



Tennessee Public Health Association Newsletter

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**2014 Annual Educational Conference
“Health and Home:
Where You Live Matters”
September 10-12, 2014
Cool Springs Marriott, Franklin, TN**

Submitted by: Matt McDaniel, Chair, Program Committee



President’s Message

***Paula Masters
TPHA President
2013-2014***

I cannot believe this is my last article as President! It is unbelievable how quickly time passed and how much we’ve accomplished in one year. When you think about having 365 days

to hold a position, you feel as though you have so much time to achieve unlimited things. However, I write to you as I have become the cliché “where has the time gone”? When I review my thoughts, notes, newsletters, it all comes to a screeching halt. I am overwhelmed that in just six weeks, my time as President is complete. This presidency has been one of the most fulfilling experiences of my life made possible by such a wonderful membership, outstanding committee chairs and board, and the wondrous Mrs. Doris Spain. I am humbled and in awe of the work of TPHA and leave it to Winnie the Pooh to convey my feelings best. **Thank you!**

“How lucky I am to have something that makes saying goodbye so hard.” — A.A. Milne, Winnie-the-Pooh

As my final charge, I encourage all of you to attend the annual meeting in September! The conference brochure has been mailed and is available online for viewing. The line-up of plenary speakers, session topics/presenters, and opportunities for knowledge exchange is exceptional. There is sure to be something for everyone, especially when you think about the plethora of information available

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“When you have exhausted all possibilities, remember this - you haven’t.” — Thomas Edison

We in the program committee find this quote to be very applicable to our work, as we have had an exciting past few months regarding our 2014 Conference lineup! While we are all very happy for Dr. Ali Khan and his appointment to Dean of the College of Public Health at the University of Nebraska Medical Center, his move did leave us with a gap in the program to fill, and quickly! Fortunately, the suggestions of our members proved to be spot on, and we have a new speaker for the Thursday plenary, one that I believe you will all enjoy very much!

Colin Woodard, award-winning author and journalist, will be joining us to discuss his most recent book, ‘*American Nations: A History of the Eleven Rival Regional Cultures of North America*’. Mr. Woodard’s book

works to “debunk the simplistic notions of Left Coast, red state, blue state and other broad-brush efforts to peg America’s differences, arguing instead that there



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are not just a couple but 11 regional and cultural divides in the nation” (The Daily Beast).” This session will be a perfect fit with our conference theme of ‘Health & Home: Where You Live Matters’, and we are excited to be able to bring this speaker to the conference.

Mr. Woodard has covered a wide-range of issues in his reporting, from ethnic conflict in the Balkans and peacekeeping in Guatemala to the destruction of coral reefs and the effects of global warming on Antarctica. Since 1989, he has been based in Budapest, Hungary, Zagreb, Croatia, Washington, DC, and on the US-Mexico border near Brownsville, TX.

American Nations was named one of the Best Books of 2011 by the editors of The New Republic and The Globalist and received the 2012 Maine Literary Award for non-fiction. Colin is currently State & National Affairs Writer at the *Portland Press Herald and Maine Sunday Telegram*, where his investigative reporting won a 2012 George Polk Award.

Regarding our concurrent workshop sessions, we have made some changes that I think will really benefit our conference attendees. First, we have increased the number of concurrent workshops for the entire conference to thirty, not counting our excellent Keynote and Plenary speakers. The program committee has worked tirelessly to ensure that all attendees can find a workshop that really interests them during each session. Related to this increase is our introduction of a set of workshops on Wednesday afternoon from 3:45-4:45 pm. Eight of our sections will be hosting presenters in a set of workshops that are open to all members. We have a very diverse and fascinating group of speakers who will be sharing their time and talents with all of you. Our Wednesday speakers include:

- Dr. Karen Cline-Parhamovich on TN Mass Fatality Strike Teams
- Ms. Cynthia Fry on The Power of Resiliency
- Ms. Susan Gillpatrick on Promoting a Safer Work Environment
- Ms. Jennifer Tlumak on Sustainable Living Strategies & Improved Health Outcomes

We hope that all attendees will make plans to attend a session during this new block of workshops!

Our Thursday and Friday workshop presenters have much to offer as well! Our confirmed speakers include:

- Mr. Matthew Kuhlenbeck on Health Improvement in a Rural Community
- Mr. Karl Moeller on Working with Your Elected Officials on Public Health

- Dr. Laura Pullum on Addressing Big Data Challenges in Disease Surveillance
- Dr. William Schaffner with an Infectious Disease Update
- Mr. Mike Meit on Disparities in Rural Health Status
- Dr. Carole Myers on Medicaid Expansion and ACA Implementation in TN

And that’s just the tip of the iceberg! I invite each of you to take a look at our registration brochure and start planning your conference days now. The committee believes that this is one of the best lineups of speakers we’ve had, and I’m inclined to think that you will as well. I look forward to seeing all of you in Franklin this September!

[REGISTRATION BROCHURE AVAILABLE AT WWW.TNPUBLICHEALTH.ORG](http://WWW.TNPUBLICHEALTH.ORG)

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under the theme *Health and Home: Where You Live Matters*. This year’s theme is completely non-discriminatory; it applies to every human being on the planet. The annual conference is your opportunity to not only receive high caliber public health information, but to also spend time with colleagues across the state. As public health professionals, we are experts on maximizing resources with little-to-no financial support. The annual conference is one of the best resources available for professional development and is pretty darn affordable. Visit the TPHA website to view the conference brochure and register! Can’t wait to see you all there!

2014 Annual Conference Program Evaluation

Exciting news! TPHA is making efforts to go GREEN. This year’s conference attendees are going to have online access to the post-conference evaluation. Why are TPHA post-conference evaluations going digital? Because online post-conference evaluations offer both conference organizers and planners some very real advantages such as higher response rates, better feedback, and faster evaluation results. More to come on ways you can access the online post conference evaluation.

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REPORT OF THE ARRANGEMENTS COMMITTEE

Submitted by: Ami Mitchell, Chair

Just a few last minute details are all that remain to be confirmed and the arrangements for the 2014 conference will be final. The Marriott staff has out-performed themselves this year. Our sales representative Erin Rice and Chef Hayden Haddock have been very dedicated to making sure our conference experience is superior.

Chef Hayden is new to the Marriott and has really enjoyed his first year of planning a TPHA conference. There will be many special touches that will not go unnoticed by the conference attendees. The arrangements committee is especially excited about the menu choices. We have worked very closely with the Marriott banquet staff to make the selections for both the opening and awards luncheons. Chef Hayden has come up with beautiful and healthy entrées and for each meal that include traditional and vegetarian choices, for example the exotic pork, cheesy stuffed pepper and savory chicken dishes shown below. Nutritional information will be available and we are certain the conference attendees will be impressed!



The President's Reception will include a "big reveal" as the 1980's theme comes to life for our Thursday night activities. The food choices for this event will remain a secret until the reception begins. But, if you were around in the 1980's, the words "Food Court" should ring a bell...hint hint!

Please be sure to check out the conference brochure for information on the exhibits, silent auction, coffee breaks, Fun and Fitness, the section meetings and opening and closing ceremonies. We don't want you to miss out on any of the carefully planned conference.

REPORT OF THE FUN AND FITNESS COMMITTEE

Submitted by: Christen Minnick, Chair

Totally 80's Fun and Fitness!

Here's the 411 on what's going down for our totally tubular 80's inspired Fun and Fitness events at this year's TPHA Annual Conference. Grab all the dudes and dudettes from your Region and get ready to compete for the coveted Spirit Stick. Learn how to earn points for your team during the conference and at the main Fun and Fitness event on Thursday night. It's, like totally, going to be a rad time!

Events during the Conference

Earn points for your team by participating as a group in these events during the Conference. Anything that must be turned in will need to be submitted to Christen Minnick by 3:00 p.m. on Thursday, September 11, at the information desk outside of the ballrooms.

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This and That 1980's Trivia: Time to test your 80's pop culture knowledge! Each team can turn in one completed 80's Trivia sheet for five points. These sheets will be available to your team at the information desk outside of the ballrooms. Don't start wiggin' out! You can use your futuristic phone to help you find the answers!



Morning Aerobic Workout Session: Get your legwarmers and sweatbands ready! We will meet at 7:00 a.m. on Thursday, September 11, for a 20 minute 80's style exercise session. Every team that has at least five representatives will get 10 points for this gnarly workout time!

Album Cover Art Contest: Is your region Rock, Punk, Metal, or Hip Hop? Show us by making an album cover to showcase your 80's style! Each team is to create its own 80's inspired album cover art depicting its Region or Metro. Album cover art should be prepared on poster board and should be no larger than the standard 22" x 28" size. Submit your team's cover art by 3:00 on Thursday, September 11, at the information desk across from the ball rooms. Cover art will be judged prior to the Fun and Fitness evening competition. The number of points awarded will be based on the number of submissions. (Example: If 10 teams submit, 10 points will be awarded to the top judged album art, 9 points to the next, etc...).



Fun and Fitness Competition

Thursday evening will host three group competitions and an 80's music inspired group performance. This part of the competition will be held after the 80's themed President's Reception. Please dress to impress!

We're looking for big hair, bright neon's, and lots of totally tubular fashions!

Dress to Excess Relay: Each team will need to choose five members for this relay. An assortment of 80's accessories will be at one end of the relay line. Four team members will take turns racing to gather these items, one at a time, and help their 5th team mate "Dress to Excess." The top 5 finishing teams will receive points. While the rest of the teams won't receive points, they will look totally bangin' in their attire!



Pin the Sequined Glove on Michael: Each team will choose two members for this event. Teams will randomly be selected to try and pin a sequined glove on a cutout of the King of Pop. One team member will be blindfolded and pins while the other team member will verbally "guide" him or her on placement of the glove. Teams will have a limited amount of time to complete this challenge. The closest team to pinning the glove will receive 5 points. It's going to be a Thriller !

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Two Minute Skip-It Challenge: Remember the Skip It? It's time to bring it back! One person from each team will have two minutes to rack up as many Skip It points as they can. As the slogan goes, "The very best thing of all? There's a counter on the ball!" The team with the highest number of skips based on their Skip It's counter will receive 5 points .

I Want My MTV...er...TPHA Performance: Showcase your team's 80's talent with the finale of our Fun and Fitness evening. Rules for the team performance are as follows: Choose an 80's song and change the lyrics to something related to public health. Any 80's music genre is acceptable! In order to ensure variety, please email Christen Minnick your song choice (christen.minnick@tn.gov). Songs will be assigned to teams on a first come, first served basis. If another team has already chosen your team's desired song, you will be asked to make a second choice. It will be your team's responsibility to select a 2 minute section from your song to perform (karaoke versions of 80's songs are available in iTunes or at Amazon.) Please bring your song selection on a jump drive or CD to the competition. No more than three team members will be permitted to perform vocals for your song. The remaining team members can serve as backup singers or dancers. Teams will have one minute to set up before and one minute to break down after their performance. Judges will be basing their favorite performance on quality of lyrics, 80's look, and team spirit.

This competition is going to , like, rock...for sure! Any questions or comments can be directed to Christen Minnick at 423-979-4635 or christen.minnick@tn.gov. You can also speak with your Regional Fun and Fitness Representative.

Fun and Fitness Committee 2014

Catherine Montgomery, Cathy Cowart, Haley Colvin, Terry Henson, Jennifer Nelson, Marianne Sharp, Melony Sesti, Jason Stamm, Michael Railing

REPORT OF THE CONSTITUTION AND BYLAWS COMMITTEE

Submitted by: Art Miller, Chair

Shown below are recommended changes to By-Laws for 2014 that have been approved by TPHA Board of Directors and will be presented for approval to General Membership at the business meeting on September 10.

Article VI. Sections

Section 1 The following sections shall be established and other sections may be established on approval of the Board of Directors by proper application of not less than 25 (Twenty-five) Active Members. A section failing to maintain 15 (fifteen) active members for three consecutive years may be dissolved by a two thirds vote of the Board of Directors present at an official meeting. Attendance of not less than 10 (ten) Active Members at annual section meetings is desirable.

REMOVE the following sections: d) Management Support and l) Case Management.

ADD the following Sections: 1. Vision Care Section and Public Health Academics Section.

REPORT OF THE RESOLUTIONS COMMITTEE

Submitted by: Glenn Czarnecki, Chair

The following resolutions have been approved by the Board of Directors and will be presented for adoption at the TPHA business meeting. Questions or comments should be directed to Glenn Czarnecki at glenn.czarnecki@tn.gov.

RESOLUTION OF THE TENNESSEE PUBLIC HEALTH ASSOCIATION REGARDING SMOKING IN VEHICLES WITH CHILDREN

WHEREAS, The 2006 Surgeon General's Report states that the scientific evidence about the dangers of secondhand smoke is indisputable; there is no safe level of exposure to secondhand smoke; and,

WHEREAS, Almost 60 percent of U.S. children aged 3-11 years, or almost 22 million children are exposed to secondhand smoke; and,

WHEREAS, There is overwhelming evidence of the harms associated with exposure to secondhand smoke that is specific to children and specific to enclosed environments; and,

WHEREAS, American Academy of Pediatrics studies "provide evidence that exposure to environmental tobacco smoke is associated with increased rates of lower respiratory illness and increased rates of middle ear effusion, asthma and sudden infant death syndrome"; and,

WHEREAS, The American Academy of Pediatrics concludes "exposure during childhood to environmental tobacco smoke may also be associated with development of cancer during adulthood"; and,

WHEREAS, A 2006 Harvard School of Public Health study found "alarming" levels of secondhand smoke were generated in just five minutes in vehicles under various driving, ventilation and smoking conditions; and,

WHEREAS, The same Harvard study found a "significant increase" in the levels of carbon monoxide in cars where smoking occurs, a substance known to induce lethargy and loss of alertness even in small quantities; and,

WHEREAS, Smoking just one cigarette in a vehicle raises fine particle levels far beyond exposure limits set by the EPA and raises secondhand smoke levels several times higher than levels found in bars and other establishments where smoking is allowed; and,

WHEREAS, A University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health found that 60 percent of current smokers would support a ban on smoking in cars carrying children, compared with 84 percent of former smokers and 87 percent of people who never smoked; and,

WHEREAS, At least six states including Arkansas, California, Louisiana, Maine, Oregon and Utah have smoke-free car laws banning smoking in cars where children are present, protecting children ranging from less than 6 years old to less than 18 years old; and,

WHEREAS, Tennessee maintains a robust child restraint law requiring all children under the age of nine and under 4 feet 9 inches tall to be restrained in either a booster seat or some other child safety restraint system;

NOW, THEREFORE BE IT RESOLVED, the Tennessee Public Health Association strongly recommends we work with the Tennessee General Assembly to protect our children from the dangers of secondhand smoke in cars by enacting legislation banning smoking in any car where a child should be restrained by a child safety restraint system; and,

BE IT FURTHER RESOLVED, that a copy of this resolution be furnished to the Governor and to members of the Tennessee General Assembly and that a copy of this resolution be spread upon the minutes of the Association.

RESOLUTION
OF THE
TENNESSEE PUBLIC HEALTH ASSOCIATION
REGARDING
E-CIGARETTES

WHEREAS, The Centers for Disease Control and Prevention reported in 2011 that about 21 percent of adults who smoke traditional cigarettes had used electronic cigarettes, also known as e-cigarettes, up from about 10 percent in 2010; and,

WHEREAS, The percentage of U.S. middle and high school students who use electronic cigarettes, or e-cigarettes, more than doubled from 2011 to 2012; and,

WHEREAS, The CDC Director, Dr. Tom Frieden has called the increase in use of e-cigarettes by teens “deeply troubling” and nicotine “a highly addictive drug”. And further suggests “many teens who start with e-cigarettes may be condemned to struggling with a lifelong addiction to nicotine and conventional cigarettes;” and,

WHEREAS, Some e-cigarettes have been marketed as smoking cessation aids, there is no conclusive scientific evidence that e-cigarettes promote successful long-term quitting; and,

WHEREAS, The FDA has not approved e-cigarettes as a safe or effective method to help smokers quit; and,

WHEREAS, E-cigarettes are offered in a variety of flavors that young children and teens could find especially appealing, like cherry, grape and strawberry; and,

WHEREAS, “New and very troubling data from the National Poison Data System show that reports of poisonings caused by accidental ingestion of e-liquids, tripled from 2012 to 2013;” and,

WHEREAS, The research into the effects of e-cigarettes lags well behind their popularity, and medical associations and regulatory bodies are concerned that e-cigarettes are nothing more than a gateway to nicotine addiction;

NOW, THEREFORE BE IT RESOLVED, the Tennessee Public Health Association expresses deep concern over the rapid increase in the use of e-cigarettes by both adults and especially teens and the inconclusive health effects for both groups.

BE IT FURTHER RESOLVED, that a copy of this resolution be furnished to the Governor and to members of the Tennessee General Assembly and that a copy of this resolution be spread upon the minutes of the Association.

FOCUS ON PUBLIC HEALTH ISSUES



Your TPHA Board passed a resolution earlier this year that “strongly recommends we work with the Tennessee General Assembly to protect our children from the dangers of secondhand smoke in cars by enacting legislation banning smoking in any car where a child should be restrained by a child safety restraint system. The resolution will be presented to the entire membership during this year’s annual business meeting on September 11, 2014. This image, and similar ones, will soon be featured across East Tennessee where communities will use tobacco settlement dollars and the media to bring attention to the dangers of second-hand smoke. Please contact TPHA for information about how you can use this same image to further the idea in your area.

REGIONAL REPORTS

Infant Mortality/Tobacco Exposure Reduction Initiative Receives \$20,000 Grant

**Submitted by: Paula Collier, Tobacco Prevention Coordinator
Chattanooga-Hamilton County Health Department**

The Chattanooga-Hamilton County Health Department received a \$20,000 grant from the TN Chapter of the March of Dimes. The one year grant, from February 2014-February 2015, supports the "Faith for Chattanooga Babies" initiative, which aims to improve the health of childbearing women and babies in Hamilton County's African American community.

The Tobacco Prevention and Infant Mortality programs at the Health Department have partnered to provide preconception health education to women by addressing tobacco exposure and its relation to infant mortality and overall maternal health. Paula Collier, Tobacco Prevention Coordinator at the Chattanooga-Hamilton County Health Department and co-author of the grant said, "We are so fortunate to be involved with these great partnerships. Many of Hamilton County's Baptist churches have active Health Ministries that see improving the health of their community as part of their ministry."

Preconception education focuses on the health of a woman before she becomes pregnant and the early stages of her pregnancy. The goal is to ensure a healthy birth outcome for both mother and baby. The Faith for Chattanooga Babies initiative facilitates partnerships between African American Church Health Ministries and adopted childcare centers.

"Many people are not aware of the dangerous effects tobacco exposure has on infant and maternal health," said Lori Franklin Wheeler, co-author of the grant and the Infant Mortality Program Manager at the Chattanooga-Hamilton County Health Department. "This is a great opportunity to partner with leaders in the faith-based community to help make mothers and babies healthier. The program will directly impact approximately 384 people," said Wheeler. Participating churches create a Church Action Team to:

- learn about the dangers of tobacco exposure to mothers, babies, and children
- adopt/partner with a childcare center
- teach and host educational sessions for church attendees on outlined health topics
- facilitate tobacco cessation classes for the community



Shown left to right: Paula Collier, Lori Franklin Wheeler and First Lady Chrissy Haslem

The project aligns with the statewide efforts of Tennessee First Lady Chrissy Haslam's "First Ladies for Healthy Babies" initiative. Additional community partners include: the Chattanooga Health Disparities Task Force, Mt. Canaan Baptist Church, Dr. Vonda Ware, Howard High School, the Chattanooga Hamilton County Medical Society, and the Increasing the Rate of Infant Survival (IRIS) Community Action Team.

The project also aligns with the State Tobacco Settlement efforts that include reducing second hand and third hand smoke exposure to infants and children, one of the three priority areas. Outreach efforts with childcare centers include an introduction to Gold Sneaker and support with updating tobacco policies.

EAST REGION

UT Public Health Summer Academy

**Submitted by: Jana Chambers, Cocke/Sevier County Director
Sherrie Montgomery, Hamblen/Jefferson County Director**

During the week of July 14, 2014, twenty-two employees of the East Tennessee Region, Tennessee Department of Health, and the Knoxville Regional Lab plus two interns participated in the third annual UT Public Health Summer Academy (PHSA). Held on the UT Campus each morning from 8:00 AM-12:00 PM, this week-long educational program was focused on strengthening both the public health knowledge and skills of participants. PHSA was facilitated by Dr. Paul Erwin, Professor and Head of the UT Department of Public Health and Julie Grubaugh, Academic Health Department Coordinator, with instruction provided by UT faculty and East Tennessee Region staff. Sessions focused on the Evidence-Based Public Health (EBPH) cycle, with emphasis on applying the information directly to the individual public health work environments, whether administrative or clinical.

The week began with an introduction to the basic concepts of evidence-based decision making – how to find or create new evidence needed for decisions. Looking at the Public Health Planning Cycle (Assessment > Planning > Implementation > Evaluation), participants began to delve into the specific activities/methods used to produce the information necessary to define and assess community health. Next students journeyed into the world of mathematics and learned how to quantify the data and, better yet, to read and interpret the data so that it could be used in developing a concise written statement of the problem or issue under consideration in a measurable manner. With an introduction to the construction of a sound problem statement

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and use of logic models as a roadmap to program planning, participants began to understand the overall process for setting priorities in public health. Participants learned how to evaluate the problem statement to identify outcomes they wanted to achieve. Then, from the outcomes they were able to identify risk and protective factors that influenced the outcome and develop an action plan with specific interventions. Throughout the week, the importance of the evaluation piece being considered from the very beginning of the cycle was emphasized. One day was dedicated to understanding the basic components of program evaluation, the various types of evaluation designs useful in program evaluation and when it is appropriate to use which type. Having spent the week learning the basic concepts of the EBPH cycle, participants were asked to spend the final day applying it to their jobs. It was a wonderful opportunity to put the knowledge and skills learned into practice – completing the EBPH cycle for the problem identified.

To complete PHSA, participants will submit a three to four page paper addressing each of the steps in the EBPH planning cycle in terms of the specific knowledge and/or skills they will apply to improve the public health work that they do. In addition, participants complete a pre and post self-assessment of public health competencies. What a wonderful opportunity to take the knowledge and skills learned and apply it to primary prevention initiatives, LEAN, or SMART goals for the local health department. The possibilities are endless. Thank you to all who worked to make the UT Public Health Summer Academy possible!



SOUTH CENTRAL REGION

“Think Before You Drink”

Submitted by: Janet McAlister, Assistant Regional Director

Whoever would have thought a Primary Prevention Initiative (PPI) could cause mouths to fly open and teeth to hurt?



Well that’s what happened when the School Based Dental Team in the South Central Region kicked off their PPI. Registered Dental Hygienists’ Robin Rohling, Jennifer Nelson, Jancie Brewer, Lisa Reeves, Registered Dental Assistant Pam Isley, and Regional Dental Director Veran Fairrow, DDS, have presented their PPI to over 363 students and adults in the region.

The School Based Dental Team chose the PPI topic of obesity with a focus on sugary drinks. “Think Before You Drink” is presented to students in an effort to raise awareness of added sugar in drink choices. With Americans drinking an average of 45 gallons of sugary drinks each year, the team is hoping to teach the students and adults to make better drink choices.

The team shared examples of soft drinks; flavored milk and fruit juices, then gave examples of their sugar and candy equivalents. Immediately after the amounts of sugar and candies were shown, mouths began to fly open then the students and adults began to grab their teeth. This was definitely a shock and wow moment!

Their second shock came when the dental team showed the students what an actual recommended serving size should look like. They could not believe the actual size of an eight ounce serving as it is much smaller than what most people actually eat.

The dental team explained the link between sugar, acid, bacteria and tooth decay. Students were then given disclosing tablets to show how the plaque (bacteria) builds up on their teeth. The team also started an experiment by dropping an actual tooth into four different types of sugary drinks and revealed the results after two weeks.

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SOUTHEAST REGION

The Public Good Projects Visits Meigs County

The Public Good Projects and the Institute of Medicine paid a visit to Meigs County as well as other counties in East Tennessee on July 24th. They are considering Meigs County as a community where pilot projects can be tested to improve their methodology in the *A Healthy America Framework and Work Plan* on a small scale before introducing it nationally. A Healthy America is a health information and marketing campaign which will premiere in 2015 and market health to all Americans.



The Public Good Projects is an independent non-profit media organization and the Institute of Medicine is part of the National Academy of Sciences and a respected independent voice on health. These two organizations are partnering to implement *A Healthy America*. The Public Good Projects' documentaries on HBO – *Addiction*, *The Alzheimer's Project*, and *The Weight of the Nation* have received several awards including three Emmy Awards and honors from the Association for Health Care Journalists.

Meigs County hosted the meeting at the Emergency Operations Center in Decatur with eleven Health Council members making presentations on efforts to improve health in the county. Topics covered included making the town more walkable, adding extra areas to walk, faith-based initiatives, classes on shopping and cooking for healthier meals, educational programs held by the Health Council, and the Baby and Me Tobacco Free program. The Health Council Chairperson stressed that one of the greatest strengths in Meigs County is the ease in which partnerships are formed and maintained. Organizations do not create artificial boundaries which create barriers to accomplishing our goals.

Meigs County hopes to be chosen as a community to test pilot projects and we are honored that The Public Good Projects considered our efforts worthy of a visit.

UPPER CUMBERLAND REGION

Submitted by: Sandy Moore, Health Promotion Coordinator

New Medical Director in the Upper Cumberland Region

We are pleased to announce the addition of Dr. Don Grisham to the Upper Cumberland Region team as our Regional Medical Director. Dr. Grisham is Board Certified in Internal Medicine and has worked in private practice for 26 years in the Cookeville area. He has an excellent reputation in the medical community and we are honored that he has joined us.

White County Middle School Get Fit Highlands Challenge

As part of the Highlands Get Fit Challenge covering Jackson, Overton, Putnam and White Counties, a school challenge was incorporated in the 2013-2014 challenge. The Get Fit Highlands School Challenge encouraged students to be more active. White County Middle School welcomed the school challenge. Students in 6th, 7th and 8th grade completed at least 5 minutes of physical activity in each class that ranged from a work out video, dance, or jumping jacks. 900 students accepted the challenge of completing 30 minutes of physical activity, 5 days a week.

MID CUMBERLAND REGION

Mid-Cumberland Highlights Partnerships

Minority Health Grant provides opportunity for partnership in Williamson County.

The Williamson County Health Department, Harvest107 and New Hope Academy have teamed up to develop with an economically, racially and culturally diverse student body. It exists to serve low- raised bed gardens at the school. New Hope Academy is a Christ-centered community school with a focus on establishing a solid biblical worldview, instilling vision, confirming hope and preparing each young person for a life of service.

Through funds received from the Department's Office of Minority Health, the Williamson County Health Department contacted New Hope Academy with ideas to build and teach gardening techniques and discuss the health benefits of eating

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vegetables with their students. New Hope had connections with Gracie Pfaff, a 12-year-old homeschooled 7th grader who started the non-profit Harvest107, which plants vegetable gardens in food-insecure communities to cultivate sustainable food sources, while rooting communities in faith. Gracie's mission aligns with the vision of New Hope Academy, an independent, non-denominational, not-for-profit institution that targets the spiritual, emotional, intellectual, social, and physical needs of their students and families.

Five raised beds were built in the courtyard area of the school by Eagle Scout J. P. Gilliam. Children participating in the program began their farming adventures by learning about seeds, and planting cool weather crops including cabbages, lettuce, kale, and turnip greens. Other lessons included container gardening, importance of fertilizing, and nutritional benefits of foods being grown in the garden. Grant funds were used to purchase lumber, hoses, tools, plants, and gardening accessories for the project.



Throughout the program, students have been responsible for the daily watering, weeding and collecting produce. A survey was collected from parents and the results indicated:

- 86% of children participating in the garden project tasted vegetables grown in the garden
- 49% stated their children consumed vegetables they had never tasted before; and 46% noticed their child(ren) eating more vegetables since participating in the garden club

Montgomery County Women Benefit from Partnership with Austin Peay State University

For several years, Austin Peay State University has demonstrated their commitment to improving the health of the residents of Montgomery County. Faculty from the University serve on the Montgomery County Health Council, the Montgomery County Board of Health, the City of Clarksville's Mayor's Fitness Council, and the Clarksville/Montgomery County Community Health Foundation.

In the 2012 County Health Rankings, Montgomery County ranked 88th out of 95 for screening mammograms. Staff of the Montgomery County Health Department approached Dr. Orr, Chair of APSU's School of Nursing to seek her help in addressing this outcome. Discussions included the need to offer and promote breast health education within the community, improved access to screening mammograms for at-risk populations and enhance current resources.

In the fall of 2012, the Montgomery County Health Department and APSU formed a partnership and co-wrote a grant which would provide additional screening mammograms and breast health education to uninsured women. Over the past two years, this program funded through the Komen Foundation, has received over \$95,000 and to date has provided 398 women with screening mammograms. This number is over and above those who have received screenings through the Breast and Cervical Cancer Program. Additionally, through this partnership, four breast health educational forums have been held in Montgomery County.

Montgomery County Health Department Partners with Northwest High School

Clarksville Northwest High School has been designated as Montgomery County's 'Health Science Academy'. The Montgomery County Health Department has partnered with Northwest High by giving them access to several public health disciplines, sharing data on the health of the community, engaging them on how to identify needs and create programs for improvement, as well as assisting them in writing grants. The Montgomery County Health Department also assisted Northwest in developing their own Student Health Council, which mirrors the Montgomery County Health Council.

In the first six months of forming the Health Science Academy and the Student Health Council, staff of the health department worked closely with the students and faculty as they developed their Mission, Vision, and Values statements and as they analyzed health data for their county. Staff explained how to pull and interpret data. It became apparent the students didn't have adequate tools to do this. Therefore, staff of the health department assisted them in writing a grant which resulted in Premier Medical Group and the Clarksville Education Foundation awarding them \$40,000 to purchase a computer for each student in the Academy.

West TN Region

CASPER Assesses Emergency Preparedness in Henry County

Submitted by Susan Porter, Emergency Response Coordinator West Tennessee Regional Office

West TN Region Emergency Preparedness staff recently coordinated a community assessment training exercise where Henry County residents received a knock at their door on March 27th and 28th 2014. The Henry County Health Department and the West Tennessee Regional Health Office, in conjunction with the Henry County Emergency Management Agency, conducted door-to-door interviews using a rapid assessment tool called CASPER which stands for “Community Assessment for Public Health Emergency Response.” The CASPER question analysis is designed to help local officials gain knowledge about our residents’ level of preparedness and to determine where they might go to seek help in a disaster.



Fifteen teams, identified by neon green safety vests and wearing identifying badges, went out into the community. Residents were asked questions about whether they have an emergency plan; whether people in their

family might need special help during an emergency; and where they might evacuate if needed. Teams visited 570 homes in the pre-identified 30 clusters and completed 192 surveys. According to survey results, 80.3 percent of citizens perceived themselves to be well or somewhat prepared to respond to an emergency, and 62.1 percent reported having a three-day supply of water. The survey identified several areas to focus the team’s educational efforts. It was a great training and learning experience for the staff and volunteers, as well as the residents of Henry County.



West Region Technical Assistance Review (TAR)

Submitted by Susan Porter, Emergency Response Coordinator West Tennessee Regional Office

On April 9th 2014, a team from the State of Tennessee, led by the Strategic National Stockpile (SNS) Coordinator Dr. Paul Petersen, conducted an annual Technical Assistance Review (TAR) for the West Region. The region includes 19 counties, with 2 of those counties being included in the City Readiness Initiative (CRI) program for the Metropolitan Statistical Area (MSA) of Memphis. The TAR is a snapshot of the current state of the West TN Regional SNS program when the review occurred. The TAR score for the West TN Region continues to improve. From 2009-2012, the annual score advanced from 63 percent to 93 percent. In 2013 the TAR score increased to 95 percent. We are proud to say for 2014 the TAR score was 100 percent.

Henderson County Lean Project

Submitted by Patty Kiddy, Henderson County Director



As part of Governor Haslam’s Customer Focused Government Initiative, state agencies have been using process improvement tools and principles called Lean in order to build an underlying culture in Tennessee State government that focuses on maximizing value to the customer. Thus, the Department of Health has welcomed the Lean philosophy. Lean is a philosophy and a set of tools which help agencies focus on their business process to maximize value to the customer experience while minimizing roadblocks to the processes. Lean also engages the creativity of every employee, not just leadership at an agency. On May 28th and 29th, **Vincent Pinkney, Performance Improvement Manager**, from the Central Office, came to the Henderson County Health Department to do a work flow analysis of the clinic. He observed all areas of the Health

Department, from clerks to nurses, to determine the best way to serve patients in the most efficient manner. The outcome of the project is that the clinic now has a plan to better serve patients thereby increasing customer satisfaction. Pictured are members of the Henderson County Lean Team participating in a process meeting.

DATES TO REMEMBER

Tennessee Public Health Association

Annual Educational Conference
"Health and Home: Where You Live Matters"
 September 10-12, 2014
 Cool Springs Marriott and Convention Center
 Franklin, TN

American Public Health Association

142nd Annual Meeting & Exposition
**"Healthography: How Where You Live
 Affects Your Health and Well-Being "**
 November 15-19, 2014
 New Orleans, LA

Rural Health Association of Tennessee

RHAT 2014 Conference
"Twenty Years of Reaching for the Stars"
 November 19-21, 2014
 Music Road Hotel and Convention Center
 Pigeon Forge, Tennessee

SPECIAL ANNOUNCEMENT FROM THE NOMINATIONS AND ELECTIONS COMMITTEE

Submitted by: Chris Taylor, Chair

The Nominations and Elections Committee is pleased to announce the Board of Directors has approved online voting for the 2014-15 TPHA elections. You will be receiving an email with instructions within the week. Please let us know if you experience problems with the process.

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

http://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=TN%20Public%20Health%20Assn%5EBNACS%60PHAPHA%60132.00%60USD%60false%609/9/14%609/12/14%608/18/14&app=resvlink&stop_mobi=yes

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