Message from the President
Robert Goff, President
2010-2011

On January 16, 1998, I learned that sometimes you have to walk on a broken leg. The day before, my car was struck on the driver’s side by another vehicle. The subsequent four-hour surgery resulted in a rod in my femur, a plate in my knee, eleven screws in my leg, and 25 staples keeping it all sealed up. I asked the doctor when he would put a cast on my leg. “We don’t cast legs anymore,” he said. “It’s very rare that we do so. As a matter of fact, if it weren’t for the shape your knee is in, you’d walk out of here.”

Having never had a broken bone until that point, I remember being a little disappointed at first that I wouldn’t have a cast for people to sign. Then I thought about how strange it was to hear I would walk on a broken leg. I had to get the explanation.

“We’ve learned that bones in the leg heal much faster and better if the leg is used,” the doctor said. “That’s the reason for all the hardware, to get you up and walking.”

That wasn’t the case in this situation. Although my femur was broken in two, the rod provided the support needed to walk. Unfortunately, my knee was another story. Due to the severity of that fracture, the doctor wanted me to put no pressure on it until he felt comfortable with it. That took six weeks. That meant that healing wasn’t able to occur as he hoped.

It also meant that hardware had to be removed to promote healing. A screw was removed from my femur to force the bone back together. Indeed, the bone was finally able to completely heal, but it also resulted in a shortening of the femur. And a shortened femur results in a shorter leg. So although I wasn’t able to walk out of the hospital on a broken leg, I learned that it’s possible. In the end, it changed the way I walk. I have adjusted my gait to compensate for the fact that one leg is shorter than the other.

Here is what this story has to do with public health: Over the last few years, public health has taken some hits, whether through budget cuts, staffing shortages, or other dilemmas. In some cases, support has been put in place for stabilization. In other cases, the process took longer than expected or is still anticipated. We may walk a little differently than before, we may limp sometimes, and we may have to work through some pain, but we walk. That is because the strength of public health in Tennessee is the dedication and resolve of our workforce to endure challenges and remain strong.

I am humbled that I have been elected by the members to serve as your president for the next twelve months. We have exciting initiatives in the works. Many changes are expected across our state, providing avenues for great opportunities. I look forward to working – and walking – with you.
REFLECTIONS on the 2010 ANNUAL CONFERENCE
Submitted by: Chris Freeman, Past President

Another annual meeting comes to an end and it is with great pleasure that I can report that we had a tremendous conference! I wish I could take 100% credit for it all, but that would be ridiculous! The committee chairs, the membership, the vendors, the hotel staff, the participants, the speakers, the TPHA staff, and the visitors all played a vital role in our success this year.

Five Hundred and Sixty One, (561) - that is the number that should be plastered on the walls of success. It is the exact number of people who registered for the 2010 conference. I also think that all 561 came up to me proclaiming how great a conference it was. So where do I begin to express my gratitude for an outstanding year as your President. I have always said it is the members that make an organization work. Therefore to the entire membership, old and new, “Thank You” for your commitment to the Tennessee Public Health Association! I know that many wanted to come to the annual meeting this year, but were unable to, due to your own particular schedules, finances, or family issues. You were missed! But, your continued support through your membership dues is always appreciated. To all of you who were able to attend, I hope you feel as strongly as I do about the outstanding opportunity that we all experienced through the speakers, the activities, the renewal of old friendships, the new knowledge gained, and the feeling of something that was bigger than all of us. Everyone brought something to the table, and the willingness to accept those challenges, and grab the opportunities made our meeting a great success. I want to formally thank all my committee chairs and their committee members for a job well done. Each committee plays a vital role in our annual meeting, and as long as everyone contributes, then the meeting is truly a reflection of our membership. I especially want to thank Dr. David Brumley and Becky Brumley. It is to our advantage to have a husband and wife team who are devoted to each other, as well as our association. They were able to fine tune the program, the arrangements and all things in between, to assure that each of us had a great learning opportunity. I also want to personally thank our Executive Director, Doris Spain and company (Judy & Revayne) for the continued support and guidance throughout the year. We are so lucky to have such a great team.

I have had a tremendous year as your President, and I pray that I served you well. I look forward to the new leadership that Robert Goff will give us, and as always, I will continue to support our association in anyway that I possibly can. I encourage each of you to take a more active role in the planning and development of next years meeting. Everyone matters, so do your part! New ideas, fresh energy, and a sense of pride will come to fruition if we take ownership of our meeting. Again, I humbly express my Thanks, and hope to see more of the membership at next years meeting, September 14-16, 2011. Mark your calendar now! Get involved! Make it an opportunity of a lifetime!

THANKS TO OUR SPONSORING AGENCY MEMBERS

SILVER AGENCY MEMBERSHIP
Pfizer

BRONZE AGENCY MEMBERSHIP
Blue Cross/Blue Shield of Tennessee
GlaxoSmithKline
Sanofi Pasteur

TPHA PATRON AGENCY MEMBERSHIP
Chattanooga-Hamilton County Health Department
Tennessee Hospital Association
Vanderbilt-Ingram Cancer Center

MEMBERSHIP COMMITTEE REPORT

Individual Membership
Active Members 913
Life Members 167
Total 1080

Agency Membership 122
All county health departments and regional health offices are 2010 agency members.

Winner of Rotating Trophy for Region with Greatest Increase in Membership
Knox County Health Department

Doris G. Spain, Editor
Phone: (615) 646-3805
Email: dgspain@tnpublichealth.org
Articles for January Newsletter
Due January 14
Teresa Gregory is presented the 2010 Health Educator of the Year Award by Suzee Sanders and Janet McAlister.

Nancy Day is presented the Award for Direct Nursing Service. Shown above: DeSha Anschuetz, Lynelle Callender, Nancy Day and Deborah Harden.

Environmental Hall of Fame inductees were honored at the 2010 annual meeting. Shown above: Back row - Ralph Arnold (2009), Dorcie Yates (2010) and Walter Nanny (2010); Front row - Mark Houser, Carter Garner, Doris Spain and Joe Covington (2009). Inductees who were unable to attend: Darrell Holden (2009), the Honorable Al Gore (2009), and Lynn Hearn, deceased (2009).

The first EP Best Practice Award is presented to Sandra Collins by Lynn Burns.
CONGRATULATIONS TO THE 2010 AWARD RECIPIENTS

R. H. HUTCHESON, SR. MD AWARD

The Tennessee Public Health Association proudly presented the 2010 R. H. HUTCHESON AWARD to Fred Adams, Northeast Regional Director. The R.H. HUTCHESON AWARD is presented to a person who has made outstanding contributions to public health throughout their career.

Fred began his career in public health as an x-ray technician in the TB program. While working full time with the Department of Health, he pursued and completed his B.S. and M.P.H. degrees. He now has over 42 years of public health service and positions held include: Communicable Disease Specialist, Family Planning Program Administrator, County Director, Assistant Regional Director, Regional Director for both the Northeast and East Regions. In addition, he has also been a leader in securing funding to obtain new health department facilities.

Fred has been an active TPHA member including serving two terms on the Board of Directors. His dedication to public health is also reflected in his service to many community organizations and serving as an adjunct faculty member at East Tennessee State University. In 2009, he received the Northeast Council on Children and Youth Child Advocate of the year award.

Some of the attributes written in support of his nomination for this award are: His knowledge and experience make him an excellent mentor and advisor for public health leaders across the state. He has compassion for both public health patients and employees. He works to ensure the services provided in his region are of the highest caliber. Fred Adams is a dedicated public health advocate and very deserving of the R. H. Hutcheson Award.

ALEX B. SHIPLEY, MD AWARD

Margaret Hamilton, South Central Region is the 2010 recipient of the ALEX B. SHIPLEY AWARD. This award is presented to an employee of a regional or local health department who has made outstanding contributions in the field of public health over a period of several years. This year’s award winner has 22 years of public health service and has worked as an advance practice nurse providing clinical services for 17 years. She was known as a highly skilled provider as well as a strong patient advocate.

For the last five years she has served as a Regional Primary Care Director. Within 6 months of accepting this position she had three primary care sites in operation. She has developed an extensive regional Lab Training Program. The training has been very successful and because it is conducted regionally there is cost savings in travel time and mileage expense.

In addition to her Dept. of Health activities, she has a long history of helping others. Her first healthcare role was as an EMT because this service was needed in her community. She has served on medical volunteer trips to both Haiti and Guatemala.

Some of the attributes written in support of her nomination for this award: She approaches her work with a positive attitude, enthusiasm and patience. Her dedication to public health has enhanced the health of the citizens in her region and across the state. She is recognized among her peers as a professional role model for all public health nurses in the South Central Region.

Her dedication to service and commitment for those she serves are qualities that make her not only an excellent patient advocate, but an excellent administrator and leader as well.
PUBLIC HEALTH WORKER OF THE YEAR AWARD

The 2010 recipient of the PUBLIC HEALTH WORKER OF THE YEAR AWARD is Steve Hall, Director for Lawrence and Wayne Counties. The PUBLIC HEALTH WORKER OF THE YEAR AWARD is presented to a person who during the past three years has provided outstanding service to public health.

This year’s award winner has 33 years of public health service. He began his career as a Family Planning Program Administrator. He has been a County Health Director since 1990.

Steve is a leader in working to improve health department facilities and also serves as the Construction Consultant for all of the region’s facilities. This includes overseeing construction of new buildings and renovations for several counties. He also facilitated the installation of electronic entry systems in all the region’s health departments. During last year’s H1N1 epidemic he built and installed hand sanitizing stations in all the region’s facilities.

Steve is a dedicated TPHA member serving as chairman of the health administration section for the past two years. Some of the attributes written in support of his nomination for this award are: Strong Work Ethic, Team Player, Respected in local communities, and Proactive.

Steve was awarded the Extra Mile Award in the South Central Region in 2010 for his willingness to take on extra work with a positive attitude. His attitude and work ethic make him a very deserving recipient of the Public Health Worker of the Year Award.

PUBLIC HEALTH GROUP OF THE YEAR AWARD

The Tennessee Public Health Association presented the 2010 PUBLIC HEALTH GROUP OF THE YEAR AWARD to the Gibson County Health Department Staff and the West Tennessee Emergency Response Team. The PUBLIC HEALTH GROUP OF THE YEAR AWARD is presented to a group, unit, or department that has made an outstanding contribution to public health.

This year’s award winner successfully held the first Drive-Thru POD in the State of Tennessee. The H1N1 Mass Vaccination POD was held on December 5, 2009. Fifty-three staff members and four volunteers worked in 22 degree weather with a wind chill of 19 degrees.

Successful lessons learned included the ease of dispensing without the problems of having to provide mass transportation. The Drive-Thru method allowed people to provide their own transportation and stay in the comfort of their own vehicle. This allowed for lines to move quickly through the clinic. The group worked for months to plan this event.

The leadership of this Public Health Group has had a very positive impression on community leaders.

PARTNERS AND LEADERSHIP (PAL) AWARD

The Tennessee Public Health Association is proud to announce the Hardin County Health Council as the 2010 recipient of the PAL Award. The PARTNERS AND LEADERSHIP (PAL) AWARD is presented to a non-public health professional group or organization that has made a significant contribution on behalf of public health.

This year’s award winner is a health council that has made outstanding efforts to make an impact on the health and quality of life of citizens in their county. This council includes outstanding dedication from the Coordinated School Health, Hardin Medical Center, UT Extension Office,
Lifespan Health Primary Care Center and Hardin County Health Department. Their involvement includes projects related to heart disease, diabetes, stroke, cancer, obesity, tobacco, teen pregnancy and infant mortality.

Characteristics of this council include: Strong Leadership, Innovation and Creativity, Team Building Skills, and Recognizing accomplishments of council members.

DOT WATSON NAMED AS 2010 RECIPIENT OF THE DISTINGUISHED SERVICE AWARD

TPHA proudly presents its 2010 Distinguished Service Award to Dot Watson! Dot currently serves TPHA as a Middle Tennessee Board Representative and as a member of three committees: program, public policy, and the legislative subcommittee. Her work on TPHA committees dates back several years, and her service on the board is an on-going three-year commitment. Her attendance, work ethic, and contributions in these roles are reflected in TPHA’s mission statement - To exercise leadership in health policy development; to promote and protect the health of all Tennesseans; to foster professional development and a sense of unity among its members.

Not only does Dot serve TPHA directly in these various leadership positions, she also serves our Association indirectly through her community work and civic involvement. She worked full-time for seven years as a volunteer at the Partners in Healing Clinic in Tullahoma – a primary care clinic providing free medical care to working, uninsured families. She continues to serve as a member of their Board of Directors and Executive Committee and as a grant writer and fundraiser. She has helped eight communities start clinics of their own.

There are several “C” words that have been significant to the recipient Dot in many ways throughout her life and career. They are: compassion, caring, comfort, confidence, culture, cure, community, collaboration, confidentiality, and conduit. Without question, Dot Watson is a very deserving public health professional and colleague who demonstrates ability, desire, experience, and proven dedication to be a worthy recipient of the 2010 TPHA Distinguished Service Award.

TPHA STUDENT SECTION

At the 2010 TPHA conference in Franklin, TN the newly formed student section came together to outline future goals and strategies for expanding the student section for the upcoming 2011 conference. The student section has set goals for the coming year in hopes of expanding academic and career development opportunities for students across the state who are interested in the health of their fellow Tennessean's.
Marilyn Barnes, Chair of the Nominations and Elections Committee, announced the following election results at the business meeting held on Thursday, September 16, 2010.

President - Elect  
Marian Levy

Vice President - East  
Melissa Wolford

Vice President - Middle  
Shannon Railling

Vice President - West  
Matt McDaniel

Board Representatives - East  
Alisa Cade

News from the Southern Health Association
Submitted by: Tammy Burke

The Southern Health Association was proud to be a part of the TPHA 2010 Educational Conference. SHA members from all eight affiliate states were in attendance at this year’s conference and enjoyed the excellent educational presentations as well as the fellowship with other public health professionals.

A highlight of the conference was the Awards Luncheon, with two Tennesseans being honored by SHA. Kasey Poole Decosimo received the Charles G. Jordan Memorial Award. This award is named in memory of a past President of SHA and recognizes an individual who has demonstrated a potential for achievement in the field of public health and has been employed in a public health capacity for less than ten years. Kasey Poole Decosimo, Research Associate, North Carolina Center for Public Health Preparedness, was presented the Southern Health Association’s (SHA) Jordan Award at their recent annual meeting in Franklin, Tennessee. The Southern Health Association is comprised of members from Alabama, Arkansas, Florida, Georgia, Kentucky, North Carolina, South Carolina and Tennessee. This award is named in memory of a past President of SHA and recognizes an individual who has demonstrated a potential for achievement in the field of public health and has been employed in a public health capacity for less than ten years. Kasey received a Master Degree in Public Health from the Gillings School of Global Public Health, the University of North Carolina at Chapel Hill in 2006, and soon after became employed as the Public Information Officer (PIO) at the Chattanooga-Hamilton County Health Department (CHCHD). Among her accomplishments as PIO, she developed and executed a crisis/emergency risk communication plan for potential health threats. She also recognized a need for improved communication and collaboration between governmental agencies and developed and coordinated a county wide PIO collaborative. After two years of PIO work, Kasey was promoted to Program Manager of Assessment and Planning for

(continued on page 8)
Dr. Lawrence Moffatt was unable to attend to receive his 40 year certificate.

CHCHD, a role in which she could further use her leadership and educational skills. Not only did the Health Department recognize her great potential, she was recognized county wide by being selected to “Leadership Chattanooga” in 2008. Leadership Chattanooga selects a few upcoming potential leaders and provides the class with instruction from and interaction with high ranking public and private sector leaders. In July of this year, Kasey returned to North Carolina to continue her public health career as a research associate for the North Carolina Center for Public Health Preparedness. Among her responsibilities, she will coordinate the North Carolina Electronic Disease Surveillance System Communicable Disease training to local public health practitioners across North Carolina.

Tammy Burke, Director, Clinical Services, Chattanooga-Hamilton County Health Department, was presented the Southern Health Association’s Special Meritorious Award. This award honors an individual who has given outstanding and continuous service to the Association. Tammy was President of SHA in 2008 and has served as the Tennessee Affiliate Representation to the Governing Council of SHA for the past 8 years. In this role she has done an outstanding job of being the liaison that has kept the organizations knitted together for the betterment of Public Health. Tammy has been a member of SHA and the Tennessee Public Health Association for over 15 years and has chaired numerous SHA committees, including Awards, Nominations, Resolutions, and this year she chaired the Exhibits Committee for the joint meeting with Tennessee. Tammy has helped craft position papers to advance SHA public policy and participated in the development of the organization’s strategic plan. She has also recruited much needed sponsors for SHA to help bolster financial support. Tammy has a strong vision for Public Health and the role a Regional organization like SHA plays in promoting and supporting Public Health in the State. Membership in SHA and participation in SHA meetings and conferences is highly promoted by Tammy. She “walks the walk” as demonstrated by her attendance and participation at SHA events and recruitment of many of her colleagues into SHA.
RESOLUTIONS
Passed at the Annual Meeting

The following resolutions were adopted by the TPHA membership at the annual business meeting on September 16, 2010:

Resolution to Adopt the Most Recent FDA Food Code
Resolution to Reduce Dietary Sodium of Tennesseans
Resolution Regarding Smokeless Tobacco
Resolution on Improved Prevention and Control of Healthcare-Associated Infections (HAI’s)

MEMORIAL RESOLUTIONS:

Ruth A. Lewis, PHOA, Sevier CHD., died April, 2010
Dr. Leonard Chadwell, Retired Dental Director, Northeast Region, died February, 2010

RETIREMENT RESOLUTIONS:

Donna Lewis, RN IV, West TN Reg. Ofc., retired June, 2010 with 30 years of service
Martha Hall, Dental Hygienist, Obion CHD, retired June, 2010 with 16 years of service
Martha Barber, WIC Vendor Rep., West TN Reg. Ofc., retired June, 2010 with 33 years of service
Dorothy Altrogge, RN, South Central Reg. Ofc., retired April, 2010, with 10 years of service
Susan Cornell, Nurse Consultant, Mid Cumberland Reg. Ofc., retired April, 2010 with 20 years of service
Linda Pantall, South Central Reg. Ofc., retired February, 2010 with 41 years of service
Marilyn Wortman, RN IV, Dyer CHD, retired February, 2010 with 37 years of service
Carol Williams, Asst. State Nursing Director, Central Office, retired January, 2010 with 26 years of service
Janie Quick, Public Hlth. Office Supervisor, Coffee CHD, retired January, 2010 with 30 years of service
Jim Medlin, Environmental Specialist, Sevier CHD, retired January, 2010 with 35 years of service
Carole Martin, Director, Maternal & Child Hlth., East TN Reg. Ofc., retired December, 2009 with 21 years of service
Nancy Williams, LPN, Weakley CHD, retired December, 2009 with 21 years of service
Donna Short, WIC Director, West TN Reg. Ofc., retired September, 2009 with 16 years of service

REPORT FROM THE FUN AND FITNESS COMMITTEE

In Case You Didn’t Hang Around…by Robert Goff

Congratulations to the winner of the 2010 Spirit Scepter, the South Central Region. Ami Mitchell led her royal entourage to their second win in three years. (Is South Central the new Chattanooga?) They also won the Team Spirit competition while Memphis-Shelby County displayed the winning Coat of Arms. A strong showing by Memphis and Central Office resulted in an exciting night of competition. It also netted Commissioner Cooper the Individual Spirit Stick.

The evening kicked off with the Jousting Tournament, won by South Central. The participants tested their skills at jousting practice, crossing the moat, the catapult, and storming the castle. Competitors then moved to the Peasant Pudding Trough. Dr. Bridget McCabe dug right in and earned the points for Central Office. The Knights in Shining Armor event, also won by South Central, fortunately ended with no one in the ER, but much like watching NASCAR, we waited for the next crash.

It was the festival’s final event, however, that saw the (ahem) tightest competition. Twelve brave gentlemen competed for the right to rescue a damsel in distress. Of course, there was no damsel, but that did not deter the men from accepting the challenge. It was at the time of competition that the men learned the task ahead of them – to don as many pairs of pantyhose as possible in two minutes. Upper Cumberland won the most points, thanks to Michael Railling’s out-of-control ability to squeeze into control tops. Vincent “Superfreak” Pinkney amazed onlookers by ending the event run-free because he “thought finesse was part of the competition.” But it was poise – and pose – of Carter Garner that presented the evening’s most memorable moment.

Thank you to the Fun & Fitness Committee for putting together such an entertaining evening.
TSSAA Adopts New Concussion Policy
Submitted by: David Brumley, DDS

Concussions are a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that disrupts the way brain cells normally work. The signs and symptoms may last from several minutes to several months, or even longer. A repeat concussion that occurs before the brain recovers can increase the likelihood of having long-term problems affecting thinking, memory, reflexes, learning, language, and emotions. The Sports Concussion Institute estimates that 10 percent of high school athletes in contact sports suffer a concussion each season. Football and girls soccer have the highest concussion rates in high school sports. Athletes who suffer a concussion are more likely to suffer another concussion. New research shows when high school athletes suffer concussions, 40 percent return to action prematurely. Subsequent concussions can have more severe on-the-field presentations. A second concussion sustained when the athlete is still symptomatic from the initial concussion can result in the life-threatening second-impact syndrome, a condition in which the brain swells, shutting down the brain stem and resulting in respiratory failure.

In 2006, the Tennessee Public Health Association adopted a resolution urging the Tennessee Secondary School Athletic Association (TSSAA) to provide concussion recognition training for coaches and athletic trainers. Recently, the TSSAA implemented a proactive concussion policy which states that educating coaches, officials, administrators, parents, and athletes is the key to identifying and treating athletes who show signs of a concussion. Moreover, the TSSAA went one step further taking the decision of whether to let an athlete return to a game out of the hands of coaches, athletic trainers, and officials.

This past July, the TSSAA implemented a new, more stringent concussion policy which hopefully will prevent athletes from suffering second concussions. Beginning with the 2010-11 school year, any player who exhibits signs, symptoms, or behavior consistent with a concussion (loss of consciousness, headache, dizziness, loss of balance, or confusion) will be removed immediately from the game or practice and not allowed to return to play until cleared by a medical doctor or osteopathic physician. The TSSAA requires a letter signed by the healthcare professional clearing the athlete to return to practice or play in a game.

Due to the potential severity of recurrent injuries, programs and policies designed to reduce the frequency of injuries among high school athletes must take a proactive approach and specifically address recurrent injuries. TPHA members applaud the TSSAA Board of Control which voted unanimously to adopt the new, more stringent policy in hopes of preventing student athletes from suffering second concussions. By adopting this new rule, the TSSAA has taken a big step to protect Tennessee’s children and keep them safer and healthier.

News from the Tennessee Men’s Health Network
Submitted by Mike Leventhal, Executive Director

Men’s Health Report Card Launched


Bloomfield Urban Ministry 5th Annual Community Health Screening: Memphis, TN

The Tennessee Men’s Health Network, Women Against Prostate Cancer, and the U.S. Office of Minority Health hosted a free health fair and screening at the Bloomfield Urban Ministry in south Memphis on October 2. The event was a major success! Over 250 men and women participated in a series of health screenings, including prostate cancer screenings (PSA), cholesterol, glucose, HIV, and others at no charge. In addition, vouchers for a free mammogram were provided to all women attending the event. A similar event in Chicago will be hosted by Chicago’s NBA franchise the Chicago Bulls later in October.

Bikers & Blues: A Benefit Ride Against PTSD

PTSD, or Post-Traumatic Stress Disorder, is a major issue among men, particularly soldiers returning from high conflict combat zones. Bikers & Blues is a motorcycle charity ride to raise funds for resources specifically targeted toward PTSD outreach and awareness. The Tennessee Men’s Health Network invites all TPHA motorcycle riders to participate in the ride for military veterans and their families.

WHAT: Bikers & Blues: A Benefit Ride Against PTSD
WHEN: Saturday, November 13, 2010 9am-8pm CT
MORE INFO: www.bikersandblues.com
WHERE: Scoreboard Sports Bar & Grill-Nashville, TN
CONTACT: Mike Leventhal; mikel@menshealthnetwork.net or 865.406.0129
“Got Milk”, “Veggies are Awesome” and “Have You Eaten Your Fruit Today?” stickers worn by school cafeteria workers in Benton, Carroll and Henry counties during Child Health Week were some of the highly visible messages promoting the 2010 theme of “Healthy Youth Healthy Future”. Children attending Huntingdon Primary School took the message a little further by competing in a Milk Mustache Contest emphasizing the importance of good nutrition in overall good health.

In eight counties, 6th graders used artwork as the means to exhibit their vision of healthy habits contributing to a healthy future. Health council members in the counties conducted a community – wide highly visible, broad – based, multi component project to boost EPSDT exams. Partners representing school systems, Coordinated School Health, city and county officials, Chambers and business community, printing companies, medical community, sheriff departments, faith – based communities and health department collaborated to hold 6th grade poster contests focusing on healthy habits including periodic exams. In – room health education was provided by TENNder Care Outreach Workers, Coordinated School Health staff and/or home room teachers as a basis for artwork. Poster judging was provided by visible community members often covered by an article and picture in the local newspaper. Winning posters will be featured as inserts in take – out Subway bags in 6 counties and on Dominos or Pizza Hut delivery boxes in 2 counties as well as posted in schools. As part of the project, volunteers from the community along with members of local art councils in some counties will offer art classes to assist children in exhibiting their ideas of healthy behavior.

Health Council and GetFitTN events, “Think Pink Luncheon and Fashion Show” in Savannah, “Think Pink Tea for Mothers and Daughters” in Crockett County, “Pink Ribbon Brunch” in Whiteville, “Girls Day Out” in Huntingdon, “Think Pink” at Family Life Center in Halls, and a Candlelight Vigil at Fayette Community Wellness Center were just a few of the activities planned to increase awareness of the need of breast exams. Free or reduced cost breast cancer screenings were made available in numerous communities.

Congratulations to Dyer County Health Council members and other Dyer County representatives for recently receiving the honor of being a Pioneering Health Community (PHC) By the Robert Woods Johnson Foundation, Center of Disease Control, and the YMCA of the USA. Dyer County is only 1 of 138 communities across the nation to be given this distinction since 2004. With the award came $52,000 for a two-year project to help develop the community to become rich in health choices that will support the pursuit of health and wellness.

West Tennessee is also proud to congratulate the Hardin County Health Council as the recipient of the 2010 TPHA PAL Award!

RAM Clinics Bring Health Care to Needy People

At least one Remote Area Medical (RAM) clinic is usually held each year in the Southeast Region. This year, Bradley County hosted a RAM clinic. Cleveland High School was the site of the clinic which registered 897 patients and provided 1,237 services for a total value of $232,340 in medical care. Dental care was the predominant need with 982 extractions, 137 fillings, and 49 cleanings. Eye exams and eye glasses were also a critical need.

Primary care centers provide medical care for low income and/or uninsured people but dental and vision care is typically not available. RAM clinics help to meet that need. In the Southeast Region, health councils collaborate with other organizations to plan and carry out RAM clinics. St. Therese Catholic Church sponsors the RAM clinic in Bradley and the health council assists by soliciting donations of food, water, and lodging as well as providing volunteer time during the clinic.

RAM is an all-volunteer charitable organization founded in 1985 by Stan Brock. Stan spent 15 years working in the Amazon rain forest and saw the damage caused by minor illnesses to people who had no medical care. When he left South America to join the television show “Wild Kingdom”, he determined to find a way to bring medical care to people in remote areas. Years of planning led to the Remote Area Medical Volunteer Corps with doctors, nurses, and technicians who go to clinics at their own expense and treat hundreds of patients a day. Sixty percent of these clinics serve rural America.
The TENNderCare Program in the Northeast Region hosted a Teen Conference on Saturday, October 2, 2010 as part of Child Health Week at the Boones Creek Christian Church. The conference targeted 5th through 12th graders. The theme was “Learn It! Live It! Love It! A Healthier You!” There were approximately 65 that attended. The conference provided the attendees with workshops which included topics on Healthy Behaviors (alcohol, tobacco, and drug abuse), Personal Behaviors (internet safety, domestic violence, and child abuse) and Responsible Behaviors (teen pregnancy, STIs, harassment, and healthy relationships). Screenings were also available including Hearing, Vision, Body Mass Index, Glucose, Dental, Scoliosis, and Blood Pressure. There were 16 exhibitors present for this event. The event had many sponsors including AmeriChoice, Volunteer State Health Plan, EarthFare, Food City, Frontier Health, Mountain State Health Alliance, Niswonger Children’s Hospital, and Pepsi Bottling Company. The closing session was a presentation from Gotrybe. Gotrybe is an online health and fitness community where kids and teens can get active, learn about being healthy and connect with each other to share encouraging ideas. This group got the participants up and moving, inspiring them to become more active, and eat healthier. The NER continues to look for innovative methods of addressing ways today’s teens can prepare themselves for a productive, healthy and happy lifestyle.

The Jackson-Madison County Regional Health Department is proud to announce the arrival of their new Public Health Emergency Response (PHER) System. This system allows for the execution of numerous public health emergency response missions including mass casualty or mass fatality incidents, hospital surge, mass vaccination, epidemiology or nursing strike team deployment, EMS strike team deployment and public relations events. The system is modular and allows for infinite expansion to meet the needs of a particular incident. The Health Department’s system includes three trailers equipped with inflatable shelters totaling over 2,300 ft of climate controlled work area, generators and medical supplies to manage large numbers of patients. When paired with the Department’s HealthCom-1 Medical Command and Coordination truck, this system is a fully-functioning healthcare facility on wheels.

The Jackson-Madison County Regional Health Department’s Emergency Response Section is responsible for the operation and maintenance of the PHER System, and they recently had opportunity to deploy the system on the lawn of the State Capitol Building in Nashville and at the Tennessee Public Health Association’s annual meeting in Franklin, TN on September 15 and 16. Governor Bredesen and staff, the Commissioner of the Department of Health, and several other officials toured the mobile clinic. The Health Department’s Emergency Response Section can be contacted at 731 927-8555 or erc@jmchd.com for more information on the PHER System, HealthCom-1 or other public health emergency preparedness efforts.
Across the East Tennessee region, public health activities were implemented in observance of Child Health Week, October 4-10, 2010. Health educators partnered with community and area schools presenting information about physical activity and fitness in children and adolescents. Several schools participated in Bone Health Calcium contests. In collaboration with teachers and school cafeteria personnel, health educators instructed children on how to chart the amount of calcium enriched foods and drinks they consumed per day, distributed information in class about the importance of calcium and bone health and sent additional information for children to take home to parents. Students in the winning classes had their picture taken (with or without milk mustaches) to be placed in the school cafeteria for the remainder of the week.

In the local health departments, display boards highlighting Child Health Week, the importance of physical activity and bone health were placed in the main lobbies. In WIC areas, additional displays were present. Nutritionists discussed the importance of calcium and educated clientele by implementing a “Calcium: It’s in Your Bones” activity using measured amounts of flour to show how healthy bones need increasing amounts of Calcium. In some counties, calcium smoothies were prepared for tasting and sharing of recipes. Written materials were distributed to support the Calcium discussion in the clinics.

**SHELBY COUNTY HEALTH DEPARTMENT**

**Shelby County Health Department and Memphis Business Group on Health Worksite Wellness Project**

**“Move More, Eat Better...It All Works Together”**

Submitted by Cheryl Pollich, Health Promotion Coordinator

Through a collaborative effort, the Shelby County Health Department (SCHD) and the Memphis Business Group on Health (MBGH) sought and were awarded one of seven national seed grants to implement an existing SCHD wellness program with four of MBGH’s existing member employers.

The goal of the project was to increase employee knowledge as it relates to nutrition, physical activity, obesity, heart disease and diabetes; improve their biometrics (weight, BMI, blood pressure); and achieve significant progress in working toward better health.

The SCHD’s Health Promotion program, “Move More, Eat Better...It All Works Together”, is a 6-week fitness challenge designed to increase participants knowledge of the importance of healthy eating and being active, and the health risks associated with being overweight or obese. It consists of pre and post screening of participant’s weight, BMI, blood pressure, and waist circumference, weekly educational presentations on health risks related to being overweight or obese, educational materials and incentives.

The four employer groups signed up to participate in the program included Merck, Shelby County Airport Authority, Smith & Nephew, and Rhodes College. To date, three of the four programs have been completed with a total of 169.8 pounds lost by participants.

**Tank Barge Study**

Submitted by: Tyler Zerwekh, Dr.PH, Deputy Administrator

The Shelby County Health Department’s Pollution Control Section has been working on studying Volatile Organic Compound (VOC) emissions from tank barges for the past several years. During a 2006 collaborative study with the Environmental Protection Agency (EPA) utilizing a helicopter mounted infrared camera, tank barges on the Mississippi River were identified as a little known source of uncontrolled emissions. In 2008, the Shelby County Health Department applied for a competitive EPA grant and received over $230,000 to develop a study to quantify the uncontrolled emissions from tank barges on the Mississippi River. The monitoring phase of the study occurred for three weeks in September and October 2009 and utilized three monitoring methods: Fourier Transform Infrared (FTIR) Remote Sensing, Thermal Imaging Infrared Camera, and Summa Canisters Collection.

Findings: Examining one barge in the study on October 8, 2009, the emissions from the tank barge appears to be 1.9 grams/second. If this source was a “stationary source” the potential to emit (PTE), which is used in stationary source permitting, would be equal to approximately 66 tons/year of volatile organic compound emissions while transporting materials for this specific tank barge. This project attempted to focus on tank barge emissions and was a result of continued collaborative partnerships between the environmental regulators, industrial stakeholders, and the tank barge industry. A primary partner in the study was the American Waterways Operators, which is the principal trade association for the tank barge industry. Through their partnership, “best work practices” have been developed which appear to have already reduced emissions from tank barges through improved maintenance and worker education. The data gathered during the study will be used to gain an understanding of the tank barge emissions and improve emissions inventories.
Shelby County Health Department Hosts 3rd Annual Emergency Preparedness Expo
Submitted by: Tyler Zerwelk, Dr.PH, Deputy Administrator

The Shelby County Health Department’s Public Health Emergency Preparedness Program hosted the 3rd Annual Emergency Preparedness Expo on Friday, September 24, 2010 at the Hilton Memphis Hotel. The event featured Lt. General Russel L. Honore’ as the keynote speaker. Honore’ served as the 33rd commanding general of the U.S. First Army at Fort Gillem, Georgia, and is best known for serving as commander of Joint Task Force Katrina; responsible for coordinating military response and relief efforts for Hurricane Katrina-affected areas across the Gulf Coast. In May 2009, Honore’ authored SURVIVAL-How A Culture of Preparedness Can Save You and Your Family from Disasters.

Other guest presenters included Shelby County Mayor Mark Luttrell, Shelby County Office of Preparedness Director Bob Nations and Emergency Medical Services Medical Director Dr. Joe Holley. The Expo also featured a Life Blood donation drive and showcased over 20 emergency preparedness agencies including the Memphis-Shelby County Emergency Management Agency, the Memphis-Shelby County Local Emergency Planning Committee, the Mid-South Chapter of the Red Cross and other non-profit and for-profit agencies aimed at preparing local families and businesses for public health emergencies.

Numerous counties across three states were represented by Expo attendees. Guests included local city and county mayors and other government representatives, fire, police, EMS and first responders, hospital and school administrations, representatives from local churches, and many nonprofit and volunteer organizations. Guests received preparedness items to start their own emergency kits along with useful information from the presenters and vendors. The Expo provided not only a greater understanding of the importance of community preparedness but also set forth an expectation for each guest to prepare their homes and their families as well.

Shelby County Healthy Start Brings Awareness to Infant Deaths during Infant Mortality Awareness Month
Submitted by Calondra D. Tibbs, MPH, Project Coordinator, Healthy Start Initiative

September is recognized as National Infant Mortality Awareness Month (IMAM). During this month, communities across the nation bring awareness and attention to preventing infant deaths. Shelby County, Tennessee has one of the highest infant mortality rates (IMR) in the nation. In 2008, 12 infants died for every 1,000 babies born within the county. The Healthy Start Initiative wanted to bring attention to the issues by hosting educational events across the county. This year, the Shelby County Healthy Start Initiative sponsored several events that increased awareness of infant mortality, provided prevention education and mobilized collaborative relationships to reduce infant mortality in Shelby County.

One of the activities sponsored by Healthy Start was community outreach, which brought awareness to the issues of infant mortality and poor birth outcomes. Healthy Start’s Health Education staff, Shayla Lawrence and Shaunda Turner, provided education to new and expectant mothers receiving services at 3 public health clinics: Raleigh, Southland Mall and Hickory Hill. A short presentation informed mothers and mothers-to-be of how to prevent infant mortality and poor birth outcomes. Participants also had the opportunity to enroll in Healthy Start Program as well as the Text4Baby Program. Cell phone holders were provided to mothers that enrolled on-site in the Text4Baby program.

On September 22, 2010, the Shelby County Tobacco Risk Reduction Program and Healthy Start, partnered to bring awareness to the relationship between smoking before, during and after pregnancy and children’s health. In 2008, 7.3% of mothers reported that they smoked during pregnancy within the county. The Smoking and Pregnancy Lunch & Learn featured two speakers, Dr. Janice Pride-Boone, pediatrician at Memphis Pediatrics; and Dr. Carlos Zavala, OB/GYN at Centro Salud. The focus of this event was to provide information on the effects of smoking during pregnancy and to give providers tools to screen and refer pregnant women who smoke for cessation services. Alicia Peterson, coordinator for the Tobacco Risk Reduction program provided the participants with literature and referral forms for the Tennessee Tobacco Quitline that could assist in reducing the number of women who smoke during pregnancy.

Lastly, Healthy Start sponsored a Fatherhood Forum. The Office of Minority Health designated that the father involvement was important to both birth outcomes and child development. However, many medical providers and social service agencies do not focus on the father’s role in a child’s life. Therefore, the Fatherhood Forum: ‘A Healthy Baby Begins with Two’ was an event designed to initiate discussion on increasing father and partner involvement in the birth outcomes and development of children in Shelby County. Healthy Start hosted this 3-hour event, held on September 29, 2010, for a myriad of concerned social service and medical providers, community-based organizations and fathers. The special guest of this event was Elder Oliver Williams, who is a Fatherhood Educator and Chaplain with the Le Bonheur Center for Children & Parents, Fatherhood Program. Mr. Williams challenged the attendees to change policies within their organizations that limit male involvement and to receive training to be able to provide services to fathers; in addition to the services provided to the mothers we serve.

The events hosted and sponsored by Healthy Start brought a great amount of attention to how, as a community, we can work together to reduce infant mortality. The events were well received, and have already lead to developing regular education sessions at the Southland Mall public health clinic and establishment of the Fatherhood Forum sub-committee of the Healthy Start consortium.

For more information on the events or to get involved, you may contact the program at 901-544-7650 or healthystart@shelbycountytn.gov.
The Emergency Preparedness Section of TPHA would like to congratulate Sandy Collins, BSN, Regional Hospital Coordinator-South Central Region for being awarded the first annual Emergency Preparedness “Best Practice Award” at this years TPHA Conference. The “Best Practice Award” is given in recognition of an outstanding TPHA-EP Section member who has demonstrated extraordinary service in advancing or responding to public health emergency in the State of Tennessee.

**The Emergency Preparedness Section** is open to those who are interested in promoting public health emergency planning and response. This includes but is not limited to: planning for response to disease outbreaks or acts of bioterrorism; mass distribution of antibiotics/vaccine; public education regarding emergency planning; and, continuity of operations in public health regions.

As Tennessee moves forward with the responsibilities laid out in the All Hazards Act, the Emergency Preparedness Section will strive to have a positive impact on public health systems across the state by encouraging the development of strong all-hazards planning and support at all governmental and agency levels.

The South Central Region Emergency Preparedness team developed First Responders Training that was included in the Columbia State Community College (CSCC) forty hour Law Enforcement Training program. After meeting with the director of the Criminal Justice Language Academy for CSCC, the First Responders Training was approved by CSCC and CEUs were granted. Initial classes were conducted at CSCC in May 2009, June 2009 and July 2009. The fully incorporated program was held five times in 2010. Officers attending represented various law enforcement agencies in southern Middle Tennessee.

With a total of approximately 500 individuals trained, this training provided an opportunity for communicating information across jurisdictions and to officers with varying levels of experience. The training allows agencies to increase their understanding of Public Health’s role in emergency preparedness. It also enhances the cooperative effort among those agencies in attendance and with the Tennessee Department of Health.

### WHO’S WHO IN TPHA FOR 2010-2011

**BOARD OF DIRECTORS**

- Robert Goff (President)
- Chris Freeman (Immediate Past President)
- Marian Levy (President-Elect)
- Tammy Burke (Representative to SHA)
- Bart Perkey (Representative to APHA)
- Melissa Wofford (Vice President/East TN)
- Shannon Railling (Vice President/Middle TN)
- Matt McDaniel (Vice President/West N)
- Alisa Cade (Board Representative/East TN)
- Art Miller (Board Representative/East TN)
- Dr. William Paul (Board Representative/Middle TN)
- Dot Watson (Board Representative/Middle TN)
- Matt McDaniel (Board Representative/West TN)
- Jill Mount (Board Representative/West TN)
- Marti Smith (Health Administration Section)
- Sandra Kaylor (Case Management Section)
- David Brumley, DDS (Communicable Disease Section)
- Lanora Bryant, DDS (Dental Section)
- Lynn Burns (Emergency Preparedness Section)
- Carter Garner (Environmental Section)
- Jennifer Kozlca (Epidemiology & Biostatistics Section)
- Suzee Sanders (Health Promotion Section)
- Melissa Davis (Management Support Section)
- Kathy Shearon (Nursing Section)
- Melissa Blair (Nutrition Section)
- Lorraine MacDonald, MD (Physicians Section)
- Aubrey Childress (Student Section)
- Doris Spain (ex-officio member)

**CONTACT INFORMATION FOR EACH OF THE BOARD MEMBERS IS AVAILABLE ON THE TPHAWEBSITE:** www.tnpublichealth.org

**COMMITTEE CHAIRS**

<table>
<thead>
<tr>
<th>Arrangements</th>
<th>Ami Mitchell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Audit &amp; Finance</td>
<td>Sandy Hayes</td>
</tr>
<tr>
<td>Awards</td>
<td>Janet Ridley</td>
</tr>
<tr>
<td>Constitution &amp; Bylaws</td>
<td>Becky Brumley</td>
</tr>
<tr>
<td>Continuing Education</td>
<td>Karen Lynn</td>
</tr>
<tr>
<td>Exhibits/Sponsors</td>
<td>Lanora Bryant</td>
</tr>
<tr>
<td>Fun and Fitness</td>
<td>Paula Masters</td>
</tr>
<tr>
<td>Legislative</td>
<td>Bart Perkey</td>
</tr>
<tr>
<td>Membership</td>
<td>Glenn Czarnecki</td>
</tr>
<tr>
<td>Nominations &amp; Elections</td>
<td>Vincent Pinkney</td>
</tr>
<tr>
<td>Poster Session</td>
<td>Tyler Zerwekh</td>
</tr>
<tr>
<td>Program</td>
<td>David Brumley</td>
</tr>
<tr>
<td>Public Health Week</td>
<td>Shannon Railling</td>
</tr>
<tr>
<td>Public Relations</td>
<td>Dot Watson</td>
</tr>
<tr>
<td>Public Policy</td>
<td>Chris Freeman</td>
</tr>
<tr>
<td>Registration</td>
<td>Vanessa Watkins</td>
</tr>
<tr>
<td>Resolutions</td>
<td>Kevin Morris</td>
</tr>
<tr>
<td>Scholarship</td>
<td>Matt McDaniel</td>
</tr>
<tr>
<td>Silent Auction</td>
<td>Evelyn Vaillencourt</td>
</tr>
</tbody>
</table>

**CONTACT INFORMATION FOR EACH OF THE COMMITTEE CHAIRS IS AVAILABLE ON THE TPHA WEBSITE:** www.tnpublichealth.org
SECTION CHAIRS

Case Management Section
Communicable Disease Section
Dental Section
Emergency Preparedness Section
Environmental
Epidemiology and Biostatistics
Health Administration
Health Promotion
Management Support
Nursing
Nutrition
Physicians
Students

CONTACT INFORMATION FOR EACH OF THE SECTION CHAIRS IS AVAILABLE ON THE TPHA WEBSITE: www.tnpublichealth.org

POWER POINT PRESENTATIONS AND PHOTOS FROM THE 2010 TPHA ANNUAL EDUCATIONAL CONFERENCE ARE NOW AVAILABLE ON THE WEBSITE: WWW.TNPUBLICHEALTH.ORG

DATES TO REMEMBER

American Public Health Association Annual Meeting
November 6-10, 2010
Denver, Colorado

Rural Health Association of Tennessee
November 17-19, 2010
Music Road Hotel and Convention Ctr.
Pigeon Forge, Tennessee