



Tennessee Public Health Association Newsletter

www.TNpublichealth.org



President's Message

Susan Porter
President, 2017-18

Welcome to the “dog days” of summer! I hope you are enjoying these summer months. A few days away, a dip in a cool pool or enjoying fresh home grown vegetables help make these hot days a little more tolerable. I hope you continue to enjoy as summer wraps up.

I had the privilege of attending each of the Grand Division TPHA Spring meetings. I want to thank our Vice Presidents, Amanda Goodhard, Tatum Johnson and Pattie Kiddy and their committees for all the work they put into making these meetings informative, successful and well attended. It was great to visit with TPHA members from across the state while at these meetings.

Our Executive Director, Kim Harrell, and our many committee chairs, especially Rendi Murphree, Program Chair and Ami Mitchell, Arrangements Chair, have been very busy completing all details needed for the upcoming conference. I want to personally thank each one of them for their dedication, expertise and commitment to this organization and our conference. I have been truly blessed by working with them over the past year. Our conference “The Healthiest Tennessee, Enduring Accomplishments that Matter for our Future” is in its final planning stages. You have heard the saying: it takes a village to raise a child; well, it takes a village to plan our TPHA conference. There are many interesting topics and speakers coming to Franklin in September. You will be reminded of the past, hear about future advancements,



Have You Registered Yet?

See page 10 for details

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REPORT OF THE CONSTITUTION AND BYLAWS COMMITTEE

Submitted by: Hal Hendrick, Chair

On June 15, 2018 the TPHA Board of Directors approved the following By-Law changes. They will be presented for approval by the General Membership at the business meeting on September 12, 2018.

#1. BYLAWS: ARTICLE V Standing and Special Committees

Current: There is Public Policy Committee and a Legislative Committee

Proposal: That the Public Policy Committee and Legislative Committee be combined into one committee to be called the Policy and Legislative Committee.

Section 1

- Delete (l).
 - Public Policy Committee
- Delete (n).
 - Legislative Committee
- Add (l).
 - Policy and Legislative Committee

Section 2

- Delete (l).
 - Public Policy Committee...
- Delete (n).
 - Legislative Committee...
- Add (l).
 - Policy and Legislative Committee shall be chaired by the immediate past president of TPHA and shall consist of the following members: TPHA President, President-Elect, the American Public Health Association Representative, representatives of each of the three grand divisions, at least one metro health department representative, at least one health council representative, and the chair of the Resolutions Committees. One individual may serve in more than one of the committee membership roles. This committee is responsible for developing and implementing strategies to address the public health policy priorities identified by the current year Board of Directors and collecting the information necessary to assist the next Board of Directors in identifying its priorities. The committee also monitors and reacts to emerging legislative issues and implements legislative strategies.

#2. BYLAWS: ARTICLE VI Sections

Current: Number of sections that members can join is uncertain.

Proposal: Members can join more than one section.

- Add.
 - Section 10. Members can join more than one section.

(Continued from Page 1- President's Message)

We are very fortunate to learn from many great speakers, be able to view many poster presentations and relax a bit with some friendly regional competition. Many fun and challenging activities are planned, and it is always exciting to see special colleagues honored with the treasured TPHA awards. Have you registered yet? If not, make plans today to attend. You don't want to miss out on all the great topics, educational opportunities as well as the fun it is to see friends, old and new. You can even do a little shopping at the Silent Auction that benefits TPHA scholarships.

When I first entered the doors of the local county health department, I had no idea that 30 years later I would still be working in public health. Think of your first day, was it this year, 5 years ago, 20 or even 30 years ago? I am sure, like me, you can name a number of advances and changes that have occurred during your tenure. Just think, you have been a part of making public health history. In all the years, there is one thing that has not changed, providing the best care we can for those in our communities.

I am so honored to have served as your President this year. I have seen teamwork at its greatest and witnessed many giving unselfishly for others. I know you will be able to feel and see the commitment of many during the conference. I look forward to seeing you in September.

I leave you with the following words from Steve Jobs:

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."

Kim Harrell, Editor
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REPORT OF THE NOMINATIONS COMMITTEE

Submitted by: Rebekah English, Chair

The Nominations Committee is excited to present a strong slate of candidates for the 2018-2019 Board of Directors. Each of these candidates possesses unique skills and experiences in the public health field that will help TPHA remain a strong association.

The Nominations Committee presents the following slate of nominees for this year's election:

President-Elect:

Haley Colvin Corie Gouge

Vice President, West Region:

Rachel Thomas Judy C. Martin

Vice President, Middle Region:

Crystal Manners LaShan Mathews Dixon

Vice President, East Region

Marianne Sharp Charles Turner

Board Representatives:

(Choose Two)

Dr. Richard Savoy Melony Sesti

Betsy Shockley Jonna Sims

As in previous years, voting will be done electronically and is currently open until 3:00 p.m. (CST) on Thursday, September 13. Each candidate's picture and biography is available for review with the ballot.



REPORT OF THE FUN AND FITNESS COMMITTEE
Submitted by: Melony Sesti, Chair



Denim and Diamonds



All games listed below will be for points and played during the 2018 Conference. Anyone not on a team and wishing to participate, contact TPHA at khharrell@tnpublichealth.org

Scavenger Hunt Bingo!

There will be one bingo card for each region. Each region should take the photos and share them on Facebook. Hash tag # will be assigned for their region. This is not a race of who completes the bingo card first. All regions who return a completed card will be allotted points.

Let's Make A Deal!

Three specific items, such as a bottle of hand sanitizer, will be called out. The regions bringing the requested items will get to participate in this game. The 3 players can either keep the envelope, which they won for bringing the item, or turn it back in and try for what is under box #1, #2, or #3. Will it be points or a ZONK! So... fill your purses and be ready to play!!!

Bling Out a Cowboy Hat !!!

Provide the judges a "BLINGED OUT" Cowboy hat which represents your region. Make plans to view the displayed hats on Thursday night.

The Lip Sync Battle (Country Music Version)

Let the Lip Sync competitions begin. Will there be Dolly, Carrie, Reba or Clint singing? Get your acts together and remember to dress up as your favorite country music singers.

Are You Smarter Than The Other Regions!

Have you heard of the show *Are you Smarter than a Fifth Grader?* Well let's see which region will have their representative as the last man/woman standing. You had better start studying!!!

Dance Party

The DJ will be playing your favorite songs so you can get those dance moves going and dance into the night!



ANNOUNCEMENTS AND RECOGNITIONS

Tennessee Environmental Health Association's 2018 Hall of Fame Inductees



TPHA's very own **Doris Spain** is one of two 2018 inductees into the TEHA Hall of Fame. A native of Giles County, experiences growing up on a farm in a close knit community helped Doris foster a strong work ethic and genuine love for her fellow Tennesseans and their environments. After completing her education, Doris chose to dedicate her passion, skills and knowledge to the field of public health. During a career of almost 50 years, Doris worked tirelessly to promote programs and state legislation designed to keep Tennesseans healthy and safe. Her many successes include working for passage of the landmark Non Smokers Protection Act.

Doris began her state career in 1966 as a secretary in the Division of Vital Records and worked in various other positions before serving as Regional Director of the Mid Cumberland Region from 1981 until 1994. Her last position with the Department was Assistant Commissioner for the Bureau of Health Services until her retirement in 1999. After leaving state government, Doris was the Executive Director of the Tennessee Public Health Association from 2003-2017. It was during this time that she worked with leaders of TEHA to revitalize the Association by welcoming the organization as the environmental arm of TPHA. Despite her "retirement" in 2017, Doris continues to remain active in the field of public health.

Over the years, Doris has been recognized by many awards including: Outstanding Young Women of America; AHEC's Distinguished Service Award; TPHA's Distinguished Service Award and Alex B. Shipley, M.D. Award; The Presidential Award and Distinguished Service Award from the Rural Health Association of Tennessee. Doris is the first recipient of the Commissioner's Award for Outstanding Service to Public Health presented by Dr. John Dreyzehner. To honor her legacy, TPHA renamed its Distinguished Service Award the Doris Spain Award for Distinguished Service in 2016.

Doris and husband, Don, were married 38 years until his death in 2009. Their son Jason and his family live nearby enabling Doris to spend lots of time on her new passion, grandson Connor.

Hugh Atkins, REHS/RS, is also a 2018 TEHA Hall of Fame Inductee. Hugh grew up in Cheap Hill, Tennessee and graduated from Cheatham County Central High School in 1976. He received a B.S. in Biology, History and Education from Austin Peay State University in 1980.

In 1983, Hugh began his career in state government in Cheatham County as an environmentalist with the Tennessee Department of Health. In August of 1985, Hugh accepted a teaching position at Cheatham County Central High School in Ashland City where he taught Physical Science and Biology. After one year of teaching, Hugh returned to state government as an environmental specialist with the Department of Environment and Conservation in the Division of Groundwater Protection. In March of 1992, Hugh accepted a promotion and moved to the Division of Underground Storage Tanks.



Hugh returned to the Department of Health in 1998 as an environmental specialist in the Division of General Environmental Health. After two years, he became the Division's Assistant Director. His final position before retiring from an impressive career with state government was the Division's Director, serving from 2002-2018. Hugh is now the Director of the Bureau of Environmental Health Services at the Metro Nashville Public Health Department.

Hugh and wife Laura live in Pleasant View while their son, Sean, lives in Nashville.

Regional Reports

Park Improvements in the South Central Region

Submitted by Brook Mitchell, Assessment and Planning Coordinator

In an effort to address physical inactivity and promote a healthy weight, the South Central Region has worked in multiple communities to improve existing parks. Moore County Health Department led the effort to add playground equipment at Metro Moore County Lynchburg Park. Staff worked with the Moore County government to have a playground built next to the little league ball field to provide a place where local residents can safely play during ball season and the off season. Funds to build the playground and enhance the park with tobacco free benches, picnic tables and signage are made possible by funds from the Master Settlement Tobacco, matching funds from Moore County Parks and Recreation and a Rural Access to Health and Healthy Active Built Environment (RAHHABE) grant.

The Lincoln County Health Department partnered with the Lincoln County Government to help fund the development of a master site plan for Wells Hill Park through the RAHHABE. A surveyor and a civil engineer were hired to create the site plans for Wells Hill Park. The plans include walking trails throughout the park to provide easy and safe access to physical activity for community members. On Saturday, April 28th, friends and nature enthusiasts gathered as the Gleghorn family cut the ribbon for the Joy Gleghorn Preserve at Wells Hill Park. The park consists of a 114 acres donated to the county by the Gleghorn family. It is coupled with an additional 12 acres acquired by the county from the City of Fayetteville. This preserve is protected under a conservation easement by the Tennessee Parks and Greenways Foundation.

Hickman County celebrated "Play Day" with a showcase of new outdoor exercise equipment at the Centerville Riverpark. When applying for a local grant opportunity, an evaluation was conducted and it was found that the park needed more exercise opportunities. The

exercise facility, located close to the children's playground, provides a great opportunity for parents and children to "play" together. Old fashioned games like musical chairs, Simon says, basketball HORSE, corn hole and hula hoop chain were enjoyed. Community partners with the local health council assisted in leading the games. The Tennessee Highway Patrol and Centerville Volunteer Fire Department also participated in fun activities with "Play Day" attendees. A ribbon cutting with the Chamber of Commerce officially opened the outdoor facility and was followed by a community walk.

The Bodenham Community Club in Giles County celebrated the grand opening of the new walking track. Through funding from the RAHHABE and the Healthier Tennessee Communities Grant, the walking track is the first of many projects the Club has in store for their rural community. Other plans are to incorporate walking clubs, a Farmer's Market Pavilion, and playground equipment. This project is a partnership between the Bodenham Community Club, Giles County Government and the Giles County Health Department.



Regional Reports

Henderson County Summer Food Program Reduces Presence of Food Insecurity Among Youth

Submitted by Mandy Aycock, Public Health Educator and Veronica Calvin, Assessment & Planning Coordinator

During the months of June and July the Henderson County PPI Team, along with volunteers from local churches, businesses, schools and government, are working diligently to provide free, nutritious meals through the county's Summer Food Program (SFP) for children up to 18 years old. This project was initiated by West TN Regional Nursing Director Janna Beth Shaull, RN and Henderson County Public Health Director Emily Rushing as they noticed the need of youth to have access to healthy food during the summer months, a time when schools are out of session and daily school meals are not available. Thus, organizing staff applied the Collective Impact Model to engage multiple community partners to provide an immediate impact for children living in Henderson County. Both Shaull and Rushing coordinated training, scheduling, and logistics for over 18 organizations to distribute food and supervise meal times. As of July 26, over 500 lunches have been delivered.

Child food insecurity, especially among low-income families, can be the root cause of several physical, mental and social health disparities. Research studies such as one conducted by Jyoti, Frongillo and Jones (2005) demonstrate that food insecurity negatively affects children's academic performance, weight gain, and social skills (American Society for Nutrition). Therefore, national agencies like the United States Department of Agriculture (USDA) implement and evaluate innovative strategies to end childhood insecurity. The SFP is one of the methods to combat this health issue. According to 2017 data, the current rate of Henderson County's child food insecurity is 26.4% compared to Tennessee's rate of 21.1%, (source: <http://www.feedingamerica.org>), a rate which denotes health disparity as well as displays that this public health issue is affecting some of the most vulnerable residents of West TN.

In order to spread awareness about the program, health department staff hosted a kickoff event on May 21 within all three Public Housing

Authority complexes in Lexington, TN. On the night of the event, 106 people, including families and local volunteers, were in attendance at the festivities where staff provided food, games, information and giveaways.

The Henderson SFP is funded through a grant from the USDA, and the actual meals are prepared and supplied by the Southwest Human Resource Agency. The Henderson County PPI team and other volunteer agencies deliver the food to specified locations throughout the week, Monday – Friday, and the program ran from June 1, 2018 – July 31, 2018. An evaluation meeting will be held in August 2018 for all community partners and health department staff in order to gather comments and suggestions of successes and opportunities for improvement of the program.



Pictured above (L to R) are two winners of the family fun prize pack at the kickoff event along with Rushing and Shaull, respectively.

Regional Reports

Continuous Improvement of the School Located Vaccine Process

Submitted by Amanda Goodhard,
Assessment and Planning Coordinator,
Southeast Regional Health Office

The Southeast Region began planning for the upcoming flu season by meeting with key stakeholders in April. Coordinated School Health Directors met with County Directors, Nursing Supervisors, and staff members from the regional office to discuss which processes were improved last year and which ones could continue to improve. The goals of improving this process include reducing supplies used in this process, making it easier for parents to return the consent forms, and most importantly, increasing the number of students and faculty who receive their flu vaccine.

One change is that a letter of interest was sent out to all of the parents first instead of the entire flu packet. The parents who want their child to receive the vaccine will return the form with their contact information and will then receive the flu packet with the required paperwork. This change will decrease the number of flu packets that will need to be printed and greatly decrease the time and resources required to assemble the packets.

Another important change to make the process easier on parents and save resources is making the packet available to parents online. McMinn and Sequatchie Counties agreed to pilot this in their counties. Parents that return their letter of interest can select the option of having the flu packet emailed to them and filling it out online. The parents can then either print out the completed information and turn it in to the school or send it to a secure email address at the regional office that will then send it to the health department to be processed.

Hopefully by implementing these changes, the process will be easier for parents and Coordinated School Health and more parents will want to have their children vaccinated.

Footsteps with Foodies Program in Unicoi County

Submitted by Ashley Davies,
Healthy Development Coordinator,
Northeast Tennessee

The Northeast Regional Health Office in Johnson City, Tennessee has partnered with the Mountain Harvest Kitchen and other great community organizations to host the Footsteps with Foodies program funded through the Tennessee Department of Health's Access to Health Through Healthy Active Built Environments grant. The program is targeted towards youth to introduce them to healthy food options and local outdoor recreation opportunities, specifically the Pinnacle Mountain Fire Tower Trail located in Unicoi County. Registered Dietician Elizabeth Hall with Food City will host 6 sessions with the youth for a hands-on healthy snack demonstration and taste testing opportunity. The youth then get outdoors on the trail to get in some footsteps! The 6-week program will end with a hike to the fire tower at the peak of the almost 10 mile round trip trail.

Staff members of the Unicoi County Health Department are proud to participate as volunteers with this program. The health department's Physical Activity Primary Prevention team is actively involved with Footsteps with Foodies.

The Mountain Harvest Kitchen was one of 35 recipients across the state that received the built environment grants. The kitchen also plans to build a pavilion with the funding to support a farmers market and other community events.



^ pictured above, youth are learning from Elizabeth about the healthy snacks they will get to try that day: Sun Butter Balls and homemade Strawberry Fruit Roll-ups.

Regional Reports

PAT (Prevention Alliance of Tennessee) Day on the Hill with ASAP of Anderson Ambassadors

Submitted by Gail Harmon on behalf of the East Tennessee Region

The ASAP Youth Ambassadors, consisting of high school students from each of the three high schools in Anderson County (Anderson County High School, Clinton High School, and Oak Ridge High School), travelled to Nashville, TN on February 28th for PAT Day on the Hill. On this day, the eight student representatives met with Lt. Governor Randy McNally, Representative John Ragan and Representative Dennis Powers. Five students each had a topic of discussion to present to the legislators. One of these topics was a concern the students had with tobacco use on public property. One student told the legislators at each of the three meetings about volunteering at an ASAP table during a community wide event at Bissell Park in Oak Ridge. The event had activities set up where all ages of children were playing and congregating including at a Home Depot building table and bounce houses near the ASAP table. During the event multiple people stopped and sat on the bench behind these activities to have a cigarette with the smoke billowing over into the children's area. Not only was the student concerned about all the children who were exposed to second hand smoke, but she herself has asthma which was irritated by the smoking.

Another topic a student discussed was the increasing use of ENDS (Electronic Nicotine Delivery Systems) among her peers. She presented current research about the devices and cited the need for more research on use by teens. She shared her peers' concerns as well including the aggravation it causes when people use ENDS devices in indoor areas like restaurants, retail stores and shopping malls and cited research about the harmful chemicals that are present in the aerosol that the user exhales.

In addition to these private meetings, the students received a first-hand look at how government works when they attended a hearing where the Executive Director of ASAP of Anderson testified in support of adding ENDS to the

Tennessee Non-Smokers Protection Act. A high point occurred after Lt. Gov. McNally complimented the students on their knowledge of the issues and offered to discuss their concerns with Governor Haslam. While saying their goodbyes, he received a call from the Governor and proceeded to share his discussion with the students in his presence.

The trip was a great experience. The students are motivated to continue their fight to ensure the adults who represent them in the state capitol are well educated on their matters of concern. These students spent months learning the issues, deciding what mattered most to them and what the legislators needed to know. In preparation for the trip, students attended training on public speaking, the legislative process, and developing talking points. After all their hard work and visits with state legislators, the students feel more empowered and motivated than ever to make their issues known to their state representatives.



Regional Reports

Jackson County Health Department Participates in Summer Food Program

Submitted by Jonathon G. Smith,
Assessment and Planning Coordinator,
Upper Cumberland Region

The Jackson County Health Department in the Upper Cumberland Region partnered with East Tennessee Human Resource Agency this summer to host the Summer Food Service program. This program ensures children continue to receive nutritious meals when school is not in session and that no child goes hungry. To support this project, JCHD set up tents and provided space for ETHRA to feed local kids. After lunch, the kids and their families were able to get active together and shoot some hoops with balls and a goal provided by JCHD. Health department staff was available to talk to parents about services offered by the health department and answer any questions they may have had. In addition to all of these fun activities, a very special guest, Commissioner Dreyzehner, stopped by and had the chance to interact and talk with some of the kids.

> Dr. Dreyzehner talking with participants in the Summer Food Service Program.



Dates to Remember

Tennessee Public Health Association
Annual Educational Conference
**“The Healthiest Tennessee:
Enduring Accomplishments That Matter
For Our Future”**

September 12-14, 2018
Cool Springs Marriott Hotel and Convention Center
Franklin, TN

American Public Health Association
2018 Annual Meeting & Exposition
**“Creating the Healthiest Nation:
Health Equity Now”**

November 10-14, 2018
San Diego Convention Center
San Diego, CA

APHA News

APHA has partnered with NIH and NACCHO on the All of Us Research Program which aims to advance precision medicine and gather data from one million or more people living in the United States. Learn more about the program at <https://launch.joinallofus.org/>

Planning to Attend TPHA’s Annual Conference? Reserve Your Room Today at the Cool Springs Marriott

The link shown below will direct you to the hotel’s home page with the code already entered in the appropriate field. Enter your arrival date to begin the reservation process. You may also register through TPHA’s website. The cutoff date for reservations at the group rate is August 20.

[Book your group rate for Tennessee Public Health Association](#)