



Tennessee Public Health Association Newsletter

www.TNpublichealth.org



President's Message From

**Marian Levy,
Dr. PH, RD**

"Building a state of excellence!" The Tennessee Department of Health has invited TPHA to join them in achieving Governor Haslam's vision for performance excellence. And we are willing partners! At each TPHA regional meeting this Spring, Deputy Commissioner of Health Bruce Behringer will engage our members in strategic planning for excellence to "promote, protect and improve the health in Tennessee."

And continuing the quest for excellence, at our Regional meetings TPHA will recognize an organization or individual who has been a visionary in enhancing the health of their community via prevention efforts. Nominations for the TPHA Visionary Award are due on March 16th, and Shannon Railling (srailling@k12tn.net) is doing an outstanding job of spearheading this recognition of community advocates.

Another step toward excellence at the Regional meetings will be student research poster presentations! We strongly encourage public health students to display their research at the Regional meeting nearest their University. *Faculty advisors should contact their TPHA Regional Vice-President for details regarding the number of posters that will be accepted at each meeting.* And we are very pleased that students will receive a one-year FREE membership in TPHA, as well as free registration to the Grand Division TPHA meetings. There will also be 25 waived student slots for the annual conference compliments of **LIFEPATH!** This represents an unparalleled opportunity to support our next

generation of public health professionals.

In closing, I would like to share some positive news concerning our state's health ranking, compiled by the United Health Foundation. In the past year, Tennessee has advanced three spots, moving from 42nd to 39th in the nation. The improvement largely reflects a decline in smoking. While there is still much work to be done in the area of obesity and diabetes prevention, this represents a remarkable achievement, particularly in light of the economic downturn. I firmly believe that our members' collective advocacy efforts have contributed to this move toward excellence.

On behalf of your TPHA Board and our Executive Director, Doris Spain, thank you for advancing public health in Tennessee. We look forward to seeing you at the Regional meetings (April 13th in Memphis; April 20th in Franklin; May 4th in Knoxville) and also at our annual conference in Cool Springs on September 12-14.

Working together, we will build a state of excellence!

One state. One goal. Public health.

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2012 Annual Educational Conference
“One Health, One Environment, One World”
September 12-14, 2012
Cool Springs Marriott, Franklin, TN

The 2012 annual meeting conference theme is *One Health, One Environment, One World* - a multi-faceted discussion of the connections between health and the environment and their global impact on our world. The conference will include five plenary sessions and 18 workshops with a variety of current public health issues being addressed. In addition, LIFEPAATH will again be sponsoring a preconference workshop on the evening of September 11. This issue of the newsletter includes information about each of the plenary speakers - the next issue will have detailed info on the workshops and the preconference workshop.



Opening Session Speaker – Commissioner John Dreyzehner

Wednesday’s opening session & luncheon at this year’s annual conference features **John Dreyzehner, MD, MPH**, Commissioner of the Tennessee Department of Health. He is a physician, residency trained in occupational medicine, and board certified in 1999. Licensed to practice in Tennessee and Virginia, Dr. Dreyzehner is a Fellow of the American College of Occupational and Environmental Medicine. He comes to the state Department of Health after serving as director of Virginia’s Cumberland Plateau Health District for more than nine years. Prior to his return to public service in 2002, he was in the clinical practice of occupational medicine.

Dr. Dreyzehner began medical service in 1989 as a United States Air Force flight surgeon honorably discharged as a Major in 1997. He also has practiced for several years in the field of addiction medicine while working on substance abuse prevention, treatment, and control in his public health role. He holds appointments as adjunct faculty with ETSU’s College of Public Health, founding faculty of the Healthy Appalachia Institute, and visiting assistant professor of public health at the University of Virginia. He also chairs the advisory committee for the Virginia Tech-Carilion School of Medicine’s Master of Public Health Degree Program.

Dr. Dreyzehner attended the University of Illinois at Champaign-Urbana graduating Phi Beta Kappa and Magna Cum Laude with a Bachelor of Science degree in psychology. He received his Doctor of Medicine degree from the University of Illinois at Chicago. He completed his Master of Public Health degree at the University of Utah, where he also completed his residency in occupational medicine at the Rocky Mountain Center for Occupational and Environmental Health.

Dr. Dreyzehner has served in leadership positions with the American College of Occupational and Environmental Medicine since 1996 and actively with the National Association of County and City Health Officials since 2002. From 2008 to 2011, he has chaired the NACCHO advisory committee that partnered with the Robert Wood Johnson Foundation to create a successful, year-long fellowship program for new local health officials.

2012 Keynote Address – Dr. Lonnie J. King



Lonnie J. King, DVM, MS, MPA, is dean of The Ohio State University College of Veterinary Medicine. Prior to this appointment, Dr. King served as director of the CDC’s National Center for Zoonotic, Vector-Borne, and Enteric Diseases (NCZVED). In this position, Dr. King led the center’s activities for surveillance, diagnostics, disease investigations, epidemiology, research, public education, policy development, disease prevention and control programs. Before serving as director, Dr. King was the first chief of the agency’s Office of Strategy and Innovation.

Dr. King became the 11th dean of the Michigan State University College of Veterinary Medicine in 1996 and served for 10 years. He was the chief executive officer for academic programs, research, the teaching hospital, diagnostic center for population and animal health, basic and clinical science departments, and the outreach and continuing education programs. As dean and professor of large animal clinical sciences, Dr. King was instrumental in obtaining

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funds for the construction of a \$60 million Diagnostic Center for Population and Animal Health, initiated the Center for Emerging Infectious Diseases in the college, served as the campus leader in food safety and provided oversight for the National Food Safety and Toxicology Center. Prior to this, Dr. King was the administrator for the Animal and Plant Health Inspection Service (APHIS), US Department of Agriculture, Washington, DC. He served as the country's chief veterinary officer for five years.

A native of Wooster, Ohio, Dr. King received his Bachelor of Science and Doctor of Veterinary Medicine degrees from The Ohio State University in 1966 and 1970, respectively. He earned his Masters of Science degree in epidemiology from the University of Minnesota and received his master's degree in public administration from American University in Washington, DC. Dr. King is a board-certified member of the American College of Veterinary Preventive Medicine and has completed the Senior Executive Fellowship program at Harvard University.

He has served as president of the Association of American Veterinary Medical Colleges and was the vice-chair for the National Commission on Veterinary Economic Issues. Dr. King helped start the National Alliance for Food Safety, served on the Governor's Task Force on Chronic Wasting Disease for the state of Michigan, and served on four National Academy of Sciences Committees; most recently he chaired the National Academies Committee on Assessing the Nation's Framework for Addressing Animal Diseases. Dr. King is one of the developers of the Science, Politics and Animal Health Policy Fellowship Program and lectures extensively on the future of animal health and veterinary medicine. He served as a consultant and member of the Board of Scientific Counselors to the CDC's National Center for Infectious Diseases, is a member of the Institute of Medicine's Committee on Microbial Threats to Health, editor for the OIE Scientific Review on *Emerging Zoonoses*, a current member of the FDA's Board of Scientific Advisors, and is past-president of the American Veterinary Epidemiology Society. Dr. King currently serves in advisory or adjunct positions with six universities. He also served as chair for the national One Medicine Task Force for the AVMA and is the current point-of-contact for One Health activities at the CDC.



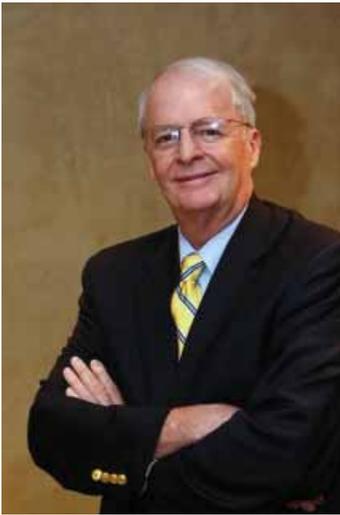
Awards Luncheon Speaker – Dr. William Schaffner

Thursday's award luncheon at the 2012 TPHA conference features **William Schaffner, MD**, chairman of the Department of Preventive Medicine as well as professor of infectious diseases in the Department of Medicine at the Vanderbilt University School of Medicine and vice president of the National Foundation for Infectious Diseases Board of Directors. His primary interests are infectious diseases and their prevention. Dr. Schaffner has worked extensively on the effective use of vaccines in both pediatric and adult populations. He is a strong proponent of collaboration between academic medical centers and public health institutions. The American College of Physicians (ACP) presented Dr. Schaffner with the James D. Bruce Award for Distinguished Contributions in Preventive Medicine at the 2009 ACIP annual scientific meeting in Philadelphia. He was the 2010 recipient of the American College of Preventive Medicine's (ACPM) Ronald Davis Special Recognition Award, which recognizes outstanding achievements or contributions to the field of preventive medicine.

Currently, Dr. Schaffner is a liaison member of the Advisory Committee on Immunization Practices (ACIP), a former member of the National Vaccine Advisory Committee (NVAC), and a member of the Physician Advisory Board of ACP's Adult Immunization Initiative. He is also a consultant in public health policy and communicable disease control for numerous national and local institutions, including the Centers for Disease Control and Prevention, the World Health Organization, the Tennessee Department of Health, and the American College of Physicians, among others. Dr. Schaffner is a member of numerous professional societies and has written over 250 scientific articles and textbook chapters.

After graduating from Yale in 1957, he graduated from Cornell University Medical College and then completed an internship, residency training, and a fellowship in infectious diseases at the Vanderbilt University Medical Center. He was commissioned in the US Public Health Service as an Epidemic Intelligence Service Officer with the Centers for Disease Control in Atlanta for two years (1966-1968). He returned to Vanderbilt after that tour of duty.

Thursday's Plenary Session Features Dr. James M. Hughes



James M. Hughes, MD, is professor of medicine and public health with joint appointments in the School of Medicine and the Rollins School of Public Health at Emory University in Atlanta. He serves as the executive director of the Southeastern Center for Emerging Biologic Threats; senior advisor, Emory Center for Global Safe Water; and senior scientific advisor for infectious diseases, International Association of National Public Health Institutes. Prior to joining Emory in June 2005, Dr. Hughes worked for the CDC serving as director of the National Center for Infectious Diseases (NCID) and as a Rear Admiral and an Assistant Surgeon General in the US Public Health Service. He first joined CDC as a member of the Epidemic Intelligence Service in 1973. He served as director of CDC's Hospital Infections Program from 1983 to 1988, as NCID deputy director from 1988 to 1992, and as NCID director from 1992 to 2005.

Dr. Hughes received his Bachelor of Arts and Doctor of Medicine degrees from Stanford University and completed his postgraduate training and board certification in internal medicine (University of Washington), infectious diseases (University of Virginia), and preventive medicine (CDC). He is a member of the Institute of Medicine (IOM) as well as numerous other national and international professional societies. He served on the board of directors of the Infectious Diseases Society of America (ISDA) and as the IDSA president. He also serves on the International Board of the American Society for Microbiology, is a member of the Councils of the American Society for Tropical Medicine and Hygiene and the American Association for the Advancement of Science, and serves as vice-chair of the IOM Forum on Microbial Threats.

Dr. Hughes has published more than 80 research articles and reviews, 15 editorials, and 40 book chapters. He has co-edited nine books on emerging infectious diseases. Currently, he serves as principal investigator of an adolescent immunization study in Richmond County, Georgia, funded by CDC and a study to assess knowledge, attitudes, and practices of immunization providers in India funded by the Gates Foundation. His interests include emerging infectious diseases, antimicrobial resistance, vectorborne and zoonotic diseases, influenza and other vaccine-preventable diseases, and foodborne and water-related diseases.

2012 Closing Session – Dr. Toni Yancey



Toni (Antronette K.) Yancey, MD, MPH is Professor, Department of Health Services, and Co-Director, UCLA Kaiser Permanente Center for Health Equity in the School of Public Health. She returned to academia full-time in 2001 after five years in public health practice, first as Director of Public Health for the City of Richmond, Virginia, and then as founding Director of Chronic Disease Prevention for Los Angeles County. She has more than 125 scientific publications, and has generated in excess of \$30 million in extramural funds. Dr. Yancey serves on the Institute of Medicine Standing Committee on Childhood Obesity Prevention, National Physical Activity Plan Coordinating Committee, Los Angeles County First Five Commission, and Boards of Directors of Action for Healthy Kids and the Partnership for a Healthier America, the non-profit supporting First Lady Michelle Obama's Let's Move campaign. She also co-chairs Superintendent Tom Torlakson's and Governor Jerry Brown's Team California for Healthy Kids campaign. Her second book, *Instant Recess: Building a Fit Nation 10 Minutes at a Time* (University of California Press, Berkeley, CA), was released in November 2010, receiving accolades from, among others, former Surgeon General David Satcher, Senator Tom Harkin, *Food Politics* author Marion Nestle, baseball Hall of Famer Dave Winfield, PBS show host Mark Fenton, and *Diabetes* author Dr. Fran Kaufman. *Instant Recess* has been featured in the New York Times, Wall Street Journal, Investors' Business Daily, Los Angeles Times, and Washington Post, and on NPR, ESPN, Reuter's, Huffington Post, and the Tavis Smiley Show. Dr. Yancey is also a public health commentator for local NPR affiliate KPCC, and a published poet and spoken word artist. She was recently recognized as the California State Assembly 47th District's *Woman of the Year*. She played center for the women's varsity basketball team at Northwestern, where she majored in biochemistry/molecular biology. She received her MD at Duke, and her MPH at UCLA.

COMMITTEE REPORTS

FUN AND FITNESS COMMITTEE

Submitted by: Cathy Cowart, Chair

When Dr. Levy first asked me to be the Chair for The Fun and Fitness portion of our annual meeting, I was quite surprised and honored. Then, my mind started racing about what I could and should do to make this component of our conference one that would not only be enjoyable, but help us all to become more active. I envisioned a conference where activity and fitness were incorporated into the entire event. “Instant recesses”, actual group fitness classes, the traditional group walks – all kinds of exciting opportunities to demonstrate how moving our bodies is important to do every day – after all, we are role models for public health!

We are very fortunate to have secured Dr. Toni Yancey as our closing speaker- her motto “building a fit nation 10 minutes at a time” is a concept that many organizations incorporate into the work day – get employees up and moving in short increments. Check her out at www.toniyancey.com. We will experience the effect of these short breaks throughout the conference! Also, we will have as a break out session, an actual fitness sampler involving various instructors. Other things are being planned -including the famous night-time competition! I will need one person from each rural and metro region, as well as central office and student section, to be identified as the “responsible person” for their area for the evening; no pre planning is involved. If you would like to do this, please check with your director/administrator and then let me know. Please contact me at cathyc@hamiltontn.gov or 423-209-8248 if you have questions or ideas!

2012 PUBLIC HEALTH WEEK CELEBRATION and Public Health Visionary Award

Submitted by: Shannon Railling, Chair, Public Health Week Committee

It's that time of year again; time to celebrate National Public Health Week! The 2012 observance of Public Health Week will be April 2 - 6 with a national theme of **“A Healthier America Begins Today. Join the Movement!”** Our TPHA Public Health Week committee, working with the theme “A Healthier Tennessee Begins Today!” is hard at work to plan events across the state that will increase communities’ knowledge of public health, recognize the everyday work of dedicated employees of public health, and seek nominations for the 2nd Annual Public Health Visionary Award! This year’s Public Health Week celebration, as well as the Visionary Award are taking a cue from the American Public Health Association and National Prevention Strategy to focus on improving health and wellness across the lifespan through specific prevention focus areas:

- Active Living and Healthy Eating
- Alcohol, Tobacco, and Other Drugs
- Communicable Diseases
- Reproductive and Sexual Health
- Mental and Emotional Well- Being

If you know a community group, organization, or individual who has been a visionary in improving the health of their community through prevention efforts in any of these focus areas, PLEASE take the time to nominate them for the 2012 Public Health Visionary Award!

We look forward to this year’s celebration! For more information, or to request a nomination form, please contact Shannon Railling, TPHA Public Health Week Chair via email- srailling@k12tn.net.

AWARDS COMMITTEE

Submitted by: Ami Mitchell, Chair

The TPHA Awards Committee for 2012 wants to remind everyone that we would like to see at least one nomination for each award from each region. The deadline for submitting award applications will be coming up in June. So, get with your region’s representative and make plans to submit deserving public health workers.

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This year's committee members are:

Ami Mitchell-Chair, Lang Smith, Michael Railling, Pattie Kiddy, Melissa Wolford, Ashley Alexander, Beth Rader, Deborah Hardin, Wanda Roberts, Bill Ulmer.

We also need to have a representative from every region on the committee, so if you don't see a member from your region, we are taking volunteers!

SCHOLARSHIPS AVAILABLE

Submitted by: Chris Taylor and Paula Masters, Co-Chairs, Scholarship Committee

- Do you have at least 3 years public health experience, and
- Have you been a member of TPHA for minimum of 1 year?
- Would you like to have some financial assistance with your education endeavors?

Then look no further than your Tennessee Public Health Association. The association raised over \$5,000 this 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 29th!! If you have any questions, please contact Paula Masters mastersp@etsu.edu or Chris Taylor chris.j.taylor@nashville.gov, Scholarship Committee Co-Chairs.

Call for Posters

Submissions due by:
June 30, 2012

The Tennessee Public Health Association is currently accepting abstracts for poster presentations at the 2012 TPHA Annual Educational Conference, September 12-14 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 poster is accepted for display, 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 be typed and submitted in electronic format (Microsoft Word). Use 12-point font, double-spacing, and complete in 250 words or less. The word count excludes the title, authors, affiliations, and contact information. The abstract submission form can be found on the TPHA website (www.tnpublichealth.org).

Please email **Committee Chair, Dr. Tyler Zerwekh** at tyler.zerwekh@shelbycountyttn.gov with questions.

SOUTHERN HEALTH ASSOCIATION

Submitted by: Tammy Burke, SHA Representative

Louisville, Kentucky will be the site of the 2012 joint SHA/KPHA meeting, March 27-30, 2012. The theme of the meeting is "**Public Health...Where We've Been... Where We Are...Where We Are Going**". The meeting will be held at the Crowne Plaza Hotel in Louisville. Paul Halverson, DrPH, MHSA, FACHE will provide the Keynote Address. Dr. Halverson currently serves as the Director and State Health Officer of the Arkansas Department of Health. He also serves as a Director for the Public Health Accreditation Board (PHAB) and previously served as Chair. He is a past President of ASTHO and served as Director of the Collaborating Center for Public Health Practice of the World Health Organization. All information about the conference and hotel are available at www.kpha-ky.org.

FOCUS ON PUBLIC HEALTH ISSUES



Heard about a training or lecture that you were unable to attend? Want to receive some online public health training at your own pace?

NOW YOU CAN!!

LIFEPATH, Tennessee's Public Health Training Center, is launching an online training system that provides both online training programs and archived lectures, workshops, conferences, etc.

Everyone can access the system at any time or place and it is all self-paced. Each participant will receive a Certificate of Completion for all trainings that may be applied toward continuing education if they desire.

The system is user friendly and provides technical support if needed. Past LIFEPATH conferences and lectures are uploaded and ready to view and training programs are being developed and will be available toward the end of Spring.

Visit our website www.tnphtc.org and simply click on the Training tab to access the system. Directions on how to register/log in are also on the website.

Log in today and begin your training experience!!

For more information or if you have questions, please contact Paula Masters 423-439-4421 or mastersp@etsu.edu

CONQUERING THE DATA MOUNTAIN

Written by Dru Potash, MSN (on behalf of the TDOH QI Team: Dru Potash, Gary Self, Kathy Shearon, Susannah Craig, John Hutcheson, Charlie Murff, Rita Banks, Gary Slagle, Jim Hayes, and Bridget McCabe)

Almost 2,000,000 patient encounters. Over 900,000 Tennesseans. This is an average year for the Tennessee Department of Health (TDOH) Local Health Departments. While enough kind words can never be said about the people that make that happen on the front line, it is also vital to shift focus to what goes on *after* the encounters are logged in the system. The people who work to obtain and sift through the mountain of data that those encounters create also deserve kudos. Especially now, as they look to reform the way TDOH obtains and processes its data for reporting purposes. A diverse team is coming together to improve many aspects of this system.

Step 1 was to change the way data is obtained from the county level to the Central Office Database (CODB). The CODB is a repository of data files located on the central office server. While the CODB has been in existence for over ten years, TDOH Bureau of Health Services Administration (HSA) staff have recently increased the content by adding data about home visiting, prescription medication distribution, smoking and tuberculosis to the existing data for accounting, health department encounters and labs.

The recent enhancement to the CODB also changed the time frame from a weekly, manual process to automated, nightly extraction. This means a much faster turnaround time and continues the efforts to access standardized data rapidly and with minimal human interaction. We are able to extract data within three days of input, giving us access to current data never before achieved without significant human labor.

Step 2 is improving the tools available for obtaining the data. Recent acquisition of the DB2Query tool has given TDOH the ability to create timely, accurate reports while significantly reducing the amount of time necessary to pull needed data. A large effort is occurring to automate much of the process and get reports into the hands of the users as quickly as possible.

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An exciting project is underway to promote and utilize data health indicators across the state. The Tennessee Health Indicator (THI) Report is a collaborative effort to determine what the top priorities are for each program within the Tennessee Department of Health. Each program has been tasked with determining the top indicators or measures they would use to define their program. Not only is this beneficial in determining priority public health areas, but also in conducting Regional and State Health Assessments, which are necessary to obtain public health accreditation.

The THI Report itself consists of a series of tables including: data sources, census data, technical notes, etc. The public health indicators cover various health topic areas within the TDOH.

The THI workgroup continues to make progress; the desired format has been decided, the top indicators have been defined, and collaborative relationships have been fostered. There are plans to launch the final product and place the document online where it can be viewed and updated regularly.

The overall goal is to efficiently produce accurate data that can be used to improve the performance of our local health departments and programs and to communicate the “right answer at the right time”. The Department of Health is conquering the data mountain, one step at a time.

REGIONAL REPORTS

WEST TENNESSEE REGION

First Chronic Disease Self – Management Workshop Completed

The Henry County Health Department in Paris held the first Chronic Disease Self – Management workshop for Primary Care patients in the West TN Region. Henry is one of eleven Primary Care sites located in health departments in the nineteen county rural region. Approximately 1,032 patients with chronic conditions made two or more visits to the clinic from July 1, 2010 through June 30, 2011.

Sixteen primary care patients and one care giver enrolled in the six week workshop, “Living Well With Chronic Conditions” and were provided a copy of Living a Healthy Life with Chronic Conditions along with *Time for Healing* CD. As part of the referral and evaluation process by Primary Care staff, baseline subjective and clinical data were obtained and will be compared to post training data obtained at the patients’ next visits in March and April 2012.

An average of 10 participants attended sessions from November 8 – December 13, 2011 with eight of the 17 enrollees attending the final session. Ten of the 17 were issued certificates for attending at least four sessions. Leaders emphasized the importance of continued follow up with their primary care provider for continued assessment and monitoring of their chronic condition.

In partnership with the local UT Extension agent, Lauderdale County Health Department held its first two hour session January 19, 2012 with 12 primary care patients in attendance. “Living Well With Chronic Conditions” workshops are planned at health departments in Henderson, Crockett, Gibson and McNairy in March along with the first “Take Charge of Your Diabetes” workshop in Henry on March 6 – April 10, 2012.

Grand Opening of the West TN Regional Dental Clinic

The West TN Regional Dental Clinic held a Grand Opening reception December 6, 2011 at the clinic located in the West TN Regional Health Office in Jackson. Tennessee Health Commissioner John Dreyzehner joined other state and local officials to formally open the facility. The clinic is unique in the state in that public health is partnering with the University of Tennessee, Health Science Center and College of Dentistry. The clinic serves as a community – based extramural dental program offering fourth – year students the opportunity to rotate in a public health dental clinic. Students are exposed to public health while providing dental care to underserved groups, such as uninsured children, children with TennCare and uninsured adults.

Since the onset of service provision on March 28, 2012, the clinic has provided comprehensive dental care to 217 unduplicated patients through 667 encounters involving more than 2,300 procedures. Patients have come from 20 Tennessee counties to receive treatment at the clinic. Since clinical rotation began August 1, 30 UT dental students have provided services during one – week rotations at the clinic. The total value of the services provided to these patients is more than \$132,000.

Announcement of New Regional Emergency Response Coordinator

Dr. Shavetta Conner, West TN Regional Medical Director recently announced the appointment of Marques Williams to the position of Regional Emergency Response Coordinator for West TN. Marques received extensive emergency preparedness experience while serving four years as an Emergency Manager in the United States Air Force. Marques has worked for the past year as the Regional Hospital Coordinator.

NORTHEAST TENNESSEE REGION

Newly appointed Health Commissioner Dr. John Dreyzehner visited the Northeast Tennessee Region in early December. He was able to visit four health departments and the regional office during the two day visit. He shared his background, vision for the department and presented service awards to regional office staff. Several state legislators, city and county mayors, health council members, and staff spent time with Commissioner Dreyzehner while at the local health departments. He attended a Hispanic prenatal class at the Washington County Health Department and spoke to those in attendance in their native language. Regional and county staff were very appreciative of his time and attention during his visit.

Northeast Region Receives Gold Status: The Tennessee Immunization Program (TIP) recently released the results of the 2011 Immunization Status Survey of 24 Month Old Children in Tennessee. This survey, conducted annually since 1980, provides essential state and regional estimates of vaccination rates in this age group. The survey represents hundreds of hours of effort by field staff in each region that collect all of the data. The Northeast Region received a gold status which is defined "as a public health region achieving vaccination rates of 90% or greater for 7 of 7 vaccines."

EAST TENNESSEE REGION

Newly released data from 2010 shows that the Tennessee state teenage pregnancy rate is continuing to decrease. The Tennessee Department of Health reports that the teen pregnancy rate per 1,000 females ages 10-17 was 10.0 in 2010, which is down from the 2009 rate of 12.0. The rate has significantly decreased over the past ten years, as it was 16.6 per 1,000 females ages 10-17 in 2000. A similar trend can be seen in the East Tennessee Health Region, which consists of the 15 counties that surround Knox County. The current overall rate for this region is just below the state rate at 9.7 per 1,000 females ages 10-17, which is slightly lower than the 2009 rate of 10.6. In 2010 the counties in the East Tennessee Health Region with the lowest and highest rates are Roane County and Union County, respectively, with rates of 6.5 and 14.7 per 1,000 females ages 10-17.

Though teenage pregnancy rates are decreasing, there is still a need to educate adolescents in an effort to continue to reduce the rates. Health Educators in the East Tennessee Health Region are working hard to make sure this downward trend is sustained. Below are some examples of their efforts.

Prom Promise. In Campbell, Morgan, Roane, and Union Counties Health Educators used prom as a way to educate students about the dangers of teenage pregnancy as well as the importance of safe dating. By partnering with community organizations, hundreds of students received information cards with their flower orders and prom tickets. Parents felt this initiative opened up the door for them to talk to their children about sex.

Girl Talk. In Campbell, Jefferson, and Monroe Counties, Health Educators held weekly "Girl Talk" sessions for young girls and their family members. Each session covered topics such as adolescent pregnancy, healthy relationships, and communication skills.

Petals and Pearls. In Loudon County the Health Educator partnered with the Teen Pregnancy Task force to host two mother daughter teas called Petals and Pearls. A total of 55 girls ages 9-12 attended these events that were focused on healthy choices, self-esteem, and promoting conversation between mothers and daughters.

What's the Rush? Health Educators in Cocke and Roane Counties collaborated with the District Attorney General's office to initiate the "What's the Rush" campaign in several area high schools. This campaign focuses on social, financial, and legal consequences that come with adolescent parenting.

Let's Talk. In Anderson and Scott Counties, the Health Educator held "Let's Talk" sessions for parents of Head Start Children. These sessions teach parents how to effectively communicate with their children about issues such as sex.

As noted, the East Tennessee Health Region's Health Educators are using multiple strategies to address local teenage pregnancy rates in hopes that their efforts will be reflected as new data is released each year.

SOUTH CENTRAL REGION

Mammography exam in Maury County



The St. Thomas/Susan G. Komen Mobile Mammography Unit came to the Maury County Health Department to provide free mammograms to 27 patients who are uninsured, not covered by any other program and who would otherwise not receive the exams. Nurse Supervisor Jenny Dudzinski worked with County Director Elizabeth Cook, Regional Nursing Director Pam Browning and Regional Health Officer Dr. Lang Smith in making arrangements for the mobile unit to provide the service. The available appointment slots were quickly filled. The St. Thomas Mobile Mammography team is a wonderful partner and was complimentary of the health department facilities/area for the mobile unit.

UPPER CUMBERLAND REGION

The Get Fit Highlands Fall Challenge for Overton, Putnam and White counties was held from September 1, 2011 - November 30, 2011. The goal was to exercise at least 5 days per week, 30 minutes per day for a total of 1950 points during the challenge period. The Get Fit Tennessee website was utilized to enter activity. A total of 91 Teams with 1,165 Participants joined the challenge. The results of the challenge were truly amazing with 584 participants, 50% of those who entered, completing the goal of exercising 30 minutes per day, five days a week!

Department of Health employees are key players in the Chamber of Commerce Highlands Initiative. The Highlands Healthcare Committee is chaired by Debbie Johnson, Upper Cumberland Regional Health Director. The Get Fit Highlands sub-committee was chaired by Linsey Arfsten, Health Educator White County. Christy Collins, Health Educator Overton County, Rachel Wheaton Health Educator Putnam County, Michael Railling, County Director White County, Lisa Bumbalough County Director Putnam County, and Andrea Fox, Systems, also had key roles in planning and implementing the challenge. The success of the challenge inspired the Spring Get Fit Highlands Challenge which begins February 1, 2012 and runs through May 25, 2012.

SOUTHEAST REGION

McMinn and Bradley Health Departments Make WIC Clinic Visits More Client-Friendly

Thanks to funding from the USDA, WIC clinic visits in Bradley and McMinn Counties are much more client-friendly. Funds were used to construct a separate entrance for WIC clients in Bradley County and add an additional 1,400 square feet in McMinn County. In McMinn County, patients no longer go through the registration process at the front desk of the health department but instead go straight to the WIC area where they are registered. Group education also reduces their waiting time. While the participants are in class, vouchers are being printed and are ready for the participants as they leave. In Bradley County, WIC patients have a separate entrance and also register in the WIC area. Having separate registration areas helps reduce bottlenecks for all patients.

Another client-friendly element for Bradley County is serving WIC patients in the hospital. A Public Health Office Assistant and a Nutritionist go to SkyRidge Hospital to see women who have just delivered babies. Obstetrical nurses have already told the new moms about WIC and asked if they are interested. The Office Assistant and Nutritionist visit the moms who are interested and certify the applicants to receive WIC program services there at the hospital and give them WIC vouchers to last until their first appointment at the health department. Patients also get an appointment card to remind them of their next appointment. This really helps the health department reach new moms because they have seen as many as eighteen patients in one day at the hospital.

Both sites have a designated mother's room for breastfeeding and a nutrition education center for group classes. These improvements were made in an effort to increase participation in the WIC program and provide better service to our clients. The Southeast Region will continue to seek ways to make our health departments more client-friendly.

MID CUMBERLAND REGION

Assisting Patients Diagnosed with Diabetes in the Mid-Cumberland Region

An alarming 11 percent of persons living in the Mid-Cumberland Region are currently living with either Type I or Type II diabetes. That is approximately 1 in 10 adults living with the disease. Through the excellent work of our health educators and registered dietitians, much attention has been focused around our successes in diabetes prevention using health education in our schools, communities, faith-based and civic organizations. Type 2 diabetes can be prevented, delayed and the onset of the disease may even be reversed through healthy lifestyle changes. Simple steps such as becoming more physically active, being conscious about maintaining a healthy weight, changing our food preparation methods and food choices are all strategies in reversing pre-diabetes and maintaining positive health. However, these seemingly simple lifestyle changes in preventing diabetes become critically important in preserving the health and wellness of persons learning to manage their diabetes.

Since 2005, the Mid-Cumberland Region through its *Regional Diabetes Initiative* provides diabetes self-management education for community members living with diabetes across our region. Currently, there are three diabetes teams located in Montgomery, Rutherford, and Stewart Counties that work locally in assisting patients in managing their needs. Each team consists of a registered nurse and a nutritionist who works with patients diagnosed with diabetes on completing carbohydrate counting classes, healthy heart classes, and diabetes self-management courses. In addition, each site conducts a 16 week Lifestyle Balance course to walk patients through effective lifestyle changes in order to maintain healthy outcomes. The Lifestyle Balance course focuses on patients at risk for diabetes. Over the past four years, approximately 829 participants have completed the Lifestyle Balance courses. In addition, during this same period, more than 2,200 patients diagnosed with diabetes have received primary care services region-wide.

Since 2007, the Mid-Cumberland region has provided *Dilated Retinal Screenings* within our health departments. According to the American Diabetes Association Standards for Medical Care in Diabetes, diabetic retinopathy screening should occur annually

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to create opportunities for the early detection of vision complications. At the onset of this program, only 3% of patients diagnosed with diabetes achieved this annual eye exam. From 2007 to 2011, more than 3,600 patients diagnosed with diabetes have received dilated retinopathy screening services within our health departments. Currently, approximately 50% of our current patients diagnosed with diabetes receive annual dilated retinopathy screening.

In 2011, the Mid-Cumberland Region partnered with Vanderbilt University in a National Institute of Health grant to observe the impact of training healthcare providers in literacy and numeracy issues in order to improve diabetes education during patient visits. Through the leadership of pediatrician Dr. Russell Rothman at Vanderbilt, Regional Medical Director Dr. Lorraine Macdonald, and Regional Diabetes Program Director and Certified Diabetes Educator Laura Harris, the *P.R.I.D.E.* project involves 10 local health department sites in our region and has led to the training of providers, nurses, and nutritionists to achieve this success. As of mid-January 2012, the program has enrolled 169 patients with a goal to follow 400 patients during the next two years. The results of this study may have national implications regarding understanding the barriers to effective diabetes management, as well as, illuminate other ways in which healthcare providers may improve diabetes education with high risk patients.

MEMPHIS/SHELBY REGION

Shelby County Health Department's Medical Reserve Corps Unit Recognized Nationally

The Division of the Civilian Volunteer Medical Reserve Corps has recently recognized the Shelby County Medical Reserve Corps, housed within the Shelby County Health Department, as an example of **Community Resiliency** for their commitment to the community during the flood response in May 2011.

Volunteers graciously took on the responsibility of managing the 24-hour call center, which involved answering phone calls, emails and text messaging from concerned citizens. During the five weeks the 24-hour call center was active, volunteers answered 3,791 calls, 575 emails and 2,402 text messages. They logged more than 2,500 hours of volunteer service throughout the flood response.

Volunteers also assisted with registering affected citizens for sheltering, sandbagging parts of downtown Memphis and provided translation services at local shelters and extra hands at the shelter set up specifically for pets and other animals affected by flood waters.

"Shelby County is the epitome of a resilient community," said Kasia Smith-Alexander, Manager of the Public Health Preparedness Program. "Because of the hard work and dedication of our MRC volunteers and staff, our citizens felt safer and were more informed, which ultimately led to a more effective and seamless transition back to normal once the flood waters receded."

Shelby County School Bus Diesel Retrofit Project

The Pollution Control Section (Section) recognized the need to reduce student's and the public's exposure to diesel emissions to improve air quality and protect public health. The Section had the opportunity to utilize funds from a settlement with a local industry to fund a diesel school bus retrofit program for Shelby County Schools. The settlement totaled \$500,000. The appropriation and distribution of the funds was approved by EPA, and local government officials.

Currently, approximately 70 Shelby County School buses have been retrofitted with a Closed Crank Case Ventilation System (CCV) and Diesel Particulate Filter (DPF). EPA notes that the DPF reduces particulate pollution up to 95% from the exhaust of the bus. The CCV provides a specific benefit by reducing the emissions in the cab of the bus, and students' exposure to air pollutants. By June 2012, approximately 120 buses are planned to be retrofitted with the technology.

Other essential environmental equipment purchased with the funds include: the DPF Thermal Processing Unit, used to bake the filters for reuse; and the DPF Cleaning System, which vacuums the filter for reuse.

The Shelby County Health Department's Pollution Control Section views the Shelby County School bus retrofit project as protecting the public health, while focusing on students, who may be more susceptible to the health effects associated with compromised air quality.

Shelby County Health Department's PHEP Program Hosts 3rd Annual Employee Emergency Preparedness Day

Emergencies can happen anywhere, and at any time. Most of the time, we get little to no warning. On Friday, January 27th, all Health Department employees were invited to participate in the 3rd Annual Emergency Preparedness Day hosted by the Public Health Emergency Preparedness Program (PHEPP). During this year's event, employees were given the opportunity to attend six different educational workshops on various preparedness topics. While not in the workshops, employees were encouraged to visit the lobby to pick up a wall calendar with each month dedicated to preparing for a different emergency situation. Additionally, a wide variety of literature was distributed to both employees and the public sharing information on issues such as sheltering in place and developing family communication plans.

Over 400 employees took advantage of this opportunity to stock up on needed emergency preparedness supplies. Together with local organizations such as the Red Cross, the National Weather Service, the Memphis-Shelby County Emergency Management Agency, and the Humane Society, PHEPP staff worked to create presentations spanning 30 to 60 minutes each. Attendance averaged nearly 25 employees per session. Topics ranged from general emergency preparedness and instructing employees on the necessary items for their preparedness kits to more specific topics such as protecting yourself and your family during severe weather and protecting your pets during emergencies.

MARK YOUR CALENDARS FOR THESE EVENTS

Tennessee Public Health Association
 Annual Educational Conference
"One Health, One Environment, One World"
 September 12-14, 2012
 Cool Springs Marriott Hotel and Convention Center
 Franklin, TN

West Tennessee Meeting
 April 13, 2012
"IMPROVING HEALTH, ENVIRONMENT, AND WORLD"
 Southwest Tennessee Community College
 5983 Macon Cove, Memphis, TN 38134
 (I-40 at Exit 12)

Middle Tennessee Meeting
 April 20, 2012
"LEADING THE WAY WITH ONE VISION"
 Williamson County Agricultural Expo Center
 4215 Long Lane
 Franklin, TN

East Tennessee Meeting
 May 4, 2012
"REACHING ONE: HEALTH, ENVIRONMENT, WORLD "
 Knoxville Expo Center
 4415 Clinton Hwy.
 Knoxville, TN

Southern Health Association Meeting
 March 27-30, 2012
 Crowne Plaza Hotel
 Louisville, KY

American Public Health Association
 140th Annual Meeting & Exposition
"Prevention and Wellness Across the Life Span"
 October 27-31, 2012
 San Francisco, CA