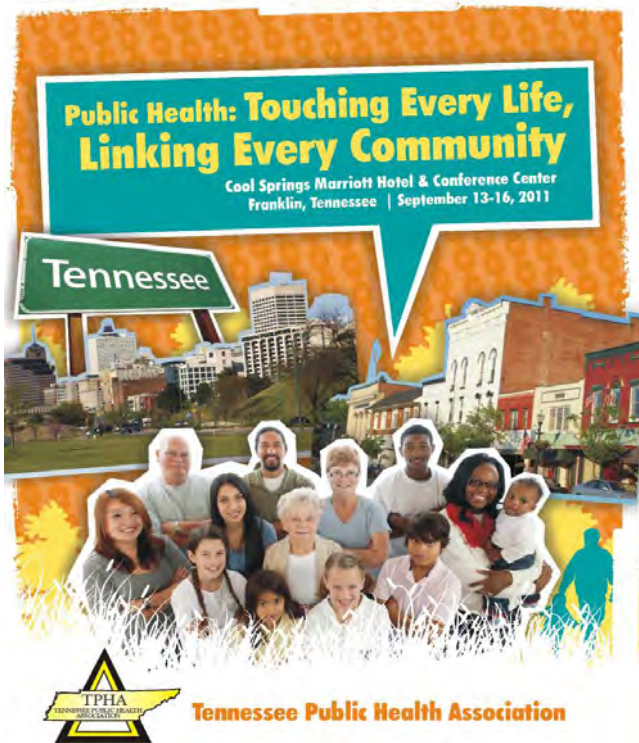




Tennessee Public Health Association Newsletter

www.TNpublichealth.org



Public Health: Touching Every Life, Linking Every Community

Your TPHA Program Committee has been hard at work this year, and as a result, the 2011 annual educational conference has shaped up to be one of the best ever!!! The Registration Brochure including the listing of speakers, workshop and plenary session topics and the schedule of events has been mailed and is posted on our website at www.tnpublichealth.org.

We look forward to seeing you at the meeting September 13-16 at the Cool Springs Marriott!!

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Reserve Your Room Today at the Cool Springs Marriott

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

<http://www.marriott.com/hotels/travel/bnacs-franklin-marriott-cool-springs/?toDate=&groupCode=tphtpha&fromDate=&app=resvlink>

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



President's Message

Submitted by:
Robert Goff
TPHA President

The 2011 Annual Educational Conference is just a few weeks away. Many of us have had opportunities to attend several times, but maybe you will attend the conference for the first time. If it will be your first time, or if it has been a while since you attended, here are some things to help you know what to expect.

- **You will receive information overload (the good kind).** Top-notch speakers, informative exhibits and posters, networking with colleagues – the atmosphere is alive with information. Our conference has built a reputation as one of the premier public health association conferences in the country, and rightfully so. This year's conference includes even more opportunities to hear from experts and share ideas. Continuing education credit is requested for twelve disciplines. So as you can see, it is time well-spent.
- **We want you to get all you can.** Some things are being moved around this year to allow more workshops. We're working to streamline all aspects of the conference so you are able to better benefit from all it has to offer.
- **Fun & Fitness is everything you've heard!** We love friendly competition, and the Fun & Fitness events are just that. Some events last a few minutes, and some may take place over a couple of days. All of the events, however, will ensure you have fun. It's been said that laughter is the best medicine; you can always count on a big dose on Thursday evening.
- **You will be reminded of the good work you do.** It never fails that when the conference comes to a close, we are reminded of the importance of public health. But public health is not buildings and policies. Public health is the people that work in the buildings and carry out the policies. This conference is about making sure you can do that even better.

Regardless of whether this will be your first conference or if you've been several times, come ready to learn, ready to share...and ready to compete! See you in September.

TPHA PRESIDENT'S RECEPTION & FUN AND FITNESS GETS REAL AND VISITS THE FAIR!!!

This year's conference theme is "Public Health: Touching Every Life, Linking Every Community". It is the goal of the Arrangements Committee to bring the theme to life by celebrating lives and communities in Tennessee. Elements from every part of the state and every local neighborhood and rural community will be brought to the conference center as a way to remember not only who we are, but who serve.

On Thursday night we will tap into the charm, nostalgia, excitement and fun that we have all experienced in the wonderful tradition of a local county fair. The Arrangements and Fun and Fitness Committees are working together to make sure we bring you the sights, sounds, games and food of the midway.

First, we will honor our 2011 President, Robert Goff, during the annual President's Reception. The menu will include all your favorites from street festivals and county fairs. The décor will pay tribute to the local traditions and home grown goodness that makes Tennessee such a special place. And, if your favorite part of the fair is the carnival games, you will not be disappointed! At the conclusion of the reception, the Fun & Fitness Committee will step in with their plans to keep the celebration going.

The Fun and Fitness Committee has created activities that allow participants to recreate those fond memories from visiting the county fair, while adventuring into reality TV. Regions will compete in ways they have not in the past. You will be able to showcase your talent, be creative, show us your competitive side, and just plain have fun. Here are the activities. Some have details that will not be revealed until the conference, but this is enough information to get you excited, form your team, and start planning.

Activity 1: Amazing Race Relay

Teams of four will compete from each region. There will be four tasks. Each task must be completed by the participant before the next person can begin. First region to complete all four tasks and get back to the finish line

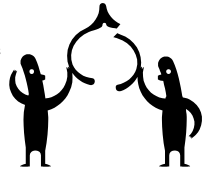


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WINS. Teams will not know what the four tasks will be until the night of competition. However, here is a hint....two may involve some physical activity...

Activity 2: Minute to Win It

Teams of two from each region will compete. There will be five games. Each team will compete at the same time. Any region who completes the game will move on to the next game and receive 1 point. Again, games will not be revealed until competition. These can be anything.....so be prepared.



Activity 3: TPHA's Got Talent



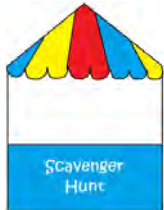
Each region will prepare before annual meeting one act to present in the contest. Acts can consist of singing, instrumental, sports, poetry, or any other creative medium. Each act will be no longer than two minutes. Judges will grade each act on creativity, delivery, and energy. This activity will occur on stage and will be the last activity of the night. Regions are required to bring all items with them including instruments (except a piano will be provided). Music must be on an audio CD. This is your time to SHINE. There is so much talent in our state, so let's see it!!!

Activity 4: County Fair Quilts

Regions will prepare beforehand a county fair "quilt" to submit for judging. Quilts are to be representative of their region and quilts can be created using any medium (i.e. fabric, paper, foam board). Quilts are to be 3ft by 3ft. Quilts are to be submitted to Fun and Fitness Chair, Paula Masters, who will place them around the room to be viewed during the President's Reception. All quilts must be submitted at least one hour before the start of the reception. Location of submission will be marked at conference. Judges will judge quilts based on criteria fulfillment, creativity, and regional representation.



Activity 5: Survivor Island Scavenger Hunt



Each region will be given a post card as they check in at the conference. The card will contain a list of items they must locate in order to fulfill the requirement for the Scavenger Hunt. Items listed are items that one would need to survive if ever stranded on a desert island. Pictures of these items will be scattered around in common areas denoted with a county fair booth enclosure. Regions will be instructed what to look for through instruction on the post card. Regions will submit a completed card as they enter the President's Reception. This will be the deadline.

Activity 6: County Fair Games

There will be games during the President's Reception that any patron may play. The person that logs the highest score for each game will accrue points for their region. These points will be applied to the region total for Fun and Fitness. So you better get ready to brush up on your skills and get out there and show em' who's boss!



Points for all the activities will be tallied by the Fun and Fitness Committee and the winning region will be announced on Friday at the closing ceremony and presented the Spirit Stick. All regions are encouraged to participate. Fun and Fitness is our opportunity to come together as not only public health workers, but also as comrades in arms. We all work so hard throughout the year serving others, that this is our chance to kick back, have some friendly competition, and have a GOOD TIME!!! Contact me if you have any questions....423-439-4421 or mastersp@etsu.edu.

See you all then!!!!!!!!!!!!!!

REPORT OF THE CONSTITUTION AND BYLAWS COMMITTEE

Submitted by: Becky Brumley, Chair

The following revisions (italicized) to the TPHA Constitution and Bylaws have been approved by the TPHA Board of Directors and will be voted on by TPHA members at the Association's annual business meeting on Wednesday, September 14, 2011, at 11:00 AM (CDT).

TPHA Constitution & By-Laws

Throughout the Constitution & By-Laws, replace references to Chairman, Vice-Chairman, and Chairman-elect with *Chair*, *Vice-Chair*, and *Chair-elect*, respectively.

(Continued from page 3)

TPHA Constitution

Article VII. Board of Directors

Section 1. The Board of Directors of the Association shall consist of the following:

- c) A Representative from each section who shall be the current Chairman, a former Chairman, or a Representative elected by the section.
- c) A Representative from each section who shall be the current Chair.*

Article VIII. Board of Directors' Functions

Section 2. To select, establish salary of, and employ an Executive Director, Treasurer, and Office Assistant.

Section 2. To select, establish salary of, and employ an Executive Director and Office Assistant.

Article VIII. Board of Directors' Functions

Section 3. To receive at its first session, at the time and place of the Annual Meeting, a report from the President of the Association in which the work, accomplishments, and financial status of the Association during the year preceding such Annual Meeting shall be reviewed and a statement made of the major activities contemplated for the ensuing year.

Section 3. At the time and place of the Annual Meeting receive a report from the President of the Association in which the work, accomplishments, and financial status of the Association during the year preceding such Annual Meeting shall be reviewed and a statement made of the major activities contemplated for the ensuing year.

TPHA Bylaws

Article II. Officers

Section 1. Vote may be taken by mailed ballots which shall be sent to all Active and Life members of the Association roster, provided the ballots are sent out at least thirty (30) days in advance of the Annual Meeting.

Section 1. Vote may be taken by ballots which shall be sent to all Active and Life members of the Association roster, provided the ballots are sent out at least thirty (30) days in advance of the Annual Meeting.

Article II. Officers

Section 6. The Treasurer shall make deposits of all moneys payable to the Association. All moneys payable by the Association shall be paid by checks signed by any two of the following: Treasurer, Executive Director, or a designee authorized by the Board of Directors. The Executive Director, Treasurer, and Office Assistant shall be bonded for an amount to be determined by the Board of Directors.

Section 6. The Executive Director shall make deposits of all moneys payable to the Association. All moneys payable by the Association shall be paid by checks signed or authorized by the Executive Director and a designee authorized by the Board of Directors. The Executive Director, board designee, and Office Assistant shall be bonded for an amount to be determined by the Board of Directors.

Article III. Board of Directors

Section 12. A record shall be kept of the proceedings of all meetings of the Board of Directors and a summary report thereof shall be made to the Association by the President or Secretary-Treasurer at the Annual Meeting

(Continued from page 4)

Section 12. A record shall be kept of the proceedings of all meetings of the Board of Directors and a summary report thereof shall be made available to the Association.

Article V. Standing and Special Committees

Section 1. Add:

m) *Continuing Education Committee*

Section 2. Add:

m) *The Continuing Education Committee shall consist of one member from each of the disciplines requesting continuing education credit. It shall be the responsibility of this committee to assure that proper information is gathered and submitted in a timely manner to the various organizations for approval. This committee is responsible for the continuing education documents and meeting evaluation forms. Committee members shall staff the continuing education table at the Annual Meeting.*

Article V. Standing and Special Committees

Section 2.

i) The ballot of nominees as determined by the Nominations and Elections Committee shall be mailed to all Active and Life Members in good standing at least thirty (30) days prior to the Annual Meeting.

Section 2.

i) *The ballot of nominees as determined by the Nominations and Elections Committee shall be sent to all Active and Life Members in good standing at least thirty (30) days prior to the Annual Meeting.*

Article VI. Sections

Section 8. The Chairman, a former Chairman, or elected Representative of each section shall serve as the Representative of that section on the Board of Directors. He may serve as many as three consecutive two-year terms, after which he may be ineligible for re-election as a section Representative to the Board of Directors during one Association year.

Section 8. *The Chair of each section shall serve as the Representative of that section on the Board of Directors and may serve as many as three consecutive two-year terms.*

Article VII. Meetings

Section 3. Notices of all meetings shall be sent to each member of the Association. Notice of the Annual Meeting shall be mailed at least one (1) month before the first day of the meeting and notices of special meetings at least ten (10) days before the first day of the meetings.

Section 3. *Notice of the Annual and Regional Meetings shall be sent at least one (1) month before the first day of the respective meeting.*

Tennessee Public Health Association

“Public Health: Touching Every Life, Linking Every Community”

September 13-16, 2011

Cool Springs Marriott Hotel and Convention Center

Franklin, TN

American Public Health Association

“Healthy Communities Promote Healthy Minds and Bodies

October 29-November 2, 2011

Washington, DC

Southern Health Association

“Learning from our Past, Leading for the Future”

September 21-23, 2011

Hilton at University Research Park
Charlotte, NC

**REPORT OF THE
RESOLUTIONS COMMITTEE**

Submitted by: Kevin Morris, Chair

The following resolutions have been approved by the Board of Directors and will be presented for adoption to the general membership at the TPHA business meeting on the morning of Wednesday, September 14, 2011. Questions or comments should be directed to Kevin Morris at Kevin.Morris@tn.gov.

**RESOLUTION
OF THE
TENNESSEE PUBLIC HEALTH ASSOCIATION
REGARDING
THE OBESITY EPIDEMIC IN TENNESSEE**

WHEREAS, *Healthy People 2020* outlines objectives to reduce the proportion of children, adolescents, and adults who are overweight or obese by at least 10 percent; and,

WHEREAS, in 2009 over two-thirds of adults (69%) and over one-third of children (39%) aged 10 to 17 years in Tennessee were overweight or obese with the rates above 50 percent in many counties; and,

WHEREAS, Tennessee has the second highest prevalence of overweight, the third highest prevalence of obesity, and the fourth highest prevalence of extreme obesity in the nation; and,

WHEREAS, children who are obese are more likely to be obese in adolescence and adulthood, and to develop diabetes, hypertension, hyperlipidemia, asthma, and other chronic conditions; and,

WHEREAS, research has shown that the average annual healthcare expenditures for obese persons is 42 percent higher than for persons of normal weights; and,

WHEREAS, in 2025, it is predicted that over 80 percent of adults in Tennessee will be overweight, 48 percent will be obese, and nearly 12 percent will be extremely obese if present trends continue; and,

WHEREAS, adults in Tennessee are less likely than their national counterparts to meet national goals for vigorous physical activity, and are much more likely than adults in the United States to have no physical activity;

NOW, THEREFORE BE IT RESOLVED that the Tennessee Public Health Association calls for the immediate mobilization of government, community, and private agencies to coordinate action in support of the efforts of the Tennessee Obesity Task Force to reverse the obesity epidemic and reduce obesity in Tennessee to the levels outlined in *Healthy People 2020*.

BE IT FURTHER RESOLVED, that a copy of this resolution be furnished 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
PREVENTIVE HEALTH SERVICES**

WHEREAS, the health needs of Tennessee's citizens and communities are complex, diverse and constantly changing; and,

WHEREAS, there is substantial research evidence that preventive health services help people live longer and healthier lives; and,

WHEREAS, preventive health services reduce the overall financial burden of health care delivery for all Tennesseans; and,

(Continued on page 7)

(Continued from page 6)

WHEREAS, many costly and disabling conditions such as cardiovascular disease, cancer, diabetes and chronic respiratory diseases are linked by common preventable risk factors such as sedentary lifestyles, smoking and alcohol; and,

WHEREAS, immunization, disease screening and education are proven tools for controlling and even eradicating disease; and,

WHEREAS, many recommended preventive services are provided at lower rates to people who are low income, less educated, or members of racial and ethnic minorities and these groups are at higher risk for preventable illnesses including cancers, heart disease, stroke and most infectious diseases; and,

WHEREAS, our health system continues to prioritize medical care based on disease treatment, rather than preventing diseases before they become more costly and difficult to treat;

NOW, THEREFORE BE IT RESOLVED that the Tennessee Public Health Association calls for state and local governments and private insurance health plans to retain or increase preventive services consistent with the recommendations of the U.S. Preventive Services Task Force (USPSTF) and reduce disparities in access to and use of preventive services.

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

SOUTHERN HEALTH ASSOCIATION

Submitted by: Tammy Burke, SHA Representative

Charlotte will be the site of the 2011 joint SHA/NCPHA meeting, September 21-23, 2011 and will commemorate the first NCPHA Annual Meeting which was held in Charlotte. The theme of the meeting is "Learning from our Past, Leading for the Future". The registration fee is \$160.00 and includes all meals with the exception of lunch on Thursday. The meeting will be held at the Hilton at University Research Park. A 5K run and a 1 mile hike are included in the agenda. Applications are currently being accepted for the poster/oral presentation session. In addition, there are opportunities for sponsors and exhibitors. All information about the conference and hotel are available at www.ncpha.com.

SECTION NEWS

NURSING SECTION

Submitted By: Lynelle F. Callender-Henderson, Nursing Section Chair

Wednesday Nursing Section Meeting: Rear Admiral Clara H. Cobb, RN, MSN, FNP



On Wednesday afternoon, September 14th, 2011 at 4:00 PM the Nursing Section will have the Honor of presenting to the Nursing Section attendees **Rear Admiral Clara H. Cobb**, MSN, RN – Regional Health Administrator, U.S. Department of Health & Human. The Topic will be: Nurses Leading the way! The Theme is: "The Future of Nursing: Leading Change, Advancing Health". CEU's for Rear Admiral Cobb's presentation will be received by each attendee.

Background: Rear Admiral Clara H. Cobb, RN, MSN, FNP serves as the Regional Health Administrator and May 2008 through September 2010 as the Acting Regional Director for Region IV, Atlanta, GA; the Department's largest region. She serves as the principal federal public health leader, reporting directly to the Assistant Secretary for Health with emphasis on prevention, preparedness, recovery and agency-wide coordination. She provides executive level leadership in policy development, planning, implementation and evaluation of public health programs and directs five regionally based programs designed to protect and promote the health of all communities within the eight southeastern states; Alabama, Florida, Georgia, Kentucky, Tennessee, Mississippi, South Carolina and North Carolina.

Professional History: RADM Cobb's broad public health perspective is the result of 31 years of experience working across a myriad of programs within the U.S. Department of Health and Human Services and with state and local health officials, tribal and community leaders. She began her career in the U.S. Public Health Service in 1979 as a Lieutenant Junior Grade (LTJG) Family Nurse Practitioner; a National Health Service Corps assignee. In 1983, she reassigned to Federal Employee Occupational Health and

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provided comprehensive preventive health services to federal employees while overseeing the operation of 28 health units as an Occupational Health Nurse Practitioner and Associate Director of Operations in Kansas City, MO and Atlanta, GA. From 1987 to 1998, she had tours of duty with Health Care Financing Administration (now Centers for Medicare and Medicaid); Health Resources and Services Administration and Office of Public Health and Science, Region IV, as Regional Women's Health Coordinator. In 1999, she was promoted to Deputy Regional Health Administrator and served as Acting Regional Health Administrator from 2001 to 2002 and from 2003 to 2006. RADM Cobb was the first RHA to serve as Secretary's Emergency Response Team (SERT) Leader, providing coordination of federal assets in the field and situational awareness to the Assistant Secretary for Public Health Emergency Preparedness, for the G-8 Summit in 2004 on St. Simons Island, GA. This was followed with subsequent opportunities for leadership in preparedness, response and recovery as SERT Leader for two of the four infamous Florida hurricanes. In 2005, she served as Deputy SERT Leader for the unprecedented Hurricane Katrina, supporting activity in Mississippi.

TPHA Nursing Section Scholarship Committee:

If you have been a member of the TPHA Nursing Section for the past 3 years or more, and you plan on continuing your education, don't forget to send in your scholarship application into the Nursing Section Scholarship Committee ASAP. All application must be submitted to the Nursing Section Scholarship Chair, Judy Michael @ Judy.michael@tn.gov by August 15th, 2011.

TPHA Nursing Section Awards Committee:

Please encourage all Nursing Staff to send in their nominations ASAP recognizing the Nurses that are members of TPHA Nursing Section, that have made a huge contribution to public health and that are making a difference in your workplace. The Excellence in Nursing Awards seeks to recognize exemplary Nurses in the areas of Nursing Assistants, Direct Nursing Service and Administration. Nominations must be submitted to the Nursing Section Awards Committee Chair, Nancy Brookshire at Nancy.brookshire@tn.gov

Environmental Section Report

Carter Garner, TEHA President

The environmental section of the Tennessee Public Health Association is pleased to announce an upcoming event of the Tennessee Environmentalist Hall of Fame. The Hall of Fame will honor **L.E. "Gene" Barnett** as the newest member on the evening of September 14, 2011. Gene was born in Lawrence County on May 3, 1922. He graduated from Hay Long High School then began his college career at the University of Tennessee. His quest for a degree was interrupted by World War II, where he served a three year tour of duty in the United States Air Force. Upon his return from the military, he completed requirements for a degree, earning a B.S. in Agriculture in 1949. Gene began his career with the Tennessee Department of Health on August 30, 1954 at the Maury County Health Department as the local environmentalist. Gene remained in this position for eighteen years before accepting a promotion to an environmental consultant position with an emphasis on sub-surface sewage disposal. He remained in this position working with Lynn B. Hearn for another fourteen years before his retirement in 1986 with thirty-two years experience.

Mr. Barnett will join a distinguished group of Hall of Fame members. From the class of 2009: **Ralph Arnold** – state wide training officer, **Joe Covington** – Director of Environmental Sanitation, **Al Gore** – former Vice-President, **Lynn B. Hearn** – for whom the Environmentalist of the Year award was named, and **Darrell L. Holden** – Field Office Manager for Northeast Regional Office. From the class of 2010 – **Walter Nannie** – Director of Hotel and Restaurant Inspection, and Program Manager in the Central Office, and **Dorcie L. Yates** – Local environmentalist from Humphreys County and District Supervisor for the Western district of Middle Tennessee.

The Tennessee Environmentalist Hall of Fame was created to recognized meritorious service in the field of environmental health and the Tennessee Environmental Health Association. It is housed at Lamb Hall on the campus of East Tennessee State University which is also home of the oldest Environmental Health program in the nation. After the initial class, the Board of Directors names one to three members for induction each year with a minimum of one inductee. For election, you must receive sixty-six per cent of the vote.

For the first time, this year the Tennessee Environmental Hall of Fame Dinner and Induction Ceremony will be held in conjunction with the Tennessee Public Health Association Annual Education Conference. The ceremony will take place at the Williamson County Agriculture Expo Center at 4215 Long Lane Suite 100, Franklin, Tennessee. The meal will be prepared by local caterer Paige Esch of CELEBRATIONS!CATERING. The cost of the ticket is \$30.00 and tickets will be pre-sold to allow Ms. Esch sufficient time for preparation. Tickets may be purchased from any TEHA Board of Directors member; For East Tennessee- Eric Coffey (423)634-5820, Melissa Wolford (423)745-7431, and Lowe Wilkins(423)209-8124; For Middle Tennessee – Mark Houser (931)520-4210, Kim Davidson (931)879-9936, and Carter Garner (615)741-8536; For West Tennessee – Tommy Smith (731)886-1531, and Bradley Dodd (731)852-2461. The meal will begin at 6:00 P.M. and continue until around 9:00 P.M. We have space for approximately 200 guests. A silent auction will be conducted during this time. If you have this evening available and would like to hear some interesting stories, please join us for fun and fellowship.

FOCUS ON PUBLIC HEALTH ISSUES

Tennessee Obesity Taskforce On The Move

Submitted by: Joan Randall, MPH, Administrative Director of the Vanderbilt Institute for Obesity and Metabolism, Executive Director of Tennessee Obesity Taskforce



There is a movement afoot in Tennessee! I recently had the privilege of volunteering at the Kids Triathlon in Nashville. “Really?” yawned my husband at 5:00 AM on a Sunday predicted to reach 95 degrees. “Do you really think families in Nashville will show up for this?” Yes, indeed – hundreds of smiling, sweating, beautiful kids and their parents showed up. As I was cautioning the speedsters to slow down when they rounded the turn back into Centennial Park, one little boy yelled, “Someone bit it – hard!” Just then, a scraped and battered 7-year old girl came cruising around the corner. Her dad rushed to her. She accepted a quick hug, pushed him away and said, “Gotta go!” It wasn’t about winning,

it was about playing.

Events like these demonstrate that being healthy is fun. Across the state, children are learning how to grow gardens in their schools, and faith leaders are incorporating healthy foods and physical activity at faith centers. People are realizing that a healthier lifestyle, including what we eat and how we move - is a big component of quality of life.

There are hundreds of partners making sustained changes. Congratulations to parents, community advocates, state agencies, policymakers, scientists, city planners, transportation experts, school officials, media, health providers, employers, faith leaders! To all who have stepped up to help make a difference! Tennesseans are eating healthier and moving more, and our numbers show it.

Working closely with the Tennessee Department of Health, the Tennessee Obesity Taskforce (TOT) launched its statewide plan to reduce obesity and chronic disease in Tennessee (www.eatwellplaymoretn.org) at last year’s TPHA meeting. This plan is serving as a roadmap for hundreds of individuals and organizations throughout Tennessee. Our Action Teams (Advocacy, Breastfeeding, Built Environment/Transportation, Early Childhood, Food Systems/Gardens, Parks and Recreation, Schools, Vulnerable Populations and Worksite Wellness) are implementing the plan in all settings – where we live, learn, play, heal, and work.

By *working together* in a coordinated and cohesive effort, we have not only stabilized, but we have *started to reverse* the upward trajectory of obesity and overweight in Tennessee. Colleague, Dr. David Schlundt, a behavioral psychologist at Vanderbilt, ran the latest adult numbers from CDC’s 2010 Behavioral Risk Factor Survey System and quietly announced,

- “We have seen declines in overweight, obesity, and extreme obesity overall.
- We see sharper declines among African Americans and in the major metropolitan areas of the state.
- Our national rankings have improved for overweight and obesity.

ButThere is much work to be done.

- We need to study these data more carefully to see which segments of the population are improving and which are not.
- We need to focus our efforts on the rural parts of the state.
- We need to continue to address our vulnerable populations.”

With a focus on policy, our goal is to create conditions that are conducive to healthy choices. Through policy efforts around breastfeeding, joint use agreements (allowing access to schools and playgrounds after hours), complete streets, Coordinated School Health, community gardens, physical activity in schools, food deserts, and even considering a tax on sugar sweetened beverages, Tennessee leaders are demonstrating that they are committed to our health.

Look outside – people are walking and gardens are sprouting all over the state. We have started a movement in Tennessee. Yes, we have a long way to go, but we’re headed in the right direction.

We will be showcasing TOT efforts during the 2011 TPHA meeting. Through a plenary session and workshop on Thursday, September 15th, Dr. Richard Jackson from UCLA’s School of Public Health will be leading a discussion: “Health - Spanning Disciplines. Food Systems to City Planning, Housing to Transportation.” Also featured will be workshops on Healthy School Environment and *Eat Well Play More, Tennessee – One Year Later*.

The Tennessee Obesity Taskforce welcomes the public health community to participate at whatever level possible as we continue to drive our obesity numbers down. For more information, please contact Joan Randall, joan.a.randall@vanderbilt.edu, Peter Oldham, POldham@ymcamidtn.org, or Leslie Meehan, meehan@nashvillempo.org

REGIONAL REPORTS

SHELBY

MPH Students Contribute to Emergency Preparedness Efforts at the University of Memphis

Submitted by : Marian Levy, DrPH, RD, Associate Professor and MPH Director
University of Memphis

In response to a request from the Shelby County Health Department, the University of Memphis became a C-POD (closed point of distribution) for activating mass prophylaxis and dispensing countermeasures post-exposure to anthrax. Students in the Master of Public Health program at the University of Memphis have been integrally involved with emergency preparedness efforts.

In 2010, two MPH students (Jennifer Ransom and Chee Lam) worked with the University of Memphis' Coordinator of Emergency Preparedness (Shelby Slater) during their MPH Practicum at the Shelby County Health Department. The students developed the logistical plan for the campus' closed pod operations.

On June 14, 2011 the C-POD plans were tested in a campus-wide drill that involved the School of Public Health, Student Health Center, Loewenberg School of Nursing, University of Memphis Police Services, and the University's Physical Plant. MPH graduate Katherine Miller was part of the Leadership Team that coordinated the exercise, and MPH student Paul Fischer assisted with the evaluation as part of his current Practicum experience at the Health Department.

At this exercise, 24 senior-level nursing students staffed the operations, supervised by 5 nursing faculty and the Medical Director of the Student Health Services. Scenarios included potential participants who would be underage, illiterate, and those who would suffer from mental health problems. A total of 213 individuals (volunteers from Physical Plant) completed the entire process (registration, forms, screening, and dispensing) in a 60-minute period, averaging 3.5 minutes per person. Successful aspects of the exercise included logistics, coordination, and integration of personnel and resources across campus.

NORTHEAST

Health Councils in the Northeast Tennessee Region have been very active within their communities recently. The Greene County Health Council, Adolescent/Youth Issues Subcommittee partnered with the Boys and Girls Club of Greeneville/Greene County to write a grant geared towards fighting childhood obesity. They were awarded a \$2,000 grant in April from HEAL Appalachia. The grant received will be used to support G.R.O.W. (Growing Resources Outdoors for Wellness). A community garden and greenhouse at the Boys and Girls Club will be developed to promote and support the growth and consumption of fresh fruits and vegetable and to reduce sedentary lifestyles. The youth will grow, harvest, and then prepare the vegetables for freezing and canning. The greenhouse will be used to grow produce during the winter months.

The Greene Council Health Council also sponsored a community program featuring Season 9 "The Biggest Loser" participant Ashley Johnston. Ms. Johnston set a record for the most weight loss by a female contestant on the show. In seven months she dropped an impressive 183 pounds during the competition. The event entitled "Living the Life" was attended by several hundred individuals from around the region. Ms. Johnston informed the audience how she learned to make healthy nutritional choices and how to incorporate daily physical activities into her daily routine. A representative from the local Food City supermarkets explained the NuVal food scoring system used in their stores and a local YMCA fitness instructor led the audience in a brief period of exercise. The program was free with the donation of a non-perishable food item, which the health council gave to the local Food Bank and Soup Kitchen.

The Washington County Health Council took advantage of an opportunity to educate the attendees of the annual Blue Plum Festival in Johnson City about the basics of sun safety. UV detection bead bracelets, which change from white to bright colors of red, blue, orange, and yellow when exposed to the sun's UVA and UVB rays were distributed. Those attending were also reminded to stay hydrated and to be sure to re-apply sunscreen when the beads began to change colors. Council members promoted the American Cancer society's *Slip, Slop, Slap, and Wrap* campaign: *Slip* on a shirt, *Slop* on sunscreen, *Slap* on a hat, and *Wrap* sunglasses around your eyes. Approximately 1,000 people were given educational materials and 600 were given UV safety bead bracelets.

The Carter County TENNderCare Program, Carter County Health Department, Blue Cross Blue Shield, United Healthcare and other community agencies/organizations partnered with the Carter County Health Council's Youth Subcommittee to offer "A Summer Celebration". A total of 250 participated in the event, receiving education on health issues such as smoking/tobacco use, sun safety, nutrition, and helmet safety. During the 2 day event, 53 Early, Periodic, Screening, Diagnosis, and Treatment (EPSD&T) exams completed by health department staff for those enrolled on TennCare. Incentives and door prizes were given/awarded to those attending, with a drawing among those completing an EPSD&T for larger prizes.

SOUTHEAST**Professionalism Campaign in the Southeast Region**

The Southeast Region has an annual staff satisfaction survey where employees can anonymously give input as to their thoughts concerning their job and workplace. An opportunity to make suggestions is included along with multiple choice questions. One theme that arose from the survey was the need for more professionalism among employees. An intern from ETSU, Priya Mistry, worked in the Southeast Regional Office during fall semester of 2010. One of her main projects for the semester was to develop a professionalism campaign.

Priya developed three PowerPoint presentations on professionalism. One part covered communication, another covered office etiquette, and the third part covered teamwork. Each presentation is interactive with an opportunity for employees to take part in exercises that emphasize the main ideas. The presentation on communication includes sections on health literacy, nonverbal communication, and email etiquette. Office etiquette involves cell phone behavior, personal hygiene, timeliness, properly greeting patients, and gossiping. Favoritism and good decision making are two of the main points covered in the teamwork presentation.

Four employees of the Southeast Region, Jennifer Kozlica - Assistant Regional Director, Evelyn Muller - Clerical Consultant, Ingrid Long - Staff Development Director, and Jerry Tollett - Administrative Secretary, are responsible for presenting the campaign to county health departments and the regional office. The campaign began in the spring and will continue until all employees have attended a presentation. Of the eighty-nine employees who have been through the professionalism campaign, 93% agreed or strongly agreed that the information presented would help them in their practice. Future employees will be able to go to the H drive on their computers and view the presentation as part of their orientation.

SOUTH CENTRAL**Internet Intervention**

Partner notification has always been an important process in Sexually Transmitted Infections (STI) control. Difficulties arise when insufficient contact information is given by the patient or the partner does not respond to attempts to communicate with them. A new service, Internet-based Partner Services, now offers additional methods to contact those who might not respond to conventional approaches. The use of the internet is encouraged by both the Division of STI Prevention & the Division of HIV Prevention at the U.S. Center for Disease Control.

Currently, the South Central Region is utilizing email, text messaging, and FaceBook to reach patients and their partners. These methods have proven successful in connecting with people who may have otherwise been unavailable. In one case, a patient was contacted via FaceBook private message to call the nurse. Upon calling, it was discovered that the patient was in a vehicle and in close proximity to the local health department. After complying with the request to visit the health department and obtain medication and Partner-Delivered Therapy, the total time from the FaceBook message to check-in at the health department was eighteen minutes!

Celebrate Good Health!

On Saturday, May 7, 2011, the Community Programs Coordinator of the Maury County Health Department partnered with the Maury County Branch of the NAACP, Fairview Park, Columbia State Community College, Tennessee Highway Patrol, Susan G. Komen, Columbia Police Department, Columbia Fire Department, Maury County YMCA, Muletown Family Network, Maury Regional Medical Center, Mental Health Cooperative, and the Safe Neighborhood Coalition to present the "*Celebrate Good Health: Let's Move Health Fair*".

Held at Fairview Park, the goal of the community outreach event was to provide participants with information and to encourage them, particularly children, to move more. Activities for the seventy participants included jump rope and hula hoop contests, 50-yard dash and scavenger hunt. Information was provided about making healthy food choices, increasing physical activity and diabetes education.

**MID CUMBERLAND****Walk Across Williamson 2011 Has Much to Celebrate**

Mid-Cumberland would like to highlight the success of an effort that began in Williamson County and has spurred excitement and implementation in other counties region-wide. *Walk Across Williamson* is a community health promotion program organized by the Williamson County Health Council. In this program, respective cities within Williamson County organize walks to promote physical activity, encourage healthy lifestyles, and provide an online opportunity for people to log their efforts towards staying healthy. From the onset in 2007, *Walk Across Williamson* began as an idea by the health council membership. They persuaded participants to join the effort and log in their time over a nine-week period. The result was 50 participants who logged in more than 137,000 minutes of physical activity over six months. Today, *Walk Across Williamson* has grown enormously to more than 4,400 participants and is gaining momentum in its expansion into other counties such as Wilson and Sumner Counties.

This year, the Fourth Annual **Walk Across Williamson** kicked off on January 29th, with participants encouraged to walk at one of five parks located throughout the county. Participants logged their physical activity minutes during the next nine weeks and joined together for a Celebration Walk on Saturday, April 9th.

The event was a success with more than 250 people participating in the celebratory walk. News Channel 5 anchor Steve Hayslip emceed the event and supported his child's team's nine-week participation. Our very own Commissioner Susan Cooper participated and gave remarks in commemoration of the event.

The growing success of **Walk Across Williamson** can be greatly attributed to Coordinated School Health. School teams are enticed to participate by competing for 'mini grants' awarded to them by Franklin Special and Williamson County Schools Coordinated School Health programs. Mini grants were awarded to top school teams and could only be used toward wellness related expenses at their school. Community members were awarded great prizes in 2011 as well, with generous donations from **Walk Across Williamson** sponsors.



This year, the total physical activity minutes logged was 7,887,712! While it may be tough to top this year's numbers, the Williamson County Health Council **Walk Across Williamson** Committee is already planning for 2012!

Pictured left to right are: Susan Eades, Director, Coordinated School Health, Franklin Special Schools District; Commissioner Susan Cooper; Becky Brumley, Director, Williamson County Health Department; and, Steve Hayslip, Morning Anchor for Channel 5, WTVF

UPPER CUMBERLAND

The Upper Cumberland Regional Health Facility recently held a dedication ceremony in memory of Linda Owens, RN. Attending the ceremony were Linda's husband, John Owens, and their daughter, Emily Qualls. Linda had a love for the beach and spent most vacations simply enjoying the beach view. The print of a tranquil beach scene reminds all of those who knew Linda of her peaceful nature.

Linda Owens passed on June 11, 2008. She was a Public Health Nurse for 33 years. Linda worked with various programs over the years and served the last several years as the Coordinator of the Breast & Cervical Cancer Screening Program. She was widely known as a diligent patient advocate. Linda loved her profession and was so proud that her daughter Emily followed her into nursing. She was a special person that blessed the lives of many and continues to be missed and remembered.



Pictured (left to right) are Deborah K. Johnson, Regional Director, John Owens and Emily Qualls

WEST

May4th marked the kick off for the West TN Regional Office "Let's Do It Together" weight loss and healthier eating habits health initiative. The program is unique in that it gives registered participants options to joining Weight Watcher's online and or meeting during the lunch hour on Thursdays to share ideas, recipes, and record a confidential weigh in.



Another option open to all staff is an afternoon "STRETCH" break on Mondays, Wednesdays and Fridays at 2:30 pm in the upstairs GETFITTN area. Folks always leave the break less stressed and with a smile on their face.



Over the past two months, fifteen participants in the “Let’s Do It Together” initiative have recorded an overall loss of 82.2 pounds! Pictured are some of West TN’s “biggest losers”, Kelly Worsham, Melondie Harris and Latonia Brooks.



On June 4, 2011, the Hardeman County Health Council sponsored their 1st Annual Get Fit 2 Mile Walk along with kicking off their “Biggest Loser” Contest. Both events are part of a county wide campaign to encourage physical activity and healthier eating habits to address the county’s high rates of obesity, heart disease and stroke. Approximately 300 people from across the county participated in the walk. Teams from communities throughout the county will continue to accumulate miles throughout the campaign. The team that walks the most miles will win a traveling trophy that goes to the team with the most miles each year. Approximately 74 individuals have signed up for the “biggest loser” contest. Both the “biggest loser” and the winning team will be announced at the end of the campaign which culminates with a 5K Run at the end of October, 2011.

