Great Challenges Bring Great Opportunities
THPA/SHA 2010 Educational Conference
Cool Springs Marriott Hotel & Conference Center

Submitted by: David Brumley, Program Committee Chair

Babe Ruth’s called shot was the home run he hit in Game 3 of the 1932 World Series at Wrigley Field in Chicago. The story goes that Ruth pointed to the center field bleachers during his at-bat. It was supposedly a declaration that he would hit a home run to this part of the park. On the next pitch, Ruth hit a home run deep to center field.

Likewise, the THPA/SHA conference program committee met in January of this year and started the conference planning process by pointing to September 15-17 on the 2010 calendar. Committee members then made a commitment to all THPA & SHA members that this year’s educational conference would be “second-to-none.” After several months of diligent work, your program committee members have hit a grand slam home run in regard to speakers and timely topics.

Experts from across the U.S. will join us in Tennessee this September to share their experiences and expertise. In addition to the four plenary session speakers featured in the previous issue of the THPA Newsletter (April 2010), this year’s conference has 22 concurrent sessions in five different timeslots. There will be at least four presentations in each timeslot from which to choose. Each workshop speaker has an hour and 15 minutes for his/her presentation including time for Q&A with attendees.

The first set of concurrent workshops start soon after the opening session and keynote address on Wednesday afternoon. Topics include evidence-based public health nursing, county health rankings, electronic health records, and the H1N1 pandemic. Also on Wednesday afternoon and again on Thursday morning, several poster session participants will have opportunities to share additional information about their projects in two workshops.

Concurrent sessions start at 8:00 AM Thursday with a selection of four topics pertinent to public health: vaccination concerns, National Library of Medicine resources, security during public health emergencies, and waterborne diseases. The second set of Thursday morning presentations begin at 9:45 AM and include long-term healthcare, public health strategies, vaccine practice, and malaria control in Africa.

A notable change to this year’s conference is the THPA business meeting has moved to Thursday afternoon. This gives attendees all of Friday morning to participate in sessions and earn continuing education credit. Once again, the morning begins at 8:00 AM with presentations on free healthcare clinics, MRSA, public health accreditation, and the launch of the Tennessee Nutrition, Physical Activity, and Obesity Plan. The second set of concurrent sessions addresses psychodermatology, telemedicine, obesity, and physical activity and healthy eating.

Additional details about the conference can be found in the registration brochure on the THPA website (www.tnpublichealth.org) and the SHA website (www.southernhealth.net).

Be sure to mark September 15-17 on your calendars and start making plans to attend and enjoy all the offerings of the 2010 THPA/SHA educational conference at the Cool Springs Conference Center in Franklin. While at the conference, take a minute to thank the speakers for taking time out of their schedules to join us. And when you see members of the program committee during these three days, tell them they really hit this year’s conference program out of the ballpark.
Words From Your President

Chris Freeman

Grateful: I am so grateful to serve you all as your President. So far this year I have been presented with many great challenges to balance my own work schedule with the many responsibilities that comes with this honor. I have been given many great opportunities to learn, and to represent Tennessee Public Health Association, through dialogue and face to face meetings with partners and future members. It is also an opportunity to fully understand that the president is only as good as its committee chairs, another reason to be grateful.

Excited: Yes, as time draws closer to our annual meeting, I am becoming more excited that this years meeting will contain great speakers from around the world! I am excited that we have such a devoted membership who is willing to sacrifice for the good of our association. I am excited for introducing new members to our organization, to show how we will fight and advocate for the continued improvement of Public Health in Tennessee. I am excited about the competitive spirit our members display during the activities at the annual meeting, simply to have one year possession of a piece of wood, which truly represents our Spirit.

Respectful: I am respectful that our many partners in both the public and private sector support us through their continued commitment through ads throughout our programs, their willingness to exhibit long hours where we can learn more about their products and programs they offer and yes the commitment by our State Health Department through contractual means, to support workforce development. I am also respectful of the commitment and hard work that The Marriott Cool Springs Hotel staff display, to assure that we have a pleasant experience while at our annual meeting.

Astonished: I am always astonished at the amount of hard work and the number of volunteer hours given by many, to assure the regional meetings are successful. The slate of speakers, the presentations, all of the attention to detail is always an astonishing factor. Even during these tough economic times, it is astonishing to see the large number of attendees at each meeting.

Lucky: Until one has served as the President of this Association, that then they see how lucky we truly are to have such a devoted executive director. Even if I am in the role of serving the membership, it is through the strong guidance, the devoted commitment, and the long hours of hard work of our Executive Director, Doris Spain, does our association succeed, and have the reputation of being one of the strongest public health associations in the United States.

Forward: Needless to say, I truly look forward to this years meeting. I look forward to making new friends. I look forward to the many challenges that the final weeks of preparations will contain, but I also look forward to the opportunities to face those challenges and do everything possible to assure we have a productive and successful meeting. But most of all, I look forward to seeing you there. Let’s keep our organization moving forward by your commitment and dedication.

Thank you!

F un, F itness, and F rivolity in F ranklin

Submitted by: Robert Goff, TPHA Fun & Fitness Co-Chair

Each year during our Annual Meeting, a transformation takes place in both the venue and the membership. The purpose of the transformation is the TPHA Fun & Fitness Event. Recent events have included cheering contests judged by the Tennessee Titans cheerleaders, a scavenger hunt to search for birthday candles, and a frozen t-shirt contest. Although the level of fitness may vary by event, the ‘fun level’ is always off the
This year will be no different. On Thursday evening, September 16, the grand ballroom at the Cool Springs Marriott will revert to a time when castles were common and peasants were plentiful. King Christopher (Freeman) will reign over the Festival of Fun & Fitness in which teams will compete in events with a medieval theme. The events planned for the festival are Jousting Tournament, Peasant Pudding Trough, Coat of Arms, Damsel in Distress, Knights in Shining Armor, and Team Spirit. Some events will be team competition, and some will be individual competition for team points. Of course, an invaluable trophy awaits the winning team; namely, the much-coveted Spirit Scepter.

Regardless of the outcome, the yearly Fun & Fitness events always result in a hearty amount of laughter with a reasonable amount of sweat. Those interested in participating can contact Robert Goff, Fun & Fitness Committee Co-Chair, at robert.f.goff@tn.gov or (423) 634-1956. Even if you do not participate, you do not want to miss the competition. Huzzah!

The Southern Health Association (SHA) is proud to be a part of the TPHA 2010 Educational Conference! SHA members from all eight affiliate states will be in attendance at this year’s conference. One of the greatest benefits of TPHA’s joint affiliation with SHA is the opportunity to learn from other public health professionals from the other affiliate states. Let me take this opportunity to encourage you to introduce yourself to any SHA member you meet at the conference and you will be surprised by how much you may learn from their experiences in their home states!

In addition to this informal sharing, SHA will sponsor three conference workshops. One will be a presentation by the President of the National Association of Local Boards of Health entitled, “Public Health: An Economic Recovery Strategy.” Another will focus on a Best Practices Model for enhancing security during Public Health Emergencies and will be presented by representatives from South Carolina’s Advanced Practices Center. And a third will be a panel of public health officials from Arkansas, North Carolina and Florida discussing their state’s Challenges and Opportunities of the 2009-10 H1N1 Pandemic. This panel will be moderated by Tennessee’s own Kelly Moore, MD.

SHA will also host a meet and greet reception on September 14th. All TPHA and SHA members and guests who plan to arrive at the hotel the Tuesday afternoon are invited to attend – see invitation below.

A Special Invitation
To All SHA and TPHA Members & Guests
To Attend
A Meet and Greet Reception
Tuesday, September 14, 2010
5:00 - 6:00 p.m.
TPHA Presidential Suite
Cool Springs Marriott
Franklin, Tennessee
(Sponsored by Stan Cochran, Custom Data Processing)
FOCUS ON PUBLIC HEALTH ISSUES

National Men’s Health Week in Tennessee
Submitted by: Mike Leventhal, Executive Director, Tennessee Men’s Network

National Men’s Health Week (NMHW) was created in 1994 to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Each year during NMHW, the Tennessee Men’s Health Network (TMHN) work with men and their families where they live, work, play, and pray with health prevention messages and tools, health screenings, and other specialized health events. This year, TMHN and partners participated in several different events, with an acute focus on the underserved and uninsured communities across Tennessee. Here are a two of the NMHW activities…

Men's Health Summit-Memphis: Over 100 men and their families participated in this annual symposium and health screening at the Hope & Healing Clinic. Baptist Hospital of Memphis provided PSA screenings at no charge. A local barbershop provided hair cuts for those in need.

Men's Health Conference-Springfield: TMHN, along with the Robertson County Health Department collaborated to sponsor this day long luncheon at the Robertson County YMCA. Mike Flint, the oldest college football player and Tennessee native was the featured speaker. Around 110 attendees participated in the conference.

Resources developed by the Men’s Health Network were featured in corporate wellness departments, hospitals and clinics, and at consumer based corporations during NMHW.

Many of the NMHW activities can be found on the Men’s Health Network website www.menshealthnetwork.org. TMHN would like to encourage you and your agency to consider celebrating 2011 NMHW by organizing a health fair, lecture, discussion group, or other event in your area.

Every Child Outdoors Coalition
Submitted by: Dare Bible, PH Educator, Nutrition and Wellness

The Every Child Outdoors Coalition TN (ECO TN) was established in November of 2008. The mission of ECO TN is to promote and support opportunities that encourage children to engage with and experience the outdoors. More than 100 groups have signed on as supporters of the coalition and 19 non-profits, governmental organizations, universities, and other interest groups serve on the coalition’s steering committee.

Richard Louv, author of “Last Child in the Woods” is recognized as the “father” of the movement and has identified a phenomenon we all knew existed but couldn’t quite articulate: nature deficit disorder. He is cofounder and chairman of The Children and Nature Network, which was created to encourage and support the people and organizations working to reconnect children with nature.

Research has revealed proven mental and physical benefits to children who have a connection with nature. These benefits include:

- Spending time outdoors lessens the symptoms of Attention Deficit Disorder/ADHD. (American Journal of Public Health)
- Time in nature improves a child's academic performance, concentration, balance, coordination and self-esteem. (Burdtte & Whitacre, 2007).
- When children engage in activities such as playing outdoors, spending time with a mentor or close relative in nature, fishing, hiking, camping, hunting, and scouting, they are more likely to develop a long-term environmental ethic. (Chawla, 2006).
- Kids in environmental education classes have higher scores in traditional subject and skill areas on standard measures of academic achievement (reading, writing, math, science, social studies). (Lieberman & Hoody, 1998).
- Free unstructured time outdoors has unique health benefits to children - time in nature improves a child's academic performance, concentration, balance, coordination, and self esteem. (Burdtette & Whitaker, 2007).

Earlier this year the ECO Coalition adopted the Tennessee Children’s Outdoor Bill of Rights (TCOBOR), a list of experiences that every child in Tennessee should have and it was unanimously passed by the TN General Assembly in February 2010. Specifically, the legislation states that “every child should have the opportunity to walk in the woods,
play outside, explore nature, watch wildlife, grow a garden, splash in the water, camp under the stars, learn to swim, climb a tree, go fishing, fly a kite, and visit a farm.

On Tuesday May 11, 2010, the first ever Tennessee Governor’s Summit on Every Child Outdoors was held at Montgomery Bell State Park. Over 150 community leaders from educational, natural resources, health, governmental and other sectors attended the summit to gain more knowledge about the connection between time spent outdoors and the direct effects on physical, mental, and emotional health. The result of bringing these individuals and groups together was collaboration on recommendations for policy and program initiatives that address the need to get kids outside and more involved with nature. The summit focused on five strategic goal areas: 1) Healthy Children; 2) Healthy Communities; 3) Formal Education; 4) Non-Formal Education; 5) Media and Promotion of ECO

For more information go to www.everychildoutdoorstn, www.childrenandnature.org or email Dare.Bible@tn.gov to get involved.

The Gold Sneaker Initiative: Getting a Jump on Preventing Childhood Obesity

Submitted by: Laurie Stanton, Program Director, Nutrition and Wellness

According to research, health habits are instilled at a young age, with most habits being formed during adolescence. Following adolescence, as we see with adults, habits become much harder to change. If we can instill good habits at an early age, we can address behavioral factors that contribute to overweight and obesity from the beginning. Early adoption of healthy behavior is important to prevent or delay health problems. In Tennessee, we have taken advantage of the opportunity to impact the states’ children through the Coordinated School Health Program reaching all children enrolled in the public school system. At this time, we wish to target the infant, toddler and preschool age children within the state. Such a focus allows for a continuous approach in reaching Tennessee children from the beginning of childhood through adolescence.

The Gold Sneaker initiative was developed to enhance policy related to physical activity, nutrition and tobacco avoidance within licensed child care facilities across Tennessee through collaborative effort among the Department of Health, Department of Human Services and United Way of Greater Chattanooga and funded through a cooperative agreement with the Centers for Disease Control and Prevention. Currently, there are no physical activity policies for licensed child care facilities in the state; and nutrition policy comes from the national standards for reimbursable meals from the Child and Adult Care Feeding Program through the United States Department of Agriculture.

New policy will be primarily focused on physical activity, more frequently referred to as “active play” in this age group. Policy to enact will include:

- Children older than 12 months will be offered 60 minutes of physical activity daily.
- Children older than 3 will have at least 30 of the 60 minutes offered as guided, structured activity.
- No more than 60 minutes for any sedentary activity
- Physical activity should be used as a reward and not a punishment.
- No TV, video or video recordings for children less than 2 years of age; older ages no more than 60 minutes daily.
- Breast feeding infants will have a personalized feeding plan on file.
- Adequate time for meals and snacks
- Appropriate portion sizes will be served.
- No food, candy or drink will be used to control a child’s behavior.
- Tobacco-free campus, no tobacco use by staff or visitors on facility property

Child care facilities that implement the proposed enhanced physical activity, nutrition and tobacco policies and include all staff in training will earn a “Gold Sneaker” award which designates them as a “Gold Sneaker” child care facility. Such designation can be used for marketing purposes for the child care facilities, and local organizations will encourage parents to select such facilities.

Recognition as a Gold Sneaker facility will include:
- A monetary incentive to support the implementation of the policies within the facility
- A certificate of achievement presented by the Governor’s Council on Physical Fitness
- Two Gold Sneaker stickers which can be placed on entrance(s) to the facility or used in promotional activities for the facilities
- Access to an electronic Gold Sneaker logo to be used in materials produced by the facility
- Recognition on the following web sites: Department of Health and the Gold Sneaker web sites
Technical assistance will be available for all child care facilities through staff persons at TDOH and United Way. A Gold Sneaker newsletter will provide ideas and resources to assist facilities in implementing policies. Parents will also be included in nutrition, physical activity and tobacco avoidance education.

Instilling these practices of healthy living in the daily lives of early childhood will help reduce the illnesses, disabilities, premature deaths, and costs caused by diet- and inactivity-related diseases such as heart disease, cancer, high blood pressure, diabetes, and obesity in the lives of Tennesseans.

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**REPORT OF THE RESOLUTIONS COMMITTEE**
Submitted by: Becky Barnes, Chair, Resolutions Committee

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 Thursday afternoon, September 16, 2010. Questions or comments should be directed to Becky Barnes at: beckyb@hamiltontn.gov.

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**RESOLUTION OF THE TENNESSEE PUBLIC HEALTH ASSOCIATION REGARDING**

The adoption of the most recent FDA Food Code into the Tennessee Food Service Establishment Regulations

WHEREAS, the current rules and regulations of the Tennessee Department of Health governing Food Service Establishments and food safety are based on a moderately updated version of the 1976 FDA Food Code, and

WHEREAS, there is an immense benefit to the state and our local communities of having a current and scientifically based food safety inspection program, and

WHEREAS, many of the states bordering Tennessee have adopted the FDA Food Code Version from 2001 or more recent by rule, allowing these states to maintain current standards with little effort as the FDA Food Code is updated, and

WHEREAS, the FDA releases a new Food Code every four years, with updates released every two years,

NOW, THEREFORE BE IT RESOLVED, that the Tennessee Public Health Association urges the Tennessee General Assembly to support legislation that allows the 2009 FDA Food Code to be adopted into the Rules of the State of Tennessee, Bureau of Health Services Administration, Division of General Environmental Health, allowing easy maintenance of current standards, and

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

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**RESOLUTION OF THE TENNESSEE PUBLIC HEALTH ASSOCIATION REGARDING SMOKELESS TOBACCO**

WHEREAS, smokeless tobacco contains twenty eight cancer-causing agents (carcinogens);

WHEREAS, smokeless tobacco is a known cause of human cancer;

WHEREAS, use of smokeless tobacco increases the risk of developing cancer of the oral cavity and pancreas;

WHEREAS, smokeless tobacco is associated with recession of the gums, gum disease, and tooth decay;

WHEREAS, smokeless tobacco use can lead to nicotine addiction and dependence;

WHEREAS, the National Cancer Institute states that smokeless tobacco is a significant health risk and is not a safe substitute for smoking cigarettes;

WHEREAS, smokeless tobacco use is greater in Tennessee among high school boys than the national average (22.8% in Tennessee, 13.4% national average);

WHEREAS, adolescents who use smokeless tobacco are more likely to become cigarette smokers;

WHEREAS, smokeless tobacco use during pregnancy increases the risks of preeclampsia, premature birth, and low birth weight;
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WHEREAS, smokeless tobacco may be connected with heart disease, stroke and high blood pressure;
NOW, THEREFORE, BE IT RESOLVED, that the Tennessee Public Health Association urges the General Assembly, that in addition to its continued support of the Non-Smokers Protection Act, strongly supports enforcement of the Family Smoking Prevention and Tobacco Control Act to include all tobacco products marketed and sold in Tennessee.

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

References:

RESOLUTION OF THE TENNESSEE PUBLIC HEALTH ASSOCIATION REGARDING IMPROVED PREVENTION AND CONTROL OF HEALTHCARE-ASSOCIATED INFECTIONS (HAI’s)

WHEREAS, healthcare-associated infections (HAI’s) including urinary tract infections; surgical site infections; bloodstream infections; pneumonia; bone and joint infections; central nervous system infections; cardiovascular system infections; eye, ear, nose, throat, or mouth infections; gastrointestinal system infections; lower respiratory tract infections, other than pneumonia; reproductive tract infections; skin and soft tissue infections; and systemic infections have been associated with increased lengths of stay, costs, and mortality; and,
WHEREAS, the prevention and control of HAI’s requires administrative, staff, scientific and financial leadership and commitment; and,
WHEREAS, prevention and control of HAI’s is a national priority that requires all applicable facilities and agencies to assume responsibility; and,
NOW, THEREFORE BE IT RESOLVED, the Tennessee Public Health Association supports rigorous infection control prevention practices in health care settings focusing on implementation of clinically proven methodologies as recommended from the Center for Disease Control and Prevention (CDC’s) Healthcare Infection Control Practices Advisory Committee (HICPAC) MDRO guidelines.

BE IT FURTHER RESOLVED, a copy of this resolution be furnished to the Commissioner of the Tennessee Department of Health, the Tennessee Hospital Association, the Rural Health Association, the Tennessee Health Care Association, the Tennessee’s Nurses’ Association, the Tennessee Medical Association, the Tennessee chapters of the Association for Professionals in Infection Control, the Tennesseans Improving Patient Safety Committee, the Tennessee Center for Patient Safety, the Tennessee Quality Improvement Organization, the Tennessee Health Information Management Association, the Tennessee Academy of Physician Assistants, the Tennessee Organization of Nurse Executives, the Joint Commission for Accreditation of Healthcare Organizations, and that a copy of this resolution be spread upon the minutes of the Association.

References:
“CDC/NHSN surveillance definition of health care-associated infection and criteria for specific type of infections in the acute care setting”, March 2008. Teresa C. Horan, MPH; Mary Andrus, RN, BA, CIC; Margaret A. Dudeck, MPH, The National Healthcare Safety Network, Division of Healthcare Quality Promotion, Centers for Disease Control and Prevention, Atlanta, Georgia.
RESOLUTION
OF THE
TENNESSEE PUBLIC HEALTH ASSOCIATION
REGARDING
REDUCING DIETARY SODIUM OF TENNESSEANS

WHEREAS, cardiovascular disease is responsible for one third of all deaths in Tennessee and each year more than 14,600 Tennesseans die of heart disease and more than 3,400 Tennesseans die of stroke; and;
WHEREAS, elevated blood pressure levels are a major cause of these diseases and the relationship between blood pressure levels and the risk of cardiovascular disease is strong, continuous, graded, consistent and etiologically significant; and;
WHEREAS, the estimated 33.8% of Tennesseans with high blood pressure (a systolic blood pressure ≥140 mm Hg, a diastolic blood pressure ≥ 90 mm Hg) have a 1.5 to 2.5 times greater risk of having a heart attack, stroke or heart failure in 10 years than those with normal blood pressure levels; and;
WHEREAS, the majority of hypertension is uncontrolled and is a largely preventable risk factor for cardiovascular disease; and;
WHEREAS, in the Healthy People 2000 objective of 50 percent of hypertensives having their blood pressures controlled to a level less than 140/90 mm Hg was not met, with only 25 percent of adults with hypertension having their blood pressure controlled to this extent; and;
WHEREAS, the National High Blood Pressure Education Program guidelines recommend five nutritional/lifestyle approaches to prevent hypertension: (1) reduction of sodium intake, (2) weight reduction, (3) regular physical activity, (4) moderation of alcohol intake, and (5) an eating plan that is rich in fruits, vegetables and low-fat dairy products and reduced in saturated fat, total fat and cholesterol; and
WHEREAS, these nutritional approaches are highly effective in treating hypertension and can significantly reduce the need for medications; and;
WHEREAS, effective public health interventions that will lead to population-wide reductions in blood pressure are needed, and reduction in sodium intake represents an important public health opportunity and challenge; and;
WHEREAS, there is a clear relationship between high sodium intake and hypertension; and;
WHEREAS, randomized clinical trials have definitively demonstrated that reducing sodium intake decreases blood pressure in people with and without high blood pressure, and these findings reaffirm the benefit of continuing to recommend that sodium be limited to no more than 2400 mg per day and suggest that limiting sodium intake further to 1500 mg per day is feasible and provides additional blood pressure lowering without adverse effects; and;
WHEREAS, the average adult ingests nearly 4,000 mg of sodium daily, far exceeding the current recommendation, with 2/3 of this coming from processed foods;

NOW, THEREFORE BE IT RESOLVED, that the Tennessee Public Health Association urges partnerships with the National Heart, Lung, and Blood Institute’s National High Blood Pressure Education Program Coordinating Committee and other organizations to work with the food manufacturers in Tennessee to meet a goal of reducing the sodium content of processed foods by 50% over the next 10 years.

BE IT FURTHER RESOLVED, that the Tennessee Public Health Association urges working with state and local health departments, other professional organizations, food manufacturers, supermarkets, and the restaurant industry in educating consumers to choose lower sodium foods, especially fruits and vegetables instead of high-sodium canned fruits and vegetables.

BE IT FURTHER RESOLVED, that the Tennessee Public Health Association urges working with state and local health departments and other organizations to make hypertension prevention and control a high priority throughout the state so that the Healthy People 2020 objectives for improving control of high blood pressure, reducing sodium consumption, and reducing mortality from heart disease and stroke can be met.

BE IT FURTHER RESOLVED, that this resolution be furnished to the Tennessee Medical Association, the Tennessee Restaurant Association, the Tennessee Grocers and Convenience Store Association, and the Tennessee Commissioner of Health, and that a copy of this resolution be spread upon the minutes of this association.

REGионаl REPORTS

WEST TENNESSEE

Carroll County opened their new 2 dental room dental clinic in April 2010. Drs. Alex and Sara Knoell provide dental services. The Dental Clinic is open Tuesday – Thursday from 8:00 am – 4:30 pm. Over 200 patients have received services so far.

Outreach efforts to screen for Diabetic Retinopathy have been very successful in West TN. Since March, twelve eye clinics have been held in public health departments in West TN screening over 700 individuals without health insurance. Research shows the primary cause of blindness in the United States is a direct result of diabetes.

Among numerous activities during Public Health Week in April, Dr. Health E. Hound visited first thru fourth grade classrooms at an elementary school in McNairy County to promote good nutrition and physical activity. Fourth graders also attend Better Me! classes each week during March and April to encourage healthy choices.

Also, the 2nd annual “Family Fun Day” at the park was held in Crockett County to highlight Public Health Week and Minority Health Month. Fourteen community agencies and groups partnered with the health department to provide free health screenings, free food, free car seats and car seat safety checks, games, a train ride, face painting, and educational booths to at least 220 members of the community.

Miss Black Kentucky U.S.A. 2009, Tamira A. Cole visited Haywood County in May to emcee the “Haywood’s Got Talent” show in observance of Teen Pregnancy Prevention Month. The event was part of a local project, “I PROMise to Strive for a Bright Future”. Miss Cole’s platform, “YOUth in Action” also seeks to guide youth along the path to becoming productive citizens. Eight youths competed before a packed auditorium. Messages regarding good decision making and avoiding sexual activity and other risky behavior during prom season and beyond were on display including smoking, date rape, sexually transmitted diseases and teen pregnancy prevention. The competition was a small town replica of American Idol, including its own judges. The show closed with a Christian rapper promoting abstinence. The winner of the event will compete this fall at the annual Hatchie Fall Festival. The teen pregnancy rate in Haywood County is among the highest in the State.

Gibson County Health Department won first place for their decorating skills at Relay for Life in Trenton. The theme was “Don't let Cancer Burst Your Bubble”. This is the second year the team has taken 1st place in this event. The goal is to step outside of the doors of the Health Department and teach the community about prevention and availability of the quit line.

TPHA members were entertained at the Regional meeting on May 6th with several inspirational speakers. The morning started with an update by Dr. Veronica Gunn regarding achievements of Tennessee over the past year. The group felt inspired with the work they had done.

A panel discussion followed regarding West TN response to H1N1 including activities implemented throughout the region by the emergency preparedness and response team. Each activity was creative, initiative, and successful in different ways. Some in which it will take years to know the true impact public health had on the community and the members that live within it.

There were many homecomings that day as the group was visited by Chris Freeman, Nancy Deere, and Myrtle Russell. Myrtle and Nancy teamed up and got the assembly thinking about nutrition and exercise through their presentation, “Two Smart Cookies Talk About When You Eat Too Many Cookies!” There were many laughs shared as educational information was provided by the vets. It seemed like they new right where to hit us all.

They were followed by a powerful presentation, “Workplace Happiness”, by Mr. Steve Wilkinson. Through relating some of his experiences as a principal and retired football coach, he addressed many life lessons that we often forget. He reminded us that sometimes even though the grass might look greener on the other side that it could turn out to be just “astro turf”.

Dr. Health E. Hound and students at Bethel Springs Elementary School.
The day left the members feeling inspired and rejuvenated as they had laughed, moved, and renewed friendships. Big thanks to the planning committee for a job well done for the agenda. Even bigger thanks to the speakers that presented for their time and talent. The planning committee next year has some big footsteps to fill.

Two long time supporters of TPHA are now among the ranks of the retired. Donna Lewis and Martha Barber both left state service June 30. Martha served as the Chairman of the Silent Auction for a number of years and Donna was West TN Vice President for 2010. We wish them well in their new endeavors.

Upper Cumberland Region

The Warren County Senior Farmers' Market Nutrition Program continues to provide fresh produce to individuals 60 years and older with a household income of no more than 185% of the federal poverty income guidelines. A mass clinic was held on June 25, 2010 to begin issuing vouchers to qualifying seniors. During the clinic, area agencies participated as vendors informing participants of additional services available to Warren County seniors. As of June 30, 2010, Warren County Health Department served 334 seniors issuing 2,672 vouchers totaling $13,360 to be redeemed at the local farmers’ market throughout July and August. Seniors unable to attend the mass clinic may go to the Warren County Health Department to determine eligibility throughout the harvest season.

Southeast Region

Yearly influenza vaccination by healthcare workers has been proven to reduce patient morbidity and the spread of influenza to others, but the vaccination rate among this group remains low, approximately 40%. The Southeast Region, in partnership with the Chattanooga Hamilton County Health Department conducted a survey of our 535 employees to examine vaccine receipt during the 2009-2010 influenza season. Employees were asked to complete a voluntary online survey administered over a 2 week time frame from May 18 through June 1, 2010. The questionnaire asked questions to determine what influenced a person to take the H1N1 and seasonal influenza vaccines.

The overall response rate for this survey was 52.3%. Data analysis showed that there were strong positive associations between taking the H1N1 and employees who had received a 2009 seasonal influenza vaccine, taken an influenza vaccination in the past, and employees who provided direct patient care. There was a negative association between taking the H1N1 vaccine and being concerned about vaccine safety. In other words, employees who had received a 2009 seasonal influenza vaccine were 8.6 times more likely to receive an H1N1 vaccine (95% Confidence Interval 5.41-13.56). A confidence interval is a range around a measurement that conveys how precise the measurement is. A confidence interval (CI) of 95% allows us to say that we are 95% confident that the value being calculated for this population falls within the interval of value range. Employees that had taken an influenza vaccination in the past were 4 times more likely to take the H1N1 vaccine (95% CI 2.88-6.63). Employees who provided direct patient care were 1.8 times more likely to take the H1N1 vaccine (95% CI 1.10-3.04). Employees that were concerned about vaccine safety were 0.29 times less likely to take the H1N1 vaccine (95% CI 0.18-0.49). There was no association between age, gender, education level, and years of service. The overall H1N1 vaccination rate for Chattanooga/Hamilton County and Southeast Region public health workers was 80%. Public Health workers understand the importance of influenza vaccination.

SOUTH CENTRAL SHINING STARS!

The Tennessee Governor's Council on Physical Fitness and Health established the Shining Star Awards to recognize the efforts of and contribution to the promotion of healthy lifestyles. Because local health councils are charged with affecting change in lifestyle habits of Tennesseans, they share a common goal of enhancing quality of life through the promotion of healthy lifestyles. Local health councils provide a gamut of programs and activities aimed at improving the health of Tennesseans.

In the South Central Region, three local health councils were recently selected as 2009-2010 recipients of the Shining Star Award.

The Giles County Health Council was awarded for their outstanding efforts in the category of “Where We Live.” For the group, agency or individual who has made extraordinary efforts in promoting healthy lifestyles in the community with special consideration of those citizens who may otherwise not have the opportunity to participate in health and fitness enhancing activities.
The Lawrence County Health Council was awarded for their outstanding efforts in the category of “Where We Learn.” Provide opportunities that help all individuals, pre-K through higher education, develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy a physically active lifestyle.

The Wayne County Health Council was awarded for their outstanding efforts in the category of “Where We Work.” For vision in recognizing the value of physical activity, fitness and wellness programs and activities at the worksite for heightened employee productivity, motivation and general well being.

These health councils work cooperatively on grassroots efforts and continue to be an inspiration for healthier lifestyles within their communities. Empowering a community is the key to shining like a star!

Mid-Cumberland Responds to the Mid-State’s recent Flooding

Following the first weekend in May in which Middle Tennessee was significantly affected by the floods, the Mid-Cumberland Region responded by meeting with County Mayors and local Emergency Management personnel to assess county-specific efforts. Each local health department began offering walk-in clinics for the administration of the tetanus-diptheria-pertussis (Tdap) and tetanus-diphtheria (Td) vaccine free of charge in their respective locations. Additionally, the counties of Cheatham, Montgomery and Rutherford provided Tdap and Td vaccinations through off-site clinics to first responders, flood victims, and those working within the recovery efforts. Cheatham County provided off-site administration of Tdap and Td for emergency first responders (EMA, fire and rescue) in Ashland City, Pegram, and Kingston Springs. Regional staff conducted clinics at Pegram City Hall and in Kingston Springs offering Tdap and Td to the general public affected by the flood waters. Staff from Montgomery County provided an off-site clinic for the administration of Tdap and Td vaccine to the county’s EMA workers. Rutherford County provided off-site Tdap and Td clinics in Murfreesboro, Smyrna and Lavergne to those affected by flood waters. Additionally, staff from various health departments visited shelters to assess medical needs and provide prescription assistance as needed.

Overall, the Mid-Cumberland region provided over 4,000 tetanus vaccinations to the residents and emergency management personnel in an effort to assist in the flood recovery effort.

Although, not a public health initiative, another more recent response to the devastation caused by the flooding is NBC’s School Pride project. The new NBC series recently selected Kingston Springs Elementary School (KSES) located in Cheatham County to receive a ‘makeover’ as the school was ravaged by six feet of water during May’s historic flooding. The production team for NBC’s School Pride arrived in Kingston Springs and began work and filming on July 22nd. The show, similar to the "Extreme Makeover: Home Edition", is an inspiring documentary-style show slated to begin airing this fall. The “School Pride” series focuses on transforming America's educational system through school campus makeovers. It will air on Fridays this fall at 7 p.m. School officials have said they hope to have KSES ready to go by the time school resumes on Aug. 6.

New Regional Director for East Region

In June of this year, the East Tennessee Region welcomed it’s newest member as Janet Ridley, MSN, RN, was appointed as the Regional Director for the East Tennessee Region. Prior to joining the ETR Janet served as the Director of Nursing for the Southeast Region for the past fifteen years.

Janet has a long history of service with the Department of Health. In addition to being the Nursing Director for the Southeast Region, she has also worked as the CSS Coordinator for the SER, the Nursing Supervisor for the Bradley County Health Department, and as a Public Health Nurse in both Bradley and Bledsoe Counties.
Janet, a native of Marion County, holds a Master of Science in Nursing degree from the University of Tennessee Health Science Center in Memphis and a Bachelor of Science in Nursing from U.T. Knoxville. She has also completed coursework towards a Masters of Business Administration degree at U.T. Chattanooga, with courses in marketing, accounting, finance, management and economics. Janet succeeds Fred Adams, who served as Regional Director of both the East and Northeast Regions for over two years.

Janet is an active member in both the Tennessee Public Health Association and the Tennessee Nurses Association, and has held leadership positions in both organizations. She received TPHA’s highest honor, the prestigious R.H. Hutcheson Award, in 2009, an award that recognizes a career commitment to and significant achievements in public health.

TPHA Section Meetings at the Annual Conference

Each year at the statewide TPHA educational conference, membership sections have the opportunity to meet for business, networking, and educational purposes. TPHA now has 12 active membership sections which can present problems in allocating meeting rooms at the annual conference. Section meetings at the 2010 conference are scheduled for Wednesday, September 15, at 4:00-5:15 PM (4:00-5:30 PM for nursing). This year several membership sections have elected to come together on Wednesday afternoon, invited a speaker, and earn continuing education credit.

The Emergency Preparedness, Epi/Biostats, Physicians, and CDC sections will have a joint meeting in Meeting Room 2. These sections will have separate business meetings from 4:00-4:15 PM as follows: Emergency Preparedness (Quarterhorse), Epi/Biostats and CDC (Mustang), and Physicians (Palomino). At 4:15 PM, members of these sections will join together to hear Rachel Long, a public health epidemiologist at Mission Hospital in Asheville, North Carolina. Rachel is also a member of the H1N1 panel discussion in workshop #4.

The Nutrition, Health Promotion/Health Education, and Dental sections will have a joint meeting in the Franklin meeting room. This meeting room will not subdivide like Meeting Room 2. It is recommended that these sections elect their chairpersons and board representatives for the coming year via e-mail correspondence prior to the conference. Their speaker is Dr. Kathleen Figaro, a Clinic Fellow in Diabetes, Endocrinology, and Metabolism at Vanderbilt University Medical School. She will be speaking on the impact of obesity issues and interventions in the public health community.

The Nursing section will meet in the Champion Ballroom at 4:00-5:30 PM. Their speaker is Dr. Allen Craig, our former State Epidemiologist, who is currently serving as CDC’s Resident Advisor to Zambia for the President’s Malaria Initiative. Dr. Craig will be speaking on the challenges and opportunities for nurses in Zambia.

The following membership sections will have meeting rooms available for their use at the conference: Environmental (Williamson), Health Administration (Saddlebred), Case Management (Morgan), and Management Support (Highland). Audio/visual equipment is available on a limited basis, so if any of these sections plan to have a speaker, the section chair must contact Doris Spain (dgspain@tnpublichealth.org) before August 11.
Overweight and Obesity in Tennessee –
We have a Plan!

Submitted by: Joan Randall, MPH, Administrative Director
Vanderbilt Institute for Obesity and Metabolism/Diabetes Center

According to *F as in Fat* 2010, Tennessee is tied with Alabama for the second most overweight state in the nation. Why does this matter? It matters because, as stated in the report, “Obesity is related to over 20 major chronic diseases.” One in three adults has heart disease; over 80 million Americans have type 2 diabetes or are pre-diabetic; and obese children are more than twice as likely to die prematurely before the age of 55 compared with healthy-weight children. Sadly, our numbers in Tennessee support these trends.

The new findings are troubling, but not surprising. It took years for our weights to reach current levels, and it will take years to reverse them. But we are optimistic about Tennessee. Many good things are already occurring across our state to address this issue – and the momentum will continue as we implement the new statewide nutrition and physical activity plan, *Eat Well, Play More Tennessee*, a Comprehensive Plan to Reduce Obesity and Chronic Disease in Tennessee.

*Join your colleagues for the launch of the plan at the TPHA meeting on September 17th, 2010.*

**Goals of the plan:**

- To slow the rate of weight gain in Tennessee
- To stabilize weight and prevent further weight gain
- To see the prevalence of overweight and obesity begin to decline in Tennessee

Despite awareness and personal distress about weight gain, it continues to plague us. Many adults are taking steps toward healthier lifestyles, but it’s extremely difficult to maintain a healthy weight when we live in communities that are designed to drive rather than walk or bike, unhealthy foods and beverages are more affordable and accessible than more healthy options, and long work and school hours lead to more meals outside the home (large portions, high in calories).

We need to work together and move beyond finger pointing to create conditions where the people of Tennessee can be healthy. Southern eating is part of our culture, but it must become a culture of mindful eating and physical activity.

With a clear focus on reducing health disparities in Tennessee’s most vulnerable populations, *Eat Well, Play More Tennessee* includes actions and policy recommendations which will be implemented in multiple arenas:

- *Where We Live* (food access, breastfeeding, sugar-sweetened beverages, built environment/transportation)
- *Where We Play* (park and recreation, screen time)
- *Where We Learn* (early childcare, schools)
- *Where We Heal* (health Systems, faith-based settings)
- *Where We Work* (worksites)
- Vulnerable Populations

*Eat Well, Play More Tennessee* is a call to action created by members of over 100 organizations comprising the Tennessee Obesity Taskforce (TOT). With support from Tennessee’s Department of Health, funded for implementation and evaluation by the Centers for Disease Control and Prevention, TOT is a broad-based, statewide coalition which links scientists, clinicians, city planners, school officials, state agencies, policymakers, transportation experts, nutritionists, parents, and representatives of our most vulnerable populations.

In addition to statewide partners, the TOT is closely aligned with national partners, such as the American Heart Association, American Dietetic Association, American Diabetes Association, Alliance for a Healthier Generation, Robert Wood Johnson Foundation, Save the Children, Food Trust, National Center for Bicycling and Walking, Centers for Science in the Public Interest, and the Rudd Center for Food Policy and Obesity.

There is great energy behind this movement. It’s up to all of us to take this momentum and carry it forward to create a healthier Tennessee where we can be proud of our rankings.