



# Tennessee Public Health Association Newsletter

[www.TNpublichealth.org](http://www.TNpublichealth.org)

**2013 Annual Educational Conference**  
**“Navigating the Currents: Partnering and Engaging to Improve Health”**  
**September 11-13, 2013**  
**Cool Springs Marriott, Franklin, TN**  
*Submitted by: Ami Mitchell, Chair, Program Committee*



**Notes from the President**  
**Karen Lynn**  
**President**  
**2012-2013**

The Program Committee has been busy since December seeking out speakers from all over the country. Working within this year’s conference theme, “Navigating the Currents: Partnering and Engaging to Improve Health”, we have offered compelling invitations to a broad array of national level experts.

In addition to the plenary sessions highlighted below, you will not want to miss out on the exciting and informative workshops offered in concurrent sessions. Among the workshop presenters are Dr. Fred Angulo (Global Disease Detection), Dr. Sharon Hopkins, DVM (Zoonotic Disease Control), Dr. Litjen Tan (Immunization Policy), Dr. John Besser (Culture Independent Lab Testing) and many more.

Also, everyone will be happy to know some of our recurring favorites are on the program. Look for presentations by Dr. William Schaffner, Dr. Allen Craig, Dr. Marion Kainer, Dr. Paul Erwin and Dr. Randy Wykoff!

**The plenary sessions on Wednesday will feature two keynote addresses:**

**Dr. Gregory C. Gray**



During the first keynote we will hear from Dr. Greg Gray, MD, MPH, FIDSA. Dr. Gray is a Professor and Chair of the Department of Environmental and Global Health at the University of Florida’s College of Public Health and Health Professions. His department offers the only *One Health* concentration within Master’s and PhD degree programs in the

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This year is rolling along so quickly! It seems only yesterday that we were at the 2102 annual meeting and now here we are only about four months away from this year’s conference. All of our committees are busy working to make TPHA grow and become stronger. We are actively looking at both membership and our strategic plan to improve our service to members and better position the association as a respected voice for public health in the state.

The three grand division spring meetings were completed on April 26. I was privileged to be able to attend all three to meet with our members from across the state. For me, one of the best benefits of belonging to TPHA is the friendships you make from among our members who represent various regions and disciplines. Another benefit is the learning that takes place when you attend the meetings and hear from a variety of accomplished speakers who make you think about ways to improve your practice. This year’s spring meetings were an excellent example as we learned about the LEAN process, Neonatal Abstinence, and much more. We also got to hear from the Commissioner about plans to “move the needle” as we work to improve from a ranking of 39 to the top 10. I would like to say a special thanks to our Vice Presidents, Diane Emison, Dr. Mike Stoots, and Hugh Atkins, along with their committee members, for the excellent meetings. In addition, I would like to thank Jennifer Valentine and her Continuing Education

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United States. Dr. Gray will provide a presentation that takes the theme of “one health” from theory to practice in the public health setting.

An alumnus of the University of Alabama Medical School and Johns Hopkins School of Public Health, he is board certified in Preventive Medicine and Public Health. Dr. Gray is a strong proponent of the *One Health Initiative*, serves as a member of the FDA’s Vaccines and Related Biological Products Advisory Committee, and is an Associate Editor for the journal of *Infection and Public Health*.

#### Dr. Michael Miller



Also on Wednesday afternoon’s agenda is Dr. Michael Miller. His presentation is entitled *Behavioral Cardiology: A New Approach to Preventing Heart Disease*. Dr. Miller is a Professor of Medicine, Epidemiology and Public Health at the University of Maryland in Baltimore and serves as the Director of the Center for Preventive Cardiology. Dr. Miller is also a Professor of Medicine in the Division of Cardiology and Professor of Epidemiology and Preventive Medicine at the University Of Maryland School Of Medicine. In addition, he is Director of the Center for Preventive Cardiology at the University of Maryland Medical System and Staff Physician at the Veterans Affairs Medical Center in Baltimore. His major research interests are disorders of lipid and lipoprotein metabolism, molecular studies of HDL cholesterol, triglycerides and the postprandial response to dietary fat, nontraditional coronary risk factors and clinical trials to reduce atherosclerosis. Dr. Miller has participated in landmark clinical trials including *AVERT*, *MIRACL*, *PROVE-IT*, *TNT* and *COURAGE*.

He is certified by the National Board of Medical Examiners and the American Board of Internal Medicine, including certifications in internal medicine, clinical lipidology and recertification in cardiovascular disease. Dr. Miller is a Fellow of the American College of Cardiology and the American Heart Association Council on Arteriosclerosis. He is also an active Member of the American Heart Association Council on Epidemiology.

#### THURSDAY

On Thursday, September 12, we will continue our treasured tradition of the TPHA Awards Luncheon. A very special program is in the works to recognize our 2013 award winners as well as all public health employees and partners for the important work of the last year.

#### Dr. John Dreyzehner

We will be honored to have Tennessee Department of Health Commissioner, Dr. John Dreyzehner at the podium on Thursday.

Dr. Dreyzehner graduated magna cum laude from the University of Illinois, Champaign-Urbana. He received his medical degree from the University of Illinois at Chicago and his master of public health degree at the University of Utah in Salt Lake City, where he completed his occupational medicine residency.

In addition to his participation in the awards ceremony, Dr. Dreyzehner will give us an update on the health status of Tennessee and how we will move forward in meeting the Department’s mission.

Joining Dr. Dreyzehner will be Dr. Jack Lacey, University of Tennessee Chief Medical Officer and former chair of the Governor’s Task Force on Health and Wellness and Rick Johnson, Special Assistant to Governor Haslam, who leads a major, statewide health and wellness initiative, Healthier Tennessee. Mr. Johnson was previously Executive Vice President of Provision Healthcare, a company that owns and operates radiation therapy centers and equipment and is a provider of specialized healthcare services.

Dr. Lacey and Mr. Johnson will present the work of the former Task Force and the initiative Governor Haslam has envisioned moving Tennessee into a healthier future through Healthier Tennessee.

#### Jonathon B. Jarvis

Scheduled to follow the awards luncheon is a plenary session with Jon Jarvis, National Park Service Director.

Mr. Jarvis has a 36 year career with the National Park Service and has served as resource management specialist, park biologist, and superintendent of parks such as Craters of the Moon, North Cascades, Wrangell St. Elias and Mount Ranier before becoming Director in 2009. His presentation will center on the park’s role as a partner in population health.

#### FRIDAY

Friday’s plenary sessions will feature two nationally renowned experts.

#### Dr. Stephen Patrick, MD, MPH, MS

Dr. Patrick is currently in neonatal-perinatal medicine at the University of Michigan, Ann Arbor and is a fellow of the University of Michigan Health System.

Dr. Patrick’s research on neonatal abstinence syndrome has been published in the *Journal of American Medicine*. He will bring us an update on the national

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perspective of neonatal abstinence as well as comment on the data that Tennessee is collecting through the new reporting mechanism.

### Robert Pestronk, MPH

As Executive Director for the National Association of County and City Health Officials (NACCHO) in Washington, D.C. since November 2008, Robert M. (Bobby) Pestronk represents our nation's local health departments and their staff, who protect and promote health, prevent disease, and seek to establish the social foundations for wellness in nearly every community across the United States.

Mr. Pestronk received his M.P.H. from the University Of Michigan School Of Public Health with concentrations in human nutrition and health planning and administration. He received the A.B. in politics from Princeton University. Prior to his position at NACCHO, he served as Health Officer in Genesee County, Michigan for 22 years where, among other accomplishments, he was recognized for: *establishing* the 26,000 member Genesee Health Plan, some of Michigan's earliest public and work place tobacco control regulations, and Genesee County's Public Health week conference; *introducing* a culture of efficacy, efficiency, accountability and quality improvement within his Department; *reducing* infant mortality rates and the racial disparity among those rates; *increasing* foundation and federal funding for the Department's work; *involving* local residents and his Board in three five year cycles of successful Departmental strategic planning; and, *creating* productive relationships with university and community-based organizations. His Health Department was fully accredited by the State of Michigan.

Mr. Pestronk's session will be based on his recent NACCHO Exchange column about ePublic health. (Yes, ePublic health is a thing)! Epublic health includes, but is not ONLY electronic health records. It also includes telemedicine, consumer health informatics, health knowledge management, virtual health care teams and using grid computing for population health! This is one you will not want to miss!

For more information watch for the registration brochure coming out this summer and future issues of the TPHA Newsletter. Registration information will also be posted on the website as it becomes available at [www.tnpublichealth.org](http://www.tnpublichealth.org).

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Committee for all the work involved in granting CE to our various disciplines.

I hope you all had a wonderful National Public Health Week and took time to celebrate the work we do in public health. Part of TPHA's celebration, through our Visionary Award Program, is to recognize partners who are working to help us to improve the health and prosperity of Tennesseans. This year's committee was chaired by Shannon Railling. She and her committee chose three outstanding winners, one from each grand division, and I extend my congratulations to them along with thanks for all the work they are doing in their communities. See Shannon's article for a detailed description of the winners.

As we head toward the annual meeting in September, please take time to nominate deserving people for the various awards and scholarships that TPHA presents each year. We also need your help to recruit new members in our drive for "12 in '13. TPHA received the award from APHA for the "Affiliate of the Year" in 2012. Not only do we want to be the best, but we also want to be the biggest, a positive force for public health practice. Make plans to attend this year's meeting to take advantage of all the wonderful sessions that Ami Mitchell and her Program committee have in store for us. Learning, networking, renewing friendships, good food, fun and fitness, and more are in store for you. I hope to see you there!

## AWARD NOMINATIONS SOUGHT

Submitted by: Debbie Johnson, 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](http://www.tnpublichealth.org) for further info regarding each award and the required forms.

**The deadline for submitting nominations is June 28, 2013. If you have any questions, please e-mail [Debbie.Johnson@tn.gov](mailto:Debbie.Johnson@tn.gov).**

## REPORT FROM THE PUBLIC HEALTH WEEK COMMITTEE

Submitted by: Shannon Railling, Public Health Week Committee Chair

### Public Health Week 2013: Public Health Makes Cents: Save Lives Save Money

For this year's National Public Health Week, April 1-7, 2013, TPHA's theme was "Public Health Makes Cents: Save Lives Save Money" and we highlighted the connection between public health prevention efforts and the return on investment that those efforts bring. This year marked our 3<sup>rd</sup> Annual Public Health Week Visionary Awards, and the committee definitely had their work cut out for them scoring all of the absolutely fabulous nominations that were submitted. The winners are:

#### EAST GRAND DIVISION WINNER - CHRIS RAMSEY



**Chris Ramsey** - Mr. Ramsey is employed by Blue Cross Blue Shield of Tennessee, and he has been the leading force of the Minority Health Fair since its inception. Chris' coworkers describe his infectious positive attitude and passion for a healthy community. He works diligently to plan an event that grows each year and provides education, empowerment, and screenings to reduce health disparities.

Chris Ramsey

#### MIDDLE GRAND DIVISION WINNER - DR. JO EDWARDS

**Dr. Jo Edwards** - The nomination for Dr. Edwards stated "with wisdom, experience, and some imagination, Dr. Edwards has been able to take a blank canvas and create projects, programs, and organizations that have significantly impacted public health in the state of Tennessee". A few examples of her contributions include founder of the MTSU Center for Health and Human Services, founder of Tennessee Obesity Task Force, and founding Executive Director of the Tennessee Institute of Public Health.



From left: Dr. Elizabeth Fuller, Dr. Jo Edwards, Cynthia Chafin



#### WEST GRAND DIVISION WINNER - InfantSee PROGRAM

**InfantSee Program** - The InfantSEE program was spearheaded by Dr. Glenn Steele and the late Dr. David Sullins following a challenge in 2005 by former President Jimmy Carter, to recruit volunteer optometrists to provide eye assessments without charge to parents or third parties for infants between six and twelve months of age. In Tennessee, 2,143 babies have been assessed. The InfantSEE program is the epitome of the Public Health Week Visionary Award.

From left: Bruce Behringer, Dr. Richard Savoy, Karen Lynn, Diane Emison

### Reserve Your Room Today at the Cool Springs Marriott

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.

[http://www.marriott.com/hotels/travel/bnacs-franklin-marriott-cool-springs/?toDate=9/13/13&groupCode=PHAPHAA&stop\\_mobi=yes&fromDate=9/10/13&app=resvlink](http://www.marriott.com/hotels/travel/bnacs-franklin-marriott-cool-springs/?toDate=9/13/13&groupCode=PHAPHAA&stop_mobi=yes&fromDate=9/10/13&app=resvlink)

You may also go online to the TPHA website and click "Annual Meeting" and then "Hotel Information."

**ACCEPTING SCHOLARSHIP APPLICATIONS!!!**

Submitted by: Janice McAlister, Chair, Scholarship Committee

TPHA awards annual scholarships in accordance with the following guidelines:

**Scholarships shall be awarded to workers in Public Health who meet the following criteria:**

- a) *Three or more years of full time employment in Public Health in Tennessee*
- b) *A member of TPHA whose dues are current and who has been a member for at least one year*

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.

Scholarship applicants should have supervisor approval. The deadline for scholarship applications is **June 28, 2013**.

Send completed application to:

Janet McAlister  
South Central Regional Health Office  
1216 Trotwood Avenue  
Columbia, TN 38401  
Email: [janet.mcalister@tn.gov](mailto:janet.mcalister@tn.gov)  
Phone: 931 490-8335

**CALL FOR ABSTRACTS**

Submitted by: Dr. Paul Petersen, Chair, Poster Session Committee

The Tennessee Public Health Association is currently accepting abstracts for poster presentations at the 2013 annual Public Health Conference, September 11-13, at the Cool Springs Conference Center in Franklin, Tennessee. 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, 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.

**Please email Committee Chair Dr. Paul Petersen at [Paul.Petersen@tn.gov](mailto:Paul.Petersen@tn.gov) with any questions that you may have. Web Site: <http://www.tnpublichealth.info/>**

**FUN AND FITNESS COMMITTEE**

Submitted by: Paula Masters and Robert Goff, Co-Chairs

The Fun and Fitness Committee has officially hit the water paddling (you know, Navigating the Currents....)! Representatives from across the state have agreed to serve and we have a tremendous team. The team is meeting in person on May 16<sup>th</sup> in Cookeville to plan the fun and fitness activities to be held at the annual conference. The creative juices are already flowing, so TPHA members beware. The activities for this year's conference promise to be exciting and most beneficial. Team members are listed below. However, we welcome any other members who would like to serve on the committee. Just contact Robert Goff or Paula Masters.

Committee: Robert Goff-Co-Chair, Paula Masters-Co-Chair, Haley Colvin, Marianne Sharp, Linsey Arfsten, Alisa Cade, Tracy Byrd, Danna Taylor, Julie Grubaugh, Jason Stamm

See you at the conference!!!

## GRAND DIVISION MEETINGS

### Middle Tennessee

Submitted by Hugh Atkins, Vice President



Approximately 110 members of the Tennessee Public Health Association gathered at the Williamson County Ag Expo Center in Franklin, Tennessee for the 2013 Middle Tennessee TPHA Grand Division Meeting on Friday, April 19, 2013.

Several excellent speakers made up an agenda which presented attendees with the opportunity to obtain up to five hours of continuing education credit. The focus of the morning portion of the meeting was the LEAN process, principles, and integrating LEAN principles into organizational strategic plans. Bruce Behringer, Glenn Czarnecki, and Dr. Lori Ferranti from the Tennessee Department of Health made presentations; Dr. David Dilts also gave a presentation that was both informative and entertaining. Dr. John Dreyzehner, Commissioner of the Tennessee

Department of Health, wrapped up the morning session on LEAN principles and included words of encouragement and praise for departmental employees who work every day to promote the health of all Tennesseans.

During a bountiful lunch--provided by Norton Family Bakery & Catering--it was pleasure to recognize the Visionary Award winners for East and Middle Tennessee. Chris Ramsey of Blue Cross Blue Shield of Tennessee in Chattanooga is the 2013 winner for East Tennessee for his tireless work with the Minority Health Fair. The Middle Tennessee winner is Dr. Jo Edwards of Middle Tennessee State University. Dr. Edwards has a long and impressive record in public health, including being the founding executive director of the Tennessee Institute of Public Health.

The afternoon sessions opened with three speakers from the Department of Health giving presentations related to health problems associated with illicit drug use. Dr. Michael Warren gave an excellent presentation on the etiology, diagnosis, and treatment of Neonatal Abstinence Syndrome (NAS). Dr. Warren shared Tennessee's efforts related to NAS prevention.

Dr. Jane Baumblatt described the prevalence of high-risk opioid use and the associated risk of opioid analgesic-related overdose death. Ellyn Marder wrapped up the session with a presentation on a case-control analysis that identified a strong association between thrombotic thrombocytopenic purpura-like illness and injection of reformulated Opana ER by intravenous drug users in Tennessee.

Dr. Lindy Fenlason of the Vanderbilt Children's Hospital was the final speaker of the day. Dr. Fenlason gave a presentation on the prevalence of childhood obesity and its associated negative health impact. She presented methods designed to engage the entire family in combating obesity.

After a full day of informative presentations, Joey Smith of the Montgomery County Health Department gave out such a large assortment of door prizes that very few attendees left empty handed.

The 2013 Middle Tennessee TPHA Grand Division Meeting was a huge success. I encourage all TPHA members to get involved in the meetings for 2014, either by running for vice president or volunteering to help organize the meeting. While it may involve some hard work and unique challenges, it is a great opportunity to work with colleague and to meet some of the dedicated professionals who share the common goal of improving the health of the citizens of the state of Tennessee.

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## FOCUS ON PUBLIC HEALTH ISSUES

### Be Prepared! Tips from TPHA's Emergency Preparedness Section West Nile Virus Facts

*Submitted by: Matt McDaniel, EP Section Chair*

West Nile Virus has appeared earlier than ever in Shelby County, so the Emergency Preparedness Section thought it prudent to share some facts on the disease along with some tips on how to avoid contracting it. All items are adapted from the CDC's Fact Sheet on WNV.

**What is West Nile Virus?** WNV is a mosquito-borne zoonotic arbovirus belonging to the genus *Flavivirus* in the family *Flaviviridae*. Simply put, it is a disease transmitted by mosquitos that appears as a seasonal epidemic in North America that flares up in the summer and continues into the fall.

**How do I avoid contracting WNV?** Avoid being bitten by mosquitos.

**How can I best accomplish that?** There are multiple ways you can avoid mosquito bites:

- When you are outdoors, use insect repellent containing an EPA-registered active ingredient. Follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

**How can I tell if I've contracted WNV?** Generally the symptoms can follow one of three patterns:

- **Serious Symptoms in a Few People.** About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.
- **Milder Symptoms in Some People.** Up to 20 percent of the people who become infected have symptoms such as fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have become sick for several weeks.
- **No Symptoms in Most People.** Approximately 80 percent of people (about 4 out of 5) who are infected with WNV will not show any symptoms at all.

**What should I do if I think I have WNV?** Milder WNV illness improves on its own, and people do not necessarily need to seek medical attention for this infection though they may choose to do so. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.

### Community Assessment for Public Health Emergency Response (CASPER)

*Submitted by: Karen Lynn*

On April 9-10, 2013, the Kentucky-Tennessee Public Health Unified Planning Coalition conducted a field exercise in Clay County, TN (Upper Cumberland Region) and Cumberland County, KY to assess household preparedness in the border region. During the two-day exercise, fifteen teams of state and regional public health staff from both KY and TN joined forces to conduct door-to-door interviews of residents across adjoining border counties. While assessing how prepared households are to respond to natural and manmade disasters, the teams exercised how teams from multiple jurisdictions would work together during a coordinated response. Because of its central location and access to participating counties, Dale Hollow State Park in KY served as the Base of Operations for this two-day exercise.

Tornados, floods and other disasters don't tend to follow state lines and the coalition works to make sure that we can best meet the needs of residents in our KY/TN border region. Public Health Emergency Preparedness staff from all of the regions/districts on the KY/TN border, as well as central office staff from each state, started meeting in 2007 and continue to meet regularly.

The information gathered from participating residents provided valuable insight into area household preparedness that will guide public health planning. Notably, only 37% of households in the region report being "well-prepared" and 44% reported having

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a weather radio. More than 83% described that their household has a 3-day supply of needed medications while 3-day food and water stores were reporting for 71% and 89% of households. In addition, only 22% of households reported having a working carbon monoxide detector. Another interesting finding is that only 17% of households reported that they would know what to do if given the order to "shelter in place".

While providing useful information about community preparedness needs, teams identified evacuation plans along with community medical and vulnerable population needs that can inform the planning process.

Officially described as a Community Assessment for Public Health Emergency Response (CASPER), the joint survey followed a household sampling approach that is typically reserved for quickly assessing community needs after disasters. During an actual disaster, public health teams quickly gather household information about needs ranging from food and water to injuries that is compiled and analyzed by responders. The documented needs of the communities are then used by decision-makers to guide the response or request additional resources. Because a timely response during this critical recovery period, practicing CASPERs is an important part of ongoing public health emergency preparedness.

## REGIONAL REPORTS

### Award-Winning Employees in the SOUTHEAST REGION

Submitted by: Beth Delaney

Darryl Adams, Primary Care Nurse Practitioner at Grundy County Health Department, was recently honored as Nurse Practitioner of the Year in front of 1,500 attendees at the National Conference for Nurse Practitioners in Nashville. Darryl also received a complimentary full conference registration and will be featured in the June 2013 issue of *The Nurse Practitioner* as part of her award.



Darryl's nomination was the result of developing the Mountain Tops and Bottoms program. Darryl is very committed to making sure patients get the preventive care they need, especially cancer screenings. Darryl had a patient who was terminally ill from breast cancer because she was uninsured and didn't know about the Breast and Cervical Cancer program with the Department of Health. To raise awareness, Darryl put together a program to educate women in the community about breast and cervical cancer and services that are available to patients who cannot afford care. On her own time, Darryl put the program together, solicited door prizes, and publicized the event which was called "Mountain Tops and Bottoms". Her enthusiasm for helping others carried over to the rest of the Grundy County staff and they got involved with getting donations, stuffing goody bags, and providing refreshments for the event. Darryl is always willing to go the extra mile and her compassion and hard work make a big difference in the lives of her patients.

The Southeast Region also had many great candidates for National Public Health Week awards. The McMinn County Health Department was given the Outstanding Teamwork Award. MCHD was chosen because of their efforts in raising funds for the Susan G. Komen Race for the Cure. The health department made boxed lunches for the community in exchange for a \$5 check to the Komen Foundation. All of the funds raised went to the Susan G. Komen Foundation because of generous community businesses who donated food and other items. The staff prepared 113 boxed lunches and delivered all of them in less than an hour during their lunch hour to people who had placed orders. The community really gave their support as local government agencies, funeral homes, McMinn County Jail, the National Guard, local physicians' offices, the Co-Op, McMinn County Road Department and the 911 Dispatch ordered lunches. Along with the boxed lunches, staff also had an employee silent auction for health department staff. Their creativity, hard work and team spirit make them a deserving recipient of the Outstanding Team Award for the Southeast Region.

Corazon Thurman, RN, was honored during National Public Health Week with the "Gee, I Thought Nobody Noticed Award". Thurman is a registered nurse employed by the Rhea County Health Department. She keeps everyone's schedule on time by doing the lab work for three different clinic schedules while also seeing her own patients in a timely manner. She willingly makes sacrifices to keep clients from having to make multiple trips by working in family members without an appointment slot, balancing the lab and taking walk-in patients if at all possible. She has prevented many clients from having to reschedule so they receive WIC vouchers on time, have their vaccinations up to date and receive Early Periodic Screening Diagnosis and Treatment or well child exams on schedule. Thurman is not only dedicated but also thoughtful and kind. She always has a friendly smile and hello for everyone she meets. The positive image she projects of public health is an asset to Rhea County Health Department and the Southeast Region.

Marsha Rogers, RN, was honored during National Public Health Week as the Above and Beyond Award recipient. Rogers, a public health nurse consultant, played an instrumental role in the region's response to the fungal meningitis outbreak. She works

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late on many occasions, and one Friday evening during the meningitis outbreak she stayed until midnight to assist with the investigation and follow-up. Along with being hard-working, Rogers is also genuinely concerned for the well-being of patients. When it was no longer necessary to contact patients who had used the methylprednisolone product, some of the patients requested she continue to call them just in case they developed symptoms. Her professionalism and compassion clearly came through as she talked with patients.

The Central Office of the Tennessee Department of Health also noticed how dedicated and thorough Rogers was in this investigation, and requested that she do a video presentation on her experiences in the outbreak. Rogers participated in a statewide video conference with students at East Tennessee State University to describe the process of contacting and following up with patients during an outbreak. Students had an opportunity to learn “real” public health and how finding and interviewing patients has changed over the years. Rogers was also asked to share her experiences at the TDH Regional Epidemiologists meeting.

The Southeast Region is proud of its employees and the contributions they make to public health.

### **EAST TENNESSEE REGION**

Submitted by: Kathy Scruggs

The Tennessee Department of Health has requested each of the 95 County Health Departments in Tennessee to choose a primary prevention initiative which focuses on a health related issue that greatly impacts their county and its residents. The CDC defines the focus of primary prevention as preventing the disease from occurring in the first place. Therefore, primary prevention initiatives are intended to both reduce the incidence and prevalence of a disease. The reduction of risk factors that precede the disease would be the focus of a primary prevention initiative.

In discussions with the staff, Anderson County Health Department elected obesity to be the focus. Many studies have shown that obesity is a risk factor for a multitude of diseases including diabetes, heart disease, and orthopedic problems. We also very much wanted to address the vulnerable populations in our county which include the elderly, low income populations as well as certain geographic areas in the county.

Based on pre-existing partnerships and contacts, we chose to work with several different groups including the Head Start parents, our own patients, those in low income/subsidized housing, and in Lake City and Briceville.

We are planning a walking event at Clinton Public Housing coming up on May 17<sup>th</sup>. In conjunction with the director there, we are focusing on the older residents who live in a single area near North Clinton Elementary School. We are holding a walking event for these residents but it will be open to others in the community as well. To draw interest, we are also hosting a small get together featuring healthy snacks, giveaways, and door prizes. We are partnering with the Drug Coalition which will also participate by distributing medicine lock boxes and speaking about safe medication practices.

We are partnering with University of Tennessee Extension Service and Head Start to host a walking competition among Head Start parents at several different centers within the county. Using *Get Fit Tennessee*, a healthy behavior and fitness on-line tracking tool, we went to 2 Head Start schools and hosted a Kick-Off Walking Event. Bolstered by several sunny spring days, Health Dept employees distributed goody bags to the parents, measured BMI and blood pressure, and took some laps around the track themselves. A great time was had by all who participated. One mom told us that her children are eager cheerleaders of her efforts and join in when she does her daily crunches on the rug.

Our WIC participants received a mini garden growing kit as a reminder that vegetables and fruits are some of the very best foods we can eat and that home gardens are an economical way to eat healthy. We are also working with Lake City and the Boys and Girls Club there to plan some events this summer and we hope to include youth, parents, and older adults.

### **NORTHEAST TENNESSEE REGION**

Submitted by: Beth Rader

On April 5<sup>th</sup> the Northeast Region held an in-service for all staff to address workplace violence and to introduce a new regional safety policy. Dr. Keith Bailey, an independent consultant, provided excellent instruction regarding the dynamics of a crisis, communication strategies and elements of a potentially violent situation. Role play was utilized to demonstrate and practice taught de-escalation techniques. Following lunch, Shirley Hughes RN, Regional ERC and chair of the TDH Northeast Region Safety Committee, presented the revised Northeast Region Safety Policies and Linda McClure, APN shared the revised Algorithm for Management of Patient Expressing Suicidal Ideation.

After a very serious day of presentations, Mr. Fred Adams presented individual employee and work team awards based on peer nominations and votes. The “Above and Beyond Award” was presented to Jackie Neas, RN, and Amanda Moore, NA, Greene County Health Department. The “Gee, I Thought Nobody Noticed” award was given to Angie Stout, Health Educator, Johnson County. The Primary Care Teams in Carter County, Church Hill, Greene County and Washington County received the “Best Effort” award. Health Department of the Year was the Unicoi Health Department and the Employee of the Year in the Northeast Region was presented to Michelle Ramsey, RN, Regional Nursing Director.

The day ended on a positive note with a very lively motivational speech by recently retired Charlene Jessee, RN who challenged us to look at our work through the eyes of others, including those who sit on the other side of our desk. At the end of the day staff response was overwhelmingly positive with 96% indicating they had learned something during the day that would be helpful in their work.

(Continued from page 9)

## UPPER CUMBERLAND REGION

Submitted by: Sandy Moore

The Jackson County Health Department, as part of their PPI project, recently joined with staff at our state's newest park, Cummins Falls, to support a day of marathons and family recreational activities at the park grounds. This day of fun included a full marathon, a half marathon, a 10K and a 5K race with an estimated 196 participants. For those not up to a full marathon, a multi marathon was held allowing participants to complete the first mile at the park and finish the remainder on their own. Fifty six students from nearby Dobson Branch Elementary School participated in the multi-marathon. Overall, 900 – 1,000 individuals took part in the day long events with a focus on being outside and being active.

## SOUTH CENTRAL REGION “KICKS BUTTS!”

Submitted by: Janet McAlister

Youth all across the Department of Health's South Central Region were “Kicking Butts!” on March 20<sup>th</sup>, in recognition of National Kick Butts Day. Students provided education and awareness about to the dangers of tobacco and enlightened their peers on big tobacco company tactics for youth marketing.

In Coffee, Bedford and Hickman Counties, youth partnered with local County Mayors to sign proclamations. In Coffee, Lincoln and Moore Counties the Health Educator partnered with Coordinated School Health for anti-tobacco messages throughout the school system. Message cards were given to students on “What's in a Cigarette,” and tobacco prevention education was provided for the local HOSA classes.

Youth in Hickman and Perry Counties provided peer education for younger students on the addictive nature of tobacco. At the Hickman Middle School the STAR (Students Teaching and Reaching) Teens club educated students by “Airing Tobacco's Dirty Laundry.” Tee shirts were displayed with real tobacco company quotes on how they market to youth. Students also signed a memory board with names of loved-ones they had lost to tobacco-related illness.

Fifth grade students at Linden Middle School in Perry County participated in “Sticking it to Tobacco.” Youth learned about the short-term and long term effects of smoking, then pasted sticky notes on “Ciggy” the cigarette with messages on how tobacco harms the body. This activity was a partnership between the high school T.E.A.M. (Teens Educating and Motivating) Club and the guidance department.



STAR (Students Teaching and Reaching) Teens in Hickman County provided education on how big tobacco companies market to youth. The banner “This is what BIG Tobacco Thinks of You,” was posted above tee shirts displaying quotes.



County Mayor Eugene Ray visited the Boys & Girls Club in Bedford County to sign a Proclamation and the Health Educator spoke to the youth on the health risks of smoking. Members of the local Health Council also partnered with the awareness.

## MID CUMBERLAND REGION

*Nashville Business Journal* honors one of Mid-Cumberland's Finest

Submitted by: Annette Haley

On May 23rd, the Nashville Business Journal honored Dr. Lori Macdonald, Regional Medical Director for the Mid-Cumberland Region, as a Health Care Hero! The Nashville Business Journal's Health Care Hero Awards celebrate the leaders, innovators and strategists whose work is helping grow the region's health care industry.

Dr. Lori Macdonald joined the staff of the Mid-Cumberland Region in December of 2004 and has served as the Regional Medical Director since November of 2007.

During Dr. Mac's tenure as Regional Medical Director, she has provided services throughout the region. She served in Dickson County for two years following the illness and subsequent death of their primary care physician. She has served as the Medical Director and direct service provider for the Region's HIV Center of Excellence for eight years providing direct services at their clinic each Monday. She provides services to the 700+ VA patients in Stewart County. Not only is Stewart County, 1 hour and 45 minutes from her home, she arrives in Dover at 8:00 ready to go and does not quit until after 4:30. In addition to providing direct patient services, which is her passion, she serves as the local health officer for 10 of Mid-Cumberland's 12 counties. Additionally, Dr. Mac is on-call to all of Mid-Cumberland's providers 24/7 by text, phone or e-mail. It's not uncommon for Dr. Mac to respond to a question via text while pulling an EKG off the fax which has been sent to her for review.

Clinically, Dr. Mac will see any patient needing care. She doesn't care if they are on her schedule or even have an appointment, she doesn't care what time of day it is; no one requiring care will ever be turned away as long as she is working clinic. Dr. Mac is a strong believer in practicing evidence based medicine. She does not order expensive tests that she feels are unnecessary. She appreciates the burden this places on the patient as well as the state. There are countless stories of patients whose lives she has not only impacted, but saved. One story written by one of our nurses follows:

*Dr. Mac had never seen this individual prior to this particular day. One of the nurses was leaving the facility for lunch and noticed this man sitting in his car crying. The nurse went to him and asked what was wrong. The provider who had seen him previously was not working in this clinic on this particular day, therefore, he didn't know what to do. He needed paperwork completed for his impending disability. The nurse brought him in and asked Dr. Mac if she could see the man. Dr. Mac gladly gave up her lunch time to see this individual. She took his history then performed the exam. He told her that he had been diagnosed with Parkinson Disease. She didn't agree with the diagnosis (he had even been to a specialist) and due to the symptoms he was displaying, continued to talk with him about the various medications that he was on. She felt strongly that one of the medicines he had been taking was his problem. She then had blood work performed. The blood test, just as she had suspected indicated that he was at a toxic level. She had him discontinue the medication and told him that in about a week, he should be fine. That man felt as though she had literally saved his life...she in fact had given him his life back.*

In August of 2009, Dr. Mac was diagnosed with breast cancer. She proceeded to have surgery, radiation and chemotherapy and rarely missed a day of work. The day following Dr. Mac's first chemotherapy treatment, she led a group of Mid-Cumberland staffers in the American Cancer Society's 5 mile walk in downtown Nashville. Strangers on the walk who thought they couldn't make the full 5 miles were soon engaged in conversation with her and were so inspired; they were suddenly walking with new purpose. In April of 2009, following her last round of chemotherapy, Dr. Mac joined the Chicago Jets in Tampa, Florida for the USA Hockey 'over 50' Women's National Championship; a passion equal to her love of medicine.

We talk about folks having a heart for public health. Dr. Mac displays this each and every day. Dr. Mac is truly the epitome of a **Health Care Hero!**

## WEST TENNESSEE REGION

Submitted by: Elna Blankenship

### West TN County Receives Governor's Council Award

McNairy County is the recipient of the 2012 Governor's Council on Physical Fitness and Health Shining Star Award for efforts in addressing childhood obesity. The McNairy Health Council led by Coordinated School Health, UT Extension and TDH staff, Beth Hamilton, Health Educator and Chris Morris, County Director implemented the nationally recognized 5-2-1-0 Initiative: 5 servings of fruits and vegetables daily, only 2 hours of screen time, 1 hour of physical activity and 0 sugary sweetened beverages. Activities were led with over 3,000 students throughout the school year by the physical education classes and emphasized by programs and activities by lead council members. The 5-2-1-0 Initiative was reinforced throughout all the school disciplines including counselors, librarians, cafeteria workers, classroom teachers, art and music teachers. The Family Fitness Day event in September 2012 marked the official end of the project. The awards luncheon was held March 28<sup>th</sup> at the Sheraton Nashville Downtown Hotel.

### Weakley County Students Promote Healthy Snacks

In observance of March Nutrition Month, Martin radio station, WCMT 101.3, aired public service announcements recorded by 5 students from elementary, middle and high schools across Weakley County. Led by Coordinated School Health staff in conjunction with the Weakley County Health Department PPI Team, the students and radio station edited healthy eating tips from the Academy of Nutrition and Dietetics Eat Right program as 30 second PSAs. Each PSA featured a recipe for a healthy snack along with a statement encouraging healthy eating habits.

### "Haywood's Got Talent" Promotes Teen Pregnancy Prevention

Teen Pregnancy rates in Haywood County are among the highest in the state. As part of the PPI Team's efforts to promote good decision making and healthier choices, staff is actively involved in the 2013 "Haywood's Got Talent" audition and talent show. The annual event is funded by "I PROMise to Strive for a Bright Future", a teen pregnancy prevention initiative administered through U. T. Extension. The program provides activities to assist teens in building self-esteem and self-confidence through opportunities to develop and showcase their talents. At the audition on March 11, staff displayed information and offered incentives promoting making choices to avoid risky behavior which could have a negative impact on their future. As 12 teens, friends and parents waited for their time to audition for the talent show, the PPI team talked with them about teen pregnancy prevention, sexually transmitted disease and the dangers of tobacco use. During the "Haywood's Got Talent" event held Saturday, April 13 at the Ann Marks Performing Arts Center, the PPI Team and Cindy Wilkins, Health Educator gave a brief presentation regarding teen pregnancy prevention and the department's Primary Prevention Initiative to approximately 150 people in attendance.

### TPHA Past President Retires

After 43 years of service, the West TN Region bid Tommy Smith a fond farewell at a reception held at the Union City Regional Health Office on March 28, 2013. Tommy served as TPHA President and was active in SPHA. He also served on numerous Community Health Councils and the Regional Health Council throughout the years. Tommy was the recipient of the 1997 Lynn B. Hearn Award for Environmentalist of the Year and is nominated to enter the TEHA Hall of Fame for 2013.

**REPORT OF THE  
NOMINATIONS AND ELECTIONS COMMITTEE**

*Submitted by: Kevin Morris, Chair*

**DATES TO REMEMBER**

**President-Elect (West Tennessee)**

Matt McDaniel - Director, Emergency Preparedness, Shelby Region  
Ruby Black - UT Martin, West Tennessee Region

**Vice Presidents**

**West Tennessee**

Shirley Terry – Coordinator, Community Services, Shelby Region  
Heather Reynolds, Risk Communications Coord, Shelby Region

**Middle Tennessee**

Pam Browning – Nursing Director, South Central Region  
Hal Hendricks, County Director, Sumner Co.

**East Tennessee**

Rebekah English, Asst. Reg. Dir., Northeast Region  
Eric Coffey, Southeast Region, Field Mgr, GEH

**Board Representatives (East Tennessee)**

Micky Roberts, County Director, Blount County  
Jackie Neas, Nursing Supervisor, Green County  
Teresa Harrill, County Director, Monroe and Loudon Counties  
Mary Elbell, SER

(Bios and photos will accompany the ballots)

**Tennessee Public Health Association  
Annual Educational Conference  
“Navigating the Currents:  
Partnering and Engaging to Improve Health”  
September 11-13, 2013  
Cool Springs Marriott Hotel and Convention  
Center  
Franklin, TN**

**American Public Health Association  
November 2 - 6, 2013  
“Think Global: Act Local  
Best Practices Around the World”  
Boston Convention and Exposition Center  
415 Summer Street  
Boston, MA**

**Rural Health Association of Tennessee  
RHAT 2013 Conference  
“Threading Partnerships for a Healthy Tennessee”  
November 20-22, 2013  
Music Road Hotel  
Pigeon Forge, Tennessee**

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

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