.

The mission of a WMD-CST is to respond to support civil authorities at a domestic chemical, biological, radiological/nuclear, or explosive (CBRNE) incident by identifying CBRNE agents/substances, assessing current and projected consequences, advising on response and mitigation measures, and assisting with appropriate requests for additional state/federal support. Tennessee's WMD-CST is comprised of 22 full-time Army National Guardsmen who are trained in a variety of mission essential tasks and consists of seven specific sections comprised of specialists in each of the primary functional areas: command, operations, communications, decontamination/logistics, medical, science, and survey.

Tennessee's 45th Civil Support Team is an asset that is available to any jurisdiction to determine the nature of the attack, provide medical and technical advice, identify the type and source of contamination, and to be an initial link to the federal government in time of a WMD attack.



Analytical
Laboratory System

ALS



Advanced
Echelon

ADVON

REPORT FROM THE PUBLIC HEALTH WEEK COMMITTEE

Submitted by: Shannon Railling, Public Health Week Committee Chair

TPHA Visionary Award

The Tennessee Public Health Association's Visionary Award was created in 2011 as part of TPHA's celebration of National Public Health Week. The award is presented to a recipient in each of Tennessee's three grand divisions and recognizes unsung public health visionaries who make a difference in their community's health. Each year the Visionary Award focuses on APHA's National Public Health Week Theme.

The 2012 TPHA Visionary Award recipients are:

East Tennessee- *Blount BENEfITs* addresses childhood obesity in Blount County, Tennessee. The 30- member collaboration includes Blount Memorial Hospital, Blount County Health Department, Coordinated School Health Coordinators of Alcoa, Blount County and Maryville School Systems, Blount Chamber Partnership, Parks and Recreation, local businesses and local government. Blount BENEfITs aims to decrease the incidence of obesity-related chronic diseases through empowering and involving youth to make healthy lifestyle choices; educating the community about health risks; serving as a resource by coordinating like-minded businesses, schools, churches, agencies, and organizations that promote wellness and monitor positive health outcomes; and recognizing community best practices.



Middle Tennessee- Ms. *Sheila Bates* (shown 4th from right in photo) created an extraordinary program reaching thousands of Tennessee women with health education messages in a memorable, entertaining way. Sheila is truly a visionary with her "Cancer Queens" program. When the program was developed, Tennessee ranked third in cancer mortality. Knowing that the "same old same old" wasn't working, she developed a program to capture the participants' attention and actively engage them in health messages. Combining education and entertainment, the Cancer Queens "edutainment" program encourages participants to treat themselves like queens and take charge of their health. Participants hear messages about increasing physical activity through "10,000 Steps" a day (sang to the tune of "These Boots Are Made for Walking"), to eat more fruits and veggies (sang to "Boot Scootin' Boogie), to get their Pap smears (sang to "Locomotion"), to get help if they smoke (sang to "Stop, In the Name of Love"), and to get mammograms via a skit based on The Wizard of Oz. Physical, mental, and emotional well-being are enhanced when individuals take charge of their health, obtain health screenings, make healthy lifestyle changes, and have regular dialogue with their healthcare providers. Ms. Bates' Cancer Queens program encourages these in a fun, entertaining way.



West Tennessee- *Tony Geraci* – Executive Director of Memphis City Schools (MCS) Nutrition Program, Tony Geraci revamped MCS' School Lunch Program to provide healthier, locally-grown produce. He was the catalyst for the first farm-to-school grower-buyer meeting in Tennessee, sponsored by the Tennessee School Nutrition Program and MCS. A champion for healthy school food service, he is the subject of "Cafeteria Man", a film endorsed by First Lady Michelle Obama. Mr. Geraci set aside \$10 million of his \$72 million annual budget to purchase food from local produce growers in West Tennessee. His crusade for fresh, healthy produce in schools impacts the health of 110,000 MCS students at risk for obesity, diabetes, and other chronic diseases. A true public health advocate, he makes a tremendous impact on the health of the students he serves.



ACCEPTING SCHOLARSHIP APPLICATIONS!!!

Submitted by: Paula Masters and Chris Taylor, Co-Chairs, Scholarship Committee

If you have at least 3 years public health experience, have been a member of TPHA for a minimum of one year and are enrolled in an educational program; then you should apply for a TPHA scholarship!

Who wouldn't like a little financial assistance with education endeavors? The Tennessee Public Health Association raised over \$5,000 last year to help provide scholarships to its members. If you are interested in applying, you may download an application from the TPHA website www.tnpublichealth.org.

Scholarships shall be awarded to advance individual knowledge and competence in Public Health. Awards for Public Health training shall be limited to programs which award college credit, continuing education units (CEU's), or certification through a nationally recognized accrediting body or educational institution.

For applications, visit <http://www.tnpublichealth.org/index.php?id=15>

The deadline to submit an application is June 29th!! If you have any questions, please contact Paula Masters mastersp@etsu.edu or Chris Taylor chris.taylor@nashville.gov, Scholarship Committee Co-Chairs.

AWARD NOMINATIONS SOUGHT

Submitted by: Ami Mitchell, Awards Committee Chair

Please put your thinking cap on and recognize your hard working, deserving co-workers! Each year at the annual conference we celebrate and honor recipients of the following awards:

R. H. Hutcheson, Sr., MD Award

Alex B. Shipley, MD Award

Public Health Worker of the Year Award

Public Health Group/Unit/Department Award

PAL (Partners and Leadership) Award

The awards committee will be having conference calls and making plans to encourage each region/metro/central office to submit nominations for all of the above awards. Please be thinking of staff in your region to nominate. Please visit the TPHA website, www.tnpublichealth.org for further info regarding each award and the required forms.

The deadline for submitting nominations is **July 13, 2012**. If you have any questions, please e-mail Ami.Mitchell@tn.gov.

CALL FOR ABSTRACTS

Submitted by: Tyler Zerwekh, Poster Session Committee Chair

The TPHA conference planning committee invites submission of abstracts for poster presentation. We encourage abstracts in all areas of public health from all public health disciplines, including colleges and universities. Abstracts on all topics related to public health in Tennessee are welcome. You do need to be a TPHA member to submit an abstract. If your poster is accepted for display at the conference, you may be asked to present at one of the workshops this year. You will need to register for the conference and plan to attend.

Abstracts must be typed and submitted in electronic format (Microsoft Word). Use 12-point font, double-spacing, and 250 words or less. The word count excludes the title, authors, affiliations, and contact information. These documents can be found here: <http://www.tnpublichealth.org/index.php?id=65>.

Please email Committee Chair Dr. Tyler Zerwekh at tyler.zerwekh@shelbycountyttn.gov with any questions that you may have. Deadline for submission is **June 30, 2012**. Authors whose abstracts are accepted for poster session must register for the conference. Presenters are responsible for their expenses, including conference registration, travel and hotel costs. The TPHA poster committee will review all abstract submissions and acceptance letters will be sent to first authors by July 30, 2012. Questions regarding paper/poster submission can be directed to: Dr. Tyler Zerwekh at 901-544-7734 or e-mail at Tyler.Zerwekh@shelbycountyttn.gov.

GRAND DIVISION MEETINGS

"Leading the Way with One Vision"

2012 Middle Tennessee TPHA Grand Division Meeting

Submitted by: Janet McAlister, Vice-President

The Williamson County Agricultural Expo Center in Franklin hosted the annual TPHA Middle-TN Grand Division Meeting, "Leading the Way with One Vision," on April 20, 2012. Following opening remarks by Janet McAlister, Middle TN Vice President and Marian Levy, TPHA President, over one hundred leaders in public health had the opportunity to actively participate in sessions.

Beginning with the first presenter, participants were introduced to the Baldrige Criteria for Performance Excellence Framework by Katie Rawls, the President and CEO of the Tennessee Center for Performance Excellence. Ms. Rawls led participants through a variety of interactive exercises as she described the steps involved in the assessment process to build a 'state of excellence.'

Through the utilization of Baldrige as a framework for pursuing excellence, Bruce Behringer, Deputy Commissioner for Continuous Improvement and Training for the TDH, provided guidance for members of TPHA as to how they can assist the TDH in improving visibility of its mission. Additional workshops will be offered at the TPHA annual meeting in September.

With methamphetamine manufacturing and use on the rise in Middle Tennessee, Agent Kyle Darnell with the 19th Judicial Drug Task Force, provided an overview of how communities are directly affected. Through the use of videos, Agent Darnell described the effects associated with use and the dangers of manufacturing the drug.

Director of Metro-Nashville Health Department, Dr. Bill Paul, described NashVitality as the spirit of the city that provides opportunities for its citizens to lead healthier lives. Because quality of life is largely determined by where we live, work, learn, worship and play, NashVitality is celebrating the spirit creating healthy, active and green communities in Nashville.

Cancer Queen, Sheila Bates, was awarded the Visionary Award for 2012. The Cancer Queens program benefits individuals and communities. It has afforded Vanderbilt Hospital and other partners the opportunity to work in and with communities. The program has proven to be an excellent way of reaching rural communities who do not have resources. Congratulations Sheila and all of the Cancer Queens!

LIFEPATH Program Director, Paula Masters, and Sean Hoyle, Program Coordinator, were available to discuss learning and training opportunities. TPHA appreciates the many opportunities that LIFEPATH provides for the Tennessee public health workforce.

"Reaching 1: Health, World, Environment"

2012 East Tennessee TPHA Grand Division Meeting

Submitted by: Paula Campbell, Vice-President

TPHA's East Tennessee Grand Division meeting was held on Friday, May 4th at the Knoxville Expo Center, with 110 people in attendance. Students from East Tennessee State University and the University of Tennessee, Knoxville provided the poster session for the meeting. Rachel Ward, a 1st year PhD student at ETSU, won the poster contest with a poster titled "The Association Between Chronic Disease and Physical Disability Among Female Medicaid Beneficiaries 18-64 Years of Age".

Katie Rawls with the Tennessee Center for Performance Excellence made a presentation on the Baldrige Process and the associated components. Heather Mullins, Epidemiologist with the Sullivan County Health Department was in attendance and was able to describe how the Sullivan County Health Department went through the Process over the past several years and how it has impacted the work at the health department.

Commissioner Dryzehner made a cameo appearance at lunch and provided background on former Secretary of Commerce Malcolm Baldrige, and his influence on the process that bears his name. The Commissioner also spoke about the direction of the department.

The Visionary Award was given to Blount BEnEFITS, an action team of the Blount County Community Health Initiative. Blount BEnEFITS encourages and awards local schools and businesses who take steps within their

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organizations to promote, contribute to, and enhance the quality of life through healthy lifestyle opportunities.

Stephanie Welch, Director of Community Development and Planning at the Knox County Health Department, along with Grant Rosenberg, Director of Community Development with Knox County Government presented on "Place Matters". The presentation dealt with the importance of the built environment on the health of individuals and communities.

Cindy Beresh-Bryant closed out the day with her presentation, "From Wedding Rings to Nose Rings" which dealt with the interactions, motivations, and communication styles of the different generations found in the work place and presenting for services at the health department.

"Improving Health, Environment, and World: Starting with West Tennessee"

West Tennessee Grand Division Meeting

Submitted by: Dr. Judy Martin, Vice President

The West Tennessee Grand Division Spring Meeting was held in Shelby County on April 13, 2012 at the Southwest Tennessee Community College East campus. In kick-off messages by TPHA President Dr. Marian Levy and Vice-President Dr. Judy Martin 106 registered attendees were welcomed representing 17 West TN counties, 6 public health disciplines, and many other non-specific public health employees working to improve health in West TN.

Morning presenters Katie Rawls (Tennessee Center for Performance Improvement) and Deputy Commissioner Bruce Behringer (Tennessee Department of Health) set the tone for the day by providing an immersion in the Tennessee Department of Health's philosophy of performance improvement using the Baldrige Framework to address the theme "Improving Health, Environment, and World: Starting with West Tennessee". During the afternoon sessions Dr. Kelly Moore raised participant awareness about factors influencing deficiencies in West Tennessee immunization rates and then facilitated group activities focused on developing problem-specific performance improvement plans. The final educational presentation prepared by Mr. Anthony Geraci but presented by Registered Dietitians Liz Purnell and Kim Stewart, addressed the highly effective strategies used in improving the nutritive value of school-provided meals to enhance the physical health and educational capacity of children enrolled in the Memphis City School System. For the significance of his vision in redesigning the Nutritional Services Division of Memphis City Schools, Mr. Geraci was awarded the "TPHA Visionary Award" on behalf of the West Tennessee Grand Division.

In accordance with recommendations from the TPHA 2012 Program Planning Committee, each break of the day included facilitated exercise activities and tips on how to build physical activity into one's workday. Participants and exhibitors of all ages had a great time taking advantage of opportunities to focus on improving physical activity. These activities kicked-off the county-wide focus on encouraging physical activity of employees and our families as such as on April 14 joining the Let's CHANGE coalition and the YMCA in the *Walking in Memphis* campaign and the month-long campaign by the National Association of Health & Fitness and ACTIVE Life. Focused on health improvement, we also opted to provide nutritious snacks for all breaks including the "Go Snack" provided at the end of the day for the long drive home.

To fund several expenses of the meeting that would have required an increase in registration fees or exceeded the allotted meeting budget, we garnered support from "exhibitors" who are community vendors who partner with us in efforts to improve public health in West TN. These exhibitors include LIFEPATH, University of Memphis' Graduate Program of Public Health, CHOICES, Church Health Center, Memphis Health Center, Volunteer State Health Plan, and Tennessee Cancer Coalition. Examples of some of the little extras we provided to attendees funded include unlimited nutritious snacks and coffee throughout the day, TPHA-personalized luggage tags, and TPHA conference tags. In recognition for their financial sponsorship of the West TN Grand Division Meeting certificates and letters of acknowledgement were presented to all exhibitors.

As the day ended, participants departed feeling inspired and rejuvenated as they had learned, laughed, exercised, renewed friendships, made new friends, and appreciated all that the day had held for us. We express our utmost appreciation to the TPHA membership who traveled from all over West TN to Shelby County to take part in this meeting. Additionally, we thank the speakers for their time, talent, and willingness to contribute to West TN public health improvement efforts. Finally, we express many thanks to the planning committee for a great job. We now excitedly look forward the TPHA Annual Meeting in September. We hope to see you there!!!

REGIONAL REPORTS

SHELBY REGION

Submitted by: Heather Reynolds, Public Health Coordinator - Risk Communication

Shelby County Health Department Holds Annual Rabies Vaccination Drive

On Saturdays, April 21st and April 28th, the Shelby County Health Department's Vector Control Program hosted their annual Rabies Vaccination Drive. This year, two clinics were set up; one at the main branch of the Memphis Public Library and the other at the Shelby County Government's East Complex. Overall, the Vector Control Program, along with volunteers from the Humane Society, administered more than 400 discounted rabies vaccinations.

"The Rabies Vaccination Drive is a cost-effective opportunity for people to get their pets safely vaccinated while assisting in preventing the potential burden of human and animal diseases like rabies," said Dr. Tyler Zerwekh, Administrator of Environmental Services at the Shelby County Health Department. "We are excited that such a large number of citizens recognized the importance of timely vaccination and took advantage of this great opportunity."

If you have any questions regarding the annual Rabies Vaccination Drive, please contact the Vector Control Program at (901) 324-5547.

Shelby County Health Department Issues Ozone Advisories to Protect Citizens with Asthma

As we approach the summer months, the Shelby County Health Department (SCHD) reminds citizens high ozone levels have a significant impact on citizens with asthma and other respiratory illnesses. The SCHD Pollution Control Section monitors ozone levels daily to determine if a Code Orange, Red or Purple advisory should be issued for the following day. Typically, the Memphis Metropolitan Area maintains a Green or Yellow ozone level; however, during the long and hot summers, the region occasionally experiences high ozone levels that can trigger ozone advisories.

The Pollution Control and Public Health Emergency Preparedness Programs (PHEPP) work together to notify the public through various media outlets, including television, print and social media, as soon as advisories are issued. Code Orange, the most frequent of the advisories, directly affects sensitive groups such as those with asthma or other respiratory illnesses, young children with developing lungs, elderly and active adults who spend extended time outdoors. Codes Red and Purple, while highly rare, will affect all citizens, with sensitive groups suffering the effects more quickly and to a greater degree.

Ozone levels become unsafe when emissions from vehicles, industry, power plants, lawnmowers and other sources combine with sunlight. This usually occurs in the warmer months while winds are light with little or no cloud cover. While industry and power plants control pollution through Health Department and EPA regulations, there are many steps citizens can take to help reduce air pollution. "The Health Department strongly encourages citizens of the Mid-South to follow the "COOL 5" - five easy ways to immediately reduce components of ozone," says Mike Goldstein, Meteorologist for the Health Department. "It is equally important for citizens to continue to stay informed of the current and forecasted ozone levels so they may protect themselves should they be in a sensitive group."

The "Cool 5" are as follows:

1. *Share the Ride* - Carpool or use public transportation (MATA) to reduce the number of vehicles on the road.
2. *Link the Trips* - Combining your errands at one time will not only save gas, but will reduce vehicle miles traveled and therefore, air pollution.
3. *Don't Idle Your Car* - You will save gas and reduce air pollution by turning engines off if idling for more than 30 seconds (not for use in traffic). Avoid using drive-through entrances.
4. *Mow When the Sun is Low* - Lawnmowers are among the dirtiest engines, as they don't have the same emissions restrictions as automobiles. By mowing your lawn after 7pm, you can reduce the ozone levels since ozone needs direct sunlight to form.
5. *Stop at the Click* - The vapors that are released into the air are components of ozone. By stopping at the click when your gas tank is full, it will not only reduce air pollution (vapors get forced out of the tank after the first click), but it will keep the vapor recovery system in the car in good working order.

In addition to television, radio and print media, air quality alerts are posted on interstate TDOT digital billboards and can be found online at www.airnow.gov. To receive alerts directly to your smart phone, you can follow PHEPP on Twitter @SCHDResponse.

WEST TENNESSEE REGION

Submitted by: Elna Blankenship, West TN Community Services Director

The Lauderdale County Living Well With Chronic Conditions 6 week workshop was a success! The last session wrapped up February 23rd with comments about how the workshop had positively impacted participants' activities of daily living. Improvement in physical appearance was readily observed with one participant in that he was able to shave and cut his hair. He stated he had been unable to shave because hands hurt all the time due to arthritis. Since his participation in the workshop, he has begun using stress balls to work out the pain. In addition to shaving and cutting his hair the participant stated he has begun to play his guitar after months of not playing because of arthritis pain and even felt well enough to "do a little work". Holding the workshop also had a possible effect on staff. One of the workshop organizers, Felicia-Gail Mitchell, RN Primary Care, provided a healthy parting gift. Felicia and her friend surprised workshop participants and staff with a healthy and tasty lunch of turkey and dressing with all the trimmings!

West Tennessee TENNder Care staff Cathy Turner, Bev Godfrey, Barbara Reedy, Lisa Moody and Debbie Lownsdale observed National Children's Dental Health Month throughout the region during the month of February. TENNder Care staff and WTRO Dental Program staff, Dr. Kenny Hill, DDS, and Registered Dental Hygienist Melony Sestyi, collaborated with TennDent, Coordinated School Health, UT Extension, teachers, Decatur County General Hospital and others to engage children about the importance of the development of good dental habits at an early age. The 2012 campaign reached 1,855 children and 264 adults through 39 events held at day care centers, pre – schools, head starts and elementary schools in 15 of the 19 counties in rural West TN. Activities included reading to children about dental care and the importance of regular visits to the dentist, the use of dental puppets to demonstrate the proper way to brush and in some areas, TennDent's mascot "Marshall the Molar" made appearances to interact with the children. Children received tooth brushes and coloring sheets to take home with them. Dr. Hill and Registered Dental Hygienists, Melony Sestyi, Stephanie Wagner and Cincy Cosby also partnered with Lanora Bryant, DDS from Jackson Madison County Health Department for project "SMILE" in observance of National Children's Dental Health Month. Over 290 school children in Lake, Carroll and Crockett counties received dental examinations and were provided education and preventive supplies. All children found to have dental needs were referred for dental treatment.

MID CUMBERLAND REGION

Submitted by: Annette Haley, Regional Director

How do you inspire the couch potato to go from being the cliché couch potato to participating in a 5-K? Now, how do you inspire an entire community to become more active?

In the Mid-Cumberland region, health council coordinators Marisa Hunter, Shirley Corker and their county health councils have found a way. It is called "crowd psychology." It is the idea that ordinary people can gain direct power by acting collectively. All humans possess a herd instinct and most of us are drawn to attend, view, or do what the crowd does. Whether it is a mass event, a trend, or a bigger movement, people often are inspired to go beyond their comfort zone when they participate in something larger. The advantage is a sense of belonging, shared experience, and the idea of tradition.

The local health councils have tapped into these benefits by creating community driven mass events centered on increasing physical activity. To date, five counties (Cheatham, Sumner, Trousdale, Williamson, and Wilson) have all organized their own annual community events to promote more physical activity in their communities.

The earliest example of this massive event started small with *Walk Across Williamson (WxW)*. In 2007, it began with only 50 participants. Organized as a county health council event, WxW served to engage the community in both an individual and collective opportunity for physical activity to improve community health and wellness. Over a six month period, those 50 participants logged more than 137,000 minutes of physical activity. In 2012, WxW has grown to more than 3,000 participants representing all ages that log more than 6 million minutes of physical activity over the course of 9 weeks during the annual event. WxW celebrates each year with a final event in which more than 300 residents gather for a community walk, take pictures, participate in games and prizes, and learn about local opportunities to improve their health.



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The success of *Walk Across Williamson* inspired neighboring communities, Sumner and Wilson Counties, to create community driven events.



The Sumner County Health Council (shown in photo at left) organized their own event, *Walk Across Sumner*, held annually during October with mass walks held each week. More than 1,200 residents participate annually with the closeout community mile-walk event. Local celebrities, executives, leaders and businesses participate.

Likewise, the Wilson County Health Council adopted *Move Across Wilson*, and in March 2012 garnered more than 1,500 residents (including 400 children) to participate in three community events, culminating into the final event *Go Johnny Go 5K Walk/Run*. This effort includes a 10 week program involving cardio classes,

health screening, live demonstrations, and prizes.

Even smaller, rural counties such as Cheatham County (shown in photo at right) and Trousdale County have created their own events – *Up, Down and Around Cheatham*, the *Cheatham May 5K*, and the *Hartsville Heart of Tennessee 5K* which each has attracted more than 100 participants each year.

Physical activity is essential to overall health and can help control weight, reduce the risk of heart disease and some cancers, strengthen bones and muscles, and improve mental health.



SOUTHEAST REGION

Darryl Adams from Southeast Region
Speaks at the National Health Service Corps Loan Repayor Conference



The National Health Service Corps provides scholarship assistance and loan repayment to primary care providers who commit to working in a Health Professional Shortage Area. One recipient of this program in the Southeast Region is Darryl Adams, Advanced Practice Nurse at the Grundy County Health Department. The Health Service Corps received an excellent return on their investment in Darryl when she initiated the *Mountain Tops and Bottoms* program in Grundy County and then went to Washington, D.C. to spread the word about the program at their National Health Service Corps Loan Repayor Conference.

Mountain Tops and Bottoms is a program to educate women about breast self exam and how under-insured or uninsured women can receive a mammogram or Pap smear. Darryl got the idea for the program when a patient came to the Grundy County Health Department seeking help for the first time with an advanced case of breast cancer. The patient had no medical insurance and very little money, which is why she had not sought medical care earlier. Darryl and the rest of the Grundy staff decided it was time to do something to raise awareness among under-insured or uninsured women in their county about the Breast and Cervical Cancer program which led to *Mountain Tops and Bottoms*. To make the program fun, as well as educational, the staff obtains door prizes from businesses in the community and provides refreshments.

The National Health Service Corps was very impressed with the program and invited Darryl to speak to a group of about 400 participants at their Loan Repayor Conference. Darryl was part of the closing plenary session where conference participants were encouraged to create outreach programs and educational offerings for communities and patients. She explained how *Mountain Tops and Bottoms* was developed and how the health department staff put their own time and money into the program. The Southeast Region is fortunate that the National Health Service Corps invested in Darryl.

SOUTH CENTRAL REGION

Submitted by: Janet McAlister, Assistant Regional Director

Spearheaded by an idea from Debbie Broadway, County Director and led by LeeAnne Kelley and Matt Herring from the IT Section, several paper logs were converted to Excel documents that were designed to reduce some of the common errors found in the QI audits. Other staff including Judy Hogan, Clerical Consultant; Jeff Hughes, Accountant; Pam Browning, Nursing Director; Connie Ingram, WIC Director; Nancy Rice, Breastfeeding Coordinator; Janice Bottoms, Quality Improvement Director; and local health department staff played a vital role in assisting with the development and implementation of the project.

The Control Log allows the user to record information on the electronic form instead of paper. The form will automatically calculate the expiration dates of the controls based on the information entered in the header thus eliminating the error of using expired controls. The form automatically fills in the expected dates of the readings and blocks weekends to insure values will not be entered on these lines. Values are recorded on the form and if they are not within the ranges specified in the header, the field will highlight requiring more testing of the hemocue machine. This should eliminate the error of the values out of the range which was also a common QI finding. This form is stored on the network, not on the individual computer which allows the form to be reviewed by the supervisor.

Other beneficial electronic logs that have been implemented are the WIC Formula Log and the Breastfeeding Supply Log. The electronic WIC Formula Log mimics the paper log and must be used when formula is received into clinic from a participant, when the formula has been purchased with a WIC FI and when these same formulas are issued to a participant. This log can be viewed by regional office staff allowing monitoring stock and expiration dates. Edits are in place so that required information is captured and mathematical calculations are done automatically eliminating many errors. Current paper breastfeeding supply logs have also been adapted electronically and offer the same benefits of regional access, edits and fewer mathematical errors. Other forms being utilized are the Check, Birth and Death Certificate Logs with several other forms under construction.

NORTHEAST TENNESSEE REGION

G.R.O.W. Project

Submitted by Lisa Chapman, Health Educator, Greene County Health Department

The Greene County Health Educator partnered with the Boys and Girls Club of Greeneville & Greene County and the University of Tennessee Extension Office to continue efforts on a garden and green house project made available with funding through a HEAL Appalachia grant. The health educator submitted a grant proposal during the first quarter of 2011 for funding which was received by the Boys and Girls Club in April of 2011.

The first phase of the G.R.O.W. Project was the development of a garden on site at the Boys and Girls Club. The garden was developed, planted, and maintained by youth at the club along with staff and Master Gardeners from the University of Tennessee Extension Office. The youth learned valuable skills for growing vegetables and were able to harvest and use the fresh produce during the summer of 2011 for healthy snacks and other recipes.

Families of the youth were invited to participate with the project and encouraged to learn along side the youth in an effort to value the growing of and using fresh vegetables for the achievement of good health. The health educator and members of the Master Gardeners provided educational instruction to the youth on how to successfully manage and utilize the vegetables for nutritional consumption. The youth also learned about various nutrients found in fresh vegetables and were taught various methods for preparing the vegetables.

During the fall season of 2011, the youth were able to plan and construct a portable green house which was used to grow various herbs and select plants throughout the winter season. The youth were provided the necessary tools in which to maintain the plant growth and then taught different ways to incorporate the fresh herbs into everyday recipes. Along with the nutritional component of the project, the youth and their families were provided the opportunity to participate in physical fitness activities which included garden maintenance. Approximately 110 youth between the ages of six and twelve were taught skills through the G.R.O.W. Project that can be used throughout a lifetime. This grant ended March 30, 2012.

Because of the excitement and eagerness shown by the youth to develop another garden and green house, the health educator wrote a continuation grant through HEAL Appalachia which was awarded on to the Boys and Girls Club on April 12, 2012.

JACKSON/MADISON REGION

P³ (Pertussis Prevention Project)

January-March 2012

Submitted by: Shanna Shearon, MPH, Regional Epidemiologist

The roots of public health are spreading in Madison County thanks to the teamwork of the Epidemiology, Emergency Response and Nursing departments of the Jackson Madison County Regional Health Department. Over 120 potential adult carriers of Pertussis are now vaccinated and innumerable infants in Madison County are protected from catching this potentially deadly disease from their caretakers.

After investigating a case of Pertussis with a 2 month old infant last fall who most likely contracted the disease from the caretaker, the Epidemiology department identified a gap in vaccination coverage of the daycare sector of Madison County. Out of 41 daycares in Madison County, only 7% kept vaccination records on their workers and only 2 daycares had knowledge of employees being recently vaccinated with Tdap.

Over the course of 3 months, the Pertussis Prevention Project was developed, implemented and received in Madison County. Informational materials were developed and distributed to all daycares, alerting and informing them to the dangers of Pertussis, especially to infants, and the importance of vaccination especially for caretakers of infants. Thanks to our Mobile Clinic Unit, we were able to bring the vaccine to each daycare and vaccinate on site. We also offered the Influenza vaccine to anyone who received the Tdap.

In total, our project vaccinated 120 adults, daycare workers, parents, and grandparents with Tdap and Influenza vaccine at 12 locations across Madison County. We are so thankful for the community daycares that took advantage of this vaccination clinic and that we were able to spread the protection of vaccinations across this vulnerable population.

Mobile Hospital Deployment

March 29-April 1, 2012

for

The 150th Battle of Shiloh Reenactment

As the fog rolled across the field on Joe Dillon Road in McNairy County, TN, early Friday morning March 30, hundreds of reenactors dressed in authentic Confederate and Union apparel were poised for battle. Some on horseback, some in wagons, and many on foot, these individuals were reminiscent of a time long ago that set the course for our great country. Thanks to the Battle of Shiloh Association, the Blue-Gray Alliance and the Armies of Tennessee, we were blessed to witness an event only known to most of us from the pages of our history books. With over 50,000 paid participants, 9,000 reenactors and 41,000 spectators, history was made yet again at Shiloh.

The Jackson Madison County Regional Health Department (JMCRHD) was humbled and honored to help serve the reenactors, staff, and spectators for this historic event. The missions of our deployment were to alleviate the surge on our surrounding hospitals and EMS organizations while simultaneously testing our fully deployed Mobile Hospital Unit and integrating the Homeland Security CBRNE teams into our event. All were done successfully.

Hurdles overcome during deployment were not in short supply. The day designated for set up turned into triaging and rescuing reenactors in the fields, then treating 28 in our hospital with symptoms of dehydration, respiratory complaints and wound care issues. The thunderstorms on day two brought 43 patients to us, as well as bringing a myriad of other issues such as splinting, suture closures and spinal injuries from the unstable, muddy grounds. Day 3 was our largest hurdle during the deployment, seeing over 108 patients within a period of 4 hours due to dehydration and heat related injuries. The last day of deployment brought 39 patients and a tired but resilient end to our mission.

In total, our hospital treated 218 patients with a physician on site daily and a staff of EMTs, Paramedics, LPNs, and RNs who were tireless in their efforts to make this event a success in everyone's eyes. To sum up the success of our mission, in the words of one of our patients, "We have been to reenactments all over the nation and we have NEVER had medical coverage like we did here". JMCRHD's Mobile Hospital System will be remembered by many all over the county for selfless, compassionate and quality healthcare given in the field of battle on Joe Dillon Rd. in McNairy County, TN.

Job well done by all!

REPORT OF THE NOMINATIONS AND ELECTIONS COMMITTEE

Submitted by: Glenn Czarnecki, Chair

I want to start by thanking my committee members who did an outstanding job recruiting the following slate of officers for consideration by the TPHA membership. Committee members included Marilyn Barnes, Sandy Hayes, Andre Fresco, Sean Hoyle and Art Miller. Bios for the following members will be sent with the ballots in July.

Ballots may be returned to the TPHA office by mail or dropped in the ballot box provided at the registration desk at the annual meeting in September. Members have until 3:00 pm on Thursday, September 13th to get their ballots in the box before the final tally.

The slate of officers includes:

President Elect - East Tennessee

Paula Masters - Program Director, LIFEPAATH

Mickey Roberts - County Director, Blount County

Board of Directors – West Tennessee

Tracy Bird - County Director, Henry, Benton, Carroll Counties

Kristie Threet - Nurse Supervisor, Benton County

Shanna Shearon - Epidemiologist, Madison County

Shirley Terry - Public Health Coordinator, Shelby County

Vice President-East Tennessee

Teresa Harrill, County Director, Monroe County

Dr. Mike Stoots, Undergraduate Coordinator, College of PH, ETSU

Vice President-Middle Tennessee

Hugh Atkins, Director, General Environmental Health, Central Office

Michael Railling, County Director, White, Cannon and Warren Co.

Vice President-West Tennessee

Diane Emison - Retired State Clerical Consultant

Jill Mount - MCH Director, West TN Region

DATES TO REMEMBER

Tennessee Public Health Association

Annual Educational Conference

“One Health, One Environment, One World”

September 12-14, 2012

Cool Springs Marriott and Convention Center

Franklin, TN

American Public Health Association

140th Annual Meeting & Exposition

“Prevention and Wellness Across the Life Span”

October 27-31, 2012

San Francisco, CA

Rural Health Association of Tennessee

RHAT 2012 Conference

“The Sounds of Rural Tennessee”

November 14-16, 2012

Music Road Hotel

Pigeon Forge, Tennessee

**THE NEWSLETTER IS AVAILABLE
IN COLOR ON THE TPHA WEBSITE
AT WWW.TNPUBLICHEALTH.ORG**

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Simply cut and paste the link below and you will be directed to the property's home page with the code already entered in the appropriate field. Enter your arrival date to begin the reservation process.

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