



Tennessee Public Health Association Newsletter

www.TNpublichealth.org

“Health by Design: Inspiring New Perspectives”

Submitted by: Robert Goff, Program Committee Chair

The Program Committee is continuing to build an outstanding roster of speakers and topics for the annual meeting, including another of our plenary speakers.



Dr. Tom Farley

Tom Farley, MD, MPH, will follow Mark Fenton on the opening day of the conference. Dr. Farley is the former Commissioner of the New York City Department of Health and Mental Hygiene and is an advocate for blending environmental and policy change to improve health outcomes and prevent the leading causes of death. He instituted a number of changes during his tenure as Commissioner, and TPHA is fortunate to learn about his ongoing work to inspire new perspectives. *(Photo from Twitter.com)*

Our Thursday plenary session will be a little different. A panel of representatives from local government, state government, and private business will describe programs, policies, and resources that have been put into place in their respective organizations to ensure their constituents and employees have access to healthier activities and options. The panel will be moderated by Tennessee Department of Health Commissioner John Dreyzehner, MD, MPH. And of course, we are pleased that Dr. Dreyzehner will address the meeting prior to the awards luncheon.



Dr. John Dreyzehner

TPHA’s annual meeting is known for its top-notch workshops. Here are a few you can look forward to this year.

TDH and Electronic Health Records – Dr. David Reagan is scheduled to update us on TDH’s rollout of electronic health records. With implementation scheduled for Summer 2015 in the Northeast Region, Dr. Reagan will describe the process used to begin implementation as well as lessons learned within the first few weeks of their pilot.

Update on the Controlled Substance Monitoring Database – Dr. Todd Bess will provide information on the latest CSMD update and its importance to community health

(Continued on Page 2)

IN THIS ISSUE

	Page		Page
President’s Message	2	Regional Reports	8
Public Health Week Report	3	Dates to Remember	13
Grand Division Meetings	4	Slate of Officers	13
Committee Reports	6		

(Continued from Page 1—Annual Meeting)

S.M.A.R.T. Moms – S.M.A.R.T. Moms is a project developed in middle Tennessee and has reached over 13,000 pregnant WIC patients.

Gulf Oil Spill: Five Years Later – Participants will learn about the activity that has taken place over the last five years as a result of the Deepwater Horizon oil spill in 2010.

10 Steps to a Healthier You – This fun, interactive workshop will give participants ideas on healthy lifestyle choices for themselves and others

Health Equity – Learn about health equity and effective ways to promote healthy choices within vulnerable populations

Businesses Preparing for Employees – Learn how businesses are preparing to keep their employees safe during a public health emergency

End-of-Life Planning – End-of-life planning is important for both the individual and the caretaker

Mark Fenton – Mark will also conduct a workshop in addition to being our keynote speaker. Need we say more?!

Other workshops are being planned with speakers from the CDC, the importance of water quality on dental health, initiatives of Tennessee State Parks, and many more. You don't want to miss a minute!



President's Message

*Matt McDaniel,
President 2014-15*

Hello friends!

I hope this May has been treating you well. I've been fortunate in that this month

and the past two as well have been excellent in regards to TPHA activities. As many of you know, spring is when our Grand Division Meetings take place every year, and I have gotten to attend each one. They are a great opportunity for each of us to learn about public health subjects that we might otherwise not come across during our day-to-day work: PLAYLoudon, TDEC State Park Initiatives, Farmers' Markets at ETSU, not to mention Dr. Dreyzehner's presentations on the opportunities and challenges public health faces in our great state. These are not talks that one would just trip over in their normal workday. These are high-quality events that are a hallmark of TPHA and a major benefit of being a member.

Such superb meetings do not appear on their own, so please be sure to give our 2015 Vice Presidents a slap on the back or a sustained round of applause the next time you run into any of them: Christen Minnick out East, Joey Smith in the Middle, and Sandy Hayes in West. These are folks who have put a lot of their free time into building programs that were both engaging and informative, along with securing meeting space, A/V, catering, and of course,

putting together strike teams to assist in planning and staging of these meetings. All involved should be celebrated for their assistance in these events!

Coming to the close of the season of Grand Division Meetings can only mean one thing for us, and that is that we have only four months until our Annual Conference. Amazing how time flies when you're having fun, right? I know for a fact that Robert Goff has some phenomenal speakers on tap, Ami Mitchell is putting together a layout for our conference events full of glitz and excitement, and everyone will be telling Joey Smith "Thank you, thank you very much" for his Fun & Fitness night. So don't delay, reserve your room in Franklin today!

Being that our theme is for the year is 'Inspiring New Perspectives', I wanted to mention two more books that have recently had me looking at things in a new light. However, a confession first: I am a sucker for 'Business Parable' books - One-Minute Manager, Fish, Who Moved My Cheese, etc. I get a big kick out of this subset of self-help books, even the ones with the sappy storylines.

But I digress. I have recently read two that I feel you might enjoy. First, "Our Iceberg Is Melting". This is a short tale about penguins and changing conditions that can easily be applied to anyone who needs to manage (or usher in) major change with a group of people. Second, a slightly older one - "High Five!" Do you need a little help on seeing how working as a team can help you as well as everyone else? Then this would be an excellent place for you to begin.

As always, please don't hesitate to contact me if I can assist you with anything.

Cheers!

REPORT FROM THE PUBLIC HEALTH WEEK COMMITTEE

Submitted by: Shannon Railling, Chair

In Tennessee we love National Public Health Week! The Tennessee Public Health Association is honored to recognize our public health workforce as well as our community members and public health partners.

In 2011 the Tennessee Public Health Association began honoring local community public health visionaries through the presentation of a special award during National Public Health Week. The TPHA Visionary Award recognizes individuals or groups who work tirelessly to improve the health of their communities and one award is presented in each of the three grand divisions across the state. This year, we were thrilled to present the 5th Annual TPHA Visionary Awards to deserving winners who are undeniable visionaries striving to improve the health of Tennesseans.

TPHA Visionary Awards

In East Tennessee our winner was Dr. Julie Jeter and University Family Physicians. Dr. Jeter and her team work with



Shown left to right: Dr. Julie Jeter, Christen Minnick and Matt McDaniel

the East Tennessee Neonatal Abstinence Syndrome Subcommittee on a program that offers Voluntary Reversible Long Acting Contraceptives (VRLACs) to the female inmates. This program empowers the female inmates by offering them the opportunity to make decisions involving their reproductive health. Dr. Jeter created a clinical rotation that would allow the University medical residents experience in the VRLAC clinic. In 2014 Dr. Jeter and her staff, worked with the East Regional Sub-Committee and the VRLAC clinic to provide 77 Long Acting Reversible Contraceptives. The VRLAC clinic is now thriving in all 15 East Region counties and is being replicated across the state of Tennessee.

In Middle Tennessee our winners were David and Ginny Lundell who were instrumental in starting the first farmers' market in Centerville, Tennessee - a community that has been identified as a food desert and where thirty-four percent of the county has limited access to healthy foods. The market brings to the community fresh produce at very reasonable prices. The partnership with the local health department's Primary Prevention Initiative Team promotes the program throughout the community and provides education on food preparation and healthy meal ideas.



Left to right: David and Ginny Lundell with Joey Smith



Miki Martin, representing LIFT with Sandy Hayes

In West Tennessee our winner was LIFT Wellness Center. The LIFT Wellness Center, the area's only medical fitness facility, is a medically supervised health and fitness facility that focuses on the prevention and treatment of lifestyle related disease, illness, and injury through regular participation in physical activity, disease management, and health education. LIFT is strategically located adjacent to the thriving West Tennessee Farmer's market and the 1.5 mile downtown walking trail that includes physical activity stations along the way. The LIFT Wellness Center combines medical fitness, lifestyle education, and a community-wide focus to deliver an improved quality of life to the whole region. LIFT is a center not only for medically-based exercise, but also classes, programs, events, and medical services that make it easier for members of the community to live healthier lives. The goal of the LIFT Wellness Center is to meet the needs of the community by including every individual in the "wellness loop" to diagnose, treat, rehabilitate, prevent, and educate to promote optimal health.

Winners of the Visionary Awards are announced during National Public Health Week and are recognized at their respective TPHA Grand Division Meetings held across the state. Each winner receives a year of TPHA membership and a \$500 prize!

(Continued on Page 4)

Student Video Challenge Award



For the second year TPHA sponsored a Student Video Challenge during National Public Health Week. This event challenges public health students at our colleges and universities to create a two-minute video based on the APHA's National Public Health Week theme. The winner is recognized at their TPHA Grand Division meeting and is presented with a \$100 prize! This event is becoming one of our favorite Public Health Week traditions and is a wonderful way to partner with the students who are the future of public health. The 2015 winner is Tyler Carpenter from East Tennessee State University!

Tennessee truly had a wonderful celebration this year, and we are ready to begin planning and celebrating NPHW 2016!

Shown at the left is Tyler Carpenter being presented the Certificate as winner of the Student Video Challenge by Christen Minnick, VP for East Tennessee and TPHA President, Matt McDaniel.

GRAND DIVISION MEETINGS

East Tennessee Grand Division Meeting - Christen Minnick, Vice President

The East Grand Division regional meeting was held at the General Morgan Inn in Greeneville on March 27. Over 80 public health staff, students, and community partners joined together to exchange ideas and best practices while keeping the theme of Health by Design in mind. Representatives from East Tennessee State University shared about the implementation of a student-led farmers market and its success on campus. Kim Bushore-Maki took participants through a journey of the brain levels and taught us why and how we respond to different situations. PLAY Loudon and their Get Fresh! representatives described how geographical distances can be shortened through healthy living initiatives. And representatives from Tennessee Department of Health and Tennessee Department of Environment and Conservation shared about all of the new and exciting partnerships leading to healthier activities at our favorite State Parks.

Presentations were made to the Student Video Challenge and Visionary Award winners. And as always, good food, fellowship, and conversation made it a great day. Thank you to the planning committee—you guys did great—Kristen Spencer, Crystal Robertson, Rebekah English, Cindy Sayler, Paul Brummitt, Paula Masters, Dara Young, Brittany Kirkland, Corie Gouge, and Micky Roberts

West Tennessee Grand Division Meeting - Sandy Hayes, Vice President

West Tennessee Grand Division held its regional meeting on April 24, 2015. J Walter Barnes Conference Center at the Jackson-Madison County General Hospital was the perfect venue for the event. Our theme was “**Changing Health One Person at a Time**” and we wanted to encourage each attendee to think about different approaches to establishing healthy changes in fun ways.

Sandy Hayes, Regional Vice President opened the event and welcomed all the attendees. First on the agenda was the presentation of the Visionary Award made to The LIFT Wellness Center. You can't get any more healthy than the name of this center—Living in a Fit Tennessee. What makes them unique is the vision the healthcare community had for the design in a downtown atmosphere which speaks of healthy from the Farmer's Market to the green design of the building. Congratulations to The LIFT.

Our own President Matt McDaniel addressed the group and added his welcome. Kicking off our event he mentioned how all of the presenters were sharing information with us that would challenge us to do new things or renew old things to be fit. And they did just that.

Anne Marshall, Senior Advisor at TDEC, provided a panel of speakers who shared the vision of the State Park Health Initiatives. We learned of opportunities at the park and partnerships with the Department of Health that should encourage us to get fit at the parks. You want to know what is up and coming for projects that are not just about roads? Then look no farther than the Office of Community Transportation. Aury Kangelos made a great presentation on projects for the community. Who knew?

(Continued on Page 5)

(Continued from Page 4)

Thanks to Rebecca Johns-Wommack for the great exercise tips and encouraging us (mandating us) to participate to help remember the 10 Tips for Getting Healthy. She encouraged us to think about ourselves as we continue to serve our Tennessee communities. I do remember the first one-set a glass of water by your bedside and when you wake in the morning, drink that first glass of water. Only 7 glasses more to go.

You never know what to expect from Dr. Dreyzehner. And this meeting was no different. He had a great message of “get healthy”. And did you know there was a pill for everything? That is what the ads on TV would have us believe. Did you listen to all those side effects? He encouraged us to get healthy by getting out and having fun and he shared the health statistics for Tennessee. We can change those numbers-one person at a time.

Our Visionary Award Winner, represented by Miki Martin, shared how the center is helping to improve the health numbers one person at a time as well. Her presentation was about The Community Impact.

You had to be there to feel the challenges and excitement of all the presentations. Another successful TPHA event.!

Thank you to the staff of the Department of Health of the West Tennessee Region, Jackson-Madison County Regional Health Department, Shelby County Regional Health Department and the Rural Health Association of Tennessee for the door prizes. And thank you to Randy and Chad, employees of West Tennessee Healthcare at the hospital for the fabulous IT support at the J Walter Barnes Conference Center. You made our event great!

Middle Tennessee Grand Division Meeting - Joey Smith, Vice President

The TPHA Middle Grand Division Meeting was held on May 8, 2015 at the new Metro Public Health Department in Nashville, Tennessee. This year’s theme, *Health by Design: Inspiring New Perspectives*, calls our attention to the relationship that the environment and architectural design shares with health. It was a pleasure to hold this year’s meeting in a facility that serves as an example of a healthy design. TPHA Vice President Joey Smith and Dr. Bill Paul opened the meeting with the welcoming announcements. They were followed by TPHA President Matt McDaniel who gave his president’s address.

The first speaker was Eric Harkness from the Tennessee Department of Health. Eric presented information on the role that dopamine plays in today’s obesity crisis and the importance of making the shift from direct service back to primary prevention. Eric highlighted several examples of communities that transformed their environment to improve population health. Eric’s presentation ended with a slide of a WWII photo of Warsaw Poland that said “Yes, it will take hard work, planning, money, and commitment. It’s not an easy task. But it wasn’t for them either.”

Our next speaker was David Borowski from the Tennessee Department of Health’s Environmental Epidemiology program. David’s presentation accentuated the connections public health has with the built environment and the importance of decision making.

All that attended enjoyed the Club Med Salad and a variety of wraps from Chef’s Market while Cathy Montgomery gave out a plethora of door prizes.

After lunch, Ron Yearwood from Nashville Civic Design Center continued the tone from the morning. He showed several before and after photos that once were problem areas of Davidson County that have been transformed to promote social activity and walkability.

Our final speaker of the day was Larry McGoogin from TDOT’s Long Range Planning Division. Larry’s presentation confirmed the connection between the environment and public health and spoke about TDOT’s Community Improvement Grants.

At the end of the day, I had the pleasure of presenting this year’s Visionary Award to Ginny and David Lundell. They were instrumental in beginning the first farmers’ market in Centerville, Tennessee.

It was a pleasure to lead such an informative and interesting division meeting, which was made possible through the teamwork and efforts of my colleagues.

ACCEPTING SCHOLARSHIP APPLICATIONS!!!

Submitted by: Lisa Park, Chair, Scholarship Committee



Scholarship Opportunity

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

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

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

The deadline to submit an application is **June 30th!!** If you have any questions, please contact Lisa Park at lishundapark@yahoo.com, Scholarship Committee Chair.

ARRANGEMENTS COMMITTEE REPORT

Submitted by: Ami Mitchell, Chair

It is the job of the arrangements committee to make sure the TPHA Annual Conference occurs in a comfortable and convenient environment. We strive to make sure all the details of conference flow smoothly and meal events, and sessions provide you with a pleasant experience. We depend on our committee chairs and on your feedback each year to help pull it all together. It definitely takes a village to pull it off.

This year we are making a few changes based on feedback we got from last year's evaluation. Section meetings are not being combined with break - out sessions. This will enable the sections to plan and conduct their own meetings at any time or place they choose. As Program Chair for 2015, Robert Goff has already been in communication with the Section Chairs to let them know we will assist with meeting space if at all possible.

Another good suggestion we are trying out this year is helping folks select their menu items for the meal events. The Chef will provide us with descriptions of the menu items available (vegetarian and non-vegetarian) at each of the luncheons. By having this information ahead of time we hope it will make it easier to decide which option you will indicate on your registration form.

One more change to look for on your pre-registration form: T-shirt size (spoiler alert), we plan to have T-shirts for the registration gift this year.

Also, the Marriott is undergoing a complete renovation/ redecorating upgrade. They promise it will be done right before our conference starts. The timeline does make us a little nervous, but we have been assured we will be greeted with shiny new surroundings.

President Matt McDaniel and Fun and Fitness Chair, Joey Smith have some wonderful ideas in play for the President's Reception and Fun and Fitness. I won't steal their thunder, but suffice it to say they are "Taking Care of Business, TCB".

See you in September.

AWARD NOMINATIONS SOUGHT

Submitted by: Carrie Thomas, Awards Committee Chair

The competition for the TPHA Awards can be as easy or hard as you, the members, make it. Easy? Yes, if you don't submit nominations that is one less qualified nomination the committee has to review making their task easier! Hard is when there are so many nominations there has to be much discussion on who is the most deserving candidate. Let's make 2015 one of the hardest in history for the Awards Committee!

The Awards Committee is accepting nominations now through June 30 for 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**

Please take advantage of this opportunity to recognize the outstanding public health champions that you know. For more specific information on awards criteria and forms, please visit the TPHA website at www.tnpublichealth.org. Please send electronic nomination forms to: cthomas1884@comcast.net

CALL FOR ABSTRACTS

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

The Tennessee Public Health Association is currently accepting abstracts for poster presentations at the 2015 annual Public Health Conference, September 9-11, 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 abstract is accepted, 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 with any questions that you may have. Web Site: <http://tnpublichealth.org/index.php?id=65>

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REGIONAL REPORTS

WEST TENNESSEE REGION

Hardin-Henderson-Decatur County Health Department District Honored with Tennessee Center for Performance Excellence (TNCPE) Commitment Award

Submitted by: **Beth Hamilton, Hardin County Health Department**

Hardin-Henderson-Decatur County Health Department District was honored at the 22nd Annual Excellence in Tennessee Awards Banquet, held on Wednesday, March 11. The TNCPE Commitment Award is given to organizations that are beginning to demonstrate commitment to, and implementation of, performance improvement principles. The Commitment Award was presented by Greg Adams, Chief Operating Officer, State of Tennessee, and TNCPE President and CEO, Katie Rawls.

Nearly 400 business and community leaders from across Tennessee packed the ballroom of the Marriott Cool Springs, in Franklin, TN to salute the winners. Forty-eight organizations representing high-performing businesses, government agencies, nonprofit, and education organizations were recognized for their commitment to excellence and continuous improvement. For more information, visit www.TNCPE.org.



Pictured above right from left to right: TNCPE President and CEO **Katie Rawls**, Hardin-Henderson-Decatur County Director **Pattie Kiddy** and COO, State of Tennessee **Greg Adams**.

Obion County PPI Team plans “Walk Across Tennessee”

Submitted by: **Jaelyn Franks, Weakley County Health Department**



Pictured above right, from L to R: County Director **Tim James**; Health Educator **Jackie Franks**; UT Extension **Benita Giffin**; and Obion County Mayor **Benny McGuire** following the signing of the Obion

Throughout the past few months, Obion and Weakley County PPI teams have been working in conjunction with local UT Extension agents to coordinate the 8-week “Walk Across Tennessee” Program. Walk Across Tennessee will run in Obion and Weakley County from March 7-May 2 and is comprised of teams of five to eight individuals that can participate with their workplace, church, civic group, friends, or family. Each Monday, participants turn in their miles to the local health departments, where maps of Tennessee are on display for teams to see themselves “walk across” the state. Currently, there are 41 teams participating between Obion and Weakley Counties.

The local health departments and UT Extension offices have been fortunate to have excellent community support for the program. Both Obion and Weakley County Mayors have signed proclamations declaring their respective counties “Walk Across Tennessee” counties, and Mayor **Jake Bynum** of Weakley County has agreed to emcee the upcoming Weakley County Kickoff Event. Both counties will be hosting “Walk Across Tennessee” events throughout the course of the 8-week walking program which will feature community walks, zumba, and many other free activities to get residents moving.

The Obion and Weakley County PPI teams are looking forward to fostering a sense of community friendly competition, increasing awareness of physical activity, and taking steps to reduce obesity in the area by helping residents develop the healthy habit of walking for health.

UPPER CUMBERLAND REGION

UPPER CUMBERLAND PUTNAM COUNTY HEALTH DEPARTMENT EARNS NATIONAL RECOGNITION FOR PATIENT-CENTERED CARE

Submitted by: **Linsey Arfsten, Patient and Community Health Education Coordinator**

Upper Cumberland Putnam County Health Department of Cookeville has received NCQA Patient-Centered Medical Home (PCMH) Recognition for using evidence-based, patient-centered processes that focus on highly coordinated care and long-term, participative relationships.

The NCQA Patient-Centered Medical Home is a model of primary care that combines teamwork and information technology to improve care, improve patients' experience of care and reduce costs. Medical homes foster ongoing partnerships between patients and their personal clinicians, instead of approaching care as the sum of episodic office visits. Each patient's care is overseen by clinician-led care teams that coordinate treatment across the health care system. Research shows that medical homes can lead to higher quality and lower costs, and can improve patient and provider reported experiences of care.

To earn recognition, which is valid for three years, Upper Cumberland Putnam County Health Department demonstrated the ability to meet the program's key elements, embodying characteristics of the medical home. Level I status was achieved with leadership of Monica Means, Upper Cumberland Regional Health Office, MDNP, and Deeann Peak, Putnam County Health Department. They led the team who worked many hours to receive this recognition.

SOUTH CENTRAL REGION

Submitted by **Janet McAlister, Assistant Regional Director**

You arrive at school, but instead of a learning environment, you encounter a terrifying one, replete with strobes, bullhorns and bomb-sniffing canines. What is your next move? The Tennessee Department of Health's answer recently was: "Tune your radio to 1670 AM."

The Spring Hill Middle School campus was surrounded by emergency vehicles at 8 AM on October 23, 2014. A parent had abducted a child, and a bomb had been hidden on the property. The school building was "locked-down" and then evacuated. Onsite were city, county and state law enforcement, along with local Emergency Medical Services, Emergency Management Agency, fire, school personnel, the Federal Bureau of Investigation and the Tennessee Bureau of Investigation. Of course, none of it was real, but the Tennessee Department of Health made sure that arriving parents were advised of that while still in their cars prior to encountering the potentially frightening scene.

South Central Regional Emergency Response Coordinator **Lynn Burns**, wanted arriving parents and students, as well as neighbors and passers-by, to know that what they were seeing was not the real thing. A RadioSTAT portable radio station was deployed to broadcast exercise details, including its purpose, date, start and end times from the school property across all roadways within a 5-mile radius. Portable signs were erected at critical approach locations to advise motorists of the informational radio signal. The signs had text that reinforced that the event was an exercise.



The RadioSTAT system was acquired within the Centers for Disease Control's Public Health Emergency Preparedness Grant Program, distributed by the State of Tennessee to the South Central Region. The unit will be employed for all manner of real emergencies that require public notification, including possible pandemic preparation and Points of Dispensing. It is licensed for operation throughout the state. Burns intends to utilize it to support his agency's safety activities at the annual Bonnaroo Music and Arts Festival near Manchester, Tennessee, which draws 90,000 patrons to South Central Tennessee each June. For events of Bonnaroo's magnitude, a RadioSTAT system can play many roles, from the broadcast of conventional traffic, parking and directional information to critical emergency health information should an incident occur.

SOUTHEAST REGION

Level 2 Baldrige Award Helps Grundy County Health Department Improve Customer Service

Submitted by: Beth Delaney

The Grundy County Health Department won a Tennessee Center for Performance Excellence (TNCPE) Level 2 Commitment Award at the TNCPE awards ceremony in March. Grundy County Health Department identified ways to more effectively serve the community as they worked to qualify for this Award.



Pictured above from left to right: TNCPE President and CEO **Katie Rawls**; County Director **Charlene Nunley**; **Haley Colvin**, Nutritionist, Grundy County; and **Greg Adams**, CEO, State of Tennessee.

Grundy County Health Department felt that one way they could improve was to increase communication with Health Department customers. Patient satisfaction surveys are conducted each year for all Health Departments but only for a limited time period. The Health Department Director, Nursing Supervisor, and Office Supervisor felt it would be more effective to have an ongoing customer survey. The Health Department developed suggestion cards which are distributed on a continuous basis to customers. The card is very simple and requires a short amount of time and gives customers an opportunity to really voice their opinion and explain why they feel the way they do. By continually monitoring the customers' perceptions of the Health Department services, Grundy County is always aware of the need to strive for excellence, which results in consistently rating above 90% in overall satisfaction among their customers.

Another area that Grundy County identified for improvement was increasing the WIC caseload. They typically fall short of their goals for WIC each year. As a result of their improvement process, action plans were developed for each person in the Health Department to attempt to meet the annual WIC goals. Their plans include having the Public Health Office Assistants recruit WIC participants when people call for appointments, having the WIC Nutritionist ensure that all eligible participants in a household are placed on the program, having the Nurse Assistants screen customers for WIC eligibility, having the Nurse refer customers who may be eligible to the program, and asking the Primary Care staff to refer customers as appropriate. This same procedure is now used with any clinical program that is not meeting its yearly goals.

Grundy County Health Department will continually seek ways to improve customer service and satisfaction with the purpose of improving the health of Grundy County citizens.

CHATTANOOGA-HAMILTON COUNTY REGION

Harnessing Community Partnerships to Prevent Falls in Hamilton County

Submitted by: Carleena Angwin, Public Health Educator and Fall Prevention Coordinator

Falls are the leading cause of injury-related emergency department admissions in Hamilton County and 75% of people hospitalized because of a fall are 65 and older, according to 2012 data.

The Chattanooga-Hamilton County Health Department (CHCHD) is working to prevent falls through community partnerships. In August, the CHCHD, in partnership with several local agencies, held the first Fall Prevention Summit in Chattanooga. Professionals from over 100 agencies representing health care, social services, community planning, EMS, senior living and academia participated. Several upper level health profession classes at the University of Tennessee Chattanooga (UTC) required students to attend the summit.

The day started with a Tai Ji demonstration in the foyer and transitioned into the 300 seat auditorium. Twenty local experts gave short presentations on a wide range of fall prevention topics, including: aging in place, STEADI, medication management, low vision services, nutrition and more. One participant wrote in her evaluation, "I learned to look at fall prevention from a community and system perspective." With various sectors in the same room, nurses learned about community planning, first responders learned about physical activity programs and students learned about community resources.

According to Carleena Angwin with the CHCHD, "Planning the summit and creating buy-in with the

(Continued on Page 11)

(Continued from Page 10)

community began months before, when the CHCHD hosted a Fall Prevention Forum.” At the Forum, representatives from various sectors used a nominal group technique to identify gaps and barriers in preventing falls among older adults and to explore community-based strategies for overcoming those barriers.

The overarching theme of Forum discussions was that professionals were unfamiliar with services outside of their own agencies. “We are functioning in silos,” said one participant. One recommendation which emerged from the Forum was to develop a Fall Prevention Partnership to allow agencies to familiarize themselves with existing services and work together to address barriers. The Forum created buy-in and the CHCHD leveraged the momentum to plan a Falls Prevention Summit and offer it to a larger audience.



The newly formed Fall Prevention Partnership meets bimonthly at different locations serving older adults. Meetings typically include two formal presentations and time for members

to introduce themselves and describe their programs. Following the presentations, there is a tour of the hosts' building and members have an opportunity to plan new collaborations and initiatives.

As a result of these efforts, the CHCHD and UTC collaborated on a grant to offer the A Matter of Balance (MOB) Master Trainer Course in Chattanooga. MOB is an evidence-based fall prevention program for older adults. After a competitive application process, twenty local professionals from YMCA, municipal recreation programs, hospitals, academia, rehab facilities, the Area Agency on Aging and other organizations completed the Master Trainer Course and are licensed to train MOB coaches and oversee participant programs.

Learn more about Fall Prevention Chattanooga online, visit: www.fallpreventionchattanooga.com

NORTHEAST TENNESSEE REGION

Northeast Tennessee Region Emergency Preparedness Initiates “The Readys” Training Program for Individuals with Access and Functional Needs.

Submitted by: Melissa A. Taylor, RN, BSN, CHEP, Division of Emergency Preparedness

In an effort to enhance emergency preparedness for individuals with access and functional needs in Northeast TN, the Division of Emergency Preparedness and the Northeast Regional Medical Reserve Corps have joined forces to offer an innovative training program called “The Readys.” The Readys is an emergency preparedness program designed by the New Britain EMS Academy in 2014 to build resiliency for people with access and functional needs during a disaster or emergency. Through the program, participants discover the key actions that ensure the community is properly prepared during a disaster or crisis event. Written and designed for easy reading and comprehension, The Readys is an effective and appropriate teaching aid for all ages from young grade-schoolers to senior citizens.

The Readys Program was approved to be used as a PPI project for the Northeast Regional Health Office and Regional Nurse Strike Team. This has allowed many members of our Health Department team to engage with the community and promote the concepts of Emergency Preparedness as well as form lasting relationships with community partners who will continue to support Public Health initiatives and play key roles in the broadening of community awareness of Public Health in general.

The Readys are a family consisting of three generations, grandparents, parents and children. Each family member has a specific access or functional need that requires special consideration when developing a personal emergency plan. Training participants with similar needs can easily identify with the family members and understand what personal items must be taken into consideration, i.e. medical equipment, medications, service animals, etc., when developing their own personal preparedness plan.

The Northeast Region’s Emergency Preparedness Division and the Medical Reserve Corps are actively partnering with community organizations to host training sessions for individuals and families with developmental disabilities, visual impairments, hearing impairments, medical conditions, life support devices, personal care assistants, no transportation and those who are senior citizens. The goal of the training is to have each participant leave the training session with their own personalized emergency preparedness plan and emergency go-kit. The program is free to all attendees. Teaching materials were purchased through the local Medical Reserve Corps grant funding and additional grants are being sought to sustain material needs. At present, close to 50 Department of Health personnel, Medical Reserve Corps volunteers, ETSU and Tusculum College Nursing Students have been designated as trainers with additional Train-the-Trainer courses to be offered. To date there have been 101 members of our local community trained.

EAST TENNESSEE REGION

Harvesting Health

Submitted by Teresa Harrill, County Director, Loudon County Health Department

GetFresh! Aims to give Loudon County residents access to local, fresh produce. GetFresh! started with casual conversation about launching a community garden program and has since blossomed into a program that aims to give all Loudon County residents easy access to locally-grown fresh produce. Early funding from the Good Neighbor Shoppe, PLAYLoudon—Loudon County Health Improvement Council's Obesity Task Force launched a demonstration project. In June of last year GetFresh! received a \$13,300 grant from the Trinity Health Foundation to begin a sustainable initiative to meet the needs of the Loudon County community. There are three components of GetFresh, community gardens, fresh produce delivery program and youth development. In partnership with the Loudon County Parks and Recreation Department, Loudon High School Career Tech Program and other community agencies raised garden beds were installed at a centrally located park, additionally; handicapped accessible beds were built and installed at the Loudon County Senior Center. The community gardens are utilized to educate the community on the importance of fresh produce. The Loudon County Health Department has six raised beds that are used for Quick WIC Classes by the nutrition educator. A typical class has an educational component followed by time in the garden, planting or harvesting.



For seven weeks during last summer 140 households were served with 5-10 pounds of weekly boxes of locally grown vegetables from a local farmer and GetFresh! Gardens. This summer GetFresh! will incorporate youth development with a partnership with the Loudon County Juvenile Detention Center. As a part of a community service program through the detention center, youth will receive agricultural education and learn to maintain and support a community garden. Partners have been the key to the success of this program, from the farmers, students, volunteers, local business and agencies all have rallied to make this community-wide effort to harvest good health.

“GARDENS, scholars say, are the first sign of COMMITMENT to a community. When people plant corn they are saying, let's stay here. And by their CONNECTION to the land, they are connected to one another.” Anne Raver

Picture shows a Quick WIC class engaged in planting tomatoes to take home. First part of the class was a presentation with UT Extension Agent in regards to helpful hints on planting.

Anderson County Health Department holds Lunch and Learn Seminar on Neonatal Abstinence Syndrome (NAS)

Submitted by: Art Miller, County Health Director

Anne Lyles, Children's Special Services and Sherrea Seiber of CHAD and Hugs, employees of the Anderson County Health Department were dismayed to see their caseload increasing. In their line of work they observed grandparents in denial, families unable to find existing resources for help, children with sensory and behavior issues as well as social service agencies that have been overwhelmed with needs the system is not able to handle. As a response to this crisis, the two conceived of a community forum on the issue as a PPI project both to raise understanding of this syndrome and also to determine how we in Public Health and the community might join together to better serve the needs of NAS children and their families.

Spearheaded by Anne and Sherrea, the Anderson County Health Department presented a Lunch and Learn entitled “Creating Opportunities for Children Born Drug-Dependent” on April 7th, 2015. Over fifty guests including caregivers, social workers, health professionals and educators attended. Featured speaker was Patricia Zetterberg, a Pediatric Nurse Clinician at East TN Children's Hospital which is recognized as one of the foremost NAS treatment centers in the country. Ms. Zetterberg spoke on the spiraling opioid epidemic in Tennessee and discussed the special needs and treatment that NAS babies require. The speaker was followed by a discussion of the current law which allows for criminal prosecution of women who use addicting substances during pregnancy. A panel consisting of the local Drug Coalition Coordinator, a Registered Nurse, two mental health professionals, a parent who has adopted/fostered NAS children and Ms. Zetterberg answered questions and addressed audience questions and concerns related to NAS. Each participant received a catered box lunch. Packets of information were distributed giving participants relevant information regarding Health Department and other community services.

Evaluations completed by participants were overwhelmingly positive. Community partners left the meeting with more knowledge of resources that could assist them. This PPI Project brought together the Health Department and community partners to focus on a preventable illness that will affect the future of the community. The forum also set in motion a greater awareness of the epidemic that transcends social and economic boundaries. In preparation for this event, a total of 34 employees accumulated 248 hour of PPI time over a 5 month time frame. GREAT JOB!!!!



Pictured are panelists Janet Keith-Fenstemaker, foster parent; Patricia Zetterberg, Pediatric Nurse Practitioner, East TN Children's Hospital; Stephanie Strutner, Executive Director, Allies for Substance Abuse Prevention; Phyllis Copeland, RN, Anderson CHD; Linn Davidson, Helen Ross McNabb; Matt Tillery, Cherokee Health

REPORT OF THE NOMINATIONS AND ELECTIONS COMMITTEE

Submitted by: Karen Lynn, Chair

The Nominations Committee is excited to present a strong slate of candidates for the 2015-2106 Board of Directors. Each of these candidates possesses unique skills and experience in the public health arena that will assist in enabling TPHA to remain a strong association. Members of the Nominations Committee included Kevin Morris, West Region; Jonna Sims, West Region; Chris Taylor, Nashville/Davidson; Dr. Allyson Cornell, Southeast Region; and Beth Rader, Northeast Region.

The Nominations Committee presents the following slate of officers for this year's election:

President-Elect:

Cathy Cowart, Chattanooga-Hamilton County
Dr. Paul Erwin, University of Tennessee

Vice President, East::

Sarakay Johnson, Sullivan County
Erica Wilson, East Region

Vice President, Middle:

Dr. Michelle Bell, Nashville-Davidson County
Tammy Mansfield-TDH Central Office

Vice President, West:

Tamal Chakraverty, Shelby County
Lisa Park, West Region

Board Representative, West:

Emily Rushing, Henderson and Chester Counties
Melony Sesti, Gibson County
Lauren Weiland, West Region
Tyler Zerwekh, Shelby County

As was done last year, voting will be done electronically. Each candidate's picture and biography will be available for review with the ballot. Notice will be sent to all TPHA members when voting can begin along with instructions for how to access the ballot. Please exercise your right to vote this year!

(Bios and photos will be available later with instructions for voting)

DATES TO REMEMBER

Tennessee Public Health Association

Annual Educational Conference
"Health by Design: Inspiring New Perspectives"
 September 9-11, 2015
 Cool Springs Marriott and Convention Center
 Franklin, TN

American Public Health Association

143rd Annual Meeting & Exposition
"Health in All Policies "
 October 31—November 4, 2015
 Chicago, IL

Rural Health Association of Tennessee

RHAT 2015 Conference
 November 18 - 20, 2015
 Music Road Hotel and Convention Center
 Pigeon Forge, Tennessee

National Association of County and City Health Officials (NACCHO)

NACCHO Annual Conference
"Envisioning the Future - Creating our Path"
 July 7 - 9, 2015
 Kansas City, MO

Reserve Your Room Today at the Cool Springs Marriott

Simply click on 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.

[Book your group rate for Tennessee Public Health Association](#)

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