



# Tennessee Public Health Association Newsletter

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## *President's Message*

As I sit to write this first article for the newsletter, I am in awe of the honor of serving as the president of this great association. Thank you for giving me this opportunity to serve you.

I think back over the past TPHA conferences I have attended remembering the friendships created, topics discussed and the crazy things we did for fun and fitness. Did we really blow a ping pong ball while swimming across a pool? I am so glad the games have changed to things challenging our minds and not our bodies. Take a minute to reflect back on your favorite memory at a TPHA conference. Was it a favorite speaker, an interesting topic, dressing up in your favorite costume, sharing a few minutes with a dear coworker or making those fancy dance moves to the music provided by the entertaining DJ? We were getting our exercise steps in without even realizing it. If you have not recently attended, or never attended a conference, you will have a chance to do this in September of 2018. So mark your calendars now.

There are many tasks each of us do every day. Sometimes just thinking about all the things that go into a day in public health can make one overwhelmed. Our jobs are very important. We work in clinics, schools, labs, offices, communities, and many other areas providing care for babies, children, teens, adults, and the elderly. We make a difference in their lives while they touch our lives as well. Yours may be the only smile that person sees so make sure they see it. We are fortunate to have dedicated, qualified, and hard-working professionals who

strive to protect, promote, and improve the health of all in Tennessee. Thank you for giving of yourself to serve others.

Take a minute to think back and remember special coworkers who have been our mentors, taught us so many things and touched our lives. Public health is a commitment, a family, a home - never just a job. I hope you will look around and notice whose lives you are impacting or who is looking to you as a mentor. We never know how our actions will affect those around us. You can make a difference!!

Our recent conference was a great success. The speakers were informative, topics were interesting and educational, accommodations were updated and modern and there were great items for purchase in the Silent Auction. The committees did an outstanding job to assure all details were complete resulting in an awesome conference. Be sure to go to TPHA's website to learn about all the great folks who received outstanding awards during the conference and the many activities going on across the state that impact the health and lives of others. There are many different opportunities for you to become involved with TPHA. We are all volunteers who have full time jobs and want to enhance our knowledge, promote public health, and enjoy our coworkers. Get involved!

"Start where you are. Use what you have. Do what you can." - Arthur Ashe.

Susan Porter,  
President, 2017-18



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## CHANGES TO THE BYLAWS AND CONSTITUTION

Submitted by: Rick Savoy, 2016-17 Chair

Shown below are changes to the By-Laws and Constitution that were approved by the General Membership at the Business Meeting held on September 13, 2017 at the Franklin Marriott Cools Springs.

### #1. BYLAWS

#### ARTICLE VI, Section 1

Previous: There is an Epidemiology and Biostatistics Section and a Communicable Disease Section

Approved: That the Epidemiology and Biostatistics Section and the Communicable Disease Section be combined into one Section to be called the Epidemiology and Communicable Disease Section.

#### ARTICLE V, Section 1

Approved: Add (t). Strategic Planning Committee

#### ARTICLE V, Section 2

Approved: Add (p). The Strategic Planning Committee will be Chaired by the President-Elect and is charged with the responsibility of reviewing and making recommendations to the Board for revisions/additions.

### #2. CONSTITUTION

#### ARTICLE II: VISION

Previous: TPHA is the leading professional organization recognized as the voice for public health in Tennessee.

Approved: Trusted public health professionals creating a healthier Tennessee

#### ARTICLE III: MISSION STATEMENT

Previous: To exercise leadership in health policy development; To promote, protect and improve the health of those living in, working in and visiting Tennessee; and, To foster professional development and a sense of unity among its members.

Approved: The Tennessee Public Health Association is committed to protecting, promoting, and improving the health and prosperity of people in Tennessee by exercising leadership in health policy, increasing awareness of public health issues, and strengthening the development of public health professionals



(Continued from Page 2 - Changes to the Bylaws and Constitution)

#### **ARTICLE IV: VALUES**

Previous:

1. Public Health is a critical element of the total health care system, is proven effective, and is extremely cost efficient.
2. Maintaining a strong public health system is critical to the health and well-being of Tennessee's citizens and communities.
3. Public Health addresses community health problems through assessment, policy development and assurance. These core public health functions serve as the system's infrastructure.
4. The Public Health system, at all levels, must have sufficient capacity to achieve its objectives.
5. Public Health can be most effective through the development of partnerships.

Approved:

1. Integrity in all association activities and operations
2. Collaboration to advance the field of public health
3. Leadership and vigilance in public health advocacy
4. Commitment to improving the health of all Tennesseans
5. Dedicated to a culture of quality improvement



## **THANK YOU!**

Tennessee Department of Health  
LIFEPATH  
Tennessee Public Health Training Center  
UnitedHealthcare Community Plan of Tennessee  
Belmont University  
Gordon E. Inman College of Health Sciences and Nursing  
Middle Tennessee State University  
College of Health and Human Performance  
BlueCross BlueShield of Tennessee  
Sullivan County Regional Health Department  
for their support of the  
Tennessee Public Health Association 2017 Conference

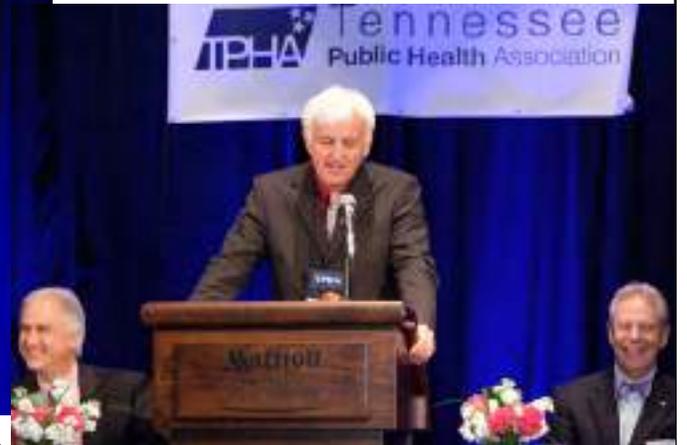
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## 2017 Conference Recap in Pictures Submitted by Kim Harrell, Executive Director

The theme of TPHA’s Annual Educational Conference, *Cultivate, Innovate, Elevate: Health Across the Spectrum*, brought to Tennessee experts who shared interesting public health findings and innovative solutions to challenging issues like community engagement, advocacy, health and wellness, the Zika virus, opioid abuse, emergency preparedness and response and many others. The following is a pictorial review of the education, networking and fun experienced by 510 attendees, which may inspire you to join us next year when TPHA celebrates 75 years of conferences with the theme, *The Healthiest Tennessee: Enduring Accomplishments that Matter for our Future*.



(Left) President Paul Erwin, MD, DrPH, presides over the Business Meeting, and (below) an entertaining presentation by Dr. Rick Savoy, Chair, Constitution and Bylaws Committee.



(Left) Membership grew by this much! Paula Masters gives the Membership Committee Report. (Below) Carrie Thomas recognizes Sharena Domingo, Evelyn Vaillencourt Scholarship recipient, pictured with Dr. Erwin. Also pictured: Evelyn’s husband, Alan Vaillencourt, their daughter and granddaughter, Commissioner Dreyzehner and Dr. Erwin. (Last) Nice Crowd!



(Continued from Page 4—2017 Conference Recap in Pictures)

### Notables, Poster Presentations, Exhibitors, Silent Auction and Fun!



## 2017 AWARD RECIPIENTS

Submitted by Kim Harrell, Executive Director

### *Doris Spain Award for Distinguished Service*

Presented to a person in the field of public health who has provided years of outstanding service, the 2017 award went to **Marian Levy**, DrPH, RD, FAND, Professor and Interim Associate Dean of the School of Public Health at the University of Memphis. Dr. Levy received her doctorate in public health from UCLA. A Registered Dietitian and Fellow of the Academy of Nutrition and Dietetics, she has spearheaded numerous initiatives to promote health equity, provide environmental support for healthy lifestyles, and enhance eco-responsibility. Since 2005, she has served on NIH special emphasis review panels for the National Institute for Minority Health. She received the Ruby R. Wharton Outstanding Woman Award for Race Relations and has been recognized with teaching awards from the University of Memphis (Alumni Association Distinguished Teaching Award) and the Academy of Nutrition and Dietetics (2011 Outstanding Dietetic Educator). Dr. Levy has held several leadership posts, including President of the Tennessee Public Health Association. She served on the Board of Editors of the Journal of the Academy of Nutrition and Dietetics (2013-2016) and currently serves on the Governing Council of the American Public Health Association.



(L-R, Doris Spain, Dr. Levy, Dr. Paul Erwin)



(L-R, Commissioner Dreyzehner, Dr. Charles Parker, Dr. Erwin)

### *R.H. Hutcheson, Sr., MD, Career Award*

This award goes to a person who has made outstanding contributions to public health throughout his or her career. The 2017 award goes to **Charles Parker**, DDS, MPH, who would be the first person to say that he found his way into public health practice by accident. After completing the Doctor of Dental Surgery program at the University of Tennessee Health Science Center in Memphis in 1978, Dr. Parker moved to Johnson City where he practiced dentistry in the private sector for almost ten years. In 1988, Dr. Parker became the dentist for the Washington County Health Department where he soon learned that his patients' dental health was more often impacted by issues far more complex than he alone could address. Lack of transportation, financial insecurity and challenging family lives were just a few of the significant barriers to dental care experienced by those he treated, especially the children and adolescents. By this time, Dr. Parker had found his passion for community service, which set him on a tireless quest to make dental services more accessible. One of a number of successful initiatives that he has developed includes a partnership with Johnson City and Washington County Schools where bus transportation is provided for students from school to the health department for dental care. This popular community service enables more than 5,000 low-income students to receive dental care from Dr. Parker each year. Further reflective of Dr. Parker's commitment to public health is the Master of Public Health degree he earned from East Tennessee State University in recent years and his membership in the Tennessee Public Health Association.

(Continued from Page 6 - 2017 Award Recipients)

### *Alex B. Shipley, MD, Award*

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 goes to **Jana Chambers**. Jana is the Public Health County Director for the Cocke and Sevier County Health Departments where she serves as a mentor for other county health directors in the East Region. She is best known for her work with the Neonatal Abstinence Syndrome (NAS) and Voluntary Long Acting Contraceptive (VRLAC) clinics and education program for female inmates. Jana was one of the first staff assigned to the committee organized to develop a strategy to reduce the number of NAS cases in the East Region. Consequently, she oversaw the VRLAC pilot project in Sevier and Cocke Counties, and since 2013, Sevier County has seen a reduction in the number of NAS cases by nearly 58 percent. This work enabled Director Chambers and team to be recognized as the Top Poster Presentation at the 2014 Tennessee Public Health Conference, and, again in 2015, when the National Association of County and City Health Officials awarded the Local Health Department of the Year Award to the Sevier County Health Department. Jana received a Master of Science in Public Health Nutrition and a Bachelor of Science in Dietetics from the University of Tennessee, Knoxville.



( L-R, Commissioner Dreyzehner, Jana Chambers, Dr. Erwin)

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### *Top Poster Presentation*

**Roxanne Crittenden, Elizabeth Ranheim, Sara Best and Courtney Williamson** from Vanderbilt University School of Nursing, Nashville, TN were recognized at the 2017 Conference for their poster presentation, *Fill the Pantry: Improving Nutritional Access through a Community Collaboration*.

**Background:** Residents of impoverished neighborhoods often have limited access to healthy foods, placing them at risk for poor nutrition and health outcomes. The evidence-based literature indicates that, in conjunction with curriculum exposing at risk school-aged children to fruits and vegetables, enhancing access increases consumption.

**Objectives:** Fill the Pantry's purpose was to increase access to fruits and vegetables by supplementing an existing Backpack Program, which provides 66 "at risk" PreK students with shelf-stable food each weekend. Additionally, a long-term objective was to establish additional community partnerships to ensure sustainability.

**Methods:** Nursing students partnered with a garden-based and farm gleaning non-profit, for-profit businesses, and staff from the PreK Family Resource Center to obtain and deliver multiple produce donations. Surveys identified food preferences and guided selection.

**Results:** The project supplemented 66 backpacks with three to ten servings of produce on five occasions during the 2016-2017 school year. Four community organizations contributed fruits and vegetables, or funds. Additionally, four new partnerships were formed with a goal towards project sustainability.

**Conclusion:** Supplementing national food bank Backpack Programs with local donations of fresh produce is a replicable method to increase vegetable and fruit access in school-aged children. Partnerships among non-profit and for-profit organizations, community members and school staff and administration, facilitate the sustainability of programs like Fill the Pantry. Ultimately, these programs may improve children's produce consumption, nutrition and overall health.

(Continued from Page 7 - 2017 Award Recipients)

***Partners and Leadership (PAL) Award  
Individual***

**Paula Chilton**, Coordinated School Health Director for Hickman County Schools, was selected to receive the 2017 PAL Award in recognition for her contributions on behalf of public health as a professional in another field. Paula has worked tirelessly to improve the health and well-being of Hickman County's students in her current role for more than five year. Among her many achievements is increasing access to counseling services for students through a school-based partnership she established with the Mental Health Cooperative.

Paula obtained her undergraduate degree in Health and Human Performance with an emphasis in Physical Education and Health from the University of Tennessee, Martin, and her master's degree in Administration and Supervision from Middle Tennessee State University. Prior to becoming CSH director, Paula was a teacher for ten years during which time she was a member of the Tennessee Association for Health, Physical Education, Recreation, and Dance (TAHPERD). In addition to a previous nomination for Teacher of the Year at East Hickman Elementary, Paula was a Hickman County Schools Employee of the Month in 2016 and received the TPHA Visionary Award in 2017.



Pictured from L-R, Dr. Paul Erwin, Paula Chilton, Dr. John Dreyzehner

***Partners and Leadership (PAL) Award  
Group***

The PAL Award for a Group was given to the **Middle Tennessee Rural Reentry Program** in recognition of the program's significant contributions to public health. Founded by Christine Hopkins, a retired state director of the Tennessee Rehabilitation Center and Tim Fuller, sheriff of Franklin County and established as a Tennessee nonprofit organization on July 1, 2007, the program offers education and services to achieve three goals: (1) Reduce recidivism of inmates; (2) Train inmates to become productive members of society by addressing their criminogenic needs; and (3) Help improve public safety. Initially offered in Franklin County, the program now serves Coffee and Warren Counties and, recently expanded to Grundy County.

Pictured below: Leadership of the Middle Tennessee Rural Reentry Program with Commissioner Dreyzehner and Dr. Erwin



(Continued from Page 8 - 2017 Award Recipients)

### *Public Health Worker of the Year Award*

**Robert Goff** joined the Tennessee Department of Health in 2004 as Emergency Response Coordinator for the Southeast Region. Over the years, Robert's leadership, skills and knowledge have resulted in his team being recognized on numerous occasions both statewide and nationally for excellence in public health emergency preparedness. He has successfully applied these same impressive traits in numerous leadership roles on behalf of the Tennessee Public Health Association including as chairman of the Fun and Fitness Committee, Program Committee and currently, the Public Relations Committee. He served as TPHA President in 2011, and as Past President the following year, he was chairman of the Public Policy Committee for the Association.

Robert has a bachelor's degree in psychology from the University of Tennessee in Chattanooga, which he used working in the mental health field for a number of years prior to his employment with the Department of Health. Robert received a Master of Public Health from East Tennessee State University in 2013, which he completed while employed full-time.



L-R, Dr. Paul Erwin, Robert Goff, Dr. John Dreyzehner, Cathy Cowart, background

### *Public Health Group of the Year Award*

The Tennessee Department of Health's School-Based Dental Prevention Program (SBDPP) has provided comprehensive primary prevention services across the state for more than sixteen years. In a state where less than forty percent of the population regularly visits a dentist, the SBDPP staff work hard to apply state-of-the-art treatments like pit and fissure sealants to protect against cavities in a relaxed and friendly environment while educating their young patients about the importance of practicing good dental hygiene. Generally, the student population served by the SBDPP has little or no access to dental care. In many cases, this is the first and only time a child has seen a dental professional. The lack of dental care can lead to poor oral health, which can be attributed to poor performance in school and low self-esteem. By increasing access to dental care in a school environment and making referrals to community partners that can address more complex needs, the SBDPP is certainly making a significant contribution to improving the lives of some of Tennessee's most vulnerable children.

All employees of the SBDPP are licensed and trained by the state. Many are members of the Tennessee Dental Association and Tennessee Dental Hygiene Association. Most regularly participate in Primary Prevention Initiative community events, community health fairs and back to school events.



Dr. Paul Erwin and Commissioner John Dreyzehner, center, with staff of the DOH School-Based Dental Prevention Program

## Election Results

Submitted by **Kim Harrell, Executive Director**

The General Membership elected the following individuals who were announced on September 15 at the closing session of the 2017 Annual Conference: President-Elect, **Dr. Cathy Taylor**; Vice President Middle, **Tatum Johnson**; Vice President West, **Pattie Kiddy**; Vice President East, **Amanda Goodhard**; Board Representative for Middle Tennessee, **Sharon Nelson**; and Board Representative for Middle Tennessee, **Michael Railling**.



(L-R): Tatum Johnson, Sharon Nelson, 2017-18 President Susan Porter, Cathy Taylor, Pattie Kiddy, Michael Railling.  
Not pictured: Amanda Goodhard.



< 2017-18 President, Susan Porter presents Dr. Paul Erwin with the TPHA President's Plaque in recognition of his outstanding service as 2016-17 President.

**Public Health Service Awards**  
Submitted by Kim Harrell, Executive Director



< **20 Year Service Awards** presented by 2016-17 TPHA President, Dr. Paul Erwin to (L-R) Jana Chambers, Ami Mitchell, Yvette Mack, Cindy Anders, Pamela Browning. Not pictured: Dr. Suzanne Hayes, Dr. Lang Smith, Darla Sain, and Lisa Bumbalough

**30 Year Service Awards** > presented by Dr. Erwin to (L-R) Tonicka Allen, Dr. Valerie Boaz, Marianne Sharp. Not pictured: Marcella Henry, Brenda Eggert, Terry Henson, and Janet Lovell



**50 Year Service Award**

Bernice Cox, RN  
Knox County Health Department

**Life Members**

Lee Ann Neal  
Pamela Warren

## Resolutions

### Adopted by TPHA Members at the Annual Business Meeting, September 13, 2017

#### *Memorial Resolutions*

Ray Upchurch, retired Field Office Manager, Upper Cumberland Region, died March 14, 2017.

Connie Matheny, retired LPN, Haywood County Health Department, died April 11, 2017.

Priscilla Garner, retired County Director for Blount and Sevier County Health Departments, died April 19, 2017.

Lloyd Roberts, retired Public Health Representative, Chattanooga-Hamilton Co. Health Dept., died May 11, 2017.

#### *Retirement Resolutions*

Sheryl Ammons, Women's Health Nurse Practitioner, Chattanooga-Hamilton Co. Health Dept., retired December 30, 2016 with 26 years of service.

## Membership Committee Report

### Presented by Paula Masters, Chair, at the Annual Business Meeting, September 13, 2017

Membership as of:	September 7, 2017	September 6, 2016
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#### *Individual Membership*

Active	764	741
County Mayors	96	96
Life	151	149
<b>Total:</b>	<b>1,011</b>	<b>986</b>

<i>Agency Membership</i>	119	119
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Winner of New Member Drawing for \$50: Camitra Connor, Public Health Nurse, Sumner County Health Department

Member who recruited more than 5 members and received a free year's membership: Dr. Marian Levy, Professor and Interim Associate Dean for School of Public Health, University of Memphis

Member who recruited 9 members and will receive a check for \$40: Dr. Marian Levy

## Regional Reports

### NORTHEAST TENNESSEE REGION

#### Regional Prenatal/Perinatal Nicotine Replacement Pilot Program

Submitted by Jayne Harper, Assessment & Planning Coordinator

Data about smoking during pregnancy from 2014 show high rates in northeast Tennessee. The variable “Any smoking during pregnancy by maternal county of residence” identified rates of 25.9%-39.7% in large areas of Hawkins, Washington, and Carter Counties and in all of Hancock, Greene, and Unicoi Counties. Smoking rates in Johnson and Sullivan Counties were 23.6%-25.9%. (Source: Birth Statistical System, 2014, Office of Healthcare Statistics, Division of Policy, Planning, and Assessment, Tennessee Department of Health)

The TDH Maternal and Child Health Program provided \$75,000 in one-time funding for FY17-18 to offer a Prenatal/Perinatal Nicotine Replacement Pilot Program within rural local health departments in the region. According to program guidelines, the regional pharmacy purchased all supplies in July (7 mg, 14 mg, 21 mg nicotine patches, 2 mg nicotine lozenges, and 4 mg nicotine gum) and makes them available to health department clinicians who identify patients that qualify for the nicotine replacement products. Prenatal and perinatal women who use tobacco, as well as men who smoke that live with prenatal and perinatal women, qualify for these resources if they express a desire to quit using nicotine.

The program was implemented within Primary Care Clinics in Washington, Greene, Hawkins/Church Hill, and Carter Counties. Between July and September 2017, a total of 50 patients participated in the pilot program. Five of the participants were male. See table below for distribution.

<b>Distribution of Nicotine Replacement Products during July-September 2017</b>							
<b>Number of Patients</b>							
LHD	Patch	Gum	Lozenge	Patch & Gum	Patch & Lozenge	Patch, Gum &	Total Patients
Washington	10	1	3	10	1	0	<b>25</b>
Greene	0	0	0	8	8	0	<b>16</b>
Hawkins/CH	0	0	0	2	6	0	<b>8</b>
Carter	0	1	0	0	0	0	<b>1</b>
<b>Total Patients</b>	<b>10</b>	<b>2</b>	<b>3</b>	<b>20</b>	<b>15</b>	<b>0</b>	<b>50</b>

Since reviewing these preliminary data on program usage, Family Planning Clinics within local health departments in Unicoi, Hancock, Hawkins/Rogersville, and Johnson Counties will be added to the pilot program in hopes of reaching additional prenatal and perinatal women preparing to quit smoking.

Patients were not notified at the program outset that they may be followed up for success with quitting. A retrospective electronic chart review will need to be done to identify quit rates among this group of patients. Monitor Birth Statistical System data track trends in maternal smoking rates.

## SOUTH CENTRAL TENNESSEE REGION

### “Have a “Soda Free Summer”

Submitted by Brook Mitchell, South Central Region Assessment and Planning Coordinator

Over the summer Marshall and Maury Counties offered the Soda Free Summer program to local children. The program is an effort to help children make healthier choices when choosing what to drink over the summer. Local Dental Assistant Pam Isley presented a “Rethink Your Drink” demonstration which shows how much sugar is found in different sodas. A few of the organizations that participated in Marshall County were the Lewisburg Recreation Center Day Camp, Methodist After-School Daycare program, Marshall County Memorial Library’s Summer Reading Program, Kiddie College and Barnyard Kids. The Soda Free Summer kick-off began June 1st and the challenge continued through July 31st. Targeted youth were provided a calendar to keep track of how many days they did not drink any sodas and at the end of the summer those who remained soda-free had the opportunity to attend a pool party at the Lewisburg Recreation Center. The Marshall County Health Department PPI team includes Public Health Office Supervisor Mary Campbell, Public Health Office Assistant Martha Rosales, Nutrition Educator Ashley Rodgers and Health Educator Emily Darnell.

Over 100 children from local after-school care and summer reading programs completed the program and over 90 participants were in attendance at the pool party. Seven “Rethink Your Drink” presentations were hosted by health department staff and took place at local youth-centered programs in the community. Those who remained soda-free were invited to the celebration where prizes were given to each child including water bottles, beach towels, and sunglasses. The entire event was a great success and the Marshall County Health Department staff looks forward to promoting this program again next year!

In addition, the Maury County Health Department partnered with South Central Regional Office staff to offer the program to students at elementary schools throughout the county. Over 100 children signed up to complete the challenge and 35 attended the pool party on July 29th. Students that attended the pool party received a water bottle and a beach towel as a prize for their participation. Several parents even joined in and completed the challenge to motivate their children and were surprised to see that they benefitted as well! The event was a success and will be open to more students next year throughout the county.



## EAST TENNESSEE REGION

### East Region Personnel Support the Florida Department of Health's Response to Hurricane Irma

Submitted by: Jack Cochran, Emergency Response Coordinator, East Region

During preparations for landfall of Hurricane Irma, the State of Florida made an Emergency Management Assistance Compact (EMAC) request to the Tennessee Department of Health asking for the deployment of a ten-member Public Health Incident Management Team (IMT), five EMS Strike Teams (total of twenty-five ambulances accompanied by two TDH EMS Consultants) and four Nurse Strike Teams (forty nurses accompanied by four TEMA staff members).

The East Region deployed two team leads: Emergency Response Coordinator Jack Cochran was chosen for deployment as an IMT Team Lead and East Region Director of Nursing Kathy Nelson was chosen for deployment as a Team Lead for one of the four Nurse Strike Team Leads. Other East Region Nurses deployed include Danni Lambert, Wendy Vespie, Christina Allen, Chrissy Ayers, and Gail Baird.

#### *Incident Management Team Response*

The Incident Management Team, comprised of eight TDH and two Metro Health Department Emergency Preparedness professionals, traveled over 3,000 miles across the State of Florida supporting various health emergency operations centers during their ten day deployment.



(Continued from Page 15 - East Tennessee)

The most heavily impacted area that the TDH IMT responded to was the Florida Keys served by the Monroe County Health Department. This situation required the Monroe County Health Department to establish an alternate Health Operations Center in a hotel conference room located in the adjacent county of Miami-Dade. The TDH IMT was able to assist the Monroe County Health Operations Center by accomplishing three main overarching objectives:

- Establish and maintain the public health incident command system for this event.
- Utilize TDH communications equipment to establish and maintain public health communications between the Monroe County Emergency Management Agency located at Marathon Key, local medical assistance shelters located in Miami-Dade County, and the ESF-8 Desk in the Florida State EOC in Tallahassee.
- Obtain appropriate medical personnel, supplies, and equipment for sustained operation of the Monroe County medical assistance shelters that were established in Miami-Dade County.

After returning home, the TDH IMT received the following e-mail communication from the Monroe County Health Department Operations Chief, "I want to offer my sincere thanks for all that the Tennessee Ten, as we named them, did to support and teach our fledgling Incident Command Team. They came in and helped us to identify communications issues, and implement solutions that really worked. We learned a lot from this skilled and caring group."

TDH Incident Management Team



(Continued from Page 16 - East Tennessee)

*Nurse Strike Team Response:*

East Region Director of Nursing Kathy Nelson was chosen for deployment as a Team Lead for one of the four Nurse Strike Teams. Other East Region nurses deployed included Danni Lambert, Wendy Vespie, Christina Allen, Chrissy Ayers, and Gail Baird.

After arriving at the staging area in Tallahassee, the four TDH Nurse Strike Teams were deployed to a large shelter at Palmetto Ridge High School in Naples. This shelter housed approximately 500 evacuees and was functioning without electricity and air conditioning when the teams arrived. The nurses provided much needed care, under austere conditions, working twelve hour shifts and sleeping in the shelter themselves. The TDH Nurse Strike Teams received many accolades for their response and performance to the call for help in Florida. Per Team Lead Kathy Nelson, "One lady told me and another nurse that the whole atmosphere changed when the Tennessee nurses arrived, it was so uplifting and friendly now. That really touched my heart and states what a wonderful job our nurses have done for the residents here. "

Nurse Strike Team #4



During this deployment, the East Region personnel applied training and lessons learned from previous responses to incidents including the TVA Kingston Power Plant fly ash disaster in 2008, the multi-state fungal meningitis outbreak in 2012, the Blount County Train Derailment and Hazardous Materials incident in 2015, and the Gatlinburg Wildfire response in 2016. It was determined from after action meetings that these past experiences have made the Tennessee Emergency Preparedness Program strong and well versed in situational awareness, deploying and operating an incident command system, and providing leadership roles in emergency and disaster situations. The East Region personnel deployed were thankful for this experience and stand ready to respond again if needed to assist our neighbors in the time of crisis.

## UPPER CUMBERLAND TENNESSEE REGION

### Upper Cumberland Region Delivers Quality Care through Healthy Heart Workshops

Submitted by Jonathon G. Smith, A&P Coordinator, Upper Cumberland Region

Since 2015 the Upper Cumberland Region has delivered Healthy Heart Workshops to nearly 300 primary care patients diagnosed with hypertension as part of their dedication to delivering superior quality services. Developed by the CDC's Million Hearts Initiative, Healthy Heart Workshops provide educational strategies to support Upper Cumberland primary care patients in hypertension management and self-monitoring. The workshops include three one-hour educational sessions over a three month period that place emphasis on patient-provider communication and empower patients to take control of their condition. To improve care coordination, workshop participants are provided with logs to track their blood pressure readings and are encouraged to turn them in to their providers at primary care appointments. Participants who complete the program are rewarded with a free blood pressure monitor and the knowledge needed to better control their hypertension.

Since implementing the Healthy Heart Workshops, the percentage of primary care patients with controlled blood pressure (140/90 as defined by HRSA) has risen from 64.2% to 71%. 294 participants (79%) have successfully completed the workshops, and 100% of patients surveyed reported a better understanding of hypertension and how to manage upon completion of the program. Healthy Hearts also serves as an avenue for patient and community engagement. Through the workshops, Upper Cumberland Region staff has learned what topics primary care patients are interested in learning about and additional ways patients may be engaged.



Pictured with participants in a recent workshop in Overton County are Rebecca Parsons, LPN, and Health Educator Allison Keith.

## WEST TENNESSEE REGION

### Partnerships among Breastfeeding Peer Counselors and Hospitals Growing in West TN

Submitted by Veronica Calvin, Regional Assessment & Planning Coordinator, Jackson Regional Health Office

Health promotion strategies to increase breastfeeding rates within the nation and state have been at the forefront of many public health initiatives. The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first six months of a baby's life. The Tennessee Department of Health (TDH) implements practices to provide a comprehensive approach to increasing breastfeeding awareness among women who enter the doors of health departments as well as among health providers, local businesses, and the general population. According to the 2016 Breastfeeding Report Card published by the Centers for Disease Control and Prevention (CDC), 71.1% of infants born in TN have ever breastfed, which is below the national estimate of 81.1%. Nevertheless, health departments across the state work diligently to reduce barriers to breastfeeding for mothers.

TDH implements the evidence-based practice of the Breastfeeding Peer Counselors (BFPCs) program within its health departments to help women overcome obstacles and increase the initiation, duration, and exclusivity of breastfeeding. The utilization of BFPCs is supported by CDC's Guide to Breastfeeding Interventions and is a cost-effective, individually tailored approach and a culturally competent way to promote and support breastfeeding for women from different socioeconomic backgrounds, especially in places where professional breastfeeding support is not widely available.

In attempt to enhance breastfeeding education and execution endeavors within its counties, the West Region established its first Memorandums of Understanding (MOUs) with local hospitals to help mothers get on track with successful breastfeeding. On November 22, 2016 and, more recently, August 16, 2017, the Dyer County and Tipton County health departments, respectively, became the first in the West Region to offer BFPC services within Tennova Healthcare – Dyersburg Regional Hospital and Baptist Memorial Hospital –Tipton. These agreements ensure that the BFPCs of the health department come and provide the social support and instruction that prenatal and postpartum patients need to positively influence their decision-making processes to breastfeed their infants. A study published in the *Public Health Nursing Journal* by Campbell et al. (2013) states that women who have contact with BFPCs in the hospital or after delivery are two times more likely to initiate breastfeeding than women who do not have contact with BFPCs. Nonetheless, the presence of BFPCs within hospitals results in more than the increase of breastfeeding rates within the region. As BFPCs have recurrent, direct interaction with clients they build trust and rapport with these women and make themselves accessible to answer any questions or concern clients may possess. Within this information exchange BFPCs also learn of clients' needs and make appropriate resource referrals. The most common referral made is to Women, Infant and Children (WIC) services.

The role of BFPCs extends the reach of public health into the medical arena to bring the connection of public health and health care services into full circle, and the West Region anticipates the furtherance of this partnership to produce more positive outcomes for mothers and their babies.

(See pictures of program participants on next page)

(Continued from Page 19 - West Tennessee)

## The Breastfeeding Peer Counselor Program in Dyer and Tipton Counties



Dyer County Health Department staff at the third annual *Live, Love, Latch* event; pictured (L to R): Public Health Educator Robyn Burns, Nurse Amanda Lee, and Breastfeeding Peer Counselor Carol Revell.

> The signing event for the Tipton County MOU  
 Pictured (L to R). Back row: Tipton Breastfeeding Peer Counselor, Michaela Clausen, and West TN Director of Nutrition Services/Breastfeeding Coordinator, Amy Riggins. Front row: Matt McDaniel, County Director, and Stephanie Tims, Chief Nursing Officer of Baptist Memorial Hospital - Tipton



## KNOX COUNTY HEALTH DEPARTMENT

### Training Tools for Educating Food Service Workers

Submitted By: Linda Lovvorn, Environmental Specialist, and Kevin Clark, Food Program Manager

In 2015, The State of Tennessee officially adopted new food service laws and regulations based on the 2009 FDA Food Code. To support the training of local food service workers on the changes, the Knox County Health Department updated and improved its website to be more interactive, transparent, and informative.

The following five areas were focused on:

1. Description of a risk based inspection
2. Development of educational videos on each of the five risk factors
3. Development of an online food safety course
4. Re-designing and updating fact sheets/educational handouts
5. Translating training materials and the online training course into Spanish

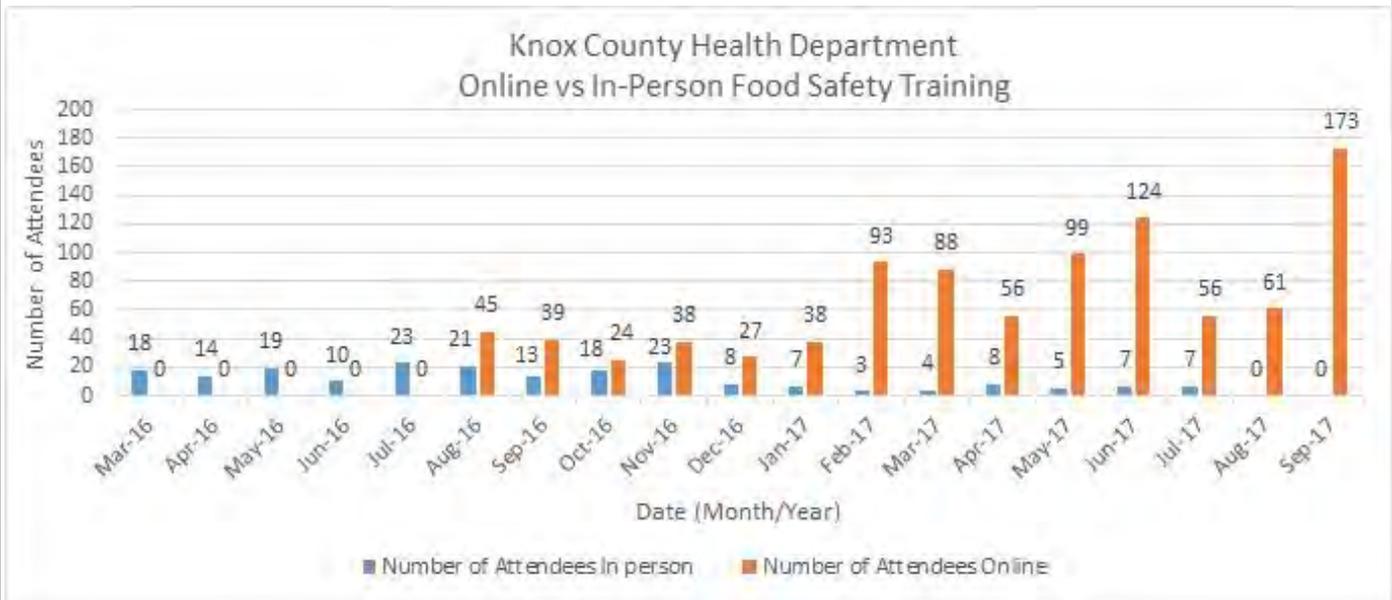
Beginning in 2015, educational handouts illustrating the five risk factors were developed by the environmentalists. With the help of the Knox County Health Department's graphic designer, the layout of the handouts was improved and standardized. The materials were also translated into Spanish and added to the website. In addition, a mock inspection guide for food service workers and operators was developed and made available on the department's website.

In the summer of 2015, the Food Program Manager and team of environmentalists began drafting and shooting food safety videos in partnership with the University of Tennessee Culinary division. With the help of several summer interns and the Knox County Health Department's Communications Specialist, 12 short video segments, covering the five risk factors known to cause foodborne illness, were launched on the department's website in August 2017.

The department also developed a self-guided online training course, with the help of a summer intern, which launched in September of 2016.\* Since launching the online food safety course, to date, over 900 food service workers have completed the training course. The department is now only facilitating in-person classes on request, as online training participation has far outpaced the in-person class. In September 2017, the online training course became available in Spanish as well. See chart on next page.

\*Note: KCHD's online food safety course was piloted from June 2016 through August 2016, which is why there is some participation noted in August on the chart, before the official launch in September.

(Continued from Page 21 - Knox County Health Department)



The department is extremely pleased to report that the Tennessee Department of Health has decided to adopt the Knox County Health Department’s online food safety training course and brand it for the entire state to use. The Knox County Health Department continues to strive to provide education and continuous training for our local food establishments on the five risk factors for foodborne illness. As a result, the department hopes to decrease the risk and spread of foodborne illness. The staff is excited to see the program continue to grow while the conditions of local food establishments continue to improve.

*Season's greetings*

#97017341

**ATTENTION ALL MEMBERS!**

**Get a Christmas gift you can't return?  
Have a gift card you won't use?**

**Donate it to the TPHA silent auction!**

Contact Tatum Johnson at  
tatum.johnson@nashville.gov  
to donate or join the Silent Auction Committee

All money raised from the Annual Silent Auction goes to the scholarship fund for TPHA members.

**Interested in getting more involved in  
TPHA but don't know where to start?**

**Join a Committee!**

Recruitment for committee members is underway.  
For a complete list of committees, go to TPHA's  
website at [www.tnpublichealth.org](http://www.tnpublichealth.org).

To join, contact Kim Harrell at  
kharrell@tnpublichealth.org or a Committee Chair at  
email address listed on the website.

**DATES TO REMEMBER****TPHA Board Meetings**

March 23, 2018, 10:00 AM - 3:00 PM (Central Time)  
Mid Cumberland Regional Office, 710 Hart Lane,  
Nashville, TN

June 22, 2018, 10:00 AM - 3:00 PM (Central Time)  
Mid Cumberland Regional Office, 710 Hart Lane,  
Nashville, TN

September 11, 2:00 PM - 4:00 PM (Central Time)  
Cools Springs Marriott, Franklin, TN

**Regional Meetings**

April 6 - East Tennessee  
University of Tennessee (tentative location)  
Chattanooga, TN

April 13 – Middle Tennessee  
Williamson County Enrichment Center  
110 Everbright Ave, Franklin, TN

April 20 – West Tennessee  
Southern College of Optometry  
1245 Madison Ave., Memphis, TN

**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

*Happy New Year*