



# Tennessee Public Health Association Newsletter

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



## *President's Message*

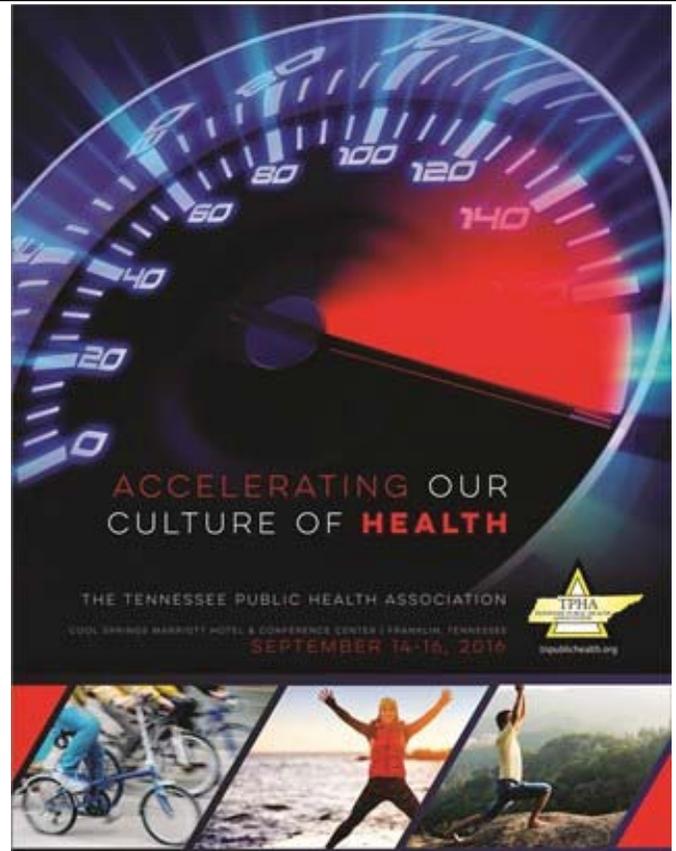
*Ami Mitchell,  
President 2015-16*

This week will mark the beginning of the 2016 TPHA Spring Meetings in each grand division. My travel plans have been made and I am looking forward to having the opportunity to attend every meeting. We are experiencing great numbers in preregistration all across the state and expect to see the largest attendance we have had in many years. Let me take a minute to encourage those of you who haven't been to a grand division meeting in a few years to consider this being the year you come back!

All of the VPs have worked many hours to ensure high quality and informative agendas. Also, we will be rolling out a new format this year through an initiative of TDH with other state agencies and partners for the afternoon portion of our grand division meetings. This community forum will be informative and helpful as we accelerate to a culture of health here in Tennessee. Many thanks go to the VPs, Executive Director Doris Spain, Leslie Meehan and all the TDH staff and partners who have worked so hard to set these meetings up for success.

I want to mention another exceptional and happy event I was allowed to participate in as the TPHA president this year. Dr. Tim Jones was honored as the recipient of the Dr. William Schaffner, Public Health Hero Award at the TMA awards presentation on April 29. This award is given jointly by TMA and TPHA and Dr. Jones is the second recipient, the first being Dr. Schaffner himself. Please see the entire story on Page 3 of the newsletter.

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The Tennessee Public Health Association is well known across the nation for planning and sponsoring annual conferences which offer exceptional opportunities for continuing education. Once again, the program committee searched across the US to invite experts in numerous fields to speak at our statewide conference.

In addition to five plenary session speakers, attendees will have numerous opportunities to earn continuing education credit at the concurrent sessions. This year's conference has 20 workshops in five different time slots on Thursday and Friday. Workshop topics include:

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Also in this newsletter you will see reports from all the committee chairs who are working hard to bring you a fabulous 2016 annual conference in September. The program is almost complete and there are some unique opportunities for conference attendees this year.

I will once again close by saying, "thank you" to all of you for making TPHA the strong, active and important organization that it is. Against the backdrop of our association you all are working diligently to prevent, promote and improve the health of people in Tennessee. You work on everything from NAS to Zika and on mentoring and preparing the next generation of the public health workforce. Being your president is an honor and a privilege for me this year. Being one of your members is the privilege of a lifetime!

(Continued from Page 1—Program Committee)

Nursing Leadership Workshop - *A Culture of Health* is a social movement with an aim to boldly work in community to improve equity across diverse populations and the health and well-being of everyone in America. The first of this two-session presentation series will focus on where Americans live, work, and play to improve health, equity, and the creation of new partnerships, networks, and approaches. Four major Action Areas, including shared values, cross-sectoral collaboration, healthier communities, and integrated systems will be discussed. The second session will feature representatives from three exemplary initiatives and discussions about how participants can contribute to a Culture of Health.

Dental Update - This presentation will focus on the perinatal period and why it is such a significant period for the future oral health of the child. I will describe how mothers with high levels of cariogenic bacteria can easily infect their infant leading to risk for early childhood caries. I will discuss how to reduce the mother's level of cariogenic bacteria to prevent or delay infection and colonization of the infant. The program will present interventions for preventing and controlling disease transmission. Such interventions include intensive education for expectant mothers and their healthcare providers, case management, early establishment of a dental home, prompt treatment of periodontal disease for better health outcomes at lower costs such as for patients with diabetes, restoration of unrestored carious tooth lesions and use of oral disease prevention services such as topical fluorides and dental sealants.

Domestic Violence affects people of all ages and backgrounds. Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain

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or maintain power and control over an intimate partner. Abuse can be physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. Patricia Shea addresses the issue of violence against women, drawing on her research and her frequent talks on women's issues, including testifying at hearings on domestic violence and racial justice and her editorials that regularly appear in the Tennessean newspaper.

Rural Innovation Projects - best practices around tobacco prevention initiatives

Metro Innovation Projects - best practices around physical activity initiatives

Veterans Health - Veteran's issues have not typically been included in this conference, but there is great interest in serving and supporting this population across the state. A representative has been invited from the Tennessee Valley Healthcare System, which is a federal organization within the United States Department of Veterans Affairs. Their expertise would include innovative and rehabilitative healthcare after critical combat injuries, Post-Traumatic Stress diagnosis and treatments as well as women Veterans healthcare improvements.

Other workshop topics include:

- Go Baby Go—Early Infant Mobility
- SIMS (State Innovation Model) University Projects
- Homeland Security Update
- Neonatal Abstinence Syndrome
- ACEs (Adverse Childhood Experiences)
- 

Be sure to mark September 14-16 on your calendars and start making plans to attend and enjoy all the offerings of the 2016 TPHA continuing education conference at the Cool Springs Marriott Conference Center in Franklin. As information becomes available on final agenda and registration, it will be posted on our website at [www.tnpublichealth.org](http://www.tnpublichealth.org).

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

**Dr. Tim Jones**  
**Recipient of the**  
**William Schaffner Public Health Hero Award**



The William Schaffner Public Health Hero Award is presented to Dr. Tim Jones by Dr. Adele Lewis (right) and Doris Spain

Dr. Timothy F. Jones has been chosen as the recipient of the 2016 Dr. William Schaffner Public Health Hero Award. The Award was established in 2014 as a joint award from the Tennessee Medical Association and the Tennessee Public Health Association to be presented on a biennial basis to a person who has demonstrated extraordinary efforts in the advancement of public health in Tennessee.

Dr. Jones, currently the State Epidemiologist with the Tennessee Department of Health, has led investigations into a number of disease outbreaks in the state including LaCrosse encephalitis, tuberculosis, West Nile virus, methicillin-resistant staphylococcus aureus, tick-borne diseases and many others.

Dr. Jones has served in leadership positions nationally and internationally including as a representative on the [ASTHO](#) Food Safety Taskforce and the FDA Food Advisory Committee. He has been a consultant for the World Health Organization and a Polio Eradication Project Consultant for the Republic of Yemen.

Locally, he volunteers and serves on the board of directors for Siloam Family Health Center in Nashville, a faith-based indigent care center.

**CONGRATULATIONS DR. JONES**

## Evelyn Vaillencourt Health Education Scholarship Fund

The Tennessee Department of Health and the Tennessee Public Health Association lost a vibrant, beautiful and intelligent friend and co-worker in February, 2016. Evelyn Vaillencourt, Epidemiologist, Upper Cumberland Region, was always smiling, laughing or walking around singing her favorite 80s rock songs. She was a true advocate for public health and made many lasting contributions. In the past year she was awarded the 2015 Tennessee Department of Health Commissioner's Achievement Award and the 2015 Tennessee Public Health Association's Distinguished Service Award.

The TPHA Distinguished Service Award is selected on an annual basis by the TPHA Board of Directors and is presented to an individual who has made significant contributions to the Association.

Evelyn was a member of TPHA for 11 years and was active in numerous committees, including serving as Chair of the Silent Auction Committee for the past six years. All monies raised through the annual silent auctions go to fund scholarships and she worked tirelessly to encourage donations to increase the number awarded each year. During her tenure as Silent Auction Chair, over \$29,000 was raised for scholarships.

Evelyn's family asked TPHA to accept donations for a health education scholarship in lieu of individuals sending flowers. To date, over \$6300 has been received for the scholarship fund. The Board of Directors voted at its February meeting to establish the Evelyn Vaillencourt Health Education Scholarship on a permanent basis.

We are blessed to have known and worked with Evelyn and she will forever be remembered for her friendship, her hard work and her dedication to public health.



## REPORT FROM THE PUBLIC HEALTH WEEK COMMITTEE

Submitted by: Shannon Railling, Chair

TPHA is proud to celebrate Public Health Week across our state every year! We know how amazing our public health workforce is, and we salute you and the work you do every day. Thank you to the Public Health Week Committee members from across our Region and Metros who led Public Health Week efforts and had the difficult task of scoring Visionary nominations and Student Video Contest entries!

### TPHA Visionary Awards

One of our association's most exciting ways to celebrate is the annual Visionary Awards. The 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. The 6<sup>th</sup> Annual TPHA Visionary Awards were awarded to deserving winners whose work to improve the health of Tennesseans is truly inspiring. Winners of the Visionary Awards are announced during National Public Health Week and are recognized at their respective TPHA Grand Division Meetings across the state. Each winner receives a year of TPHA membership and a \$500 prize!

### This year's winners are:



Shown are left to right: Erica Wilson, VP/ ET; Judge Duane Slone, ET Visionary Award Winner ; and Dr. John Dreyzehner, Commissioner, TN Dept. of Health

In East Tennessee **Judge Duane Slone** who worked tirelessly with the East Tennessee Neonatal Abstinence Syndrome subcommittee and Cocke, Jefferson, and Sevier County Health Departments to implement a successful education and transportation program for inmates interested in the voluntary long acting reversible contraception (VRLAC) program. In his own court he has incorporated mandatory education on Neonatal Abstinence Syndrome, VRLAC, and vasectomies into sentencing for all those convicted of drug or drug-related charges and released on probation. The program has been so successful other counties are using it as a model.

In Middle Tennessee the winner is **Alex Windings** who is the coalition coordinator for the Williamson County Anti-Drug Coalition. Ms. Windings has engaged partners throughout the community to assist with the implementation of strategies to reduce alcohol, tobacco, and prescription drug abuse among youth in her county.



TPHA President Ami Mitchell presents the Middle TN Visionary Award to Alex Windings.

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And in West Tennessee this year's Visionary winner is the **Shelby County TB Program** which is working to address the current TB outbreak in the homeless population in Shelby County through an innovative project- a homeless TB clinic one day per week with hours selected to accommodate the many homeless residents. The clinic has been able to screen approximately 500 homeless through this project. Transportation is provided between the homeless shelters and the health department.

Shown left to right: Dr. Judy C. Martin, Chief of Nursing, Dr. John Dreyzehner, Commissioner, Greg Mathews, Manager (holding certificate), Lloyd Kimball, Supervisor Disease Investigation Specialists (in rear - wearing glasses in beige shirt), Lametrius Hall, RN Charge Nurse (yellow blouse), David Sweat, Chief of Epidemiology (in

rear - dark grey shirt) and Danna Taylor, TPHA West TN Vice President

### Student Video Challenge Award

Another way we celebrate National Public Health Week in Tennessee is through the TPHA Student Video Contest. 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 partnership with students who are the future of public health. The 2016 winners are from the University of Tennessee Knoxville; Meredith Weekley, Karley Olen and Elizabeth McCoig, shown below receiving their awards from Dr. John Dreyzehner, Commissioner, TN Dept. of Health and Erica Wilson, TPHA East TN Vice President.



## FOCUS ON PUBLIC HEALTH ISSUES

### Testicular Cancer Awareness Month

Mike Leventhal  
Executive Director  
Tennessee Men's Health Network

The month of April has been recognized as Testicular Cancer Awareness Month and Tennessee Men's Health Network (TMHN) in conjunction with our parent organization (Men's Health Network) launched a new website designed for families to access resources on this disease.

[www.testicularcancerawarenessmonth.com](http://www.testicularcancerawarenessmonth.com) serves as an online resource center for anyone interested in learning more about testicular cancer, specific educational campaigns to raise awareness, and other information on overall men's health.

Testicular cancer is the most common form of cancer among men between the ages of 15-35. TMHN has been collaborating with colleges and universities to promote the importance of the testicular self-examination along with regular physician visits to change the culture of men's health. When young men take steps to learn more about their specific health needs and early detection methods to prevent diseases they tend to grow into proactive healthy adults.

If you or your agency would like to partner with TMHN on testicular cancer awareness projects or in the overall men's health movement, please reach out to us and we will be pleased to assist.

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### Project Diabetes: Accelerating Progress in Obesity Prevention Through Innovative Primary Prevention

Joan Cook, MS, RD, Family Health & Wellness  
Tennessee Department of Health

In Tennessee, 17.9 % of adults ages 45 to 64 have Type 2 diabetes - the second highest prevalence in the United States for this age group. Overweight and obesity have steadily and significantly increased in Tennessee - 17.7% of adult Tennesseans had a BMI  $\geq 30$  in 1997 compared to 31.2 % of adults with a BMI  $\geq 30$  in 2014. The diabetes crisis in Tennessee is not limited to adults. According to data collected by the Tennessee Department of Education, 38.3 % of students are overweight or obese. The adolescents of today will become the adults of tomorrow, making this population of critical importance.

To "move the needle" on these grim statistics, the Tennessee Department of Health's Project Diabetes request for proposals for the 2016-2019 funding cycle asked that communities and organizations focus on the first two goals of the Institute of Medicine (IOM) report *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. Applicants were asked to target disparate populations and promote cross sectional partnerships. Particular emphasis was placed on equal geographic representation across the state and distribution of funding to communities most affected by diabetes.

In response to the first IOM goal, "making physical activity an integral and routine part of life," schools, non-profits, cities and towns have committed to enhancing the built environment with walking and biking trails, greenways and installment of outdoor fitness equipment. Shared use agreements will allow entire communities to take advantage of these resources. Walking, running and biking clubs will be initiated and supported to encourage community utilization of this new infrastructure.

Project Diabetes' second IOM related goal is to encourage grantees to improve access to healthy food by "creating food and beverage environments that ensure that healthy food and beverage options are the routine, easy choice." The strategies used to reach this goal include: farm to school projects, installation of water bottle refill stations along with education to reduce sugar-sweetened beverages, certification for eating establishments providing healthier food choices, and technical assistance for improving hospital breastfeeding policies.

Project Diabetes began providing multiple year grants in the 2013 – 2016 funding cycle. Prior to 2013, all grants were one year contracts. This multiple year funding allows for more productive, better quality projects. There are two

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grant categories. Twenty projects were funded with up to \$450,000 over three years, while the other category funds up to \$30,000 for two years. Projects officers are assigned to each grantee to provide technical assistance throughout the grant period. Thirty-two counties throughout the three grand divisions received Project Diabetes funding on April 22<sup>nd</sup> with contracts due to begin July 1, 2016.

### **Decreasing the Risk of Preterm Birth: 17P Pilot Project**

Rachel Heitmann, MS  
Section Chief, Injury Prevention and Detection  
Tennessee Department of Health

Did you know that 1 in 10 babies are born too early in Tennessee? Preterm birth is one of the leading causes of infant mortality. When a baby is born prematurely, he/she might need special care in the hospital. The baby is also at risk for life long disabilities or death. One step the Tennessee Department of Health (TDH) is taking to address preterm birth is the implementation of a pilot project to screen and refer eligible women for progesterone treatment (17P).

Women that have already had a preterm birth or have a short cervix might be eligible for 17P. This medication is a weekly injection starting around the 16th week of pregnancy and continuing until 37 weeks pregnant. There are no known side effects for the baby. This medication has shown to lower the risk of delivering a preterm baby by as much as 33 percent for women that have had a previous preterm birth.

The Fetal and Infant Mortality Review (FIMR) programs at the metro health departments in Davidson, Shelby, Hamilton and Knox Counties are implementing a pilot program to screen women to identify those potentially eligible for 17P. The women who are potentially eligible for 17P are provided basic information on the benefits of 17P and the need for further evaluation by an obstetrical provider. The pregnancy outcomes for women referred for 17P are tracked to determine any facilitators or barriers to women receiving the medication.

An informational sheet has been created to educate the public about 17P and can be accessed at: <https://tn.gov/health/topic/MCH-fimr>. Sometimes a baby will be born early no matter what the mother and her health care providers do, but screening and referring women for eligibility of 17P is one thing that can be done to help increase their chances of having a full-term baby.

## **COMMITTEE REPORTS**

### **CALL FOR ABSTRACTS**

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

Submissions due by:

***June 30, 2016***

The Tennessee Public Health Association is currently accepting abstracts for poster presentations at the 2016 TPHA Annual Conference, September 14-16, at the Cool Springs Conference Center in Franklin. All public health disciplines, including colleges and universities, are encouraged to participate.

Abstracts on all topics related to public health in Tennessee are welcome. You do need to be a TPHA member to submit an abstract. If your poster is accepted for display at the conference, you may be asked to present at one of the workshops this year. You will need to register for the conference and plan to attend.

Abstracts must include the following format to be considered: Background, Objectives, Methods, Results, and Conclusion. In addition, the abstract must be 250 words or less and be submitted via the following online registration link: <https://www.surveymonkey.com/s/N97FXHM>

Please email Committee Chair Dr. Paul Petersen at [paul.petersen@tn.gov](mailto:paul.petersen@tn.gov) with any questions you may have.

# MEMBERSHIP

## Membership Incentives

### Individual membership recruitment:

- ☑ A free year's membership for every five new members recruited
- ☑ A \$50 cash prize to the member who recruits the most new members
- ☑ A drawing from all new members and their sponsor at the annual meeting (\$50 each)
- ☑ The region with the largest percentage increase in membership is presented a rotating trophy

### Agency membership recruitment:

- ☑ Earn \$40 toward registration or hotel voucher by recruiting one new agency member
- ☑ Earn \$60 toward registration or hotel voucher by recruiting two new agency members
- ☑ Any sponsor recruiting more than two new agency members will receive one year's free annual membership for each additional new agency recruited
- ☑ The region with the largest number of new agency members will be recognized with a rotating plaque

### Exhibit/Sponsor membership recruitment:

In an effort to recruit new sponsors and exhibitors, TPHA will reward members who acquire new partners, with various incentives based on the level of sponsorship acquired!!

#### Recruit a NEW:

- Exhibitor (\$300 for noncommercial) 1 yr. Free Membership and \$50
- Exhibitor (\$500 for commercial) 1 yr. Free Membership and \$75
- Sustaining Agency Membership (\$500) 1 yr. Free Membership and \$75
- Bronze Agency Membership (\$1000) 1 yr. Free Membership and \$100
- Silver Agency Membership (\$2,500) 1 yr. Free Membership and \$150
- Gold Agency Membership (\$5,000) 1 yr. Free Membership and \$250
- Platinum Agency Membership (\$10,000) 1 yr. Free Membership and \$300

Free Memberships refers to one year membership in TPHA. To see what the various levels offer, go to [www.tnpublichealth.org](http://www.tnpublichealth.org)



**Recruit!**  
**Recruit!**  
**Recruit!**

## ACCEPTING SCHOLARSHIP APPLICATIONS!!!

Submitted by: Carrie Thomas, 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](http://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 30<sup>th</sup>!!** If you have any questions, please contact Carrie Thomas at [carrie.thomas@knoxcounty.org](mailto:carrie.thomas@knoxcounty.org).

## AWARD NOMINATIONS SOUGHT

Submitted by: Lang Smith, MD, 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 2016 one of the hardest in history for the Awards Committee!

The Awards Committee is accepting nominations now through July 27 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](http://www.tnpublichealth.org). Please send electronic nomination forms to: [lang.smith@tn.gov](mailto:lang.smith@tn.gov)

## REGIONAL REPORTS

### WEST TENNESSEE REGION

#### Union City Regional Office PPI Team partners with Discovery Park of America

Submitted by Chanda Freeman, Tennessee Department of Health, West Region Health Promotion Coordinator

The Union City Regional Office PPI team is excited to have begun partnering with Discovery Park of America in Union City to bring primary prevention education to visitors and guests to the Park. Discovery Park offers unique hands-on education and entertainment related to history, technology, science, and art. Discovery Park not only attracts visitors from Tennessee, but from all 50 states as well, which offers the PPI team the opportunity to reach many individuals through their prevention efforts. This unique project focuses on educating park visitors at various events on all aspects of “The Big Three plus One” tobacco, obesity, physical activity, and substance abuse. According to 2015 County Health Rankings, 33% of adults in Obion County are obese, 35% report no leisure time physical activity, and 26% of adults smoke.

In January the PPI team began working with Discovery Park’s exhibition of “Bodies Revealed.” The exhibit features preserved human bodies that have been donated to science and are on display for park guests to view. The exhibit gives visitors an up close look at the muscles, bones, and organs of the human body. The PPI team worked with Discovery Park staff to create talking guides for team members to use for educating visitors on making healthier lifestyle choices in order to prevent chronic disease. PPI team members will be at Discovery Park on Saturdays through the end of April for this unique opportunity.

In February, the PPI team planned and implemented a day of education and activities for twenty-five student visitors to the park that focused on: sleep, healthy eating, physical activity, and tobacco, as part of an educational series at Discovery Park for homeschool students. Students learned about the following: portion size and food groups using MyPlate; explored ways to incorporate apps and programs that track and encourage physical activity in their screen time; calculated the financial and health costs of smoking, participated in group exercises; and learned how important sleep is to their health.



Pictured left: **Paul Hill MD** and **John Cummings MD** attending the opening reception of Bodies Revealed at Discovery Park of America. Pictured Right behind table left to right **NW WIC Coordinator Becky Madding**, **West Regional Billing Coordinator Anita Matheny**, **TennCare Kids Community Outreach Holli Allen**.

#### West Tennessee Junior MRC/HOSA Team Wins National Medical Reserve Corps Award

Submitted by Chanda Freeman, Tennessee Department of Health, West Region Health Promotion Coordinator

The Junior Medical Reserve Corps /HOSA team at Covington High School recently won the National MRC Youth Engagement Award. The group was nominated by Emergency Volunteer Coordinator, Alisa Gray. Covington High School’s Junior MRC/HOSA team has partnered with the West TN Medical Reserve Corps for more than five years. The group has volunteered at Point of Dispensing exercises in Tipton County; hosted Medical Reserve Corps

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Recruiting events; and helped the MRC promote the importance of Emergency Preparedness throughout Tipton County. Covington High School’s Junior MRC/HOSA team was recognized for their achievement on Tuesday, April 12, 2016 during an MRC webinar and on the national Medical Reserve Corps Website.

**Pictured: West TN Emergency Volunteer Coordinators Alisa Gray (Center) and Lori Barker (Right, End). Tipton Health Department County Director, Matt McDaniel (Right). Covington High School Jr. MRC/HOSA Students**

## EAST TENNESSEE REGION

### Rock and Relax

Submitted by: Haley J. Stiles, MS, RD, LDN, CLC, Hamblen County Health Department  
Garnet Southerland, Assessment & Planning Coordinator

The Hamblen County Health Department (HCHD) is promoting breastfeeding at community events through “Rock and Relax” Stations. As part of a Primary Prevention Initiative the HCHD provides a comfortable and supportive area that is designated for mothers to breastfeed their infants at community events.



All breastfeeding mothers should feel at ease when it comes to feeding their child within the community. The Hamblen County Health Department recognized the need for providing these mothers a comfortable place where they can flexibly feed their child while attending local events, in which the Hamblen County Health Department participated in as well. The first “Rock and Relax” Station was set up at a local Trick-or-Treat event celebrating Halloween on October 26<sup>th</sup> 2015 and since then another “Rock and Relax” Station was established at a community Easter egg hunt on March 15<sup>th</sup>, 2016.

At each event the health department collects the mother’s name and demographic information to assist in obtaining data to show individuals interested in breastfeeding and utilizing the Rock and Relax stations. The Rock and Relax stations have provided a great way to continue the outreach and education efforts regarding the importance of breastfeeding. Women expressing interest in the Rock and Relax stations at events receive education regarding WIC and health department services in addition to incentives and promotional literature regarding the importance of breastfeeding. The Rock and Relax stations at community events have been well received and become an important piece of the HCHD outreach efforts. It is their goal to participate in more community events in the near future to help spread their support of breastfeeding and to educate more new mothers about the boundless benefits it has to offer.

## 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.”

## SOUTHEAST REGION

### Regional Zika Training

Amanda Goodhard, Assessment and Planning Coordinator, Southeast Region

On April 27, community members gathered at the Southeast regional office to discuss how they could protect their neighbors from the Zika virus. Meetings like these have been happening all over the state to start the discussion about how local stakeholders can start partnering with the health department to help prevent the transmission of the Zika virus in their communities. In the Southeast Region, representatives from the Dept. of Health, Dept. of Environment and Conservation, and UT Extension with a background in agriculture were available to present information on the virus and answer any questions about what needs to be done.



Throughout the meeting there were discussions about what to do on the county level and the individual level. One of the key measures discussed that could be done at the county and individual level was about reducing standing water throughout the community. Whether it is at a county park or someone's home, a quick assessment of the property to make sure that there isn't standing water where mosquitos can lay their eggs should be done. Another important issue discussed was that the particular mosquito that spreads this virus is different than the mosquito that we typically think about; this particular mosquito is a day

time biter as opposed to dusk which is typically when many community members think of mosquitos being active.

This community meeting was very beneficial because it not only gave the regional office and other State agencies an opportunity to talk to community representatives but because it helped us map out some potential interventions in our counties. One issue brought up by a county representative was that there are a few tire shops in our region and many of them have their tires displayed outside. While tire shops are not typically an area that concerns the department of health, in this particular situation, reaching out to owners and managers of these shops and having them move their tires could end up having an impact on keeping these communities healthy.

As a result of this community meeting, community partners are now more informed about the Zika virus and how to help protect their communities from its spread. Additionally, in the Southeast Region, we know that we have strengthened our ties with our communities and have an idea of how to continue to inform and help our communities through primary prevention initiative events on this topic.

## MID CUMBERLAND REGION

### Mid-Cumberland Welcomes Dr. Deidra Parrish and Celebrates with Montgomery County students!

The Mid-Cumberland Region welcomes Deidra Parrish, MD, MPH&TM as the new Regional Medical Director. Dr. Parrish comes to Mid-Cumberland from the Metro/Davidson County Health Department where she served as their TB and Infectious Disease doctor. Dr. Parrish is board certified in Internal Medicine, Preventive Medicine, and Infectious Diseases and Tropical Medicine. Dr. Parrish also has her Masters of Public Health. We welcome Dr. Parrish to our Public Health Team!

Staff of the Montgomery County Health Department have worked hard over the past few months coaching and

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mentoring students at Northwest and Rossview High Schools in developing and presenting a community smoke-free initiative.

Students from Northwest's Health Science Academy and Rossview's Academy of Media Arts and Technology worked together, with guidance from Joey Smith, County Director, to develop a Smoke-free Community Initiative on Montgomery County Government Campuses. The initiative includes signage, created by the students, simply thanking the community for not smoking.

The students presented their developed Resolution to the Montgomery County Commission on April 11<sup>th</sup>. The resolution passed 19-2. They then presented the Resolution to the Clarksville City Commission on April 28<sup>th</sup> and one May 5<sup>th</sup> the resolution passed 10-2. These students worked hard, developed a strong resolution and presented compelling arguments in support of their initiative. They along with the Montgomery County Health Department are to be commended for their leadership in this vital community effort. The schools along with the Montgomery County Health Department will continue working together with their community partners to create and secure signage throughout Montgomery County.

## SOUTH CENTRAL REGION

### **Saving Lives: One Seatbelt at a Time**

Submitted by Sarah Russell, Regional Assessment and Planning Coordinator

Bedford County is well-known throughout the local Tennessee Highway Patrol (THP) Lawrenceburg District for a high incidence of unrestrained crash fatalities. In fact, half of fatal crashes within Bedford County in 2015 were unrestrained. The county also has a seatbelt compliance rate of 73% (state and national average currently at 87%). Using this information, the National Highway Traffic Safety Administration proposed a pilot program in occupant safety enforcement which seeks to improve the health and safety of the community by encouraging compliance with current policy and bringing awareness to the dangers of not using a seatbelt. Funding for the program was received through a WESTAT grant in the amount of \$50,000. Currently, the targeted demographics for seatbelt education are 15-19 year olds and those in the 55+ age range. As part of the grant requirements, the Seatbelt Safety Coalition (SSC) of Bedford County was formed to encourage and engage community partners in promoting the pilot program in Bedford. Coalition members range from local law enforcement to media, health department staff and concerned citizens.

Leading the charge in community education and participation are THP Lt. Christina Faulkner and Assistant Director of Bedford County EMA and chairman of the SSC Tammy Anderson. Currently, their efforts and those of the SSC are being funneled into community education regarding seatbelt safety. Lt. Faulkner has added to her current job of safety education by focusing on presenting as much seatbelt safety programming as possible in the community, including but not limited to local schools, Bedford County Senior Center, Shelbyville Parks and Recreation and several public events.

Through the coalition, area high schools are in competition to increase seatbelt compliance rates at checkpoints on school grounds throughout the year. Checkpoints are supervised by officers in civilian clothing and are unannounced. The high school that increases their seatbelt compliance rate the most will win a pizza party at the end of the year. Utilizing social media will also be a component of outreach with the hashtag #seatbeltselfie being used on



Pictured (left to right) are: Health Educator Emily Darnell, Lt. Christina Faulkner, Tennessee Highway Patrol Officer Chad McAnally, Bedford County EMA Operations Officer Steve Trapp, Bedford County Health Department Director Angie Arnold, and Coordinated School Health Director Dee Crabtree.

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Twitter, Instagram and Facebook. Yard signs are available in both English and Spanish with seatbelt safety messaging on display for businesses and homes. Other efforts include local law enforcement rewarding belted drivers with Smarties candy at checkpoints and traffic stops, while unrestrained drivers will receive a citation and a Dum-Dum lollipop. Reaching and educating unrestrained drivers is the function of this coalition and new ideas are always welcomed. During a community-wide meeting, Lt. Faulkner stated “The health councils in each Tennessee county are of vital importance to community outreach. Many of the people involved today are also members of the Bedford County Health Council. I have found that when community involvement is key—that’s where you go...to the Health Council.” This program has the ability to change lives by saving them. The Bedford County Health Department in partnership with the health council is working to do just that.

**REPORT OF THE  
NOMINATIONS AND ELECTIONS COMMITTEE**

*Submitted by: Dr. Michelle Pardue, Chair*

**DATES TO REMEMBER**

The Nominations Committee is excited to present a strong slate of candidates for the 2016-2017 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

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

President Elect (West) - Eric Carlton, University of Memphis  
Susan Porter, West Tennessee Region

VP East - Helen Brakebill , Southeast Region  
Carrie Thomas, Knox County Region

Board Reps East - Suzanne Hayes, Southeast Region  
Michelle Moyers, Knox County Region  
Jennifer Valentine, Knox County Region  
Sandra Wilson, Northeast Region

VP Middle - Wesley Meyers, Stewart Co. Community Hlth. Ctr.  
Adam Jarvis, Central Office

VP West - Dr. Richard Savoy, Southern College of Optometry  
Shirley Ann Lewis-Terry, Shelby County Region

As in previous years, 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)**

**Tennessee Public Health Association**

Annual Educational Conference  
“Accelerating Our Culture of Health”  
September 14-16, 2016  
Cool Springs Marriott and Convention Center  
Franklin, TN

**American Public Health Association**

144th Annual Meeting & Exposition  
“Creating the Healthiest Nation:  
Insuring the Right to Health ”  
October 29—November 2, 2016  
Denver, CO

**Rural Health Association of Tennessee**

RHAT 2016 Conference  
November 16 - 18, 2016  
Music Road Hotel and Convention Center  
Pigeon Forge, Tennessee

**National Association of County  
and City Health Officials**

“Cultivating a Culture of Health Equity”  
July 19-21, 2016  
Phoenix, AZ