



Tennessee Public Health Association Newsletter

www.TNpublichealth.org

President's Message

Paula Masters, President, 2013-14

Hello TPHA Members!! **“You have spoken, and we hear YOU!!”**



I am so excited to compose my first letter as President to this membership! As I sit here and focus my thoughts to ensure that this address is worthwhile, I am overwhelmed with how much success and wonderful things are going on with TPHA to pull from and put in words. I am titling this letter “You have spoken, and we hear YOU!!” for two reasons. First, we have undergone a tremendous amount of evaluation and assessment over the past 18 months. Different groups across the association have taken on the responsibility of evaluating the association from different angles to better understand the interworkings and how those play out to our internal (YOU) and external (partners) stakeholders. This is a key step as we move forward. And secondly, we compiled all assessments and created action steps so

this association not only progresses, but does so in the right direction.

Every year the association's leadership team is responsible for reviewing and approving the strategic plan. During the process this past year, it took on a whole new life. A SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis was conducted and also a logic model was developed to look a bit deeper into the association and identify exactly where we were, where we need to go, and how to get there to guarantee our desired impact. This has yielded an overhaul of the current strategic plan and you will see the fruits of this labor over the next year. We will communicate the newly developed strategic document once it is finalized and welcome any feedback as we begin to implement the new mission, vision, and goals developed. I am thrilled to unveil this to the membership and I hope you are just as excited to receive it!!

A very introspective evaluation has recently occurred throughout the association that included delving deep into our committees, sections, and relationship reach. This process has shown that you want to see more continuing education offerings and activities, certify that all sections and committees are active and current, and for us to do a better job of showing our impact across the state and through our partnerships. WE HEARD YOU!!! Our Policy and Planning Committee recently met and our Board will meet very soon to begin taking action to address all three of these foci. It was tremendously eye-opening to see the findings of this evaluation and how it intersected with the results of the SWOT analysis and logic model occurring completely independent of one another. It is our promise that over the next year infrastructure will be formed to assure that what you desire from this association is built and the result will be encouraging.

Last week we received great news from the American Public Health Association meeting in Boston. Dr. Marian Levy, APHA Representative for TPHA, learned that if the numbers presented are correct, TPHA just became the largest public health association in the nation with 1,262 members. This is a monumental achievement! To be part of such an association is a huge honor and only confirms the importance of continuing to improve ourselves. We now need to focus attention on not just having the most members, but the most satisfied members who will carry our banner proudly. And we will!

As my message comes to an end, which I am very sure you are glad to read ☺, I want to leave you with one of my favorite poems. I hope you see how fitting this is and how this is my view of the next year. I am so honored to be your President and be part of what I believe will be a very important and instrumental year for TPHA!

Stopping by Woods on a Snowy Evening

By Robert Frost 1874–1963

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep.
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

**The Tennessee Public Health Association
extends a very special**

THANK YOU!

**to the following organizations for supporting this conference and
other public health activities throughout the year.**

TPHA Platinum Agency Membership

LIFEPATH

TPHA Gold Agency Membership

UnitedHealthcare Community Plan

TPHA Bronze Agency Membership

Amerigroup Community Care

BlueCross BlueShield of Tennessee

Pfizer Vaccines

TPHA Sustaining Agency Membership

Tennessee State Employees Association

This project is partially funded under an agreement with the State of Tennessee.

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2013 AWARD RECIPIENTS

Submitted by: Ami Mitchell, Chair, 2011 Awards Committee



The **RH Hutcheson, Sr. Award** is presented to a member for outstanding contributions to public health over a period of several years.

This year's winner is a career public health employee who is currently county director for 4 rural counties. Letters of support for her nomination included the following statements: "Her work ethic is unmatched and her passion for public health and the communities she serves is infectious. She motivates her staff with a 'we can do team attitude'. She functions at the highest level of efficiency, integrity and professionalism."

Her accomplishments include successfully leading efforts that resulted in building three new health department facilities and expansions of a 4th. She has been a key player in Remote Area Medical Clinics. Her work ethic is driven by the desire to make a difference in the lives of those around her. She is held in the highest regard by fellow public health

staff, county government officials and community leaders.

The winner of the 2013 RH Hutcheson Sr. Award is: **Charlene Nunley**, County Director for Franklin, Grundy, Marion and Sequatchie Counties.

This year's winner of the **Alex B. Shipley Award** serves as county director for two rural counties. She has worked to facilitate a network of community partners to work to improve health in her counties. Two projects she has spearheaded are a Senior Farmers Market and a Community Garden project. She is an active community leader which includes serving on the Board of Directors for Habitat for Humanity and volunteering for Relay for life.

Letters of support for her nomination included the following statements: "Her commitment to public health is an asset to all those that work in the health department. She is a lifelong learner enrolled in the LifePath program and is always willing to share her knowledge to build a stronger public health work force. She continuously strives to improve staff morale and the overall work environment for employees. Her humble teamwork approach has earned respect from all that are privileged to work with her."

The winner of the 2013 Alex B Shipley Award is : **Sherrie Montgomery**, County Director for Hamblen and Jefferson Counties.



In 2011 this year's winner of the **Partners and Leadership Award** was a new resident to Tennessee and contacted the Health Department asking if he could volunteer his time to provide dental services to uninsured patients. He stated he wanted to contribute to his new community. Since that time he has provided dental services worth thousands of dollars to uninsured patients. His volunteer work has been instrumental in inspiring four other dentists in the region to volunteer.

He provides additional charity care in the community including donating free dental work to an under privileged high school senior student each year.

Letters of support came from both patients and public health staff who all stated their appreciation for his excellent skills and giving spirit.

The winner of the 2013 Partners and Leadership Award winner is **Dr. Robert Ottley**, Lincoln County.



The 2013 winner of the **Public Health Group of the Year Award** includes health department staff, local education staff, representatives from community organizations and health minded citizens. This group applied for and received an Appalachian Diabetes Translation and Control Project grant. With the grant and community partners, they built two walking tracks that are utilized by the schools and community members.

They partnered with the school system and developed a walking program in which 80% of K-5th grade students participated. They conduct an annual fitness and nutrition education event for all 4th graders in the county. In addition, they promoted and assisted in the development of a public disc golf course.

This group is active in the annual community Back to School event which provides needed backpacks, clothes and school supplies.

In the mayor's letter of support he stated that "...this group is an impressive example of collaboration addressing public health issues."

The winner of the 2013 Public Health Group of the Year award is the **Meigs County Health Council**.

Public Health Worker of the Year Award

The letters of support for this nominee included the following statements:

"He is consistently fair and treats every employee with the utmost respect while expecting all others to do the same."

"He is a creative, forward thinker."

"He is compassionate."

"He is the ultimate champion for public health."

"He has brought high credibility to public health. During a national event his ability to articulate critical messages helped save many lives."

"The fact that he is always quick to recognize staff on all levels who contribute reflects his leadership style and his belief that every staff person plays an important role in the health department."

"His vision and leadership in implementing the 2012 Prescription Safety Act will truly save the lives of many Tennesseans."

We are proud to say that this winner is truly one of us- working to improve the health of our great state - our 2013 Public Health Worker of the Year is **Dr. John Dreyzehner**.



The **Distinguished Service Award** is designed to recognize an individual who has made significant contributions to furthering the association over a number of years. The 2013 recipient of the TPHA Distinguished Service Award is **Ami Mitchell**, Regional Director in the South Central Region. Ami has been an active member of TPHA for 15 years. She has served the Association in various positions including Board Rep for the Health Administration Section, Exhibits Chair, Arrangements Chair, Public Health Week Chair and has been a member of numerous committees throughout the years. Most notably, this year she took on the enormous task of chairing the Program Committee. She has done an outstanding job with the program this year and the organization benefited greatly from another successful annual meeting due to her efforts.

As an adjunct professor with Middle Tennessee State University she has consistently promoted the mutually beneficial relationship between our association and the student population. Her desire to bring those two groups together coupled with her ties to higher education played a significant role in starting the association's student section. Her hard work and dedication to this cause continues to benefit the association as we see our student population growing annually.

For her long term dedication to the association including her significant contributions to starting the student section, Ami is very deserving of the honor of being our 2013 DSA recipient.



President Karen Lynn presents a plaque of appreciation to Hugh Atkins, Vice President, Middle TN.

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Dr. Michael Stoots, Vice President, East TN, is presented a plaque of appreciation from President Karen Lynn.



Dr. John Dreyzehner presents the "Commissioner's Outstanding Service to Public Health in Tennessee Award" to Dr. John Lacey. Dr. Lacey is Senior Vice-President and Chief Medical Officer of the University of Tennessee Medical Center and served as Chair of the Governor's Health and Wellness Task Force.

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Dr. Wendy Long, Deputy Director with TennCare is presented a "Commissioner's Outstanding Service to Public Health in Tennessee Award" by Dr. John Dreyzehner. Prior to accepting her position at TennCare, Dr. Long served as Assistant Commissioner for Health Services Administration in the Department of Health.

Doris G. Spain, Editor
 Phone: (615) 646-3805
 Email: dgspain@tnpublichealth.org

SECTION AWARD WINNERS

There were two inductees into the Environmental Hall of Fame for 2013: Julian R. Fleming (posthumously) and Tommy Smith.



Shown left is the family of Julian Fleming accepting his plaque from Mark Houser.



Shown right is Tommy Smith accepting his plaque from Mark Houser.



Carter Garner is presented with the Lynn B. Hearn Environmentalist of the Year Award by Mark Tenpenny.



Suzee Sanders presents the Health Educator of the Year Award to Alicia Small.



Excellence in Nursing Administration, Supervision & Management went to Charlene Haynes, RN, Nursing Director, Mid-Cumberland Regional Office (shown on left) and Runner Up this year for this award was Kathy Nelson, RN, BSN, Nursing Director, East Region (shown in middle).

Excellence in Direct Nursing Service – was presented to Mary Prince, RN3, Bedford County Health Department (shown on right).

FOCUS ON PUBLIC HEALTH ISSUES

Children's Cabinet Launches New Website for Families: www.kidcentraltn.com

Co-chaired by Tennessee Gov. Bill Haslam and First Lady Crissy Haslam, the Governor's Children's Cabinet has a mission to coordinate, streamline and enhance the state's efforts to provide needed resources and services to Tennessee's children.

Recently, the Children's Cabinet rolled out **kidcentraltn.com**, a one-stop shop for Tennessee families to connect with important information and resources provided by state departments. This new website organizes content from across departments, making it easier for families to find what they need. In addition to articles about valuable topics relating to health, education, development, and support, **kidcentraltn.com** features a comprehensive directory of state-operated and state-funded services for children and families.

In the My Profile section, families can use enhanced features of the website including: the ability to tag articles that are important for their child and to explore unique developmental milestones based on their child's age. Parents can also receive recommendations for articles and services that might fit their family.

The **kidcentral tn** Mobile App allows families to receive updates, search hundreds of state services, store their child's emergency contacts, school and/or child care information at their fingertips, and share data with relatives, babysitters, or other caregivers, as they see fit. Families and professionals can also join the conversation on the **kidcentral tn** Facebook page.

"I am grateful to the many parents, teachers, child care providers, state employees, and other stakeholders that participated in this project," Gov. Haslam said. "Our goal is to make these resources and information more accessible and useful to Tennessee families."

Not only is **kidcentraltn.com** a great resource for families, but it is also a valuable tool that doctors, case managers, teachers, childcare providers, librarians and other professionals can use in serving their clients.

Visit www.kidcentraltn.com today and share it with your staff and the families, parents and children you serve.



Report of the Poster Session Committee

Submitted by: Dr. Paul Petersen, Chair

POSTER SESSION WINNER



Dr. Paul Petersen, Chair, **Poster Session Committee** presents The Outstanding Poster Presentation Award to **Dr. Zakiya Nicks**, Southern College of Optometry, Memphis, for her professional contribution to advancing the science of public health.

MEMBERSHIP COMMITTEE REPORT

Submitted by: Glenn Czarnecki, Chair, Membership Committee

Members of the Committee are: Chrystal Gortney, Janice Brown, Cindy Saylor, Danna Taylor, Monica Means, Erica Wilson and Donna Gibbs.

The membership committee is very proud and excited to report the following numbers for TPHA membership:

INDIVIDUAL MEMBERSHIP

Active Members	1095 (including 418 new members)
Life Members	<u>167</u>

TOTAL 1262

AGENCY MEMBERSHIP 124

There are four members who qualify for life membership:

- Karen Lynn, ERC, Upper Cumberland Region
- Jackie Neas, retired, Nursing Supervisor, Greene County Health Department
- Lloyd Roberts, Public Health Rep, Hamilton County Region
- Wanda Sublett, retired, West TN Region

Winner of the new member drawing is Deane Oatsvall, Benton County Health Department. Her sponsor is Kristie Threet. Both will receive a check for \$50.

Individual who recruited most members: Dr. Marian Levy who will receive a check for \$50.



Dr. Marian Levy is recognized by President Karen Lynn for recruiting the most members for the 2013 year.

Chrystal Gortner represents Sullivan County Regional Health Department, winner of the trophy for Greatest Increase in Membership



FUN AND FITNESS COMMITTEE

Submitted by: Robert Goff and Paula Masters, Co Chairs

Mid-Cumberland Swims Away with the Sprit Stick



Lots of castaways washed ashore for the island-themed Fun & Fitness events at this year's annual conference. Teams had to fish for their supper, walk the plank, and some players were even thrown overboard. The competition that really got everybody out on deck was the limbo competition. It was the best competition of the evening. Teams were even cheering for players not on their team! Unless you were there, though, it's hard to describe just how good the winner was at the competition. In the end, though, the Mid-Cumberland Region took home the coveted Sprit Stick. Regional Director **Annette Haley** (right) and Committee Representative **Donna Leedle** (center) accepted the award from Fun & Fitness Committee Co-Chair Robert Goff at Friday's closing session for their fellow shipmates. **Thanks everyone who coordinated and participated in another great event.**

REPORT OF THE NOMINATIONS AND ELECTIONS COMMITTEE

Submitted by: Kevin Morris, Chair, 2013

Kevin Morris, Chair of the Nominations and Elections Committee, announced the following election results at the closing session held on Friday, September 13, 2013.

- | | |
|------------------------------|-----------------|
| President - Elect | Matt McDaniel |
| Vice President - East | Rebekah English |
| Vice President - Middle | Pam Browning |
| Vice President - West | Heather Burton |
| Board Representatives - East | Teresa Harrill |
| | Micky Roberts |



Shown left to right: Outgoing President Karen Lynn; Micky Roberts, Board Rep, ET; Teresa Harrill, Board Rep, ET; President Paula Masters; Pamela Browning, VP, Middle TN; Rebekah English, VP, East TN; and Matt McDaniel, President-Elect.



Incoming President Paula Masters presents the President's Plaque to Karen Lynn, Immediate Past President, with thanks from the Association for her leadership during the 2012-2013 year.

PUBLIC HEALTH SERVICE AWARDS



20 YEAR SERVICE AWARDS

TPHA President Karen Lynn presents 20 year service certificates to Michelle Bell, Deborah Hardin and Charles Turner.

The following individuals were also recognized for 20 years of service, but were not in attendance at the business meeting: Teena Johnson, Bonnie Deakens, Pam Plummer and Wanda Jackson.

PUBLIC HEALTH SERVICE AWARDS (continued)

30 YEARS SERVICE



Karen Lynn and Linda Shaw are recognized for 30 years' service. Also receiving 30 year service certificates are Annette Haley and Doug Beals.

40 YEARS SERVICE

Charlene Nunnelly was the only member qualifying for a 40 year service plaque and received it at the same time she was awarded the R. H. Hutcheson, Sr. Award

LIFE MEMBERSHIP



Four members qualified for Life Membership, having paid dues for 30 years. Shown above left to right are: Lloyd Roberts, Jackie Neas, and Karen Lynn. Wanda Sublett also received life membership.

REPORT OF THE RESOLUTIONS COMMITTEE

Submitted by: Chris Taylor, Chair, 2013

The following resolutions were adopted by the TPHA membership at the annual business meeting on September 11.

Resolution Regarding Energy Drinks Resolution Regarding Heavy Backpacks

(The resolutions made be viewed in their entirety on the TPHA website: www.tnpublichealth.com)

MEMORIAL RESOLUTIONS:

Betty Denny, Clerical Consultant, Northeast TN Region, retired in 1982, died May 20, 2013.
 Nancy Gilliam, Director of Nursing, Northwest TN Region, retired in 1999, died January 25, 2013.
 Sarah Jennings, retired RN, Lincoln County Health Department, died June, 2013.
 Kenneth Whaley, Division of Laboratory Services, retired in 1993, died October 22, 2012.
 Reba Temple, retired Office Supervisor, Hickman County Health Department, died October 6, 2012.
 Walter Nannie, retired from the Division of General Environmental Health, died January 26, 2013.
 Evelyn Edwards, Dental Hygienist, South Central Region, died November 19, 2012.
 Sharon O'Malley, former Director of Nursing, Mid Cumberland Region, died August 31, 2013.
 Matt Nelson, former Director, AIDS Support Services, Central Office, died August 16, 2013.

RETIREMENT RESOLUTIONS:

Fred Adams, Regional Director, Northeast Region, retired June 29, 2013 with 45 years' service.
 Ginny Baker, Nursing Supervisor, Gibson CHD, retired June 1, 2013 with 21 years' service.
 Becky Brumley, County Director, Williamson CHD, retired July 17, 2013 with 32 years' service.
 Paulette Cowan, Personnel Officer, Mid Cumberland Region, retired June 29, 2013 with 41 years' service.
 Chris Freeman, Director, Community Health & Wellness, retired February 2, 2013 with 30 years' service
 Wanda Griggs, PH Office Supervisor, Anderson CHD, retired December 29, 2012 with 26 years' service.
 James Hayes, Information System Mgr. III, Central Office, retired April 6, 2013 with 27 years' service.
 Linda Hellman, Nursing Supervisor, Roane CHD, retired July 2, 2013 with 15 years' service.
 Linda Hensley, Advanced Practice Nurse, Blount CHD, retired June 29, 2013 with 26 years' service.
 Rebecca Johnson, Office Supervisor, Hardin CHD, retired March 1, 2013 with 41 years' service.
 Judy Michael, Registered Nurse, Williamson CHD, retired February 26, 2013 with 19 years' service.
 Jackie Neas, Nursing Supervisor, Greene CHD, retired June 29, 2013 with 34 years' service.
 Kenneth Palmer, Director, Hospital Preparedness Program, retired February 5, 2013 with 10 years' service.
 Barbara Reedy, Community Health Council Coord., West TN Region, retired April 27, 2013 with 33 years' service.
 Lois Smith, Nurse Practitioner, Roane CHD, retired June 28, 2013 with 30 years' service.
 Tommy Smith, Field Office Mgr., General Env. Hlth., Northwest Region, retired April 2, 2013 with 43 years' service.
 Marcia Tilford, Registered Nurse, Rutherford CHD, retired May 1, 2013 with 10 years' service.
 Diane Hilton, PH Office Assistant, Greene CHD, retired July 12, 2013 with 36 years' service.
 Tom Rucci, Program Director, Hamilton County Region, retired June 28, 2013 with 25 years' service.
 Alisa Haushalter, Bureau Director, Metro Davidson Region, retired February 22, 2013 with 28 years' serv.
 Linda Bowers, Office Support Rep, Metro Davidson Region, retired February 28, 2013 with 26 years' serv.
 Sheila McCloskey, Med. Admin. Asst., Metro Davidson Region, retired Feb. 28, 2013 with 9 years' serv.
 Sandra Kaylor, PHN4, Metro Davidson Region, retired May 31, 2013 with 22 years' service.

REGIONAL REPORTS

The SCRUB on Teeth

Janet McAlister, Assistant Regional Director
South Central Region

In 2011 the Tennessee Department of Health was awarded a grant from HRSA (Health Resources and Services Administration) to develop extramural rotations in two of our HPSA (Health Professional Shortage Areas) designated dental clinics for the fourth year dental students from the Meharry Medical College, School of Dentistry. These students were to provide care in the Maury County and Montgomery County Health Department Dental Clinics during a two week rotation.



Shown from left: Beth Isley, Renee Brooks, Dr. Read, Sarina Szablewski, and Student Doctor Cathy Hernandez.

The Maury Dental Clinic started their rotations on September 3, 2013. That Tuesday morning two bright eyed Meharry Student Doctors showed up to our clinic, not sure of what to expect “in the middle of nowhere.” By the end of their two week rotation Friday, September 13th, there wasn’t a dry eye in the clinic, not the dental staff, not the patients, and not even the students; no one wanted them to leave. By the end of the second rotation, with the third Student Doctor, one of our staff members, who loves her Fridays, stated “I am going to hate every other Friday from now on.”

During the month of September (2.1 rotations) our Student Doctors had completed 114 patient visits! This was only made possible with the outstanding support and encouragement of Dr. James Read and our fabulous dental staff. The entire staff has really stepped up to the occasion and enjoyed every minute of it. And we cannot forget our soldiers on the ground, those who are on the frontline against tooth decay, who have worked hard to get the program up and running Dr. Suzanne Hayes, Libba Cook, and Becky LaLonde.

Another part of our decay defense line has been our extraordinary IT team at SCRO, LeeAnne Kelley, Matt Herring, and Judy Hogan. They were given several obstacles along the way, but have met every challenge head on with tremendous success. Herculean efforts were contributed by Matt Herring, to which we give enormous thanks.

The grant also stated that this collaborative program would provide dental care to an underserved population; provide a quality educational experience for fourth year dental students; and provide the students with an exposure to the public health dental setting. In our option we have exceeded these expectations by miles with smiles.

East Region Collaborates with UT Department of Public Health for Second Consecutive Year

Gail Harmon, Assistant Regional Director
East TN Region

For the second consecutive year, employees from the East Tennessee Region and the University of Tennessee (UT) Department of Public Health (DPH) collaborated on the Public Health Summer Academy (PHSA) and provided training for employees of the Department of Health East Tennessee Region. The training was funded by East Tennessee State University’s Public Health Training Center and sessions were taught by UT Faculty who also facilitated discussions relevant to the region at the end of each session.

Public Health Summer Academy 2013 was conducted July 22-26 and involved 20 hours of educational sessions (Monday-Friday from 8 AM to Noon each day) with 18 employees from 6 counties across the region in attendance. Topics covered during the weeklong training included Evidence-based Public Health, Community Health Education; Epidemiology and Biostatistics; Program Evaluation and Health Policy and Management and in 2013 included the use of laptops for learning activities.

Conclusion: Employees reported reasons for enrolling in PHSA included: to increase public health knowledge/skills (56%), considering an MPH or related degree (19%), to benefit their job (11%), heard positive comments from last year’s participants (8%) and to impact local community (6%). Participants were required to write a 3-4 page reflection paper 1 month after the course’s completion on how PHSA will improve their job performance.

In both 2012 & 2013, 100% agreed or strongly agreed that PHSA was a good use of time; 80% said PHSA stimulated their interests in pursuing additional course work or a degree in public health; 100% would recommend PHSA to a colleague. According to 2012 participants’ reflection papers, the most common knowledge and skill application was *community partnering and outreach*, while in 2013 *evidence-based practices* was the most common. In both years, faculty reported learning valuable lessons from practitioners’ experiences and gained insights about local public health practice. (PHSA Report for ETR Director, 2013)

Public Health Summer Academy has proven collaboratively planned educational sessions are effective ways to bridge public health academia and practice and ensure a competent workforce.

Southeast Region Works to Increase Breast Cancer Awareness



The Southeast Region had several projects concerning breast cancer awareness and education in October. Bradley County Health Department collaborated with the Tennessee Cancer Coalition and the Breast and Cervical Cancer program to hold the Ask Me program for beauticians. Ask Me is a program where beauticians are trained about breast cancer and the need to talk to their clients about the importance of mammograms and how to get care even if they are uninsured. The 37311 zip code was targeted for the event in hopes of reaching the most uninsured clients. Beauticians as well as faculty and students at Franklin Beauty Academy were invited to the event. A retired employee, Sally Blackwell, RN4, spoke to the attendees as a cancer survivor. Dr. Jacquelyn Diggs, a physician with the Southeast Regional Office, spoke on the importance of mammograms and women's health concerns. Attendees were given Ask Me buttons to wear to start conversations between themselves and their clients. They

also did role plays on questions clients might ask and how to respond.

Naloni Howard, Nutritionist with Polk County Health Department, organized a Zumbathon with 25 participants at First Baptist Church in Benton to raise breast cancer awareness. Teresa Rogers, RN, and Malissa Davis, NA, of the Polk County Health Department participated in the 5k Paint Polk Pink run for breast cancer awareness. Polk Health Department also submitted a painted pink pumpkin for the pumpkin contest and won in the funniest category. They hosted the mammogram bus on October 31st and the Mountain Tops and Bottoms breast and cervical cancer education event on November 2nd.

Bledsoe Health Department participated in the Turn Pikeville Pink event by dressing in pink for the day. Franklin County staff had a pink luncheon where most of



the food served was pink. The staff also dressed in pink

for the day and gave candles to two employees who are cancer survivors. Hopefully all the awareness events will encourage women to think about the need to get their cancer screenings and take care of their health.



Knox County Health Department's School-Located Vaccine Program Enters Ninth Year

Submitted by: Katharine Killen, Community Relations Director, Knox County Health Department

The Knox County Health Department (KCHD) completed the first phase of its in-school influenza (FluMist) vaccination program last month with initial numbers showing we provided nearly 21,000 vaccinations to kids. Vaccination clinics were held in Knox County elementary and middle schools as well as some Head Starts, private schools and child care centers.

"Children are known to be the major transmitter of the flu to other persons, including those who could be at high risk for complications, like the elderly and infants," said KCHD Director Dr. Martha Buchanan. "This collaborative effort creates a healthier community and helps keep our children in school and schools open."

Children six months to two years of age and those not medically eligible for FluMist received a flu shot. Consent forms were required for vaccination, which parents or guardians could complete online. Paper consent forms were also available at the schools or downloadable from KCHD's website. A schedule of the vaccination clinics was also available online.

In an effort to sustain the program and remove barriers to vaccination for all children, KCHD utilized multiple funding methods, including billing insurance. If families have insurance, they were asked to complete the insurance portion of the consent form. KCHD did not charge co-pays or directly bill parents of vaccinated children. KCHD only billed insurance companies. Another funding method to help cover the cost for children who do not have insurance was developed through a partnership with the Metropolitan Drug Commission (MDC). As a 501(c)(3), MDC accepted donations from local organizations and individuals for the vaccination program. Those interested in donating could do so on the MDC website or on the electronic consent form. All donations were tax deductible.

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In order to administer two doses to vaccine-naïve children and provide an opportunity for children who did not get vaccinated in phase one, KCHD will begin phase two of the clinics December 3. KCHD continues to offer flu vaccine at the health department for children who miss the school's clinic date or attend a program that does not offer an in-school clinic.

A multi-disciplinary team of employees and temporary workers administers the vaccinations. On average over the past eight years, KCHD has vaccinated approximately 45 percent of school-aged children or 25,000 kids per year. KCHD's FluMist program, which began in 2004, is a national model for community flu prevention. Evidence supports vaccinating children as a way to protect the entire community from influenza. Since the inception of in-school clinics, Knox County Schools have not closed due to seasonal flu. (Two Knox County schools were closed in 2008 following Centers for Disease Control and Prevention guidelines for H1N1 flu. Those recommendations have since changed.)

Knox County Health Department utilizes Project Diabetes funds

Submitted by: Sarah Griswold, MS-MPH, RD, LDN, Nutritionist, Knox County Health Department
November TPHA Newsletter

Knox County Health Department (KCHD) was awarded Project Diabetes funding for the next three years. Funds will be utilized to continue many of the programs developed in the Community Development and Planning department to improve community health through better nutrition and increased physical activity. These programs include Safe Routes to School, Nutrition Education Activity Training (N.E.A.T.) afterschool program, worksite wellness, breastfeeding promotion and neighborhood empowerment in South Knoxville.

The Safe Routes to School Partnership is serving children in three underserved neighborhoods and will be expanding into two more. KCHD staff work closely with school administrators and community members to tailor programs to meet their needs. Comprehensive participant recruitment along with volunteer screening and training process has been developed. Outcomes are measured through community participation.

The N.E.A.T. program has partnered with after-school child care providers to offer healthy snacks and fun nutrition education lessons for children ages 6-12. Partners include the Boys & Girls Clubs of the Tennessee Valley, YMCA, and Knoxville Parks and Recreation. The N.E.A.T. program has been utilized in after-school centers for seven years and continues to develop stronger guidelines to help create healthy environments for children. Over the next three years, our partners will be working on policies and environmental changes in order to become "N.E.A.T. Approved." Centers will achieve this designation by implementing a series of 12 N.E.A.T. Approved Guidelines.

Worksite wellness promotion continues this year with mini-grants of \$2,500 awarded to worksites implementing or building upon efforts to help their employees lead healthier lives. Past mini-grant recipients have purchased fitness equipment, hosted fitness challenges and taught healthy lifestyle classes. Our partnership with the Boys & Girls Clubs will also address some wellness training for their staff members.

Breastfeeding promotion will focus on three big projects this year. KCHD staff will work with physician's offices to display signage and brochures that help women find local resources for help with lactation. We will work with the East Tennessee Breastfeeding Coalition to approach hospitals in a campaign to adopt at least five "Baby-Friendly" policies. We will continue promoting the Breastfeeding Welcomed Here campaign with local businesses.

Finally, staff will look to expand upon successes from the Healthy Kids, Healthy Communities grant from the Robert Wood Johnson Foundation by partnering with leaders in South Knoxville to achieve more wide-spread changes to the physical and built environment. We will work with key stakeholders and community members to assess food and activity policies and environments and then implement a plan to make improvements.

This work would not be possible without the funding from the State of Tennessee and the support of our numerous community partners who continue to share the same vision of a healthier Knox County.

Knox County Health Department, TENNderCARE and community partners celebrate Child Health Week

Submitted by: Katharine Killen, Community Relations Director, Knox County Health Department

In observation of Child Health Week, Oct. 6-12, the Knox County Health Department (KCHD) and TENNderCARE partnered with a host of community organizations to encourage everyone in Knox County to have a positive impact on the health and well-being of our children.

"Whether promoting tips and resources or hosting special events, the activities during Child Health Week were designed to raise awareness of the many ways the community can help children have healthy, productive futures," said Charlayne Frazier, TENNderCARE program manager at KCHD.

Activities included:

Monday, October 7th – Celebrating Healthy Children Kick Off

Knox County Mayor Tim Burchett proclaimed Oct. 6-12, as Child Health Week in Knox County, and KCHD Director Dr. Martha Buchanan gave an update on the health status of our children.

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Tuesday, October 8th - Safety

According to the CDC, motor vehicle injuries are a leading cause of death among children in the U.S. TENNderCARE partnered with Knox County Schools to provide "From One Second to the Next," a short documentary, to all Knox County high school wellness and driver's education teachers. The powerful film, designed to discourage texting and driving, portrays four lives that have been impacted by texting-related accidents.

Wednesday, October 9th - Physical Activity

According to the CDC, regular physical activity in childhood helps control weight, build healthy bones and muscles, and reduce anxiety and stress. In Knox County, more than 25 elementary and middle schools took part in International Walk to School Day on Oct. 9 to promote family involvement in regular physical activity.

Thursday, October 10th - Nutrition

As reported in the 2011 National Survey of Children's Health, Tennessee ranks fifth worst in the country on a key measure of health: more than one-third of our children aged 10-17 are overweight or obese. To encourage families to make a healthy breakfast part of their daily routine, Knox County Schools offered all Knox County students a free breakfast on Oct. 10. They encouraged kids to "Stick with Breakfast" by serving a healthy version of French toast sticks.

Friday, October 11th - Dental Health

According to the CDC, tooth decay affects children in the U.S. more than any other chronic infectious disease. The consequences of poor dental health include speech problems and an inability to concentrate on learning or playing activities.

- TENNderCARE and its partners promoted the 2-2-2 tip: brush your teeth for two minutes, twice a day and get a checkup twice a year.
- The School Based Dental Preventive Program (SBDPP), housed at KCHD and supported by a grant from the TDH, offered free preventive dental services to children at Lonsdale Elementary School on Oct. 11. SBDPP is an ongoing program serving children in kindergarten through fifth grade at select Knox County schools.

Special weeklong activity:

To quote Dr. Margaret Chan, director of the WHO, "Education and health are a mutually-reinforcing sisterhood." To help children learn about healthy habits, the Knox County Public Library (KCPL) incorporated health-related books into story times, one of KCPL's initiatives to help children develop literacy skills.

McNairy County Health Department PPI Team: 5-2-1-0 Day in the Park

Submitted by: Beth Hamilton, Public Health Educator, West TN Region

The McNairy County Health Council partners and United Healthcare sponsored the 2nd annual 5-2-1-0 Day in the Park on Saturday, September 14, 9:00 a.m. to 12:00 p.m. in Selmer City Park. The event promoted physical activity, nutrition and healthy lifestyle choices to address obesity, the health council's number one priority. The 5-2-1-0 Initiative to take down childhood obesity was the theme of the day: 5 servings of fruits and vegetables daily, only 2 hours of screen time, 1 hour of physical activity and 0 sugary sweetened beverages.

Approximately 550 children and adults of all ages attended the free event to participate in a wide variety of health related activities. The McNairy County Mayor, Ronnie Brooks, welcomed the large crowd and Health Department County Director, Lisa Park, explained the council's efforts to address childhood obesity and promote healthy choices. Mortality rates for heart disease and stroke among McNairy County residents are among the highest in West TN. Over one third of adults in McNairy County are obese and inactive.

The day began with a two-mile fun run/walk followed by water and fruit. Activities continued throughout the morning with 15 vendors providing educational health exhibits. Activity stations included pedal cars, party jumpers, trampoline and a game zone. From the stage, instructors gave interactive demonstrations of zumba, yoga and aerobic exercises and led fun dances. Participants could purchase 5-2-1-0 t-shirts and sugar-free snow cones. Local newspapers, Facebook pages and the radio station were generous with their ads, PSAs and publicity. Everyone received goody bags containing pedometers and walking journals to promote physical activity.

Mission Statement: "Using the 5-2-1-0 Initiative to Promote Healthy Lifestyles."



(West TN Continued on Page 16)

Hardin and McNairy County Health Departments Host Gold Sneaker Training for Daycares

Joan Cook, MS, RD from the Nutrition, Physical Activity, Obesity Program and **Kathie Cothorn**, Southwest TN Childcare Resource and Referral, visited the Pickwick Landing State Park Inn in West TN to present the **Gold Sneaker Training** for Hardin and McNairy County daycares. PPI Team members, **Michelle Reynolds**, TENNderCARE Outreach Worker, **Ruth**



Teague, WIC Nutritionist and **Beth Hamilton**, Health Educator coordinated the very successful event. The PPI Team chose to sponsor the Gold Sneaker Training to address obesity prevention and promote healthy choices. Approximately #50 daycare staff members enjoyed a free buffet dinner, attended the power point presentation and received 2 hours of continuing education recognized by DHS.

Gold Sneaker consists of 9 policies which deal with nutrition, physical activity and tobacco. Participation in the Gold Sneaker Initiative is voluntary and open to any licensed child care facility. Child care programs that implement these physical activity, nutrition and tobacco policies will earn a "Gold Sneaker" award which designates them as a "Gold Sneaker" child care facility.

Gold Sneaker designation can be used for marketing purposes for the child care program. In addition, daycare facilities that implement the policies will receive an incentive package, with \$200 worth of physical activity equipment, books and activity DVDs, a certificate signed by Governor Haslam, decals for the facility doors, a quarterly newsletter, and access to the electronic logo for use.

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Hardin County Health Department PPI Team participates in Community Walk/Run

The Hardin County Health Council partnered with Elite Sports Academy and Fitness and City and County Mayors to sponsor monthly community walk/runs. About #40 people joined the fun and set a good example for a "healthy" Hardin County. Paige Neill, Health Council Chair, offered a special challenge to the City and County Mayors and their staffs to "Walk with the Mayor", as well. The monthly walks are a way to take the first step, get moving and make good health a priority.

Community members were asked to bring their family and friends for the Walk/Run through downtown Savannah on Sunday, September 22, 2013 at 2:00 p.m. The course, an estimated three miles, began at the Piggly Wiggly Parking Lot and proceeded down Main Street in Savannah to the Tennessee River and back. Also, everyone was encouraged to wear red to promote health in the community.

Hardin County PPI Team members who participated included **County Director Pattie Kiddy**, **Nurse Supervisor Dale Reynolds** and daughter **Emma**, **RN Kim Adams**, **WIC Nutritionist Joni Shank**, **TENNderCARE Outreach Worker Michelle Reynolds** and **Health Educator Beth Hamilton** and husband **Tom**.



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