



Tennessee Public Health Association Newsletter

www.TNpublichealth.org



President's
Message
From
Ami Mitchell

It is February! That means almost half a year has passed since we were together at our 2015 Conference. In just over 6 months we will be back in the wonderful myriad of events and happenings of our 2016 Conference, "Accelerating Our Culture of Health". I predict that, at least for me and the committee chairs, this will be the fastest 6 months in the history of the world! We are all filled with anticipation and great optimism that the plans being made now will provide for a great experience in September.

However, the work of the Tennessee Public Health Association rests not only in the annual conference! This spring we are following many health related bills in the legislature. One that strikes me particularly close in a personal and professional way is the proposed legislation that will raise the legal age to buy tobacco in Tennessee to 21 years. There is evidence that this will delay the onset of tobacco use in Tennessee teens, and we know that most life-long smokers are addicted before age 21. This bill could really accelerate our culture of health in Tennessee!

Also, this spring and summer we will have our annual grand division meetings. The grand division meetings are not only a treasured tradition, but a great benefit to our members, potential members and colleagues across the state. The Vice Presidents are working hard to make sure the agendas are informative and CEUs will be available. Also, there will be a new twist added to the grand division meetings that will take them to a new level of informative and provocative calls to action.

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2016 Annual Educational Conference "Accelerating our Culture of Health" September 14-16, 2016 Cool Springs Marriott, Franklin, TN

Submitted by Dr. Cathy Taylor, Program Committee Chair

Exciting plans for the 2016 Annual Conference are underway. From beginning with a keynote address from Senator Bill Frist who will discuss his extensive humanitarian efforts to improve health at home and around the globe to Dr. William Schaffner's ever-popular updates on the latest in infectious disease issues, this year's conference is shaping up to be memorable indeed. Come join us for these events as well as for stimulating workshops on cutting edge topics in areas like adverse childhood events (ACEs); environmental health; domestic violence; health equity and public health education and workforce challenges.



Senator William Frist, M.D. is a nationally-acclaimed heart and lung transplant surgeon, former U.S. Senate Majority Leader, and chairman of the Executive Board of the health service private equity firm Cressey & Company. He is actively engaged in the business as well as the medical, humanitarian, and

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The afternoon portion of the grand division meetings will be constructed to take the form of community forums. These will be open to the public and we expect the topics to appeal to a wider audience. New information on community collaborations, partnerships and resources will be highlighted and discussed. I plan to attend all three and I can't wait to get to see my friends across the state taking TPHA into new frontiers.

Please take advantage of all we have to offer this year. I encourage everyone to find ways to participate. I hope everyone has a great public health week in April! Let me close by saying thank you to all of you for your support of TPHA.

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philanthropic communities. He is chairman of both Hope Through Healing Hands, which focuses on maternal and child health and global poverty, and SCORE, a statewide collaborative education reform organization that has helped propel Tennessee to prominence as a K12 education reform state. Most recently, Senator Frist has partnered with key stakeholders to launch NashvilleHealth, aiming to create a culture of health and wellbeing by serving as a convener to open dialogue, align resources and build smart strategic partnerships to create a bold plan for health and wellbeing in Nashville.



William Schaffner, MD, is professor and chairman of the Department of Preventive Medicine and professor of Medicine in the Division of Infectious Diseases at Vanderbilt University School of Medicine in Nashville, Tennessee. He has served as Hospital Epidemiologist at Vanderbilt University Hospital for nearly 30 years and is an active member of 20 professional societies.

Dr. Schaffner's work has focused on all aspects of infectious diseases, including epidemiology, infection control and immunizations. In 1996, he was awarded the Society of Healthcare Epidemiology Lecturer Award "in recognition of extraordinary career contributions to infection control and healthcare epidemiology." He is also a consultant in public health policy and communicable disease control for many national and local institutions, such as the Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), the Tennessee Department of Health, the American Hospital Association and the American College of Physicians. He also serves on the board of directors for the National Foundation for Infectious Diseases (NFID).

Dr. Schaffner is active in the field of infectious disease research and has authored or co-authored more than 230 published studies, reviews and book chapters on infectious diseases.

This is just the beginning! We'll keep you updated as the program comes together.

Reserve Your Room Today at the Cool Springs Marriott

Simply hit control and right click on the link below and you will be directed to the property's home page with the code already entered in the appropriate field. Enter your arrival date to begin the reservation process. The cutoff date for reservations at the group rate is August 22.

[Book your group rate for TN Public Health Assn](#)

You may also go online to the TPHA website and click Hotel Reservations on the home page.

FOCUS ON PUBLIC HEALTH ISSUES

White House Dialogue on Men's Health

Mike Leventhal, Executive Director, Tennessee Men's Health Network

The future of men's health was in the spotlight on January 8 as Men's Health Network (MHN) in partnership with The White House, Department of Health & Human Services, and Disruptive Women in Healthcare hosted the White House Dialogue on Men's Health. Stakeholders from across North America joined Surgeon General Vivek Murthy and Cabinet Secretary Broderick Johnson in discussions on why men are medically underserved in America and the cultural factors that can change men's health outcomes.



Tennessee Men's Health Network (TMHN) played a key role in the historic healthcare event by featuring its signature programs and other special events that have been successful in educating individuals on the specific health needs of boys and men. Additionally, representatives from organizations such as the YMCA, Boy Scouts of America, and three NFL franchises, each of which have a strategic partnership with MHN, outlined health promotion campaigns and events that encourage men to be more proactive about their health.

A web site is now online with a list of participating organizations, speaker presentations, video (webcast), and a photo gallery.

- <http://www.menshealthnetwork.org/dialogue/white-house-dialogue-on-mens-health>
- <http://www.dialogueonmenshealth.com>
- Webcast—<http://www.menshealthnetwork.org/2016-white-house-dialogue-on-mens-health>

There are many exciting opportunities in store for Tennessee's men's health movement! A rising tide raises all boats and by improving healthcare access to everyone will only make a positive difference in our state's health outcomes. TMHN invites you to join us as we continue to change the culture of men's health and build healthy families...one man at a time.

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February, 2016 American Heart Month

Heart disease is the leading cause of death in the United States, accounting for more than 370,000 deaths each year. While the death rate from heart disease fell about 38 percent from 2003 – 2013, the burden and risk factors remain alarmingly high. February is American Heart Month, an excellent time to teach people that heart disease can often be prevented by making healthy choices and managing their health conditions.

KEY FACTS AND STATISTICS ABOUT AMERICAN HEART MONTH

What is American Heart Month?

American Heart Month, proclaimed by President Lyndon B. Johnson, first took place in February 1964. American Heart Month is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice.

American Heart Month Statistics

Cardiovascular disease, including heart disease and stroke, is the leading global cause of death with more than 17.3 million deaths each year.

In the United States:

In every year since 1900 except 1918, Cardio Vascular Disease accounted for more deaths than any other major cause of death in the United States.

An estimated 85.6 million people in the U.S. are living with cardiovascular diseases, including heart attack, stroke, high blood pressure and chest pain.

Among U.S. adults, 32.6 percent—about 80 million—have high blood pressure.

General Women Statistics

Heart disease is No. 1 killer of women and is more deadly than all forms of cancer combined.

Cardiovascular diseases and stroke cause 1 in 3 women's deaths each year, killing approximately one woman every 80 seconds.

General Men Statistics

About 8.9 million men have coronary heart disease.

Among men age 20 and older, 7.8% of non-Hispanic whites, 7.2% of non-Hispanic blacks and 6.7% of Hispanics have coronary heart disease.

Hispanics

Among Hispanic adults age 20 and older, 32.4% of men and 32.5% of women have cardiovascular disease.

Hispanic women are least likely to have a usual source of health medical care and only 1 in 8 say that their doctor has ever discussed their risk for heart disease.

African Americans

Among African-American adults, 48 percent of women and 46 percent of men have some form of cardiovascular disease.

Of African-American women ages 20 and older, 48.3% have cardiovascular disease. Yet, only 14% believe that cardiovascular disease is their greatest health problem.

COMMITTEE REPORTS

2016 PUBLIC HEALTH WEEK CELEBRATION and Public Health Visionary Award

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

National Public Health Week 2016 is quickly approaching! The theme of this year's celebration is "Healthiest Nation 2030" and focuses on making America the healthiest nation in one generation.

We will also be honoring local public health dreamers and doers with the 6th Annual Public Health Visionary Awards! Be on the lookout for the nomination forms that will be distributed to TPHA members via email, and will be available from your region or metro's Public Health Week Committee member, or by emailing raillings@warrenschoools.com. Deadline for nominations is 12:00 PM Central on March 24, 2016. The Visionary Awards honor local public health advocates who work to make their communities a healthier place to live, work, play, and grow. It could be a local elementary school cafeteria manager who has changed the cafeteria environment to make the healthy choice the easy choice, or it could be a dedicated group of community members who created a farmer's market or walking trail. How about the local policy maker who has worked to improve county or city policies that effect health, the health professional who is working tirelessly to improve public health, or even a local community advocate who is a voice for sidewalks, bike lanes, or playgrounds? The possibilities are abundant across the state. To honor these individuals and recognize their contributions we need your help! Please submit nominations!

For the third year, we will also continue the Annual Student Video Challenge. This is the opportunity to give our future public health professionals a chance to stand out and let their voice be heard! Students will create and submit videos based on the theme "Healthiest Nation 2030". Videos will be reviewed and scored by the Public Health Week committee and a winner will be chosen for the grand prize and recognition at their regional TPHA meeting. Any public health student in the state of Tennessee is eligible to enter. For more information please contact your region or metro's Public Health Week Committee member, or email raillings@warrenschoools.com

As always, Public Health Week is a time to recognize our local public health heroes, YOU! Every region and metro has their Public Health Week traditions that are unique. TPHA is proud to be a part of your celebration. Thank you to each of you for the daily work you do to improve the health of Tennesseans. You are Public Health at its best!

AWARDS COMMITTEE

Submitted by: Dr. Lang Smith, Chair

As we kick off the new year, it's time to think about this year's TPHA award nominations. The Awards Committee is actively accepting nominations for the following awards through July 27, 2016:

- R.H. Hutcheson, Sr., MD Award
- Alex B. Shipley, MD Award
- Public Health Worker of the Year Award
- Public Health Group/Unit/Department Award
- Partners and Leadership (PAL) Award

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

Membership

It's membership time in Tennessee!

Now is the time to sign up as a new member or renew membership to the association. TPHA offers many different levels of membership, so there is something for everyone.

Sign-up time is also the perfect window for current members to launch recruitment discussions in their areas. Reach out and encourage someone today!

To sign-up or renew, visit <http://www.tnpublichealth.info/index.php?id=10>. You can do so via paper or electronic submission.

Early membership ends 3/15, so sign-up today!!

SCHOLARSHIPS AVAILABLE

Submitted by: Carrie Thomas, Chair

- 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 in 2015 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 a scholarship application is July 15!! If you have any questions, please contact Carrie Thomas, Chair, Scholarship Committee at carrie.thomas@knoxcounty.org.

Call for Posters

Submitted by Paul Petersen, Chair, Poster Session Committee

Submissions due by:

June 30, 2016

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

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

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

Please email Committee Chair Dr. Paul Petersen at paul.petersen@tn.gov with any questions you may have.

REGIONAL REPORTS

SOUTH CENTRAL REGION

Partnering for a Tobacco-Free Environment

Submitted by Sarah Russell, Regional Assessment and Planning Coordinator



Health departments in the South Central Region are using a variety of strategies to collaborate with community partners to promote tobacco-free environments. The Wayne County Health Department has placed tobacco signage and benches at all three city parks within the county. The growing concern continued to be patrons using tobacco while attending sporting events and park functions, exposing children and non-smokers to second-hand and third-hand tobacco smoke. In an effort to address this issue, Waynesboro, Collinwood, and Clifton city officials took a major step towards tobacco-free parks by approving the placement of signage and benches discouraging tobacco use. Pictured (L-R) are Coordinated School Health Director

Dawn Skelton, Waynesboro City Manager John Hickman, Waynesboro Police Chief Walter Smith, and Wayne County Health Department County Director Devin Toms.

Additionally, Giles County Health Department has also focused on tobacco use in parks. County Director Janet McAlister and Public Health Educator Savannah Jenkins partnered with Pulaski Parks and Recreation to secure benches and trash receptacles for the local parks. Although the parks have tobacco-free policies in place, enforcement has been difficult and there has been little to no signage deterring tobacco use. Now with the new benches, there is signage encouraging no tobacco use, as well as additional seating.



Lawrence County Health Department has taken a different approach to promote the tobacco-free message. In partnership with the Lawrence County Crockett Theater, the health department has developed a video ad to increase awareness of and participation in the *Baby and Me - Tobacco Free* program within the community. *Baby and Me - Tobacco Free* is an evidence-based program designed to help pregnant women quit smoking. Movie goers will view the video that encourages any pregnant woman who smokes to contact the health department to learn more about the program and how to earn free baby diapers for up to 14 months. The video will run January through December 2016. To determine the reach of the tobacco-free message, the health department will track the number of pregnant women who come to the health department and have seen the video. To view the video ad, follow the link: https://youtu.be/pXbbMqqDblo_

SHELBY REGION

Shelby County Vector Assessment and Improvement Initiative

Amy Trimm, MPH, Larviciding Supervisor, Vector Control, Shelby County Health Department

Tyler Zerwekh, DrPH, REHS, Administrator, Environmental Health Services Bureau, Shelby County Health Department

The Vector Control Program Performance Assessment and Improvement Initiative was conducted with Public Health Foundation (PHF) and sponsored by the Centers for Disease Control and Prevention (CDC) to improve, support, understand, and develop vector control services. The initiative was based on the ten essential services of environmental public health. It started with a self-assessment of the vector control program identifying strengths and weaknesses of the program that would benefit from improvement. From the weaknesses, one element was picked to enhance and improve. For Shelby County Health Department (SCHD) Vector Control it was to increase the competency of the workforce. Nearly all of the larviciding and adulticiding crews at Vector Control are unionized and the positions do not require an advanced college or specialty school education or degree.

Through the months that followed the self-assessment, study modules were created, monthly reports were prepared, and quality improvement tools were utilized. The study modules consisted of specific mosquito control

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operations, like the use of the pesticides, in which larviciding employees attended over a three month period. Each module was one topic prepared and presented in a PowerPoint format with questions at the end. The study modules were already under preparation before joining with PHF, so most of the work left was to develop and implement the plan of action to increase the competency among the workforce.

The first step of the plan was to acknowledge the problem, which was done during the self assessment. The second step was already underway, the creation of the study modules. Thirdly, the modules needed to be presented and material digested by the workforce. Finally, once all of the modules were presented to the employees there was an examination to evaluate the employee's subject matter retention.

Monthly reports were submitted to PHF to ensure benchmarks and process objectives were being met. These reports demonstrated initiative progress, checkpoint completion, as well as remaining time to complete specific tasks. These reports served as the foundation of the project, outlining the small goals being achieved as well as serving as a reminder for the overarching objectives and goals.

Another helpful process introduced to SCHD Vector Control through PHF was quality improvement tools. Various tools including flow charts, cause and effect, force field, field diagrams, and vector driver diagrams were introduced to the staff to assist in execution of the project objectives. These tools provided staff a pathway to train and subsequently evaluate the workforce competency as the various interventions were completed throughout the project.

Six months after implementation of the project, SCHD documented a 35% increase in Tennessee Department of Agriculture pesticide certifications administered. Qualitative data demonstrated increased user interaction during the trainings as well as simplicity in retention of knowledge due to the useful and easy to navigate learning tools described above.

A final report was submitted which contained a summary of all processes described above as well as the obstacles encountered. SCHD Vector Control successfully executed a performance assessment instrument and through the use of helpful training tools gained a more competent workforce who is now equipped to provide better mosquito control service to the residents of Shelby County.

WEST TENNESSEE REGION

School and Community Based Gardens Encourage More Than Healthy Eating!

Submitted by Chanda Freeman, Public Health Program Director I, West Tennessee Regional Health Office

School gardens are a wonderful and exciting way to make almost any classroom curriculum come alive and show "real-life" meaning to students as they learn. A garden can provide an opportunity for students to participate in hands-on learning that teaches not only the intended subject but also responsibility, teamwork, and respect for nature, others, and themselves. In fact a Cornell University study showed that if kids grow vegetables, they're more likely to eat them and that when garden grown vegetables were slipped into school salads, kids were over four times as likely to eat a salad.

In February of 2015, staff from the Haywood County Health Department, UT Extension, and Haywood County Coordinated School Health and Nutrition Director began planning for school and community based gardens in Haywood County. Materials were purchased to build 6 raised bed gardens along with tomato plants to start the gardening process. The director of the local Boys & Girls Club made four raised bed boxes for the club and the Haywood County Schools' maintenance department made two additional raised bed boxes for East Side Elementary School.



At Eastside Elementary, one class took on the garden as a project and they continued to maintain the garden and chose two student project managers to maintain the garden through the summer months. Students who attended the summer camp and after school program at the Boys & Girls Club maintained their garden along with members of Haywood County Health Department's Primary Prevention Initiative Team. Last May, tomato plants were planted at both sites and they are planning to plant more tomatoes this spring. School and community based gardens volunteers hope to share their yield with the cafeterias of Haywood County Schools and a neighboring senior citizens center.

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There are numerous benefits to school and community gardens outside of encouraging healthy eating. For example, working in school gardens has been shown to influence the social and emotional development of students. According to Rutgers University, when students participate in hands-on gardening activities they demonstrate more concern and willingness to care for living things. Trying new things like gardening teaches kids to take risks, thereby extending their experiences and abilities. Differences can be made in student's attitudes towards school and the interpersonal relationships they have with their teachers and other students.

Gardens have been proven to help students learn better and enhance test scores. They can be an engaging way to meet Core Curriculum Content Standards. Whether growing vegetables, fruits, or a variety of herbs, edible gardens are a valuable tool that schools can use to promote healthier eating habits, appreciate locally grown food sources, teach environmental stewardship, encourage community and social development, and even instill a sense of pride. Funding for the Haywood County gardens is provided by The Centers for Disease Control's 1305 and 1416 Chronic Disease Grants.

EAST REGION

Microclinics

Submitted by Diana Saia, Health Promotion Coordinator

Currently the East Region is in the process of beginning Microclinic Programs in the following counties: Campbell, Claiborne, Grainger, Hamblen, Jefferson, Morgan, Roane, Sevier and Union. Some will be held at schools, senior centers, and a medical center. Each facilitator is required to facilitate two groups in a one year period to fulfill the grant requirements and receive the grant funding.

A Microclinic starts with a small group of friends, family, peers and/or co-workers that decide they want to get healthy; these groups are called microclinics. The microclinic groups participate in a 16-session healthy lifestyle program that allows the group to learn, share and adopt sustainable lifestyle changes that help them manage and prevent chronic disease. The groups set goals, individual and team goals, and support each other in reaching their goals. Each participant receives a workbook and a chance to win incentives. It is currently sponsored by a grant with BCBS of TN Health Foundation and Microclinic International. The program was first taught in Bethlehem and then brought to Appalachia Ky. Ninety-five percent (95%) of participants who completed the program improved in at least one health risk factor for obesity, diabetes, and heart disease. Furthermore, participants maintained these improvements 16 months after starting the program.

The Program Facilitator Guide includes a Parent-Child Microclinic Supplement for use with children ages 5-12. The philosophy is: "I can influence my own health; I can influence the health of others; together we can positively influence the health of our community. It is designed to target health behavior change to combat obesity, inactivity, diabetes and heart disease. Microclinics learn simple, actionable information such as how to read nutrition labels and create healthy meals, how to increase physical activity, and how to monitor their health. Together, they set goals and support each other in reaching goals, ultimately making sustainable lifestyle changes that help them manage and prevent chronic disease. Each participant is weighed at every session and there is a physical activity component built into each class.

NORTHEAST TENNESSEE REGION

Northeast Emergency Preparedness Program Recognized as Project Public Health Ready

Christen Minnick, Assessment and Planning Coordinator

The Northeast Regional Emergency Preparedness Program has been recognized by the National Association of County and City Health Officials (NACCHO) for its ability to plan for, respond to, and recover from public health emergencies. Northeast Regional's team demonstrated these capabilities by meeting the comprehensive preparedness benchmarks required by Project Public Health Ready (PPHR), a unique partnership between NACCHO and the Centers for Disease Control and Prevention.

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Northeast joins a cohort of nearly 450 local health departments across the country that have been distinguished for excellence in preparedness through PPHR, either individually or as part of a region. PPHR recognition confirms that the Northeast Regional Emergency Preparedness Program has a thorough and coordinated emergency response plan in place and that staff have the training to protect the health of the community during an emergency. Health departments recognized by PPHR undergo a rigorous evaluation by peer review to assess their ability to meet a set of national standards for public health preparedness. These standards align with federal government requirements and other national best practices.

Special recognition to Northeast's EP staff: Emergency Response Coordinator, Chad Bruckman; Volunteer Coordinator Angie Minor; Hospital Coordinator, Brenda Greene, RN; and Melissa Taylor, Nurse Consultant, RN.

SOUTHEAST REGION

Partnership with Blood Assurance to Increase Vaccine Compliance and Blood Donation

Submitted by: Amanda Goodhard, Assessment and Planning Coordinator

As part of a Primary Prevention Initiative in the Southeast Region, the Southeast Region is partnering with Blood Assurance to increase vaccine compliance and blood donation by providing flu vaccine at blood drives in the region. Through this partnership, we will be able to reach more members of our communities and promote healthy behaviors. While this project is still in the planning stages, the goal is to eventually expand it throughout the Southeast Region.

While discussing how we could increase vaccine compliance in our region, the thought of partnering with another organization that also had a goal of keeping communities healthy came up. Blood Assurance was an obvious choice for this partnership because they rely on healthy communities to donate blood and help save lives. Blood Assurance is a non-profit blood center that serves 51 counties and over 70 healthcare facilities throughout Tennessee, Georgia, Alabama, Virginia, and North Carolina. Their mission is to "provide a safe and adequate supply of blood and components in a cost effective manner to every area patient in need". As a result, they have a strong presence in our community including two donor centers in our largest counties and regular blood drives at colleges throughout our region. After several meetings with Blood Assurance it was decided that this program would be piloted at one of their donor centers and at a college blood drive.

If this pilot is successful, the hope is that we will be able to partner with Blood Assurance at larger events in the fall so that more people that might slip through the cracks can have access to a flu vaccine and also help their community by donating blood. Although this pilot is happening late in the flu season, one of the goals is to make sure that any logistical issues in this process are fixed before larger events in the fall take place. Additionally, if this project is as successful as it has the potential to be, we hope to possibly offer other vaccines at blood drives as well.

MID CUMBERLAND REGION

Hepatitis C Pilot in Mid-Cumberland

Roughly 3.5 million people in the USA are infected with Hepatitis C. Individuals born between 1945 and 1985 are at risk but other risk factors are: current (even once) IV drug use, persons receiving clotting factors before 1987, persons who received blood or solid organs prior to 1987, patients on chronic hemodialysis, those who have had a health care needle stick, those who received blood from an HIV positive patient, all HIV positive patients, and children born to HCV positive moms (they will have the antibody, not necessarily the disease). If a provider has 100 positive patients, the following will likely occur:

- 75-85 will become chronically infected
- Up to 25% will clear the virus spontaneously
- 60-70 will develop chronic liver disease
- 5-20 will develop cirrhosis (lifestyle dependent- if alcohol use is concurrent)
- 1-5 will die from hepatocellular liver cancer (Primary Liver Cancer)

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Tennessee has been hit particularly high with HCV positive patients in part because of the prescription drug epidemic. Our patients within our health departments are particularly vulnerable due to insurance status, poverty, and co-morbid illness. We have noticed over the years an increase in the HCV positive patients. Hepatitis C can be cured in a large proportion of infected patients with the new antiretroviral medications recently brought to market. These are once-a-day medications with very few side effects.

In Stewart County (Dover), TN our HD is an FQHC and serves a population that is particularly vulnerable to this infection. We decided as a Region, that the time was ripe to start a pilot project to identify HCV positive patients with advanced cirrhosis who can potentially be cured, as opposed to going on to end stage disease and death. Dr. Macdonald was fortunate enough to establish a partnership with a GI expert in Cookeville who treats this population. Dr. Mac attended 'Hepatitis School' sponsored by the American Gastrointestinal Society, and learned what was needed to embark on this project. She contacted the pharmaceutical company that makes the medication (12 weeks of treatment with a cost of approximately \$100,000), completed webinars, and identified patient one. This patient's Genotype, viral load and fibrosure blood test were completed, and it was determined that he was a perfect fit for the medication (advanced cirrhosis, now an abstainer, motivated to live and see his grandkids grow up). We are currently waiting for the approval of his medicine through pharmacy assistance, as he is indigent. Once he moves into the program, the plan is to protocol the entire process, work with the state lab (who plans to perform the testing at a much reduced rate) and roll out to the entire Region, and eventually the state.

Never in our lifetime, will we see a communicable disease that can be "cured"; one which has such a devastating effect on individuals, families and our population health. Newer drugs are on the horizon, all are very expensive, but the potential saving of lives is enormous.

UPPER CUMBERLAND REGION

Upper Cumberland Joins the Million Hearts Campaign

Primary Care Health Education Coordinator Linsey Arfsten is helping the Upper Cumberland Region join the fight against heart attacks and strokes. The program was developed using protocol from the Million Hearts, a national initiative with an ambitious goal to prevent 1 million heart attacks and strokes by 2017. The Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services co-lead the initiative on behalf of the U.S. Department of Health and Human Services.

The patient education program is currently underway in 3 counties (Macon, Van Buren, and White County Health Departments). The counties were chosen based on highest rate of hypertensive patients.

The program was recently completed in Overton and Cumberland County Health Departments. There were a combined total of 65 participants between the two counties. All participants from both counties felt the workshops helped them to gain a better understanding of blood pressure management. The program's initial success has led to an expansion to other county health departments in the spring of 2016. Participants sign an agreement to attend all three 1-hour educational classes and receive a free blood pressure monitor. The blood pressure monitors were made available through quality improvement funds from HRSA to improve patient outcomes. The main focus is on educating patients about the importance of healthy diets, physical activity, medication compliance, and self-measured blood pressure monitoring.



EAST TENNESSE GRAND DIVISION MEETING

The Planning Committee for the East Grand Division Regional TPHA meeting is delighted to announce that the Grand Division meeting is set. Erica Wilson, East Tennessee Grand Division Vice President, reports that the theme of the meeting is "Public Health in the Fast Lane." The meeting will be on Friday, May 20, 2016, at the Jubilee Banquet Hall located at 6700 Jubilee Center way in Knoxville, TN. The location is off of Interstate 75 at Callahan Drive (Exit 110). Morning topics will include success stories in the community, and the afternoon sessions will introduce speakers from Healthier TN, ThreeStar, and state and local resources. A light breakfast will be served in the morning and lunch will include a tossed salad, grilled chicken breast, macaroni and cheddar soufflé, and green beans.

MARK YOUR CALENDARS FOR THESE EVENTS

Tennessee Public Health Association
Annual Educational Conference
"Accelerating Our Culture of Health"
September 14-16, 2016
Cool Springs Marriott Hotel and Convention Center
Franklin, TN

Middle Tennessee Meeting
May 6, 2016
Metro Health Department
2500 Charlotte Avenue
Nashville, TN

East Tennessee Meeting
May 20, 2016
Jubilee Banquet Facility
6700 Jubilee Center Way
Knoxville, TN

West Tennessee Meeting
May 26, 2016
Southern College of Optometry
1245 Madison Avenue
Memphis, TN

National Association of County and City Health Officials
"Cultivating a Culture of Health Equity"
July 19-21, 2016
Phoenix, AZ

American Public Health Association
143rd Annual Meeting & Exposition
*"Creating the Healthiest Nation:
Ensuring the Right to Health"*
October 29-November 2, 2016
Denver, CO