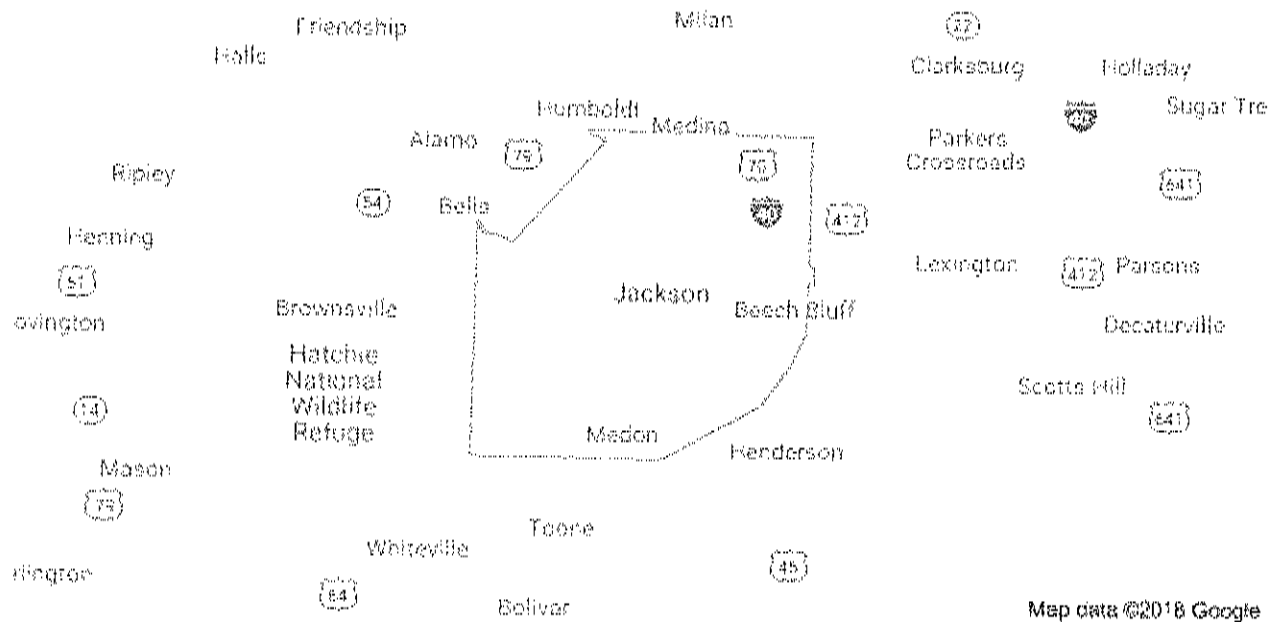


Community Health Needs Assessment

Madison County, Tennessee



Conducted by:

Jackson-Madison County General Hospital

Department of Business Development and Planning

Dawn Harris and Victoria S. Lake

Update: September 2018

In fulfillment of the requirements of the Patient Protection and Affordable Care Act Pub.L. No.111-148, 124 Stat. 119, enacted March 23, 2010

**RESOLUTION OF THE BOARD OF TRUSTEES
OF
JACKSON-MADISON COUNTY GENERAL HOSPITAL DISTRICT
AND
CAMDEN GENERAL HOSPITAL, INC.
AND
BOLIVAR GENERAL HOSPITAL, INC.
AND
MILAN GENERAL HOSPITAL, INC.
AND
DYERSBURG HEALTH
AND
MARTIN HEALTH
AND
PATHWAYS OF TENNESSEE, INC.**

COMMUNITY HEALTH NEEDS ASSESSMENT APPROVAL

WHEREAS, the Patient Protection and Affordable Care Act, enacted March 10, 2010, required public and not-for-profit hospitals to perform a Community Health Needs Assessment for each hospital; and

WHEREAS, the staff of the District has conducted such an Assessment and prepared the report as required for each of its hospitals; and

WHEREAS, the Assessments were prepared in accordance with IRS rules and regulations as amended; and

WHEREAS, the Board finds that the Assessments substantially meet the requirements of the of the Patient Protection and Affordable Care Act and the IRS rules and regulations as amended, and that the Implementation Strategies set forth in the Assessments shall be implemented in accordance with Management recommendations.

NOW, THEREFORE, BE IT RESOLVED, that the Community Health Needs Assessments given to the Board are approved and adopted.

ADOPTED, this the 30th day of October, 2018.

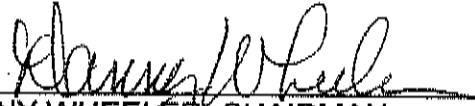

DANNY WHEELER, CHAIRMAN

Exhibit 02

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Madison County Community Health Needs Assessment
2018 Update

Executive Summary

Under the leadership of Jackson-Madison County General Hospital, a community health needs assessment of Madison County, Tennessee was conducted. This was completed in fulfillment of the requirements of the Patient Protection and Affordable Care Act Pub.L. No.111-148, 124 Stat. 119, enacted March 23, 2010. The community health needs assessment process was a blending of citizen experienced health issues and secondary data for the actual extent of particular health problems.

Community input on the health issues facing citizens of Madison County was accomplished through a survey administered throughout the community. Input was also considered from a diverse group of community representatives. Madison County needs were prioritized by the Health Council subcommittee using a mathematical algorithm called the Hanlon Method. A prioritized list of needs, implementation activities and associate community resources are provided.

The Community Health Needs Assessment Update process consisted of identifying an internal committee from the Jackson-Madison County Health Council to organize the process, facilitate data collection, and review and analyze the results. The committee developed an anonymous survey instrument to be used to collect responses from a broad range of community members. The survey included questions on the health issues respondents experience, their access to health resources, Adverse Childhood Experiences, and demographics of age, race, education level, insurance, and area of residence. A total of 230 completed surveys were returned.

The Committee reviewed the list of 31 health issues and ranked them based on the size, seriousness, and available community resources utilizing the Hanlon Method.

After, the committee reviewed secondary data from a variety of sources (BRFSS, TN Prism, TN Department of Mental Health & Substance Abuse, TN Department of Health, NIBRS, County Data Book, TBI, and Kids Count). Through analysis of the two data sets, the committee identified the top six health priorities for Madison County.

1. High Blood Pressure
2. Diabetes
3. Obesity
4. Asthma
5. Arthritis
6. Alzheimer's/Dementia

Through a number of community partnerships Jackson-Madison County General Hospital works with the community to ease the burden of health disparity focusing heavily on prevention through education and resource alignment.

Review of data from the community survey revealed that several barriers to accessing health care exist. The Committee developed a strategy to weave community education for resource availability into health education outreach. For example, when an individual attends a health fair they will receive information about resources for help with purchasing medications in addition to the services they were obtaining at the health fair. To implement this strategy, a ***Community Resource Quick Guide*** for Jackson-Madison County General Hospital and its partners will be developed.

Introduction

Under the leadership of Jackson-Madison County General Hospital, a community health needs assessment of Madison County, Tennessee was conducted. This was completed in fulfillment of the requirements of the Patient Protection and Affordable Care Act Pub.L. No.111-148, 124 Stat. 119, enacted March 23, 2010. The community health needs assessment process was a blending of citizen experienced health issues and secondary data for the actual extent of particular health problems. Community input on the health issues facing citizens of Madison County was accomplished through a survey administered throughout the community. Input was also considered from a diverse group of community representatives. Madison County needs were prioritized by the Health Council subcommittee using a mathematical algorithm called the Hanlon Method. A prioritized list of needs, implementation activities and associate community resources are provided.

Description of the Hospital and Community

Owned by the Jackson-Madison County General Hospital District, the Jackson-Madison County General Hospital was created by the Tennessee General Assembly through a Private Act in 1949. The Hospital opened on August 11, 1950 with 123 beds. Today the Hospital is licensed for 792 beds serving patients and their families through seven centers of excellence: Tennessee Heart and Vascular Center, Alice and Carl Kirkland Cancer Center, Ayers Children's Medical Center, West Tennessee Women's Center, West Tennessee Neuroscience and Spine Center, Emergency Services, and our newest addition, the West Tennessee Healthcare North Hospital. The Jackson-Madison County General Hospital is a public, not-for-profit organization with approximately 8,879 employees. The Hospital is licensed by the State of Tennessee Department of Health and is fully accredited by The Joint Commission (TJC).

The Private Act, 1949 specified that the Jackson-Madison County General Hospital District was "created and established for and in behalf of the City of Jackson, Tennessee, and Madison County, Tennessee. The designated "community" for the needs assessment is Madison County, Tennessee. With a 2017 population of 97,643, Madison County is located in the center of rural West Tennessee approximately 85 miles East of Memphis and 125 miles West of Nashville. The population is 59.1 percent Caucasian, 37.8 percent African American, and 3.1 other races. According to the Tennessee

Department of Economic & Community Development (2018), 19 percent of the population is below the Federal poverty level. The per capita personal income level is \$23,724. The population under 65 years of age represents 83.4 percent while the over 65 population is 16.6 percent of the total. About 11.5 percent of the population age 25 and older does not have a high school diploma or GED; 88.5 percent have a high school and 25.5 percent have a Bachelor's degree or higher.

Madison County has a wide range of industries that employ individuals living in and around the county. Madison County is home to the Kellogg Company for making Pringles potato chips. Approximately 820 individuals are employed at the plant. Delta Faucet Company (856 employees), Porter-Cable Corporation (500 employees), Madison County Government (600 employees), Tennessee TBDN Company (410 employees), Murray Guard, Inc. (400 employees), and Gerdau Ameristeel Company (400 employees).

The community has four colleges and universities: Jackson State Community College, Union University, a Southern Baptist Liberal Arts University, Lane College, a Historical Black College, and The University of Memphis Lambuth Campus. Collectively, these four institutions of higher education employ almost 2,000 people.

The county seat of Madison County is Jackson, Tennessee. The City of Jackson, Madison County Government, and the Jackson-Madison County School System are all located in Jackson. The public school system has 23 schools and serves approximately 12,889 students.

Description of the Community Health Needs Assessment Update Process

The mission of the Community Health Needs Assessment is to evaluate and improve the health status and wellbeing of the residents of Jackson-Madison County, Tennessee with an emphasis on preventive measures. The community health needs assessment of Madison County, Tennessee was a blending of citizen experienced health issues and secondary data identifying state and regional health data.

The Community Health Needs Assessment had ten (10) organizational goals.

1. To form alliances between Jackson-Madison County General Hospital, non-profit organizations, and the community at large to assess, improve, and promote the community health of Jackson-Madison County, Tennessee.
2. To identify internal resources already available to assist in improving community health.
3. To assist in identifying available community health resources.
4. To define “health” as it pertains to Jackson-Madison County, Tennessee.
5. To identify collaborative partners.
6. To educate and gain formal support of the West Tennessee Healthcare leadership team, the Board of Trustees, community leaders, and others.
7. To assist in establishing baseline health status assessment of Jackson-Madison County by collecting and reviewing available data and statistics on residents’ perceptions of health issues facing the community and secondary data on such health issues.
8. To assist in determining the standards against which to measure the current and future health status of the community.
9. To assist in the communitywide establishment of health priorities and in facilitating collaborative planning, actions, and direction to improve the community health status and quality of life.
10. To promote the need for ongoing evaluation of the community health assessment process to learn results, establish new goals and encourage further community action and involvement.

The first stage of the Update process involved gathering secondary data from multiple sources including the Tennessee Department of Health, County Health Rankings and Roadmaps, Tennessee Department of Economic & Community Development, Behavioral Health County and Region Services Data Book, NIBRS, TN PRISM, Traumatic Brain Injury Program, and the National Institute of Mental Health. These data are presented in **Appendix A**.

The second step in the Community Health Needs Assessment Update process consisted of identifying an internal committee from the Jackson-Madison County Health Council to organize the process, facilitate data collection, and review and analyze the results. Members of the committee were:

- Dawn Harris, Community Health Licensure Coordinator, West Tennessee Healthcare
- Sabrina Blue, CEO/Executive Director, Helping Hands of Tennessee
- Margaret Taylor, Executive Director, A Step Ahead Foundation of West Tennessee
- Deacon Carolyn Lawhorn, Retired RN, Parish Nurse, Wesley Chapel Methodist Church
- Quill Brabham, Community Health Director, Jackson-Madison County Health Department
- Teresa Pasley, CFO, Faith Health Center
- Marilyn Nathaniel, Clinic Manager, Faith Health Center
- Rodger Jowers, Southwest Regional Coordinator, Tennessee Commission on Children and Youth

Community Health Needs Assessment Update Prioritization Process

The initial introductory committee meeting occurred on March 6, 2018. At this meeting, the committee developed an anonymous survey instrument to be used to collect responses from a broad range of community members. Locations to distribute the survey throughout the community were also discussed by committee members.

The survey instrument included questions on the health issues respondents experience, their access to health resources, Adverse Childhood Experiences, and demographics of age, race, education level, insurance, and area of residence. Respondents were asked on the survey to indicate "If you yourself have experienced the health concern/issue by selecting Yes or No". A section relative to Adverse Childhood Experiences was also included and asked the respondents if "Prior to your 18th birthday, did you experience any of the following". Answer selections were "Yes" or "No".

The survey instrument was finalized and distributed by hand throughout the Jackson-Madison County community. **Attachment B** contains a copy of the survey instrument. *Figure 1* illustrates the location, date, and number of returned surveys from the survey process.

Figure 1: Survey Distribution

Location	Distribution Date(s)	# of Returned Surveys
Spring Health Fair	March 24, 2018	74
Jackson-Madison County Health Department	April 3-30, 2018	49
Redeemed Christian Center	May 2, 2018	39
Delta Sigma Theta Community Health Fair	April 14, 2018	24
Jackson Rotary	April 18, 2018	20
Jackson-Madison County Health Council	April 3, 2018	14
Faith Health Center	April 16-30, 2018	10
		<hr/> 230

A total of 230 completed surveys were returned then analyzed focusing on what percentage of the respondents experienced a health issue. The Committee met again on June 15, 2018 to discuss survey results and identify the top health priorities for the county. Committee members were provided a survey summary page listing the percent of respondents who identified experiencing each health issue. **Attachment C** contains the survey summary. Detailed results for each survey distribution location are provided in **Attachment D**: Spring Health Fair (D1), Health Department (D2), Redeemed Church (D3), Delta Sigma Theta Health Fair (D4), Rotary (D5), Health Council (D6), and Faith Health Center (D7).

Health issue ranking is illustrated in *Figure 2* according to prevalence among respondents.

1. High blood pressure	49%	17. Lack of transportation - Dental	11%
2. Allergies	46%	18. Asthma	11%
3. Overweight	43%	19. Hearing loss/deafness	11%
4. High stress	36%	20. Bullying	10%
5. Arthritis	34%	21. Fall/Fall related injury	10%
6. Lack of financial - Dental	25%	22. Lack of transportation - Medication	10%
7. Chronic Pain	20%	23. Obese	8%
8. Lack of financial - Medical	20%	24. No access to child care/ adult care	8%
9. Diabetes	18%	25. Heart condition	7%
10. Lack of financial - Medication	18%	26. Osteoporosis	7%
11. No access to facilities/ places for physical activity	16%	27. Autoimmune	7%
12. No access to health information/ education	15%	28. Emphysema/ COPD	4%
13. Eye Condition	14%	29. Stroke	2%
14. ACEs	13%	30. Dementia/ Alzheimers	1%

Figure 2: Health Issue Prevalence

Survey Respondent Demographics

Surveys were distributed at seven locations throughout the Jackson-Madison County area including two health fairs, the health department, a health center, Rotary club, and a church. A total of 230 surveys were returned. Age distribution of respondents crosses all age ranges from 18 to over 68 with the majority of respondents being in the 48-57 age-bracket. This is followed closely by the 58-67 year old range (see *Figure 1*). The preponderance of education levels indicate *high school completion/GED* followed by *Some College* (see *Figure 2*) is the majority. Most survey takers work full time and have private insurance with retired persons and Medicare coverage being the next most common categories. See *Figure 3 & 4* for this data. Respondents live in a wide range of geographic locations within the Jackson-Madison County community with the majority living in North Jackson followed by East then the Mid-town area (*Figure 5*). Race distribution is 62% African American, 30% Caucasian, 1% Hispanic/Latino, 2% Other, and 3% did not respond to the question (*Figure 6*).

Figure 1: Age Distribution

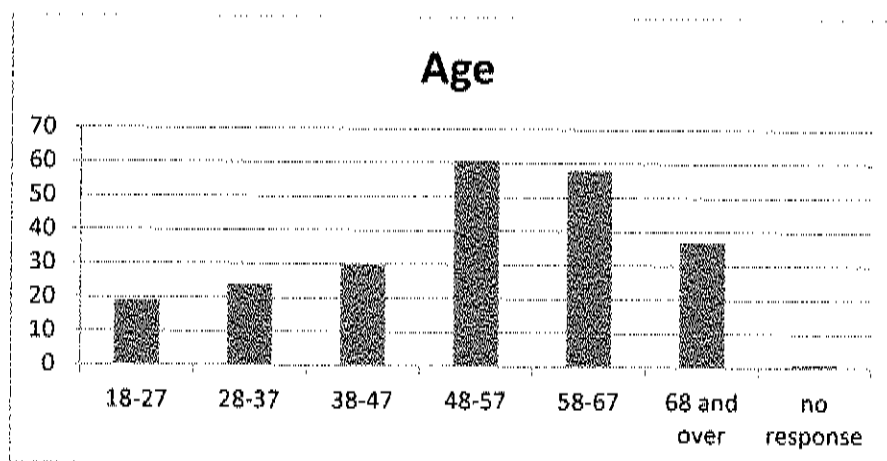


Figure 2: Education levels

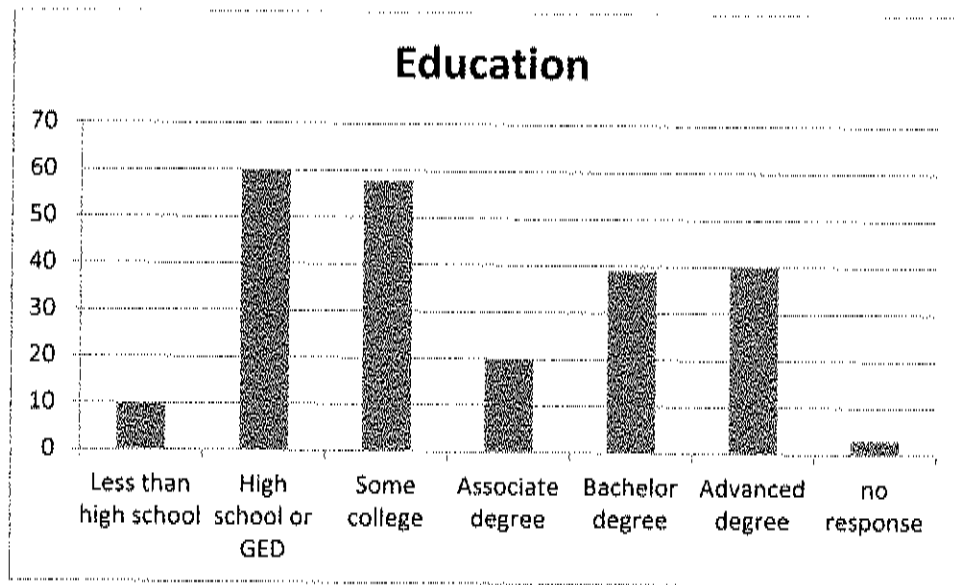


Figure 3: Health insurance coverage

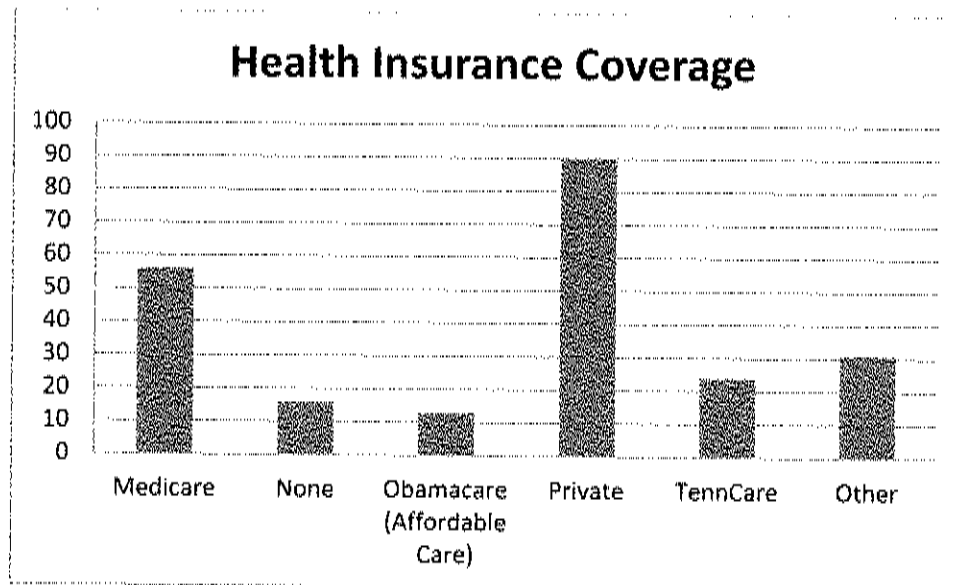


Figure 4: Employment status

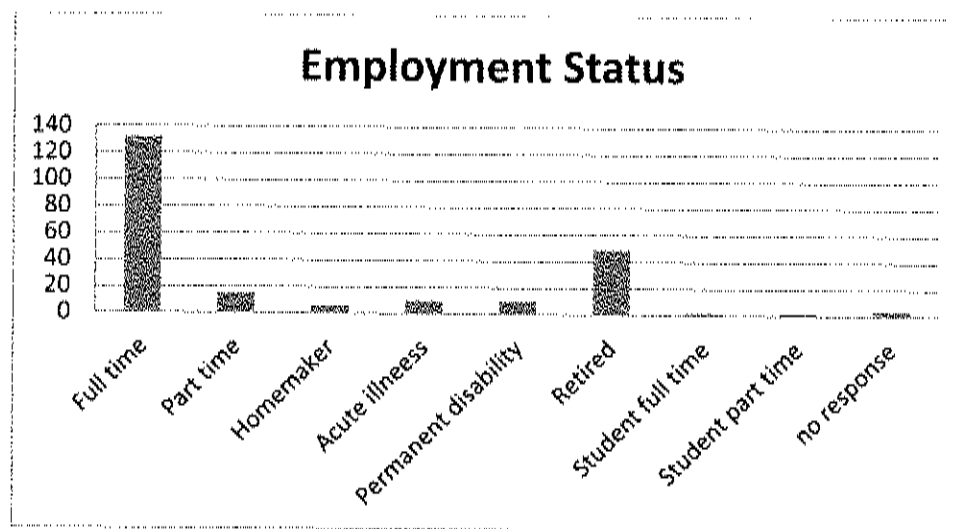


Figure 5: Gender

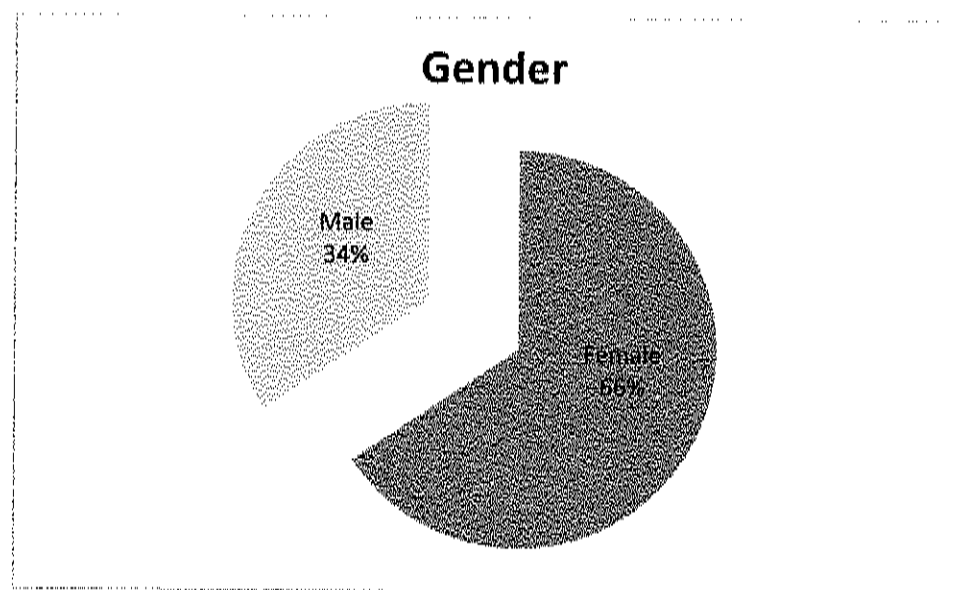


Figure 6: Geographic location respondent lives in

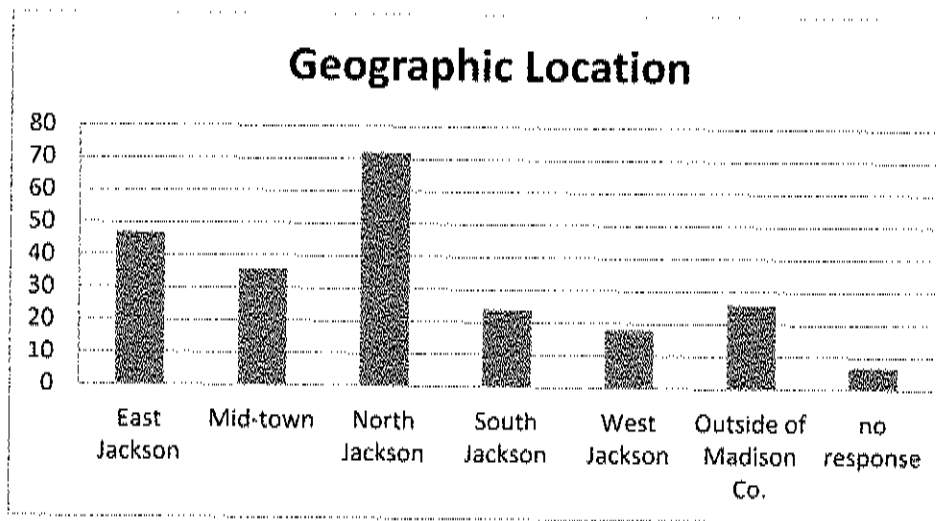
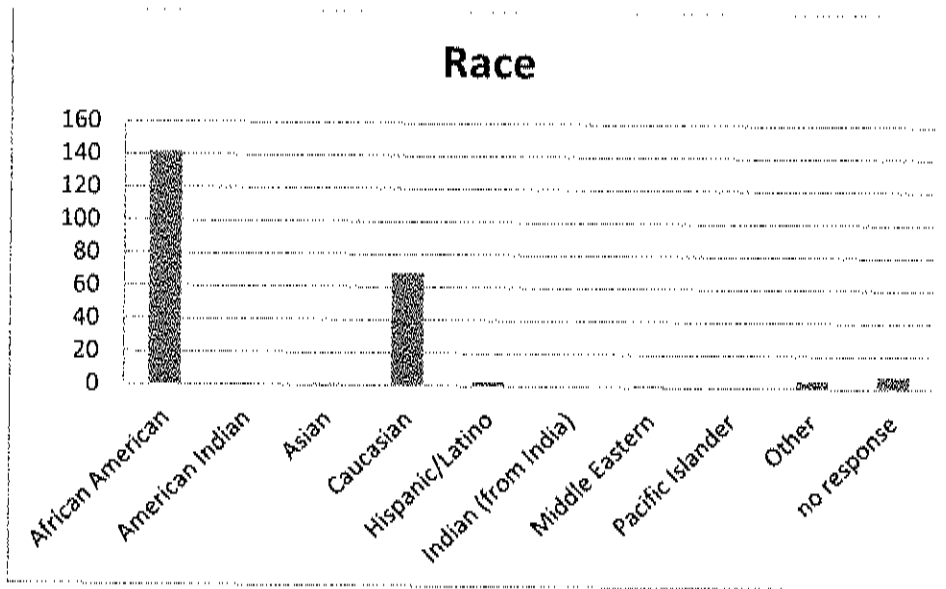


Figure 7: Race



Identifying Health Priorities

After reviewing the survey results, the committee used a mathematical algorithm called the Hanlon Method, developed by Felix, Burdine and Associates, to assign numerical values in order to prioritize the health concerns. The Hanlon Method uses a numerical value system to rate the size and seriousness of a health issue, and the effectiveness of available interventions. The Hanlon Method algorithm is shown in *Figure 3*.

$$\text{Opportunity} = (A + 2B)C$$

A=size of the identified health problem

B=seriousness of the identified health problem

C=effectiveness of available interventions for the identified health problem

Figure 3: Hanlon
Method algorithm

A=Size

Size is defined by the prevalence of a condition, characteristic, or disease in an entire population (or among a specific sub-group population). The numerical scoring for the size of a health issue is:

<u>Percent of population with health problem</u>	<u>Score</u>
25%+	9-10
10-24%	7-8
1-9%	5-6
0.1-0.9%	3-4
0.01-0.09%	1-2

B=Seriousness

Seriousness is defined by urgency to intervene, severity (leads to death?), disproportionate among vulnerable populations, or economic impact. The numerical scoring for seriousness of a health issue is:

<u>How serious</u>	<u>Score</u>
Very Serious	9-10
Serious	6-8
Moderately Serious	3-5
Not Serious	0-2

C=Effectiveness of Available Interventions

Effectiveness of available interventions is defined by the “best real world” expectations for Jackson-Madison County General Hospital to be effective in addressing a health issue based on, in part, available community resources. The numerical scoring for effectiveness of available interventions is:

<u>Effectiveness</u>	<u>Score</u>
Very Effective (80%+)	10
Relatively Effective (60-79%)	8-9
Effective (40-59%)	6-7
Moderately Effective (20-39%)	4-5
Relatively Ineffective (<20%)	0-3

The Committee reviewed the list of 31 health issues and ranked them based on the size, seriousness, and available community resources utilizing the Hanlon Method. The final Health Issues Prioritization table can be found in **Attachment E**.

After utilizing the Hanlon Method for scoring and assessing the survey data, the committee reviewed secondary data from a variety of sources (BRFSS, TN Prism, TN Department of Mental Health & Substance Abuse, TN Department of Health, NIBRS, County Data Book, TBI, and Kids Count). Through analysis of the two data sets, the committee identified the top six health priorities for Madison County.

1. High Blood Pressure..... Hanlon Score of 300 (survey data) and 300 (secondary data)
2. Diabetes Hanlon Score of 280 (survey data) and 270 (secondary data)
3. Obesity Hanlon Score of 260 (survey data) and 290 (secondary data)
4. Asthma Hanlon Score of 216 (survey data) and 216 (secondary data)
5. Arthritis Hanlon Score of 150 (survey data) and 162 (secondary data)
6. Alzheimer's/Dementia Hanlon Score of 150 (survey data)

Several health issue scores rose to the top of the ranking list such as Stroke, High Blood Pressure, and Heart Disease yet not all were selected as priority health issues.

Stroke: The committee selected high blood pressure as a health priority but did not select stroke. It was determined that high blood pressure addresses stroke through a preventative and “prior to experiencing” methodology. For this reason High Blood Pressure was selected as a health issue priority and stroke was not.

Heart disease: Multiple community events for heart disease awareness occur on an annual basis and are very well attended including Boots and Bling, Tennessee Heart Walk, Rhythm Run, Go Red, and numerous disease prevention and health promotion talks. For this reason, the committee did not select heart disease as a priority health issue.

Illicit Drug and Alcohol Use: It is well known that Tennessee has cited drug abuse as an epidemic and has earmarked funding for programs and initiatives addressing this important issue. The committee determined drug abuse would not be a health priority to allow for other low funded issues to receive attention such as Alzheimer's and Dementia.

Allergies: Allergies ranked fairly low on the Hanlon Score ranking list yet 46% of survey respondents indicated experiencing allergies. Secondary data indicated 10% of the population suffers from allergies. The committee determined a best practice approach to be including \ allergies with Asthma. This is further validated through the Asthma and Allergy Foundation of America which groups the two health categories together.

Alzheimer's and Dementia: In Tennessee more than 110,000 people 65 or older are affected by Alzheimer's and Dementia and is the sixth-leading cause of death in Tennessee. In the next decade, that number is expected to increase by up to 44 percent. Although the Hanlon Score was relatively low for Alzheimer's and Dementia (150), the committee utilized the projected rate of increase as its justification for including it in the top six health priorities for Madison County.

Financial barriers to accessing medical care, dental care, and medication:

Financial barriers ranked fairly high in the Hanlon Score ranking list. The committee determined the best approach for addressing financial barriers is to raise awareness about resource availability. To this end, we aim to develop a resource guide for use at Jackson-Madison County General Hospital community outreach events and for use by partner organizations.

Obesity: A Limitation the committee became aware of with the survey data is that the survey instrument did not quantify what *Obese* meant. We left it up to respondents to ascertain if they considered themselves obese. Secondary data suggests 35% of the population is considered obese with a BMI greater than 30. For this reason we allowed the undefined self identified use of Obese in the survey instrument to stand as a high ranked health issue.

Implementation Strategies

In the next section several implementation strategies will be discussed. These are utilized to address the six health priorities selected by the CHNA update committee. The first resource is called HealthAware and addresses high blood pressure, primarily, and heart disease secondarily. Diabetes implementation strategies follow. Included next are strategies for addressing obesity, then asthma and respiratory allergies, arthritis, and Alzheimer's and dementia. **Attachments F-L** provides examples of both internal resources and external community partner resources.

HealthAware

The Jackson-Madison County General Hospital has developed a strategy for addressing high blood pressure, diabetes, and obesity that focuses on early detection, risk assessment screening, consultation, referral to physician or healthcare professionals, and development of an individualized program plan. This strategy is called HealthAware.

HealthAware creates a transformational experience that compels unknowing victims of diabetes, hypertension, and other health issues to change behavior and commit to extend their health and lives. Participation in HealthAware is a five phase experience:

1. Outreach & Marketing
2. High-risk Patient Enrollment
3. Nurse Consultation
4. Triage
5. Intervention

HealthAware assesses the community, individual by individual, making them conscious of their diabetes, hypertension, and other health issue risks. From the assessment a determination is made on the need to engage the participant's primary care physician. Goals are set to modify controllable risks. HealthAware provides an opportunity to treat the disease (as an episode) before an uncontrolled, catastrophic event occurs. Through HealthAware assessments, Jackson-Madison County General Hospital is a resource for wellness not simply sickness. *Figure 4* contains an example of a personalized

risk assessment report from the HeartAware Program for high blood pressure assessment and *Figure 5* contains a page from the consultation report reviewed by the nurse.

Figure 4: Sample Assessment

Risk Assessment Report

(Available to everyone that takes the online assessment)

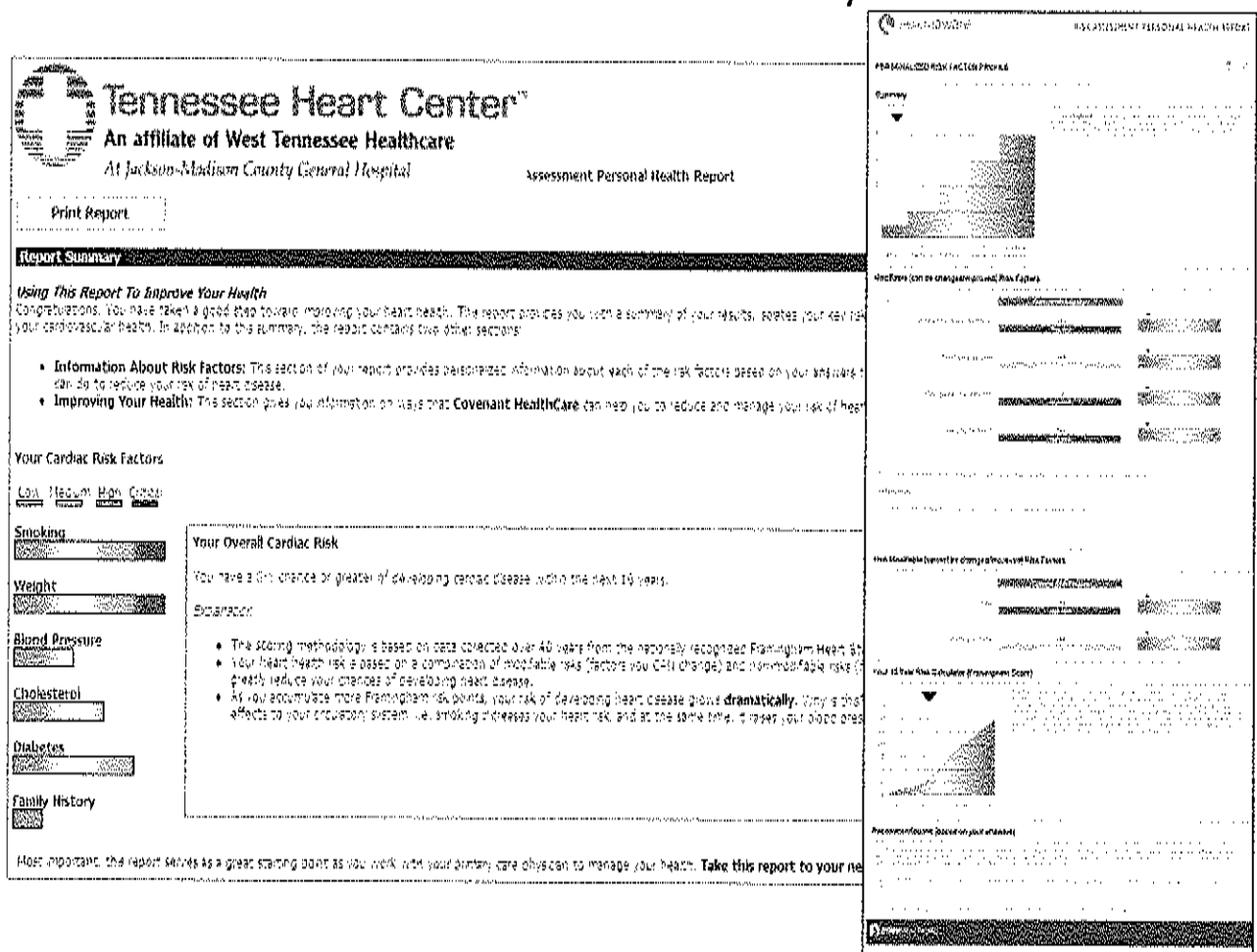


Figure 5: Sample Report

Consultation Report

(Available to everyone that comes in for a consultation)

West Tennessee Heart Center
The University of Tennessee Health Science Center
West Tennessee Heart Center
1000 University of Tennessee Health Science Center
Memphis, TN 38103

Personal Information
Name: [Name]
Address: [Address]
City: [City]
State: [State]
Zip: [Zip]
Phone: [Phone]
Email: [Email]
Date of Birth: [Date]
Age: [Age]
Gender: [Gender]
Ethnicity: [Ethnicity]
Race: [Race]

Medical History
Hypertension: [Yes/No]
Diabetes: [Yes/No]
Cholesterol: [Yes/No]
Heart Disease: [Yes/No]
Stroke: [Yes/No]
Asthma: [Yes/No]
COPD: [Yes/No]
Kidney Disease: [Yes/No]
Liver Disease: [Yes/No]
Cancer: [Yes/No]
Other: [Other]

Consultation Data

Consultation #	Date	Time	Location	Referral	Referral Source	Referral Date	Referral Reason	Referral Status	Referral Outcome
1	1/1/2018	10:00 AM	West Tennessee Heart Center	Referral	Referral Source	Referral Date	Referral Reason	Referral Status	Referral Outcome
2	2/1/2018	11:00 AM	West Tennessee Heart Center	Referral	Referral Source	Referral Date	Referral Reason	Referral Status	Referral Outcome

Wellness Goals and Notes
Goals: [Goals]
Notes: [Notes]

Each data item stored in an extensive database

More specific information on HealthAware programs for high blood pressure (hypertension) and diabetes are described below.

High Blood Pressure

(Assessed through Heart Disease and Stroke assessments)

West Tennessee Heart and Vascular and Life Disease Management offer proactive assessment processes for identifying individuals in the community at risk of heart disease and stroke. HeartAware and StrokeAware are free online or paper risk assessments that can be completed by an individual either through the West Tennessee Healthcare website, www.wth.org, or at a community event or health fair. Completing HeartAware or StrokeAware takes five to seven minutes. Persons age 34 or younger who present with four risk factors and persons over the age of 35 who present with two risk factors are eligible for free lab work including glucose and cholesterol blood tests and a one hour

consultation with a registered nurse. Risk factors include age, gender, presence of diabetes, weight, physical activity, presence of high blood pressure, cholesterol, family history and tobacco use. A free personalized risk factor profile is created for each person completing the risk assessment.

During the free follow-up consultation with a registered nurse, lab test results are reviewed with the individual. Height, weight, blood pressure, waist circumference, and body mass index are taken. The Clinical Information Management System (CIMS) program is utilized, which includes demographics, medical history with an emphasis on cardiovascular data, family history, and lifestyle information. Symptoms, past and present, are addressed. When a patient presents with particular vascular concerns, an Ankle Brachial Index (ABI) doppler assessment may be performed.

A Consultation Record Report is made by the nurse that includes a discussion of alternatives, medical information, and lifestyle choices for an individualized plan of intervention. Education consists of setting goals with the individual and encouraging further discussion with a primary care physician. When no existing relationship is available, individuals are provided information on clinics, health providers, and the public health department; although no certain individual or group is recommended. Further educational components include verbal instruction, written materials, online resources, and open discussion, most appointments last one hour. The patient receives the contact number for the HealthAware office. A follow-up call is made approximately one month after the appointment to assess progress towards specific goals.

West Tennessee Heart and Vascular and Lift Disease Management provide numerous blood pressure checks and access to HeartAware throughout the community especially during Heart Month each February offering heart healthy cooking demonstrations and Heart Healthy Nurse Talks called *Knowing Your Numbers*.

Also offered is a Disease Management Clinic that is free and open to community members. It covers 4 disease states: Congestive Heart Failure, Diabetes, Chronic Obstructive Pulmonary Disease (COPD) and Asthma. It is open 2 days per week at the LIFT and offers multi-disciplinary team approach.

HeartAware and StrokeAware are utilized extensively at health fairs, church events, in conjunction with the Mature Advantage Club, and events throughout the Jackson-Madison County area. Industry, employee wellness, and physician offices are also sites for conducting these risk assessments. In 2017, 3,433 people around West Tennessee took the free health risk assessment. Over 2,244 individuals discovered they had potential for heart disease, heart attack or stroke. Nearly 217 of those at-risk utilized the free heart health screening. **Attachment F** contains a sample patient HeartAware report.

Chronic Disease and Health Promotion programs

Diabetes

West Tennessee Heart and Vascular and Life Disease Management offers proactive assessment processes for identifying individuals in the community at risk of diabetes. DiabetesAware is a free online or paper risk assessment that can be completed by an individual either through the West Tennessee Healthcare website, www.wth.org, or at a community event or health fair. DiabetesAware involves answering 14 short questions and a personalized report is generated for each respondent.

When over the age of 18 and possessing two risk factors determined by the assessment, a blood glucose and cholesterol blood level test is provided in addition to consultation with a registered nurse. Anyone at risk is invited to participate in free blood work and counseling. The consultation can be offered at a remote location.

The individual is given a post prandial (after eating) blood glucose level upon initiation of the visit. Height, weight, blood pressure, waist circumference, and body mass index are measured. Blood test results are reviewed, and the Clinical Information Management System (CIMS) program is utilized to incorporate demographic, pertinent medical history, family history, and lifestyle information components. Symptoms which have been present at any time are assessed. When the blood level is abnormal, the patient is strongly encouraged to follow up with a primary care physician.

Education begins with a discussion of lifestyle choices to reduce risk of developing diabetes or avoid complications. A cumulative report of the visit is given to facilitate understanding for the follow-up

physician. There are no specific listings of doctors for individuals who do not currently have a relationship with one, but contact information for local providers, clinics, or the Department of Health are available. Educational methods include verbal instruction, written materials, online resources, and open discussion. The patient is provided with the Aware contact information. A follow-up call takes place a month after the appointment to evaluate goals.

The Jackson-Madison County General Hospital also offers community diabetes education classes that are available to individuals once a diagnosis of diabetes has been made. The classes must be prescribed by a healthcare provider and are facilitated by a Certified Diabetic Educator.

During 2017, 330 people around West Tennessee completed the free DiabetesAware risk assessment and 211 individuals discovered they were at risk. Five individuals received the free diabetes health screening consultations. **Attachment G** contains sample resources for diabetes support.

Obesity

In efforts to address obesity, promote healthy lifestyles and improve health and wellness among the residents of Jackson-Madison County, the Hospital developed an 80,000 square foot state-of-the-art wellness facility, LIFT (Living Fit in Tennessee) in the City Walk development in downtown Jackson. The wellness center features a first-class fitness club and classes, physical therapy and aqua therapy, a primary care clinic, occupational medicine, disease management, and healthy living education. With the philosophy "exercise is medicine," the wellness center serves as a healthy social and community destination.

Exercise is Medicine.

This easy-to-use program provides a mechanism for people to get on track with a number of health concerns including high blood pressure, insomnia, obesity, and diabetes. Participants learn to be physically active on a daily basis utilizing exercises that have been proven effective for specific medical issues.

Primary Health Care Clinic

The primary care clinic has four physicians and 16 examination rooms. The clinic is open to the public and has a separate entrance in the wellness facility. The physical therapy area offers physical, occupational, and speech therapy clinics to help treat neurological problems, sports injuries, work related injuries, tendonitis, back, neck, and orthopedic problems. The therapy area offers treatment for seriously injured people who have had motor vehicle, spinal cord, head injuries, and strokes.

The wellness center has multi-purpose classrooms with a kitchen containing industrial-grade appliances and audiovisual equipment. The Center provides disease management training classes for patients with chronic health problems such as diabetes and heart failure.

The Wellness Center has an Olympic size pool with four lanes. The fitness area has a large number of cardiovascular equipment, free weights, and a weight circuit.

The Jackson-Madison County General Hospital has also developed the Healthy Heights Walking Trails. There are two Healthy Heights Walking Trails inside Jackson-Madison County General Hospital. One is in the lower level from escalator to escalator. The other is across the bridge on the second floor on West Forest Avenue to the Physicians Office Tower and Garage 3. Maps are posted at the head of the trails and trail signage indicates the routes. The community, hospital employees, medical staff, volunteers, visitors are all welcome to utilize the walking trails. The trails are accessible daily from 4:45 a.m. to 10:00 p.m.

During 2017, 27 people around West Tennessee completed the free WeightAware risk assessment and 17 individuals discovered they were at risk. **Attachment H** provides examples of community resources through LIFT Therapy, UT Extension, and Tennessee Department of Education.

Alzheimer's and Dementia

Jackson-Madison County General Hospital, in partnership with West Tennessee Healthcare Senior Services, West Tennessee Healthcare Neuroscience and Spine, Home Instead Senior Care, Alzheimer's Community of West Tennessee, and the West Tennessee Healthcare Foundation, offers several community events on the topic of Alzheimer's and Dementia. These include an Alzheimer's Mini Conference, Alzheimer's Caregiver Conference, Dementia Experience, Walk to End Alzheimer's, and support groups. These events provide caregivers, family members, professionals, and patients with information to successfully maneuver through the complexities of Alzheimer's and Dementia. Topics include caregiver stress, behaviors, legal and financial information, round table discussions, speakers, Q&A forums, and support group environments. **Attachment I** includes community outreach events and resources for Alzheimer's and Dementia.

Arthritis

Community partners offer events and arthritis support for those impacted by arthritis including the Bone Bash 5K & Walk and an Arthritis Foundation Exercise Program. In addition, UT Extension offers a Self-Help Program and a publication entitled *Take Charge of Your Joints, tips for living with arthritis*. **Attachment J** contains resources for arthritis education and support.

Asthma

LIFT Wellness (Living Fit in Tennessee) located in the City Walk development of downtown Jackson offers weekly educational clinics as a resource for learning how to live with a chronic disease. Topics include medications, correct inhaler technique, dietary modifications/weight control, stress management, dealing with emotions, exercise guidelines, and smoking cessation support. Educational clinic staff works closely with primary care providers and pulmonologists. **Attachment K** provides community resource information for asthma and allergies.

Access to Resources

Through a number of community partnerships, including the Jackson-Madison County Regional Health Department, the Jackson-Madison County School System, Helping Hands, UT Extension, American Heart Association, American Diabetes Association, Allergy and Asthma Foundation of America, Arthritis Foundation, Alzheimer's Community of West Tennessee, local physician clinics, churches, community and senior centers, civic clubs, and non-profit agencies, Jackson-Madison County General Hospital works with the community to ease the burden of health disparity focusing heavily on prevention through education and resource alignment. See **Attachment L** for examples of community resources focused on aligning individuals with resources for health promotion, services, and education.

Review of data from the community survey distributed in June 2018 revealed to the CHNA committee that several barriers to accessing health care exist.

Survey results showed

- 18% of respondents lack financial resources to purchase medications
- 20% of respondents lack financial resources to see a doctor
- 25% of respondents lack financial resources to see a dentist
- 16% of respondents have no access to facilities or places for physical activity
- 15% of respondents have no access to health information/education
- 11% of respondents lack transportation to see a dentist
- 11% of respondents lack transportation to see a doctor
- 10% of respondents lack transportation to get medication
- 8% of respondents have no access to child care/adult care

The Committee developed a strategy to weave community education for resource availability into health education outreach. For example, when an individual attends a health fair they will receive information about resources for help with purchasing medications in addition to the services they were obtaining at the health fair. To implement this strategy, a ***Community Resource Quick Guide*** for Jackson-Madison County General Hospital and its partners is forthcoming.

Conclusion

The Madison County Community Health Needs Assessment was presented to the West Tennessee Healthcare Quality Council on October 2, 2018. The document was approved for submission to the West Tennessee Healthcare Board of Trustees. A presentation was made to the Board of Trustees on October 30, 2018, and the Madison County Community Health Needs Assessment was approved on this date. The Assessment will be updated in three years as stipulated in the Patient Protection and Affordable Care Act Pub.L. No.111-148, 124 Stat. 119, enacted March 23, 2010

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Madison County Community Health Assessment Health Issue Prevalence Data September 2018

Allergies

- * 1 in 5 Americans suffer from all types of allergies.
- * Allergies are increasing. They affect up to 30% of adults and 40% of children.
- * Allergies are the 6th leading cause of chronic illness in the U.S.
- * 10% of U.S. children have respiratory allergies.
- * Up to 10% of people report being allergic to penicillin.
- * People visit the emergency room 200,000 times each year because of food allergies.
- * 8.8 million children in the U.S. have skin allergies.

Source: Better Tennessee Health Brief, 2018.

Arthritis, Rheumatoid Arthritis, Gout, Lupus, or Fibromyalgia

Have you ever been told by a doctor, nurse, or other health care professional that you had Arthritis, Rheumatoid Arthritis, Gout, Lupus, or Fibromyalgia? (percent)

	Madison County	TN
2016	no data	31
2015	no data	32
2014	no data	32.6
2013	32	26.4
2012	29.6	29.8
2011	27.1	25.9
2009	26.2	25.9
2007	24.7	34.0
2005	27.0	29.7

Source: Tennessee Department of Health. Behavioral Risk Factor Surveillance System.

Tennessee	2011	2013
* Adults with Arthritis	1,250,000	160,000
* Adults limited by arthritis	594,000	68,000
* Percent with arthritis	26	25
* Percent women/men with arthritis	31/21	27/23
* Percent age 18-44 with arthritis	10	8
* Percent age 45-64 with arthritis	34	32

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* Percent age 65 and older with arthritis	50	52
* Percent with arthritis who are inactive	55	33
* Percent arthritis among adults with diabetes	53	49
* Percent arthritis among adults with hypertension	42	42
* Percent arthritis among adults who are obese	37	34

Asthma

Have you ever been told by a doctor, nurse, or other health care professional that you had asthma? (percent)

	Madison County	TN
2016	no data	16.1
2015	no data	14.5
2014	no data	14.4
2013	10.4	11
2012	4.2	11.0
2011	6.9	10.4
2010	10.1	9.3
2009	8.9	11.9
2008	12.8	12.6
2007	11.1	12.4
2006	8.3	11.7
2005	7.8	11.6

Source: Tennessee Department of Health. Behavioral Risk Factor Surveillance System.

Asthma in Tennessee:

- * In 2010, asthma prevalence was 6 percent in adults and 9.5 percent in children.
- * Adult asthma prevalence increased with decreasing income and education.
- * In 2010, there were 7,059 inpatient hospitalization in Tennessee for a primary diagnosis of asthma and the age-adjusted rate was 109/100,000.
- * In 2010, the length of stay for inpatient asthma hospitalizations ranged from 0-52 days with a mean of 3.4 days and a median of 3 days.
- * In 2010, there were 37,462 ED visits with an age adjusted rate of 612/100,000.
- * Hospital charges for a primary asthma diagnosis totaled \$178.8 million in 2010.
- * Almost two-thirds of asthma charges (\$111.6 million) were for inpatient hospitalizations and \$65.2 million for outpatient hospital visits.
- * In 2010 66 Tennesseans died due to an underlying diagnosis of asthma and there were 174 deaths for which asthma was listed as any cause of death.

Childhood hospitalizations for Asthma Ages 10-17

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2002-2007	Madison County					
Inpatient hospitalizations per 100,000	146					
Emergency Room visits per 100,000	1,090					
Average inpatient charges per stay	\$4,800					
Average Outpatient charge per visit	\$710					
Adult Asthma						
2004-06	Madison County					
Inpatient hospitalizations per 100,000	126					
Emergency Room visits per 100,000	725					
2008-10						
Inpatient hospitalizations per 100,000	119.4					
Emergency Room visits per 100,000	855					
Source: Tennessee Department of Health Division of Policy, Planning & Assessment Surveillance, Epidemiology and Evaluation, 2012.						
Cancer						
Deaths from Malignant Neoplasms Per 100,000						
	Madison County				TN	
	Total	White	Black		Total	White Black
2016	236.5	279.7	182.4		217.5	235.1 178
2015	197.7	226.5	161.9		214.8	229.5 170.4
2014	227.1	247.1	201.9		216.1	231.8 182.4
2013	189.4	202.9	179.2		214.5	231.0 176.4
2012	198.7	210.1	191.9		211.2	226.5 176.3
2011	175.1	198.7	148.0		210.2	224.6 180.1
2010	229.9	266.2	196.4		212.9	234.6 178.9
2009	187.0	208.2	152.4		216.2	226.9 183.5
2008	191.8	200.2	181.8		213.3	225.0 174.6
2007	182.1	201.5	146.4		215.3	226.1 180.1
Rates of SKIN Cancer			Rates of OTHER Cancer			
	TN			TN		
	Total			Total		
2016	7.4		2016	6.5		
2015	7.5		2015	6.8		
2014	6.8		2014	7.4		

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Source: Tennessee Department of Health Division of Policy, Planning, and Assessment.

COPD, Emphysema, or Chronic Bronchitis

Have you ever been told by a doctor, nurse, or other health care professional that you had COPD, Emphysema, or Chronic Bronchitis? (percent)

	TN
2016	10.1
2015	9.6
2014	10.7

Source: Tennessee Department of Health. Behavioral Risk Factor Surveillance System.

- * 3 million cases a year
- * 43 percent of the cases are women
- * 27 percent of the cases are men

Source: CDC, 2018.

Dementia/Alzheimer's Disease

Deaths from Alzheimer's per 100,000

		Madison			TN	
	Total	White	Black	Total	White	Black
2013	44.6	65.9	13.6	38.9	44.8	19.5

* Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.

* Alzheimer's disease is currently ranked as the sixth leading cause of death in the United States, but recent estimates indicate that the disorder may rank third, just behind heart disease and cancer, as a cause of death for older people.

* Over 5 million Americans are living with Alzheimer's Disease 110,000 in Tennessee.

* By 2050, this number is projected to rise to 14 million people, a nearly three-fold increase.

* Tennessee in 2014: 16,000 adults ages 65-74 living with Alzheimer's.

* Tennessee in 2014: 47,000 adults ages 75-84 living with Alzheimer's.

* Tennessee in 2014: 41,000 adults ages 85+ living with Alzheimer's.

Source: Tennessee Department of Health; National Institute on Aging; Centers for Disease Control and Prevention.

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Dental Care

Have you visited a dentist, dental hygienist or dental clinic within the past year? (percent)

	TN
2016	59.1
2015	58.5
2014	58.3

Source: Tennessee Department of Health. Behavioral Risk Factor Surveillance System.

- * TennCare dental benefits are only provided to minors and orthodontists are not typically covered.
- * Stigma and shame associated with accessing dental care.
- * Low socioeconomic groups, minorities, and those living in fluoride deficient communities are at a high risk for oral disease and are the least likely to be able to access dental care.

Source: TennCare (2016)

Diabetes

Deaths from Diabetes per 100,000

	Madison County				TN		
	Total	White	Black		Total	White	Black
2016	33.8	31.1	40.8		28.4	27.5	37.3
2015	50.2	51.5	52.1		27.1	26.6	32.8
2014	38.7	35.8	46.4		26.3	25.8	33.5
2013	23.3	22.0	27.2		27.9	27.1	36.8
2012	34.5	26.9	49.3		28.2	27.4	36.7
2011	26.5	18.4	41.9		27.1	26.3	35.7
2010	19.3	13.7	30.9		26.4	26.4	35.0
2009	29.5	18.6	51.8		28.2	26.8	37.7
2008	25.6	25.0	27.7		28.2	26.6	38.2
2007	33.1	22.0	56.1		27.8	26.4	36.4

Source: Tennessee Department of Health Division of Policy, Planning, and Assessment.

Have you ever been told by a doctor that you have diabetes, not including gestational diabetes? (percent)

	Madison County	TN
2016	no data	12
2015	no data	12.7
2014	no data	13

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2013	16.4	12.2
2012	13.2	11.9
2011	12.8	11.2
2010	11.4	11.3
2009	13.0	10.3
2008	9.7	10.4
2007	9.1	11.5

Percentage of Population Diagnosed with Diabetes

	Madison County	TN
2018	13	13
2017	14	13
2016	13	12

Source: County Health Rankings and Roadmaps 2016-2018.

Have you ever been told that diabetes has affected your eyes or that you have retinopathy? (percent)

	Madison	TN
2013	28.1	16.8
2012	17.2	22.8
2011	20.8	21.7
2010	17.0	25.7
2009	17.2	27.4
2008	6.0	21.0
2007	7.0	25.9
2006	9.6	18.6
2005	14.7	20.1

Source: Tennessee Department of Health Division of Policy, Planning, and Assessment.

Financial Resources

Was there a time in the past 12 months when you needed to see a doctor but could not because of cost? (percent)

	Madison County	TN
2016	no data	12.4
2015	no data	15.5
2014	no data	15.5
2013	16.7	17.6

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2012	13.8	19.2
2011	17.3	20.9
2010	15.2	17.7
2009	16.2	17.5
2008	15.4	15.9
2007	16.3	16.5
2006	14.4	14.8
2005	16.3	13.3

Individuals under 18 in poverty

	Region 6	TN
2017	27.6	25.5
2016	29	26
2015	30	27
2014	27	26
2013	32	27
2012	30	26
2011	22	22
2010	24	23

Source: 2017 Tennessee Behavioral Health County and Region Services Data Book.

Uninsured Adults-Percent Population Under Age 65 without health insurance

	Madison County	TN
2018	14	15
2017	16	17
2016	19	20
2016	15	16
2015	16	16
2014	21	21
2013	20	21
2012	20	20
2011	18	19
2010	13	15

Percent Children Living in Single-Parent households

	Madison County	TN
2016	43	36
2016	42	36
2015	43	36
2015	44	36

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2014	42	36
2014	42	35
2013	46	35
2012	45	35
2011	40	34

Source: County Health Rankings and Roadmaps 2014-2016.

All People in Poverty-Percent

	Madison County	TN
2017	19.6	17.6
2010-2014	20.9	18.3
2009-2013	20.0	17.6

Source: 2017 Tennessee Behavioral Health County and Region Services Data Book.

Source: Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute.

Unemployment

	Madison County	TN
2018	5	4.8
2017	6.1	5.8
2016	6.9	6.7
10/1/2014	6.5	7.1
9/1/2014	6.6	7.3
10/1/2013	8.4	8.1

Source: County Health Rankings and Roadmaps 2016-2018 and NCSL, 2018.

Heart Conditions

Death from Diseases of the Heart Per 100,000

Rate	Madison County			TN		
	Total	White	Black	Total	White	Black
2016	252.9	302.2	190.5	232.1	249.9	196.8
2015	271.5	293.4	238.8	237.5	252.8	190.1
2014	223.1	269.2	163.7	232.0	250.8	189.3
2013	211.7	251.9	160.2	226.7	245.1	183.1
2012	222.0	263.9	167.2	220.6	241.2	165.2
2011	240.2	288.8	175.9	221.0	239.7	175.3
2010	251.3	312.6	176.8	228.3	254.0	181.8
2009	229.7	261.0	176.7	228.0	241.1	185.8

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2008		224.6	245.6	188.0		238.2	250.4	199.9
2007		213.1	223.6	196.3		233.2	244.1	201.0

Source: Tennessee Department of Health Division of Policy, Planning, and Assessment.

Has a doctor, nurse, or other health professional ever told you that you had a heart attack or myocardial infarction? (percent)

	Madison County	TN
2016	no data	5.6
2015	no data	6
2014	no data	5.7
2013	6	6.9
2012	5.4	6.7
2011	4.6	5.2

Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease? (percent)

	Madison County	TN
2016	no data	5.4
2015	no data	4.9
2014	no data	5.6
2013	11	6.3
2012	5.6	7.2
2011	6.3	5.0

Source: Tennessee Department of Health, Behavioral Risk Factor Surveillance System.

High Blood Pressure

Deaths from Cerebrovascular Disease per 100,000

	Madison County			TN		
	Total	White	Black	Total	White	Black
2016	59.4	67.3	51.7	52.8	55.1	52.6
2015	46.6	57.5	32.6	52.2	53.9	49.8
2014	44.8	51.1	38.2	50.7	53.1	48.4
2013	46.6	57.5	32.6	48.1	50.5	45.8
2012	50.7	43.7	65.8	46.3	48.6	42.9
2011	51.9	58.4	44.7	50.1	52.8	46.2
2010	53.9	65.3	42.1	50.1	54.3	45.6
2009	60.0	63.7	54.8	50.6	51.9	48.2
2008	74.9	67.3	92.5	53.6	54.3	54.2
2007	60.0	59.8	62.3	56.3	57.9	52.5

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Source: Tennessee Department of Health Division of Policy, Planning, and Assessment.

Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure? (percent)

	Madison County	TN
2016	no data	41.8
2015	no data	38.5
2013	44.7	38.8
2012	37.0	39.7
2011	39.7	38.7
2010	40.0	35.4
2009	25.6	32.6
2007	34.9	33.8
2005	27.4	30.2

Are you currently taking medicine for your high blood pressure? (percent)

	TN
2016	84.55

Source: Tennessee Department of Health. Behavioral Risk Factor Surveillance System.

Influenza in Madison County

Sentinel Provider Influenza-Like Illness Surveillance Data

	# Patients
2017	2020
2015	530
2014	262
2013	288
2012	414
2011	991

Source: Tennessee Department of Health Sentinel Provider Influenza-like Illness Surveillance Summary.

Injury Prevention

* Drowning is leading cause of injury death for children ages one to four and the leading cause of death among children and young adults.

* Injuries include intentional and unintentional acts of violence.

* Leads to many hospitalizations and emergency department visits.

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* For age groups 1-14 and 15-24 leading cause of death is motor vehicle accidents.			
* For age groups 25-34, 35-44, and 45-64 leading cause of death is poisoning.			
* For ages 65+ leading cause of death is falls.			
* Males at higher risk for dying and being hospitalized.			
* Caucasians more at risk of death from drug overdose and motor vehicle accidents.			
* African American more at risk of death from a firearm or homicide.			
* Injury death rate per 100,000 for Madison County in 2012 is 57.6 compared to 77.0 for TN.			
* Non-fatal hospitalization rate per 100,000 for Madison County is 573.9 compared to 558.2 for TN.			
* Traumatic Brain Injuries mainly caused by firearms and unintentional falls.			
Source: Tennessee Department of Health. Injury Annual Report October 2014.			
Source: Tennessee Department of Health. Traumatic Brain Injury 2012.			

Mental Illness

* Mental illness affected 1 in 5 adults in the United States in 2016.			
* 18.3 percent or 44.7 million Americans age 18 and older suffer from a diagnosed mental illness.			
* 10.4 million age 18+ or 4.2 percent of the population live with a serious, persistent mental illness. Of those, 6.7 percent received treatment.			
* 51.5 percent of 18-25 year olds received treatment; 66.1 percent of 26-49 year olds received treatment; 71.5 percent of 50+ received treatment.			
* Major depression disorder 6.7 percent of adults had an episode in 2016.			
* Bi-polar disorder 2.8 percent of adults.			
* Schizophrenia has a prevalence of 0.25-0.64 percent.			
* Schizophrenia is one of the top 15 leading causes of disability worldwide.			
* Panic disorder 2.7 percent of adults.			
* Post traumatic stress disorder 3.6 percent of adults.			
Source: National Institute of Mental Health (2018).			

Average Number of Mentally Unhealthy Days Reported in Last 30 Days

	Madison County	TN
2018	4.5	4.5
2017	4.4	4.4
2016	4.5	4.9
2015	3.1	3.4
2014	3.1	3.4
2013	3.0	3.3
2012	2.8	3.4
2011	2.9	3.4

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2010	2.8	3.3
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Source: County Health Rankings and Road Maps 2016-2018.

Estimated number and percent of people over the age of 18 with serious mental illness in the past year.

	Madison County		TN
	#	Percent	Percent
2015-2016	no data	no data	5
2014-2015	no data	no data	4.4
2013-2014	no data	no data	4.7
2010-2012	4,315	5.78	5.18
2008-2010	1,154	5.78	5.18

Estimated number and percent of people over the age of 18 with any mental illness in the past year.

	Madison County		TN
	#	Percent	Percent
2015-2016	no data	no data	19.6
2014-2015	no data	no data	19.9
2013-2014	no data	no data	20.4
2010-2012	15,462	20.71	20.56
2008-2010	4,508	22.59	22.15

Source: Behavioral Health Indicators for Tennessee and the United States 2018 Data Book.

Number of behavioral health safety net (BHSN) enrollments and enrollments as a percentage of people over age 18 with a serious mental illness.

	Madison County		TN
	#	Percent	Percent
2017	480	3.4	3.4
2016	476	3.4	3.5
2015	1559	3.9	4.0
Fy2015	546	4.4	4.2
Fy2014	615	14.3	13.8
Fy2013	601	52.1	13.6
Fy2012	596	51.7	12.9

Source: TN.gov Behavioral Health Safety Net Fast Facts 2015-2017.

Obesity

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Percent of Adults who have a body mass index greater than 25-overweight or obese

	Madison County	TN
2018	35	32
2017	34	32
2016	36	32
2015	37	32
2014	36	32
2013	34	32
2012	34	32
2011	32	31
2010	31	31

Source: County Health Rankings and Road Maps 2016-2018.

Sexually Transmitted Diseases

Ages 15-17 diagnosed with Chlamydia, gonorrhea, or syphilis

	Madison County	TN
Year	#	#
2016	981	4081
2015	1036	3830
2014	941	3988
2012	30.9	20.3
2010	24.3	18.9
2009	33.9	21.2
2008	46.4	21.2
2007	43.2	22.5
2006	42.7	21.2
2005	42.0	20.0

Source: TN-PRISM (Patient Reporting Investigating Surveillance Manager).

Substance Use

Heavy drinkers (Adult men having more than 14 drinks per week and adult women having more than 7 drinks per week) (percent)

	Madison County	TN
2016	no data	5.6
2015	no data	4.7
2014	no data	4.1

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Binge drinkers: (Males having five or more drinks on one occasion and females having four or more drinks on one occasion) (percent)

	Madison County	TN
2016	no data	13.1
2015	no data	10.3
2014	no data	10.6
2013	10	10
2012	8	9
2011	8	9
2010	7	9

Source: Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute.

During the past 30 days have you had at least one drink--beer, wine, malt beverage, liquor? (percent)

	Madison	TN
2013	28.3	37.5
2012	29.5	38.6
2011	30.6	37.5
2010	24.8	28.2
2009	23.2	25.1
2008	30.3	33.6
2007	31.2	32.9
2006	27.8	29.5
2005	37.4	34.7

Have you had five or more drinks on one occasion (5 for women, 4 for men)(percent)?

	Madison	TN
2013	5.1	9.6
2012	5.3	11.3
2011	10.9	10.0
2010	9.2	6.6
2009	10.8	6.8
2008	7.5	10.5
2007	7.1	9.0
2006	7.2	8.6
2005	7.4	8.6

Source: Tennessee Department of Health. Behavioral Risk Factor Surveillance System.

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Estimated number and percent of people over age 18 with a dependence on illicit drugs or alcohol in the past year

	Madison	TN
2010-2012	5,906/7.91	8.20
2008-2010	1,577/7.90	8.04
2006-2008	1,530/7.85	8.86

Number and percent TDMHSAS funded treatment admissions with ALCOHOL identified as substance of abuse

	Madison County	TN
2016	209/51.7	5,894/42.1
2015	223/54.9	6,004/44.7
2014	250/57.3	6,213/45.9

Number and percent TDMHSAS funded treatment admissions with CRACK COCAINE identified as substance of abuse

	Region 6	TN
2016	274/17.1	2,614/18.7
2015	328/20	2,634/19.6
2014	340/20.1	2,722/20.1

Number and percent TDMHSAS funded treatment admissions with HEROIN identified as substance of abuse

	Region 6	TN
2016	138/8.6	1,518/10.8
2015	87/5.3	1,069/8
2014	52/3.1	721/5.3

Number and percent TDMHSAS funded treatment admissions with MARIJUANA identified as substance of abuse

	Madison County	TN
2016	162/40.1	5,327/38
2015	165/40.6	5,206/38.7
2014	196/45	5,362/39.6

Number and percent TDMHSAS funded treatment admissions with METH identified as substance of abuse

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MADISON COUNTY 2018

	Madison County	TN
2016	72/17.8	2,869/20.5
2015	63/15.5	2,089/15.5
2014	46/10.6	1,849/13.7

Number and percent TDMHSAS funded treatment admissions with OPIOIDS identified as substance of abuse

	Region 6	TN
2016	25/59.5	5,792/41.4
2015	15/*	5,907/43.9
2014	19/*	5,859/43.3

Number and percent TDMHSAS funded treatment admissions with OTHER illicit drugs identified as substance of abuse

	Region 6	TN
2016	16/*	208/1.5
2015	15/*	281/2.1
2014	20/1.2	300/2.2

Source: 2017 Tennessee Behavioral Health County and Region Services Data Book.

Number of drug related arrests for adults over 18 in Madison County

2017	301
2016	300
2015	150

Source: NIBRS, 2015-2017.

Teenage Pregnancy

Pregnancies Age 10-14 Per 1,000 Females

	Madison			TN		
	Total	White	Black	Total	White	Black
2013	0.6	1.4	1.4	0.7	0.4	1.7
2012	1.3	0.0	2.9	0.7	0.5	1.5
2011	1.6	0.0	3.7	0.7	0.4	1.8
2010	2.2	0.0	5.0	0.8	0.4	1.8
2009	2.2	1.6	3.0	0.9	0.6	1.9
2008	2.5	0.0	5.9	1.2	0.6	3.1
2007	2.8	0.5	5.9	1.3	0.9	2.9

MADISON COUNTY 2018

Pregnancies Age 10-17 per 1,000 Females

	Madison County				TN		
	Total	White	Black		Total	White	Black
2016	5	3.7	6.8		5.4	4.5	9.7
2015	7.8	3.8	12.1		6	5.1	10.2
2014	6.2	4.6	8.5		6.3	5.5	10.7
2013	8.8	6.2	12.5		7.2	6	12.9
2012	8.6	4.5	13.7		8.3	7.0	14.0
2011	10.4	7.8	14.0		8.9	7.3	15.5
2010	10.8	5.3	17.4		10.0	8.3	17.9
2009	15.1	6.5	25.8		12.0	9.1	21.9
2008	17.6	10.0	27.7		13.6	10.5	25.1
2007	16.9	9.1	27.8		13.9	10.9	24.5

Pregnancies Age 15-17 Per 1,000 Females

	Madison County				TN		
	Total	White	Black		Total	White	Black
2016	12.1	9.2	16		13.7	11.5	23.6
2015	17.6	9.4	25.6		15.2	13.2	24.7
2014	13.3	11.3	16.3		16.1	14.2	25.6
2013	20.8	15.1	28.1		18.2	15.6	30.8
2012	19.0	11.1	28.7		21.2	18.1	33.9
2011	22.3	18.9	27.1		22.4	18.9	36.5
2010	24.5	14.1	36.1		24.8	21.1	42.1
2009	37.1	15.0	62.6		29.6	22.4	55.5
2008	43.6	27.6	64.0		33.6	25.9	63.0
2007	41.8	24.2	65.3		34.3	26.9	62.6

Source: Tennessee Department of Health.

Tobacco Use

Adult Smoking-Percent of Adults that report smoking at least 100 cigarettes

	Madison	TN
2016	22	24
2015	20	23
2014	20	23
2013	21	23
2012	19	24
2011	19	24
2010	20	25

MADISON COUNTY 2018

Are you a current smoker?

	Madison County	TN
2018	19	22
2017	21	22
2016	22	24
2013	21.5	24.3
2012	20.3	24.9
2011	21.8	23.0
2010	17.4	20.1
2009	16.9	22.0
2008	18.1	23.1
2007	21.4	24.3
2006	17.0	22.6
2005	26.6	26.7

Source: County Health Rankings and Road Maps 2016-2018.

Traumatic Brain Injury

Madison County

TBI related fatality count	12
Relative Rate	1.17

Key findings

- * A total of 11,334 unique patients were reported to the TBI Registry during 2016. Of these, 7,458 presented with a TBI-related hospitalization (length of stay > 24 hours) and 843 were deceased.
- * 54% of all TBIs were in the senior population (over 55 years).
- * Overall, 58% of TBI patients were males. The number of male TBI patients exceeded females in each age group except in patients over 75 years.
- * Falls were the leading cause of TBI in Tennessee, followed by motor vehicle accidents.
- * Over 10% of concussion-related hospitalizations in 2016 were sports-related, but overall, sports-related concussions are likely underestimated.
- * The age-adjusted TBI hospitalization rate for Tennesseans in 2016 was 84.17 per 100,000, while the age-adjusted death rate was 9.11 per 100,000 residents.
- * 2,282 Emergency Department visits 2009-2013.
- * 39 percent for accidental falls.
- * 22 percent for motor vehicle crashes
- * 40 percent other.
- * 438 hospitalizations during 2009-2013.
- * 44 percent accidental falls.

MADISON COUNTY 2018

* 24 percent motor vehicle crashes.
* 32 percent other.
* 99 deaths during 2009-2013.
* 16 percent falls.
* 33 percent motor vehicle crashes.
* 36 percent firearms.
* 14 percent other.
* 7 out of every 1,000 resident was treated or hospitalized because of TBI concussions were 30 percent of all TBI-related cases during 2013.
Source: Traumatic Brain Injury Program Annual Report 2014-2017.



Jackson-Madison County General Hospital
& Madison County Health Council
Community Health Assessment Survey



We would like to ask that you help us identify current concerns related to health and wellbeing in the Madison County community. Your responses are confidential.

The survey will take approximately 3-5 minutes to complete. We realize there are many ways you can use your time and sincerely thank you for sharing your time with us.

**The following questions ask personal information about you.
Please select the answer that best describes you.**

1. Age:

- ☐ 18-27 ☐ 28-37 ☐ 38-47 ☐ 48-57 ☐ 58-67 ☐ 68 and older

2. Education.

- ☐ Less than high school ☐ High school graduate/GED ☐ Some college
☐ Associate degree ☐ Bachelor degree ☐ Advanced degree

3. Employment Status:

- ☐ Employed full time ☐ Employed part time
☐ Homemaker full time ☐ Not working because of acute illness or injury
☐ Permanently disabled ☐ Retired
☐ Student full time ☐ Student part time

4. Gender:

- ☐ Female
☐ Male
☐ Trans Female (Male to Female)
☐ Trans Male (Female to Male)
☐ Gender Non-conforming (i.e. not exclusively male or female)

5. Insurance:

- ☐ Medicare ☐ No insurance
☐ Obamacare (Affordable Healthcare) ☐ Private insurance
☐ TennCare ☐ Other

6. In what area of Madison County do you live?

- ☐ East Madison County ☐ Mid-Town Area ☐ North Madison County
☐ South Madison County ☐ West Madison County ☐ I live outside of Madison





7. **Race** (Check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> African/American | <input type="checkbox"/> American Indian/Alaskan Native |
| <input type="checkbox"/> Asian | <input type="checkbox"/> Caucasian |
| <input type="checkbox"/> Hispanic/Latino | <input type="checkbox"/> Indian (from India or parents from India) |
| <input type="checkbox"/> Middle Eastern | <input type="checkbox"/> Pacific Islander/Polynesian |
| <input type="checkbox"/> Other | |

8. **Weight** (Do you consider your weight):

- ☐ Just right ☐ Obese ☐ Overweight ☐ Underweight

For the following questions, please indicate if you yourself have experienced the health concern/issue by selecting Yes or No.

- | | Y | N |
|--|-----------------------|-----------------------|
| 9. Have you had (or do you currently have) Allergies ? | <input type="radio"/> | <input type="radio"/> |
| 10. Have you had (or do you currently have) Arthritis ? | <input type="radio"/> | <input type="radio"/> |
| 11. Have you had (or do you currently have) Asthma ? | <input type="radio"/> | <input type="radio"/> |
| 12. Have you had (or do you currently have) an Autoimmune Disease ? | <input type="radio"/> | <input type="radio"/> |
| 13. Have you experienced (or are you currently experiencing) Bullying ? | <input type="radio"/> | <input type="radio"/> |
| 14. Have you had (or do you currently have) Chronic Pain ? | <input type="radio"/> | <input type="radio"/> |
| 15. Have you had (or do you currently have) Dementia/Alzheimers ? | <input type="radio"/> | <input type="radio"/> |
| 16. Have you had (or do you currently have) Diabetes ? | <input type="radio"/> | <input type="radio"/> |
| 17. Have you had (or do you currently have) Emphysema/COPD ? | <input type="radio"/> | <input type="radio"/> |
| 18. Have you had (or do you currently have) an Eye Condition (Cataracts, Glaucoma, Macular Degeneration)? | <input type="radio"/> | <input type="radio"/> |
| 19. Have you had (or do you currently have) a Fall/Fall related injury ? | <input type="radio"/> | <input type="radio"/> |
| 20. Have you had (or do you currently have) Hearing Loss/Deafness ? | <input type="radio"/> | <input type="radio"/> |
| 21. Have you had (or do you currently have) a Heart Condition ? | <input type="radio"/> | <input type="radio"/> |
| 22. Have you had (or do you currently have) High Blood Pressure ? | <input type="radio"/> | <input type="radio"/> |
| 23. Have you had (or do you currently have) Osteoporosis ? | <input type="radio"/> | <input type="radio"/> |
| 24. Have you experienced (or are you currently experienceing) high levels of Stress ? | <input type="radio"/> | <input type="radio"/> |





25. Have you had a **Stroke**?..... Y N
O O

Have you experienced a **lack of financial resources** that led to problems accessing any of the following:

26. Dental care Y N
O O

27. Medical care Y N
O O

28. Medications Y N
O O

Have you experienced a **lack of transportation** that led to problems accessing any of the following:

29. Dental care Y N
O O

30. Medical care Y N
O O

31. Medications Y N
O O

32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)? Y N
O O

33. Do you have access to **Information/Education** about health? Y N
O O

34. Do you have access to facilities or places for **Physical Activity**? Y N
O O

35. Do you have access to **Child Care/Adult Care**?

- O Yes
- O No
- O Doesn't apply

The following questions ask about difficult situations that may cause you to be triggered. If you find yourself feeling upset, please talk with someone you consider safe or contact a health professional or counselor.

Prior to your 18th birthday, did you experience any of the following:



Madison County - CHNA 2018 Update Survey Results

Location of survey distribution		Spring Health	Health Dept	Redeemed	DST Health	Health	Faith
Sample size		Fair	Health Dept	[church]	Fair	Council	Health
Age		74	49	39	24	14	Center
					20		10
18-27		5, 7%	0, 0%	1, 3%	8, 33%	1, 5%	2, 20%
28-37		7, 9%	6, 12%	2, 5%	5, 21%	1, 5%	2, 14%
38-47		12, 16%	9, 18%	1, 3%	1, 4%	4, 21%	1, 10%
48-57		21, 28%	14, 29%	12, 31%	6, 25%	2, 11%	2, 20%
58-67		18, 24%	15, 31%	12, 31%	2, 8%	5, 36%	1, 10%
68 and older		11, 15%	5, 10%	11, 28%	4, 21%	3, 21%	4, 40%
					7, 37%	1, 7%	0, 0%
Education							
Less than high school		5, 7%	0, 0%	3, 8%	2, 9%	0, 0%	0, 0%
High school graduate/GED		27, 37%	12, 24%	9, 23%	9, 39%	0, 0%	2, 20%
Some college		22, 30%	14, 29%	12, 31%	3, 13%	0, 0%	3, 21%
Associate degree		8, 11%	5, 10%	1, 3%	4, 17%	0, 0%	4, 40%
Bachelor degree		6, 8%	8, 16%	7, 18%	4, 17%	1, 7%	1, 10%
Advanced degree		5, 7%	10, 20%	7, 18%	8, 42%	4, 29%	2, 20%
					11, 58%	5, 36%	1, 10%
Employment Status							
Employed full time		27, 38%	38, 78%	19, 49%	14, 58%	15, 75%	11, 85%
Employed part time		5, 7%	2, 4%	3, 8%	4, 17%	0, 0%	8, 80%
Homemaker full time		3, 4%	1, 2%	1, 3%	1, 4%	0, 0%	1, 10%
Not working because of acute		10, 14%	0, 0%	0, 0%	0, 0%	0, 0%	0, 0%
Permanently disabled		7, 10%	0, 0%	2, 5%	1, 4%	0, 0%	0, 0%
Retired		18, 25%	8, 16%	14, 36%	2, 8%	0, 0%	0, 0%
Student full time		0, 0%	0, 0%	0, 0%	5, 25%	1, 8%	1, 10%
Student part time		1, 1%	0, 0%	0, 0%	1, 4%	1, 8%	0, 0%
					0, 0%	0, 0%	0, 0%
Gender							
Female		57, 77%	24, 49%	30, 77%	15, 62%	3, 15%	13, 93%
Male		17, 23%	25, 51%	9, 23%	9, 38%	17, 85%	1, 7%
							1, 10%
Insurance							
Medicare		29, 39%	6, 12%	10, 26%	2, 8%	6, 30%	2, 14%
No insurance		7, 9%	0, 0%	0, 0%	9, 38%	0, 0%	1, 10%
Obamacare		8, 11%	1, 2%	3, 8%	1, 4%	0, 0%	0, 0%
Private insurance		11, 15%	26, 53%	14, 36%	6, 25%	14, 70%	10, 71%
TennCare		12, 16%	2, 4%	4, 10%	6, 25%	0, 0%	9, 90%
Other		7, 9%	14, 29%	8, 21%	0, 0%	0, 0%	0, 0%
						2, 14%	0, 0%
Live in what area of Madison Co.							
East		22, 32%	8, 16%	8, 21%	7, 29%	0, 0%	0, 0%
Mid-town		10, 14%	9, 18%	11, 29%	3, 12%	1, 5%	2, 20%
North		12, 17%	17, 35%	12, 32%	6, 25%	1, 8%	1, 10%
South		10, 14%	6, 12%	1, 3%	1, 4%	17, 85%	7, 54%
West		5, 7%	3, 6%	5, 13%	2, 8%	0, 0%	4, 31%
Outside of Madison Co.		10, 14%	6, 12%	1, 3%	5, 21%	1, 5%	0, 0%
						1, 8%	2, 20%
Race							
African/American		56, 81%	22, 45%	38, 97%	14, 67%	0, 0%	7, 50%
American Indian/Alaskan Native		1, 1%	0, 0%	0, 0%	0, 0%	0, 0%	5, 50%
Asian		1, 1%	0, 0%	0, 0%	0, 0%	0, 0%	0, 0%
Caucasian		10, 14%	26, 53%	0, 0%	1, 5%	20, 100%	7, 50%
							5, 50%

Hispanic/Latino		1, 1%	1, 2%	0, 0%	1, 5%	0, 0%	0, 0%	0, 0%
Indian (from India)		0, 0%	0, 0%	0, 0%	0, 0%	0, 0%	0, 0%	0, 0%
Middle Eastern		0, 0%	0, 0%	1, 3%	0, 0%	0, 0%	0, 0%	0, 0%
Pacific Islander/Polynesian		0, 0%	0, 0%	0, 0%	0, 0%	0, 0%	0, 0%	0, 0%
Other		0, 0%	0, 0%	0, 0%	5, 24%	0, 0%	0, 0%	0, 0%
Weight								
Just right		25, 36%	20, 43%	19, 51%	16, 84%	7, 35%	5, 38%	5, 50%
Obese		9, 13%	5, 11%	1, 3%	2, 11%	0, 0%	1, 8%	1, 10%
Overweight		32, 46%	22, 47%	17, 46%	1, 5%	13, 65%	7, 54%	4, 40%
Underweight		3, 4%	0, 0%	0, 0%	0, 0%	0, 0%	0, 0%	0, 0%
Health Concerns/Issue								
Allergies								
Yes		35, 49%	23, 47%	23, 61%	8, 33%	8, 40%	7, 50%	4, 40%
No		37, 51%	26, 53%	15, 39%	16, 67%	12, 60%	7, 50%	6, 60%
Arthritis								
Yes		43, 60%	19, 39%	20, 51%	2, 8%	6, 30%	3, 21%	3, 30%
No		29, 40%	30, 61%	19, 49%	22, 92%	14, 70%	11, 79%	7, 70%
Asthma								
Yes		14, 19%	6, 12%	5, 13%	5, 21%	1, 5%	1, 7%	0, 0%
No		58, 81%	43, 88%	34, 87%	19, 79%	19, 95%	13, 93%	10, 100%
Autoimmune Disease								
Yes		2, 3%	3, 6%	0, 0%	2, 8%	2, 10%	3, 21%	0, 0%
No		70, 97%	46, 94%	39, 100%	22, 92%	18, 90%	11, 79%	10, 100%

Bullying	Yes	12, 17%	5, 10%	3, 8%	0, 0%	2, 10%	2, 14%	1, 10%
	No	60, 83%	44, 90%	36, 92%	24, 100%	18, 90%	12, 86%	9, 90%
Chronic Pain	Yes	27, 38%	13, 27%	14, 36%	1, 4%	1, 5%	1, 7%	2, 20%
	No	45, 62%	36, 73%	25, 64%	23, 96%	19, 95%	13, 93%	8, 80%
Dementia/Alzheimers	Yes	2, 3%	2, 4%	0, 0%	0, 0%	0, 0%	0, 0%	0, 0%
	No	70, 97%	47, 96%	38, 100%	24, 100%	20, 100%	14, 100%	10, 100%
Diabetes	Yes	16, 22%	7, 14%	9, 23%	2, 8%	2, 10%	4, 29%	2, 20%
	No	56, 78%	42, 86%	30, 77%	22, 92%	18, 90%	10, 71%	8, 80%
Emphysema/COPD	Yes	2, 3%	3, 6%	1, 3%	0, 0%	1, 5%	0, 0%	1, 10%
	No	70, 97%	46, 94%	38, 97%	24, 100%	19, 95%	14, 100%	9, 90%
Eye Condition	Yes	22, 31%	5, 10%	10, 26%	0, 0%	4, 20%	2, 14%	0, 0%
	No	50, 69%	44, 90%	29, 74%	23, 100%	16, 80%	12, 86%	10, 100%
Fall/Fall related injury	Yes	16, 22%	7, 14%	4, 10%	1, 4%	2, 10%	1, 7%	0, 0%
	No	56, 78%	42, 86%	35, 90%	23, 96%	18, 90%	13, 93%	10, 100%
Hearing loss/deafness	Yes	13, 18%	11, 22%	3, 8%	0, 0%	4, 20%	1, 7%	0, 0%
	No	59, 82%	38, 78%	36, 92%	24, 100%	16, 80%	13, 93%	10, 100%
Heart condition	Yes	12, 17%	5, 10%	2, 5%	1, 4%	2, 10%	0, 0%	0, 0%
	No	60, 83%	44, 90%	37, 95%	23, 96%	18, 90%	14, 100%	10, 100%
High blood pressure	Yes	40, 56%	25, 51%	28, 72%	4, 17%	10, 53%	8, 57%	4, 40%
	No	32, 44%	24, 49%	11, 28%	20, 83%	9, 47%	6, 43%	6, 60%
Osteoporosis	Yes	5, 7%	2, 4%	5, 13%	3, 12%	0, 0%	0, 0%	1, 10%
	No	67, 93%	47, 96%	34, 87%	21, 88%	20, 100%	14, 100%	9, 90%
Stress (high levels)	Yes	30, 42%	18, 37%	11, 28%	2, 8%	8, 40%	7, 50%	5, 50%
	No	42, 58%	31, 63%	28, 72%	22, 92%	12, 60%	7, 50%	5, 50%

Stroke		Yes	3, 4%	1, 2%	1, 3%	2, 8%	0, 0%	0, 0%	0, 0%
		No	69, 96%	48, 98%	38, 97%	22, 92%	20, 100%	14, 100%	10, 100%
Lack of financial resources									
Dental		Yes	37, 51%	4, 8%	6, 15%	14, 58%	0, 0%	3, 21%	2, 20%
		No	35, 49%	45, 92%	33, 85%	10, 42%	20, 100%	11, 79%	8, 80%
Medical		Yes	30, 42%	2, 4%	6, 15%	11, 46%	0, 0%	0, 0%	3, 30%
		No	42, 58%	47, 96%	33, 85%	13, 54%	20, 100%	14, 100%	7, 70%
Medications		Yes	25, 35%	0, 0%	7, 18%	10, 42%	0, 0%	0, 0%	3, 30%
		No	47, 65%	49, 100%	32, 82%	14, 58%	20, 100%	14, 100%	7, 70%
Lack of transportation/access									
Dental		Yes	17, 24%	0, 0%	3, 8%	10, 42%	0, 0%	0, 0%	0, 0%
		No	55, 76%	49, 100%	36, 92%	14, 58%	20, 100%	14, 100%	10, 100%
Medical		Yes	20, 28%	0, 0%	2, 5%	9, 38%	1, 5%	0, 0%	0, 0%
		No	52, 72%	49, 100%	37, 95%	15, 62%	19, 95%	14, 100%	10, 100%
Medications		Yes	17, 24%	0, 0%	2, 5%	9, 38%	0, 0%	0, 0%	0, 0%
		No	55, 76%	49, 100%	37, 95%	15, 62%	20, 100%	14, 100%	10, 100%
Access to healthy food									
		Yes	62, 87%	40, 85%	35, 90%	17, 74%	20, 100%	12, 86%	10, 100%
		No	9, 13%	7, 15%	4, 10%	6, 26%	0, 0%	2, 14%	0, 0%
Health information/education									
		Yes	56, 78%	42, 89%	31, 79%	16, 70%	20, 100%	12, 86%	9, 90%
		No	16, 22%	5, 11%	8, 21%	7, 30%	0, 0%	2, 14%	1, 10%
Facilities/places for physical activity									
		Yes	50, 69%	41, 87%	36, 92%	16, 70%	19, 95%	12, 86%	9, 90%
		No	22, 31%	6, 13%	3, 8%	7, 30%	1, 5%	2, 14%	1, 10%
Child care/Adult care									
		Yes	13, 18%	14, 29%	7, 18%	8, 33%	6, 30%	5, 36%	2, 20%
		No	16, 22%	5, 10%	3, 8%	1, 4%	0, 0%	0, 0%	1, 10%
		Doesn't apply	43, 60%	29, 60%	29, 74%	15, 62%	14, 70%	9, 64%	7, 70%
ACEs									
Location of survey distribution		Spring Health		Redeemed	DST Health		Health	Faith	
Sample size		Fair	Health Dept	Church	Fair	Rotary	Council	Health	
		74	49	39	24	20	14	Center	
								10	
		(21% did not complete ACEs portion of survey)							
Question 1 (verbal abuse/fear)									
		Yes	13, 23%	4, 8%	5, 13%	12, 50%	1, 5%	1, 7%	1, 10%
		No	44, 77%	44, 92%	33, 87%	12, 50%	19, 95%	13, 93%	9, 90%

Question 2 (physical abuse)								
	Yes	8, 14%	4, 8%	4, 11%	8, 33%	0, 0%	1, 7%	0, 0%
	No	49, 86%	44, 92%	34, 89%	16, 67%	20, 100%	13, 93%	10, 100%
Question 3 (sexual abuse)								
	Yes	7, 12%	3, 6%	7, 18%	2, 8%	1, 5%	4, 29%	0, 0%
	No	50, 88%	45, 94%	31, 82%	22, 92%	19, 95%	10, 71%	10, 100%
Question 4 (valued/loved)								
	Yes	9, 16%	3, 6%	7, 18%	3, 12%	0, 0%	0, 0%	0, 0%
	No	48, 84%	45, 94%	31, 82%	21, 88%	20, 100%	14, 100%	10, 100%
Question 5 (needs met)								
	Yes	5, 9%	1, 2%	3, 8%	3, 12%	1, 5%	0, 0%	0, 0%
	No	52, 91%	47, 98%	34, 92%	21, 88%	19, 95%	14, 100%	10, 100%
Question 6 (separated/divorced)								
	Yes	27, 47%	15, 31%	17, 45%	4, 17%	7, 35%	3, 21%	1, 10%
	No	30, 53%	33, 69%	21, 55%	20, 83%	13, 65%	11, 79%	9, 90%
Question 7 (mother physical abuse)								
	Yes	4, 7%	3, 6%	6, 16%	2, 8%	1, 5%	0, 0%	0, 0%
	No	53, 93%	45, 94%	32, 84%	22, 92%	19, 95%	14, 100%	10, 100%
Question 8 (substance abuse)								
	Yes	20, 35%	9, 19%	12, 32%	5, 21%	5, 25%	0, 0%	2, 20%
	No	37, 65%	39, 81%	26, 68%	19, 79%	15, 75%	14, 100%	8, 80%
Question 9 (mental illness)								
	Yes	15, 26%	4, 8%	5, 13%	5, 21%	3, 15%	2, 14%	2, 20%
	No	42, 74%	44, 92%	33, 87%	19, 79%	17, 85%	12, 86%	8, 80%
Question 10 (prison)								
	Yes	7, 12%	4, 8%	6, 16%	5, 21%	0, 0%	1, 7%	0, 0%
	No	50, 88%	44, 92%	32, 84%	19, 79%	19, 100%	13, 93%	10, 100%
		201	102	190	203	95	85	60
		20%	10%	19%	20%	9.50%	8.50%	6%

Spring into Health
Health Fair



MARCH 24TH

"SPRING INTO HEALTH"

A Community Health Fair Event

Community health fairs are a great way to get information about your health. We will offer you free health screenings, including blood pressure, cholesterol, blood sugar, vision, and more. We will also have information about local health services and programs. We will have a lot of fun and games for kids and adults.

Free health screenings, food, and more fun and games for all!

Don't miss this opportunity to get information about your health and the health of your community. We will have a lot of fun and games for kids and adults.

Prevention is the key to a healthy life. We will have a lot of fun and games for kids and adults.

FREE Oral Health Screenings

FREE Vision Health Screenings

FREE Health Screenings

**Food Truck
Vendors Booths
Giveaways**

Kid's Activities

Oman Arena

179 Lane Avenue
Jackson, TN

10:00 a.m. – 2:00 p.m.

March 24th

Call 731-736-4005

Get More Information

CHNA 2018 Update

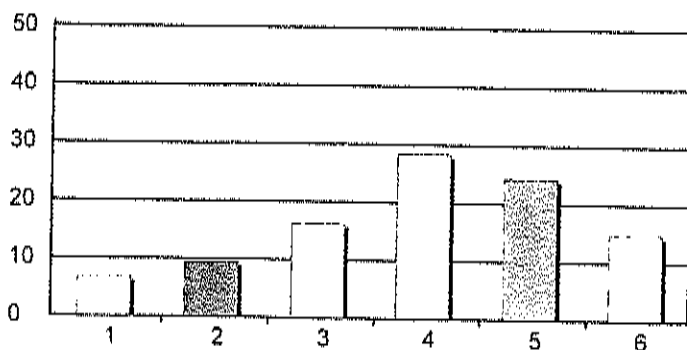
Spring Health Fair

Creation Date: 6/12/2018

Time Interval: 6/12/2018 to 6/12/2018

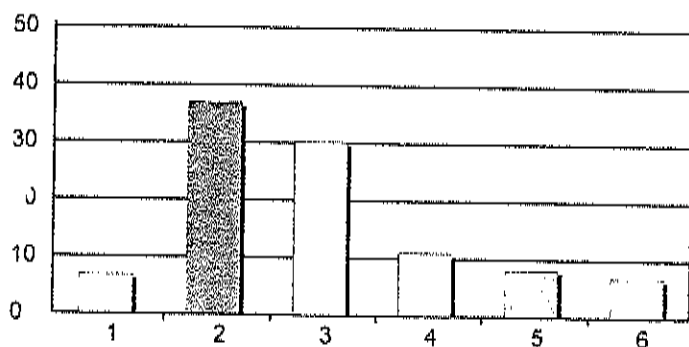
Total Respondents: 74

1. Age:



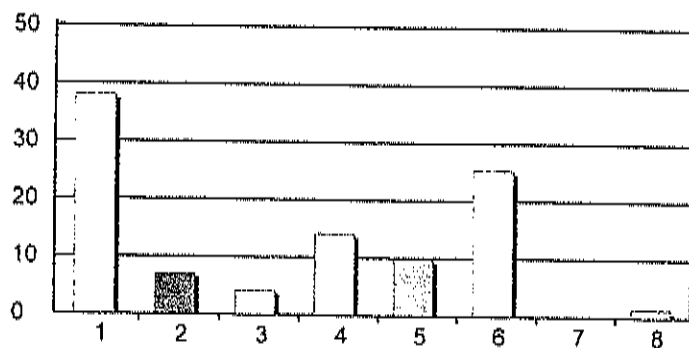
1. 18-27	5	7%
2. 28-37	7	9%
3. 38-47	12	16%
4. 48-57	21	28%
5. 58-67	18	24%
6. 68 and older	11	15%
Total Responses:	74	

2. Education.



1. Less than high school	5	7%
2. High school graduate/GED	27	37%
3. Some college	22	30%
4. Associate degree	8	11%
5. Bachelor degree	6	8%
6. Advanced degree	5	7%
Total Responses:	73	

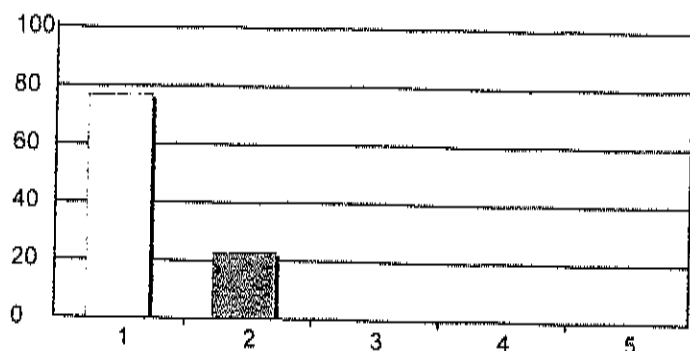
3. Employment Status:



1. Employed full time	27	38%
2. Employed part time	5	7%
3. Homemaker full time	3	4%
4. Not working because of acute illness or injury	10	14%
5. Permanently disabled	7	10%
6. Retired	18	25%
7. Student full time	0	0%
8. Student part time	1	1%
Total Responses:	71	

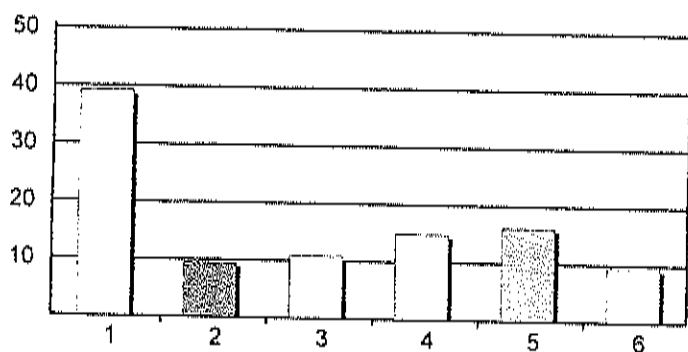
CHNA 2018 Update Spring Health Fair

4. Gender:



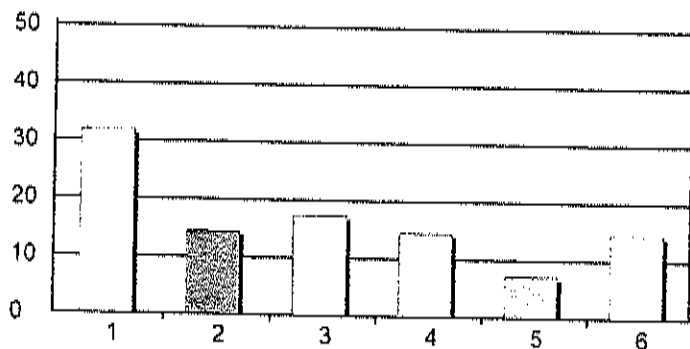
1. Female	57	77%
2. Male	17	23%
3. Trans Female (Male to Female)	0	0%
4. Trans Male (Female to Male)	0	0%
5. Gender Non-conforming (i.e. not exclusively m...)	0	0%
Total Responses:	74	
Mean: 1.23 Standard Deviation: 0.42		

5. Insurance:



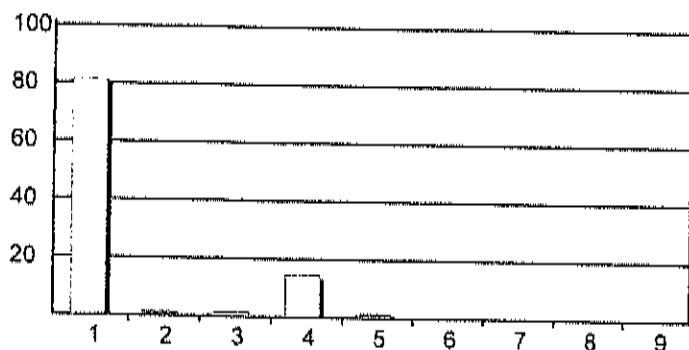
1. Medicare	29	39%
2. No insurance	7	9%
3. Obamacare (Affordable Healthcare)	8	11%
4. Private insurance	11	15%
5. TennCare	12	16%
6. Other	7	9%
Total Responses:	74	

6. In what area of Madison County do you live?



1. East Madison County	22	32%
2. Mid-Town Area	10	14%
3. North Madison County	12	17%
4. South Madison County	10	14%
5. West Madison County	5	7%
6. I live outside of Madison County	10	14%
Total Responses:	69	

7. Race (Check all that apply):

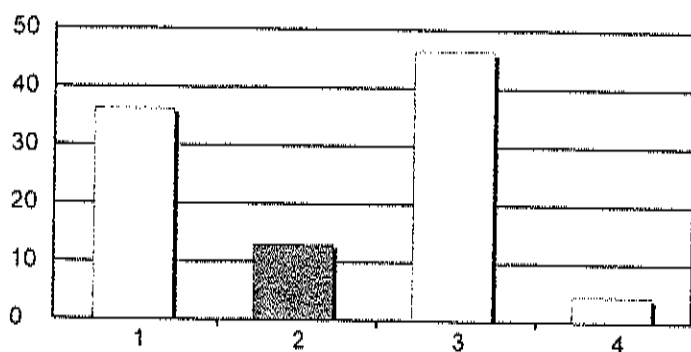


1. African/American	56	81%
2. American Indian/Alaskan Native	1	1%
3. Asian	1	1%
4. Caucasian	10	14%
5. Hispanic/Latino	1	1%
6. Indian (from India or parents from India)	0	0%
7. Middle Eastern	0	0%
8. Pacific Islander/Polynesian	0	0%
9. Other	0	0%
Total Responses:	69	

CHNA 2018 Update

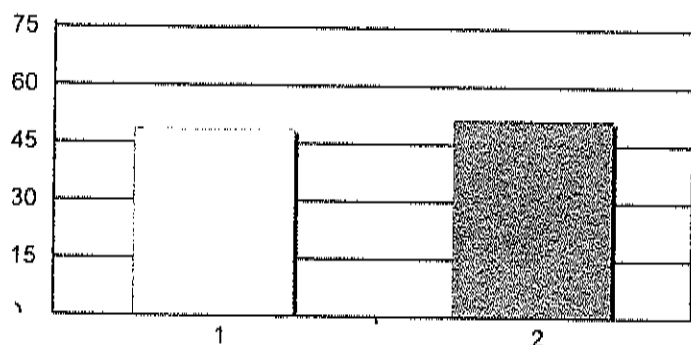
Spring Health Fair

8. Weight (Do you consider your weight):



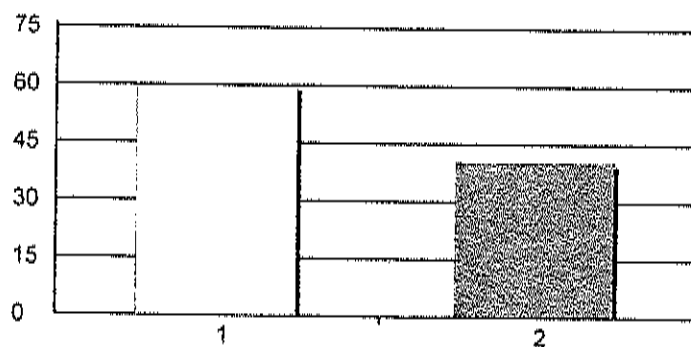
1. Just right	25	36%
2. Obese	9	13%
3. Overweight	32	46%
4. Underweight	3	4%
Total Responses:	69	

9. Have you had (or do you currently have) Allergies?



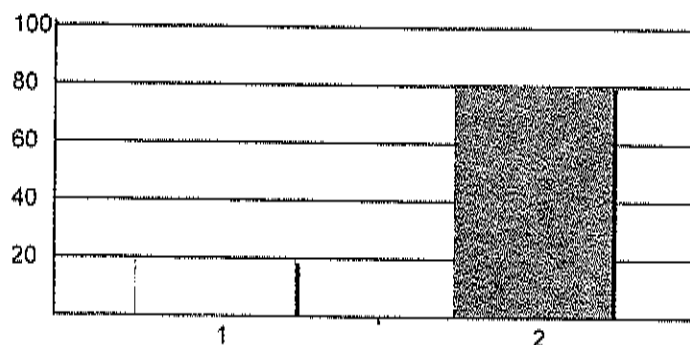
1. Yes	35	49%
2. No	37	51%
Total Responses:	72	
Mean: 1.51	Standard Deviation: 0.50	

10. Have you had (or do you currently have) Arthritis?



1. Yes	43	60%
2. No	29	40%
Total Responses:	72	
Mean: 1.40	Standard Deviation: 0.49	

11. Have you had (or do you currently have) Asthma?



1. Yes	14	19%
2. No	58	81%
Total Responses:	72	
Mean: 1.81	Standard Deviation: 0.40	

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12. Have you had (or do you currently have) an Autoimmune Disease?

1. Yes

2 3%

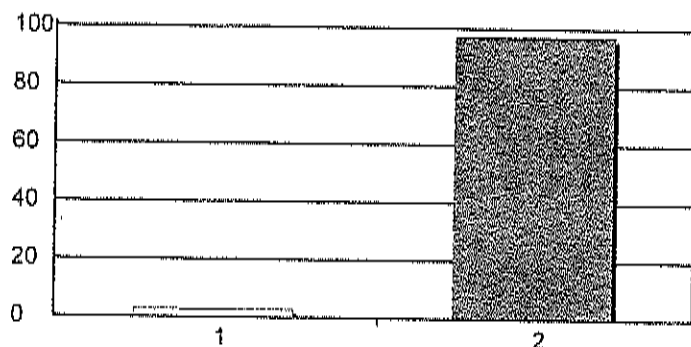
2. No

70 97%

Total Responses:

72

Mean: 1.97 Standard Deviation: 0.17



13. Have you experienced (or are you currently experiencing) Bullying?

1. Yes

12 17%

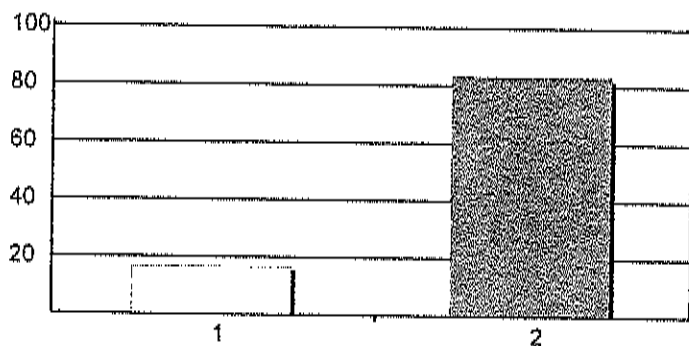
2. No

60 83%

Total Responses:

72

Mean: 1.83 Standard Deviation: 0.38



14. Have you had (or do you currently have) Chronic Pain?

1. Yes

27 38%

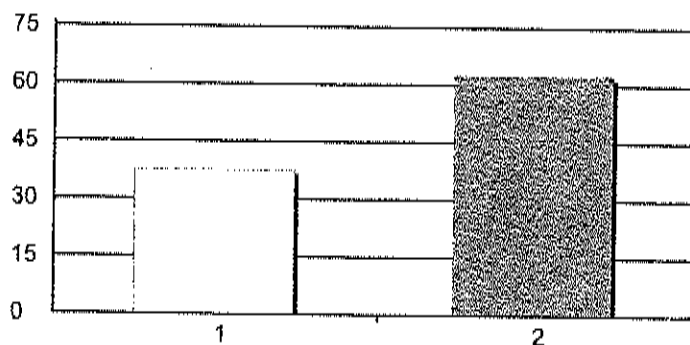
2. No

45 62%

Total Responses:

72

Mean: 1.62 Standard Deviation: 0.49



15. Have you had (or do you currently have) Dementia/Alzheimers?

1. Yes

2 3%

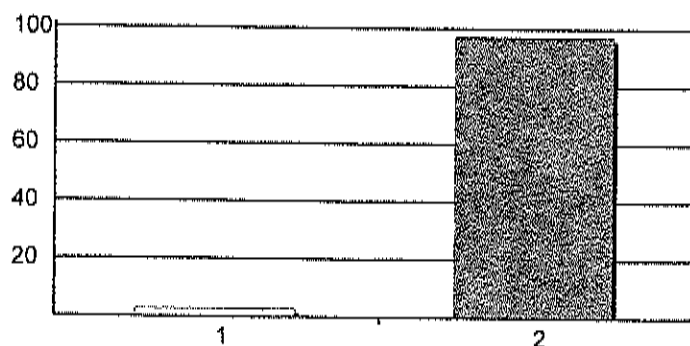
2. No

70 97%

Total Responses:

72

Mean: 1.97 Standard Deviation: 0.17

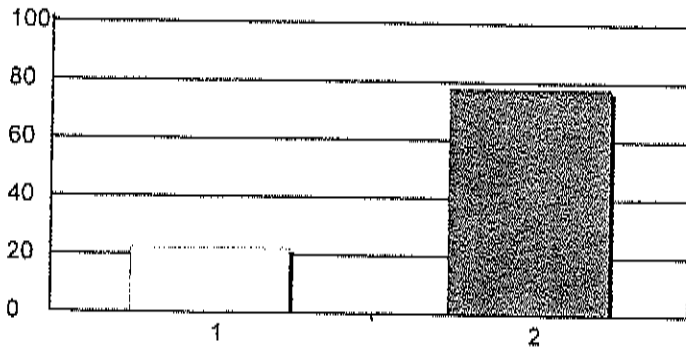


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Spring Health Fair

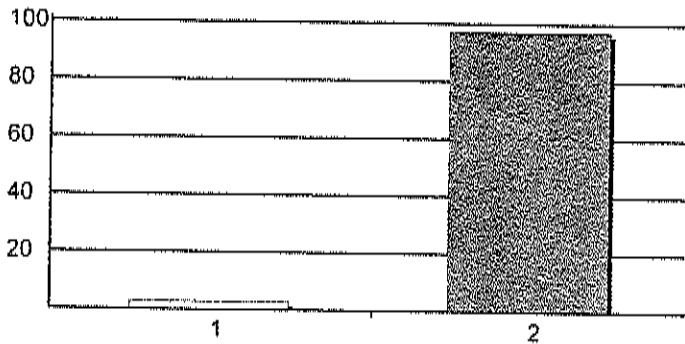
16. Have you had (or do you currently have) Diabetes?

1. Yes 16 22%
 2. No 56 78%
 Total Responses: 72
 Mean: 1.78 Standard Deviation: 0.42



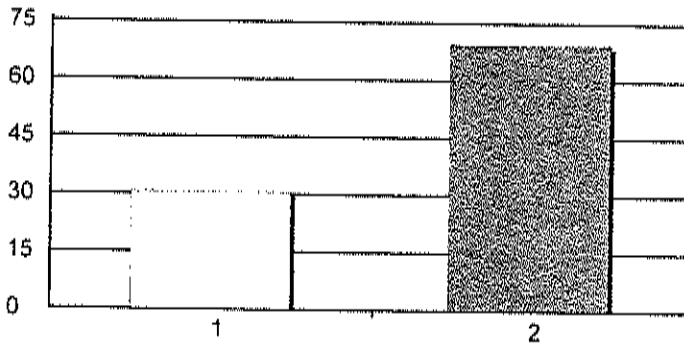
17. Have you had (or do you currently have) Emphysema/COPD?

1. Yes 2 3%
 2. No 70 97%
 Total Responses: 72
 Mean: 1.97 Standard Deviation: 0.17



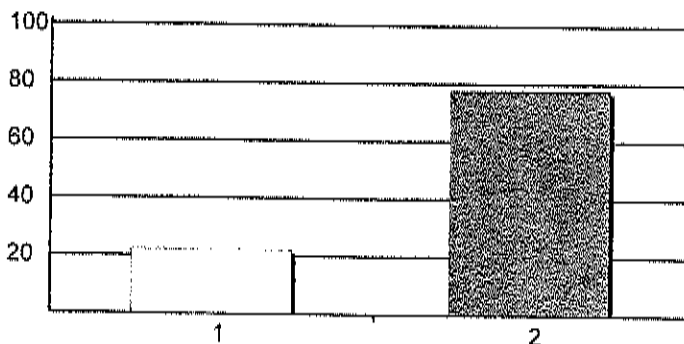
18. Have you had (or do you currently have) an Eye Condition (Cataracts, Glaucoma, Macular Degeneration)?

1. Yes 22 31%
 2. No 50 69%
 Total Responses: 72
 Mean: 1.69 Standard Deviation: 0.46



19. Have you had (or do you currently have) a Fall/Fall related injury?

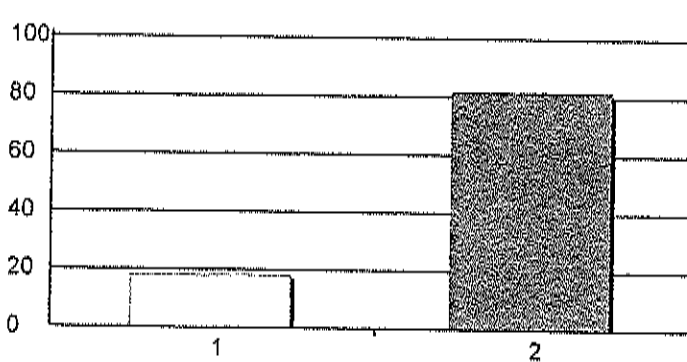
1. Yes 16 22%
 2. No 56 78%
 Total Responses: 72
 Mean: 1.78 Standard Deviation: 0.42



CHNA 2018 Update

Spring Health Fair

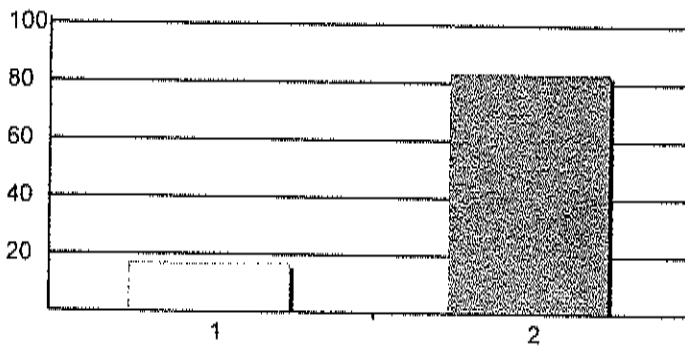
20. Have you had (or do you currently have) **Hearing Loss/Deafness**?



1. Yes
2. No
Total Responses:
Mean: 1.82 Standard Deviation: 0.39

13 18%
59 82%
72

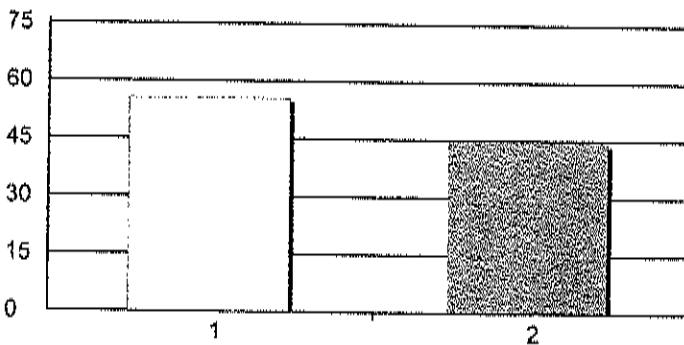
21. Have you had (or do you currently have) a **Heart Condition**?



1. Yes
2. No
Total Responses:
Mean: 1.83 Standard Deviation: 0.38

12 17%
60 83%
72

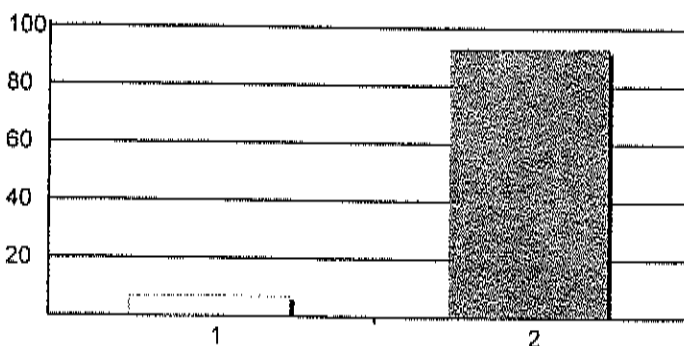
22. Have you had (or do you currently have) **High Blood Pressure**?



1. Yes
2. No
Total Responses:
Mean: 1.44 Standard Deviation: 0.50

40 56%
32 44%
72

23. Have you had (or do you currently have) **Osteoporosis**?



1. Yes
2. No
Total Responses:
Mean: 1.93 Standard Deviation: 0.26

5 7%
67 93%
72

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24. Have you experienced (or are you currently experiencing) high levels of Stress?

1. Yes

30 42%

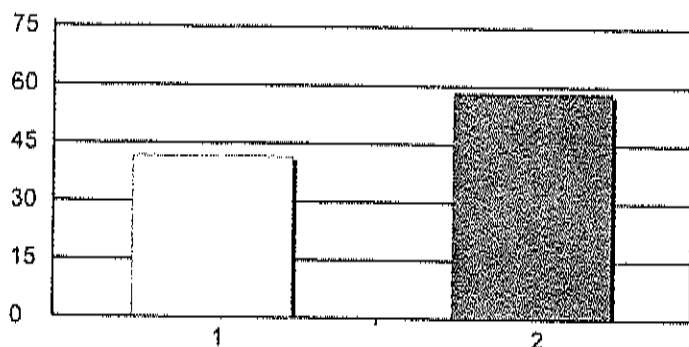
2. No

42 58%

Total Responses:

72

Mean: 1.58 Standard Deviation: 0.50



25. Have you had a Stroke?

1. Yes

3 4%

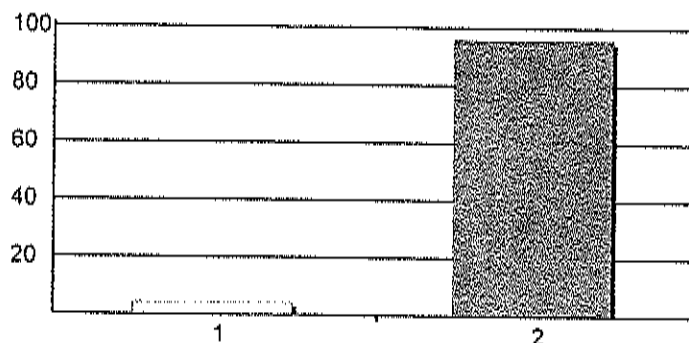
2. No

69 96%

Total Responses:

72

Mean: 1.96 Standard Deviation: 0.20



26. Dental care

1. Yes

37 51%

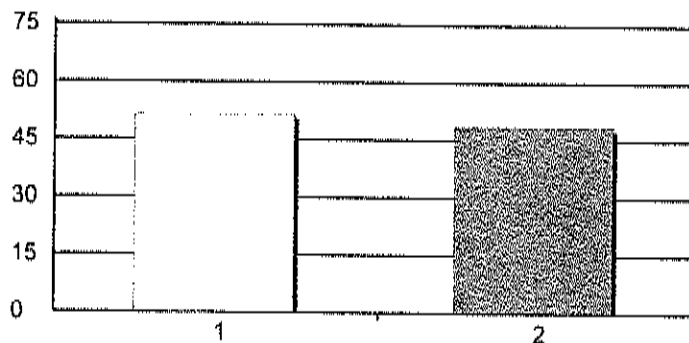
2. No

35 49%

Total Responses:

72

Mean: 1.49 Standard Deviation: 0.50



27. Medical care

1. Yes

30 42%

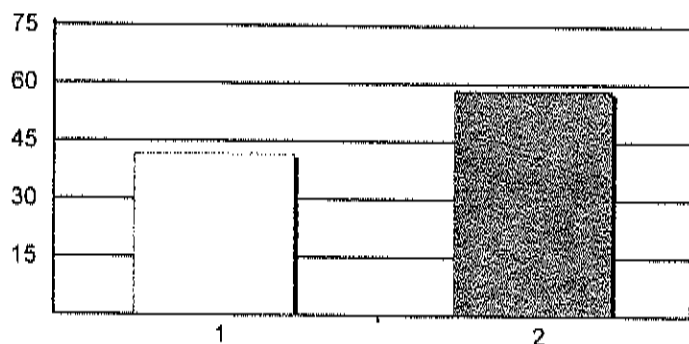
2. No

42 58%

Total Responses:

72

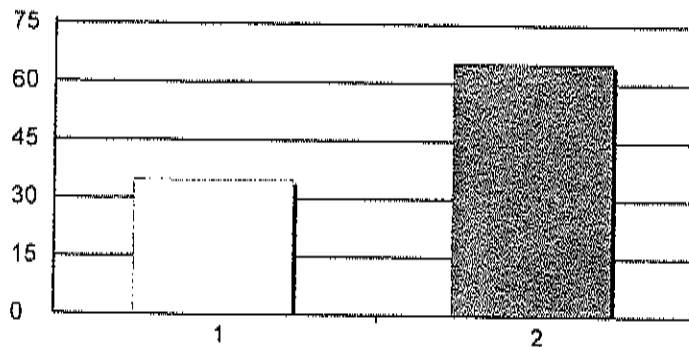
Mean: 1.58 Standard Deviation: 0.50



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Spring Health Fair

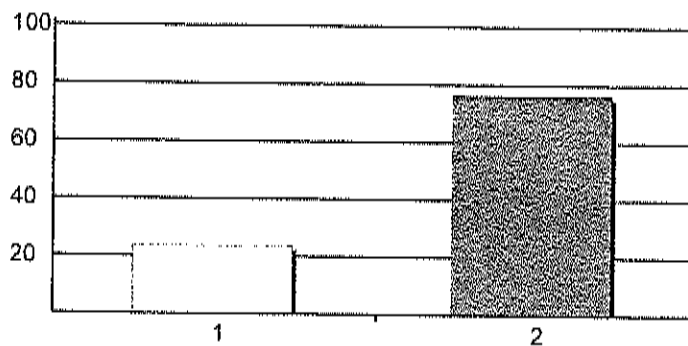
28. Medications



1. Yes
2. No
Total Responses:
Mean: 1.65 Standard Deviation: 0.48

25 35%
47 65%
72

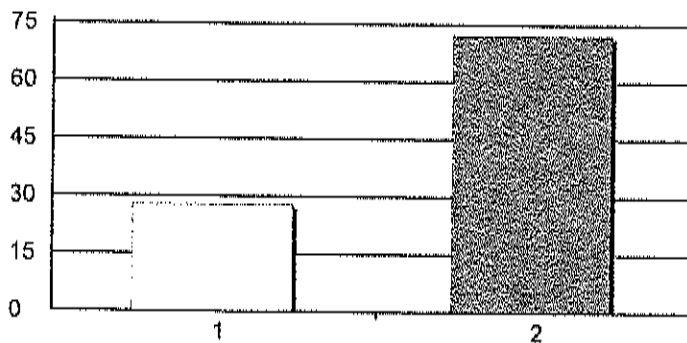
29. Dental care



1. Yes
2. No
Total Responses:
Mean: 1.76 Standard Deviation: 0.43

17 24%
55 76%
72

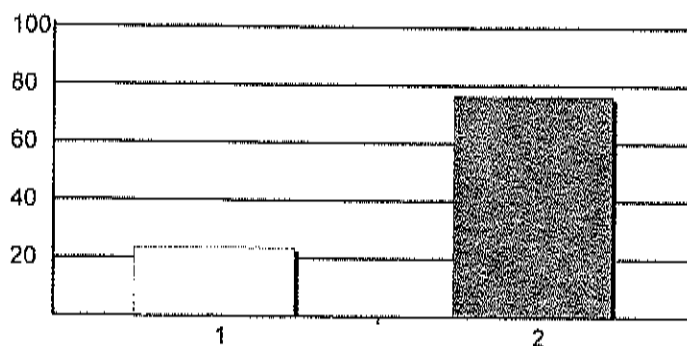
30. Medical care



1. Yes
2. No
Total Responses:
Mean: 1.72 Standard Deviation: 0.45

20 28%
52 72%
72

31. Medications



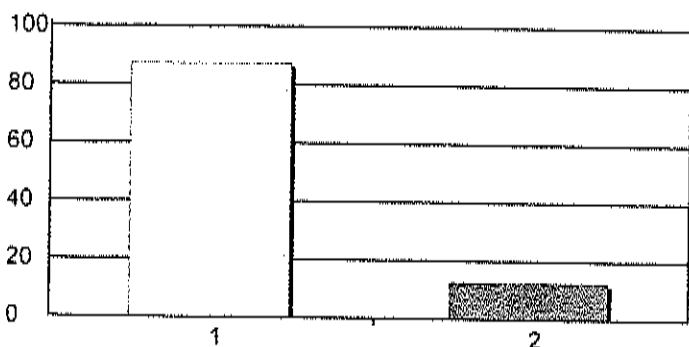
1. Yes
2. No
Total Responses:
Mean: 1.76 Standard Deviation: 0.43

17 24%
55 76%
72

CHNA 2018 Update

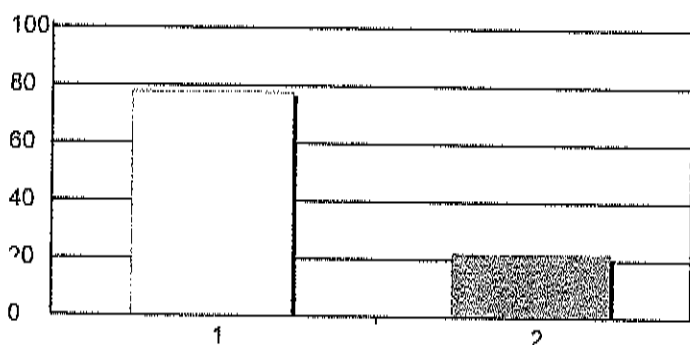
Spring Health Fair

32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?



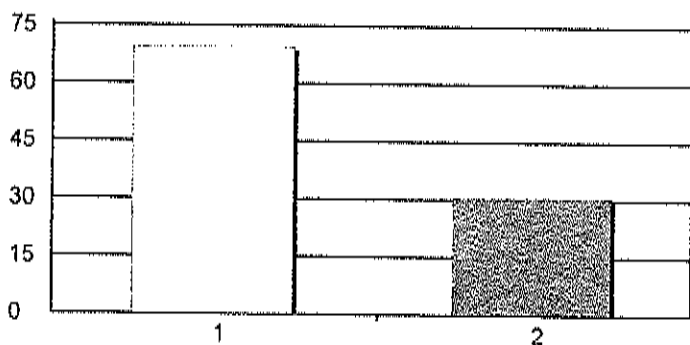
1. Yes 62 87%
 2. No 9 13%
 Total Responses: 71
 Mean: 1.13 Standard Deviation: 0.34

33. Do you have access to **Information/Education** about health?



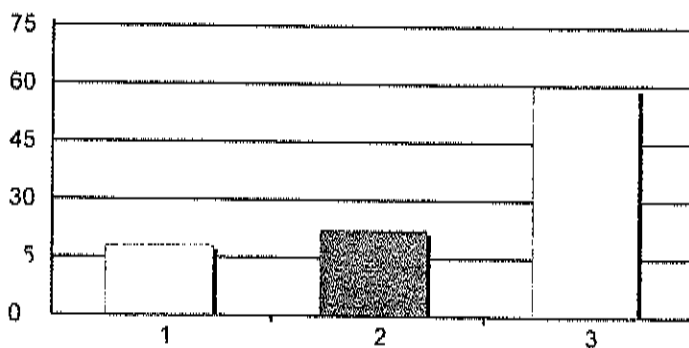
1. Yes 56 78%
 2. No 16 22%
 Total Responses: 72
 Mean: 1.22 Standard Deviation: 0.42

34. Do you have access to facilities or places for **Physical Activity**?



1. Yes 50 69%
 2. No 22 31%
 Total Responses: 72
 Mean: 1.31 Standard Deviation: 0.46

35. Do you have access to **Child Care/Adult Care**?

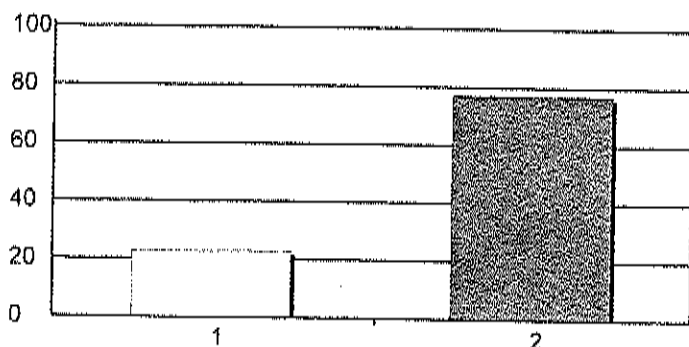


1. Yes 13 18%
 2. No 16 22%
 3. Doesn't apply 43 60%
 Total Responses: 72

CHNA 2018 Update

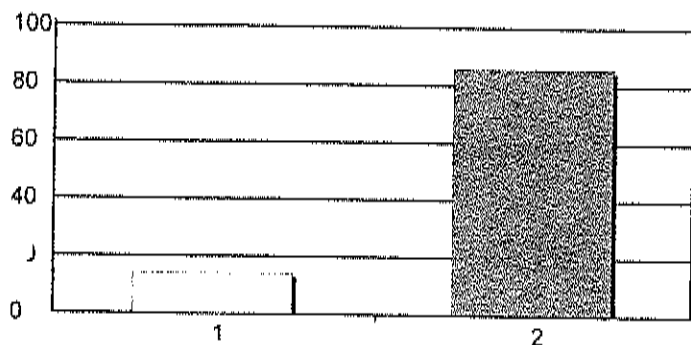
Spring Health Fair

36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?



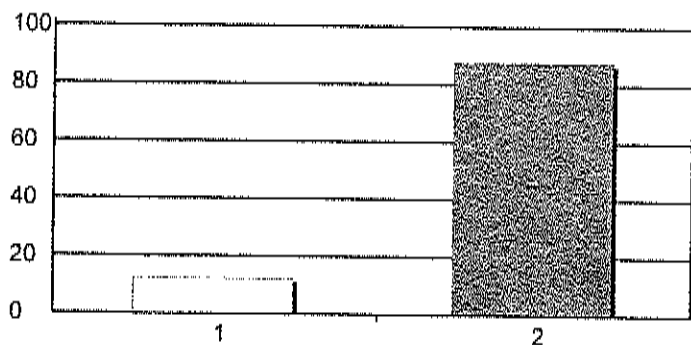
1. Yes 13 23%
 2. No 44 77%
 Total Responses: 57
 Mean: 1.77 Standard Deviation: 0.42

37. Did a parent or other adult in the household often or very often, push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?



1. Yes 8 14%
 2. No 49 86%
 Total Responses: 57
 Mean: 1.86 Standard Deviation: 0.35

38. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way or attempt or actually have oral, anal, or vaginal intercourse with you?



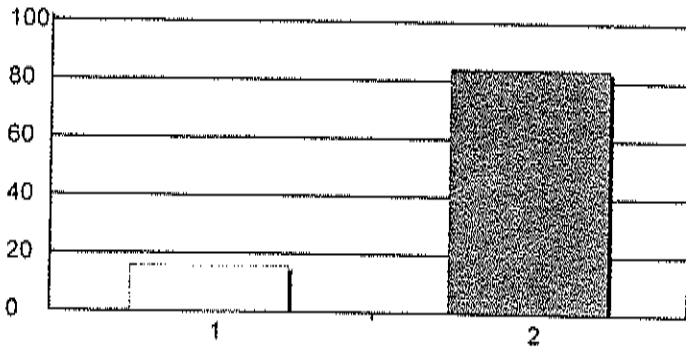
1. Yes 7 12%
 2. No 50 88%
 Total Responses: 57
 Mean: 1.88 Standard Deviation: 0.33

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Spring Health Fair

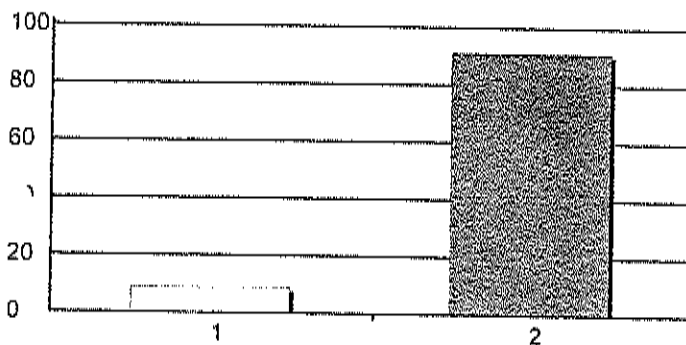
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

1. Yes	9	16%
2. No	48	84%
Total Responses:	57	
Mean: 1.84	Standard Deviation: 0.37	



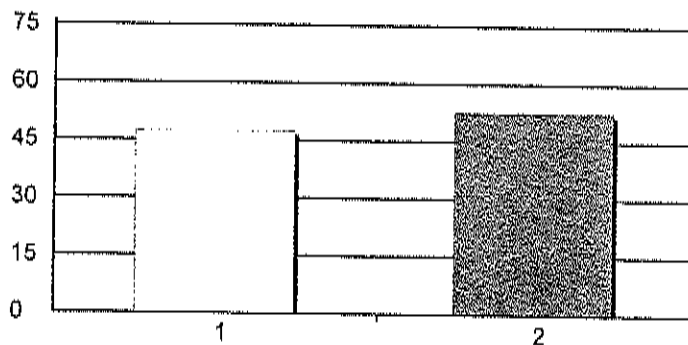
40. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

1. Yes	5	9%
2. No	52	91%
Total Responses:	57	
Mean: 1.91	Standard Deviation: 0.29	



41. Were your parents ever separated or divorced?

1. Yes	27	47%
2. No	30	53%
Total Responses:	57	
Mean: 1.53	Standard Deviation: 0.50	

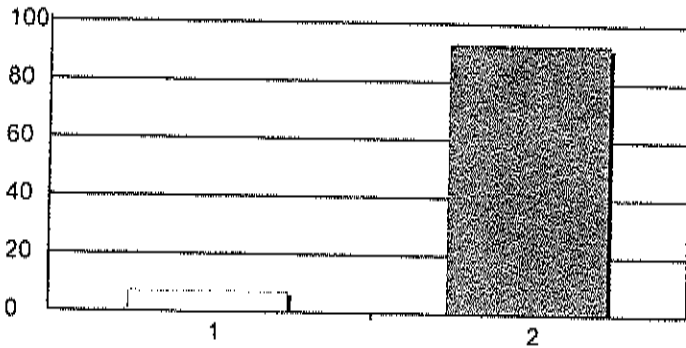


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Spring Health Fair

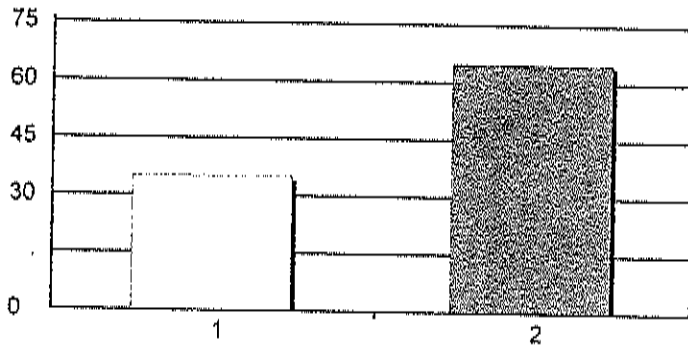
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

1. Yes 4 7%
 2. No 53 93%
 Total Responses: 57
 Mean: 1.93 Standard Deviation: 0.26



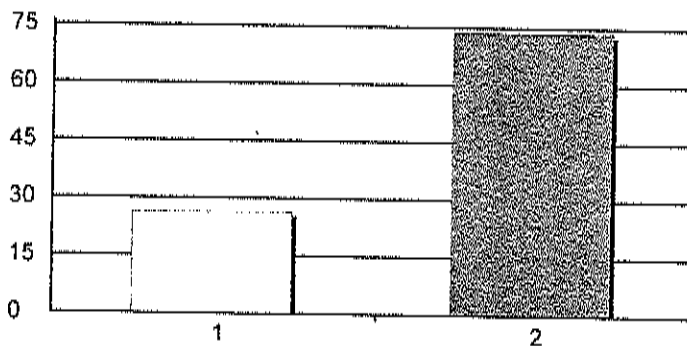
43. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

1. Yes 20 35%
 2. No 37 65%
 Total Responses: 57
 Mean: 1.65 Standard Deviation: 0.48



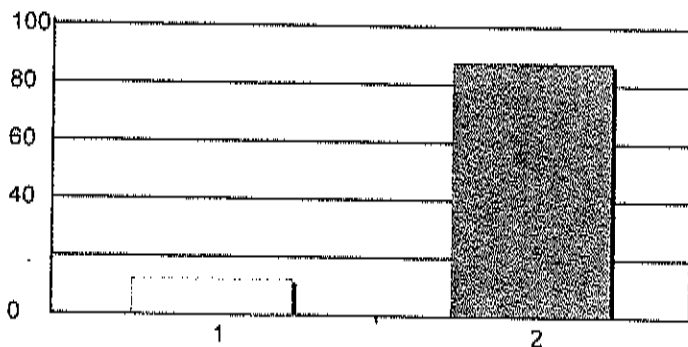
44. Was a household member depressed or mentally ill, or did a household member attempt suicide?

1. Yes 15 26%
 2. No 42 74%
 Total Responses: 57
 Mean: 1.74 Standard Deviation: 0.44



45. Did a household member go to prison?

1. Yes 7 12%
 2. No 50 88%
 Total Responses: 57
 Mean: 1.88 Standard Deviation: 0.33



CHNA 2018 Update

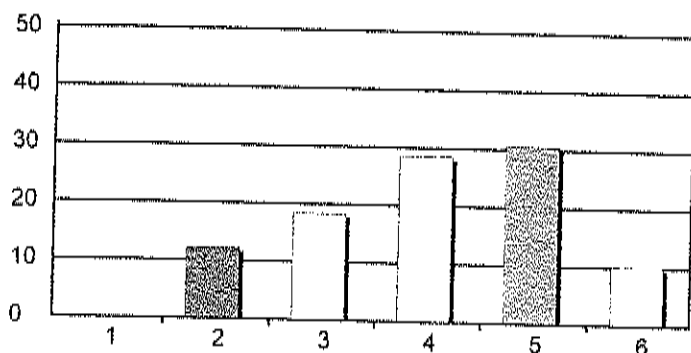
Health Department

Creation Date: 6/12/2018

Time Interval: 6/11/2018 to 6/12/2018

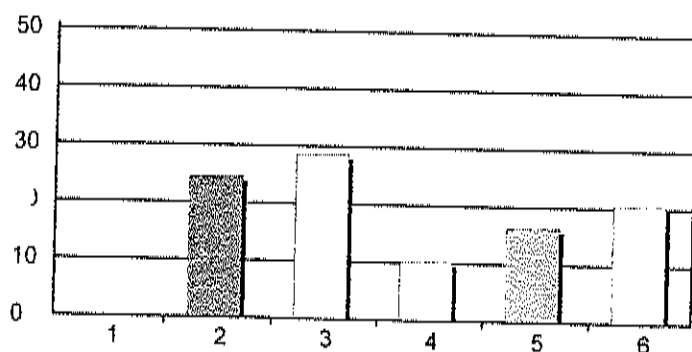
Total Respondents: 49

1. Age:



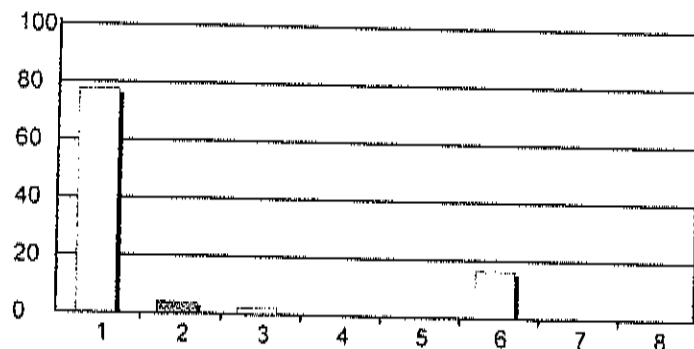
1. 18-27	0	0%
2. 28-37	6	12%
3. 38-47	9	18%
4. 48-57	14	29%
5. 58-67	15	31%
6. 68 and older	5	10%
Total Responses:	49	

2. Education.



1. Less than high school	0	0%
2. High school graduate/GED	12	24%
3. Some college	14	29%
4. Associate degree	5	10%
5. Bachelor degree	8	16%
6. Advanced degree	10	20%
Total Responses:	49	

3. Employment Status:

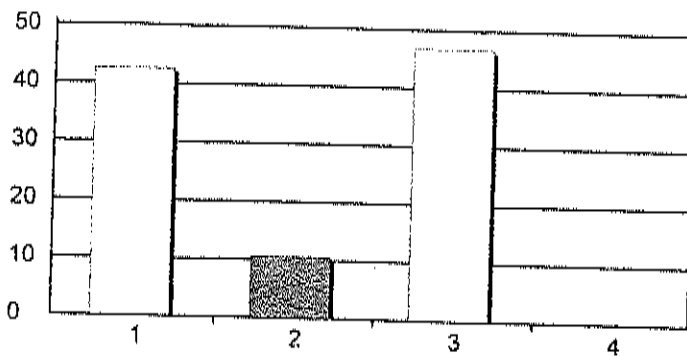


1. Employed full time	38	78%
2. Employed part time	2	4%
3. Homemaker full time	1	2%
4. Not working because of acute illness or injury	0	0%
5. Permanently disabled	0	0%
6. Retired	8	16%
7. Student full time	0	0%
8. Student part time	0	0%
Total Responses:	49	

CHNA 2018 Update

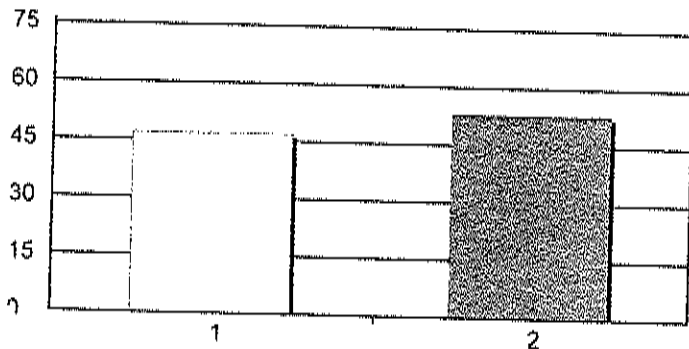
Health Department

8. Weight (Do you consider your weight):



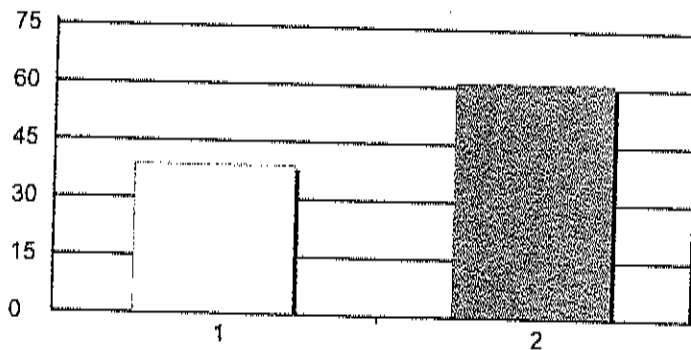
1. Just right	20	43%
2. Obese	5	11%
3. Overweight	22	47%
4. Underweight	0	0%
Total Responses:	47	

9. Have you had (or do you currently have) Allergies?



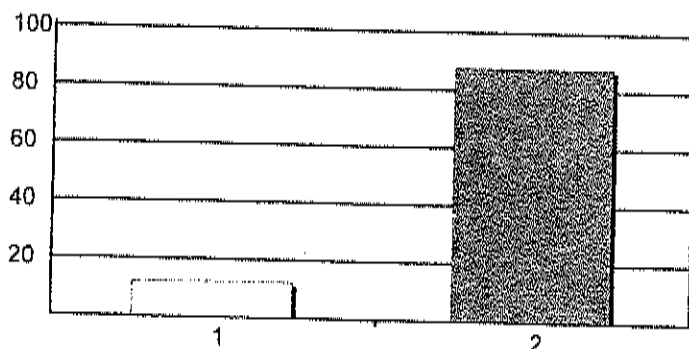
1. Yes	23	47%
2. No	26	53%
Total Responses:	49	
Mean: 1.53	Standard Deviation: 0.50	

10. Have you had (or do you currently have) Arthritis?



1. Yes	19	39%
2. No	30	61%
Total Responses:	49	
Mean: 1.61	Standard Deviation: 0.49	

11. Have you had (or do you currently have) Asthma?



1. Yes	6	12%
2. No	43	88%
Total Responses:	49	
Mean: 1.88	Standard Deviation: 0.33	

CHNA 2018 Update

Health Department

12. Have you had (or do you currently have) an Autoimmune Disease?

1. Yes

3 6%

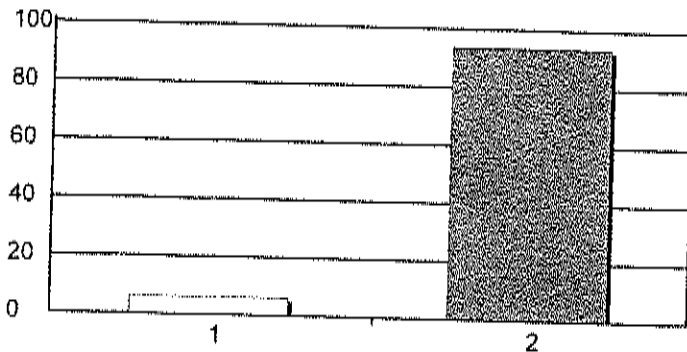
2. No

46 94%

Total Responses:

49

Mean: 1.94 Standard Deviation: 0.24



13. Have you experienced (or are you currently experiencing) Bullying?

1. Yes

5 10%

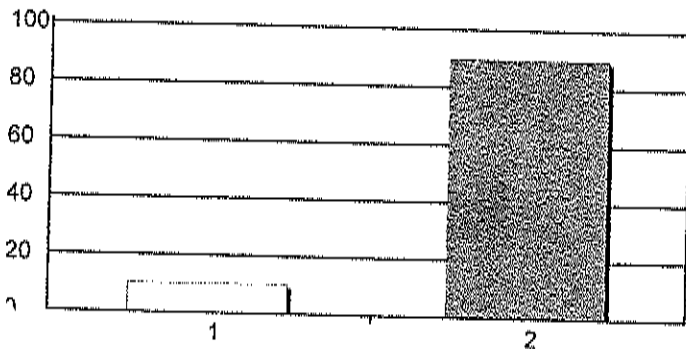
2. No

44 90%

Total Responses:

49

Mean: 1.90 Standard Deviation: 0.31



14. Have you had (or do you currently have) Chronic Pain?

1. Yes

13 27%

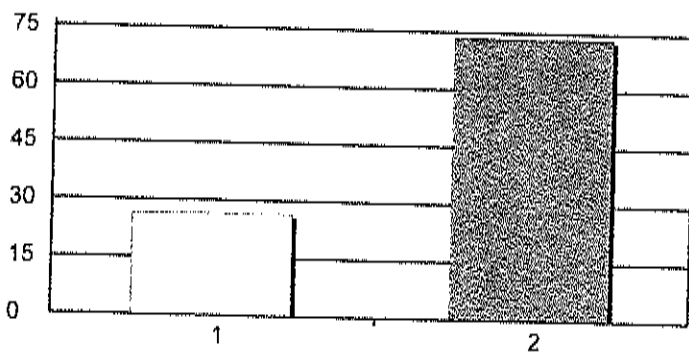
2. No

36 73%

Total Responses:

49

Mean: 1.73 Standard Deviation: 0.45



15. Have you had (or do you currently have) Dementia/Alzheimers?

1. Yes

2 4%

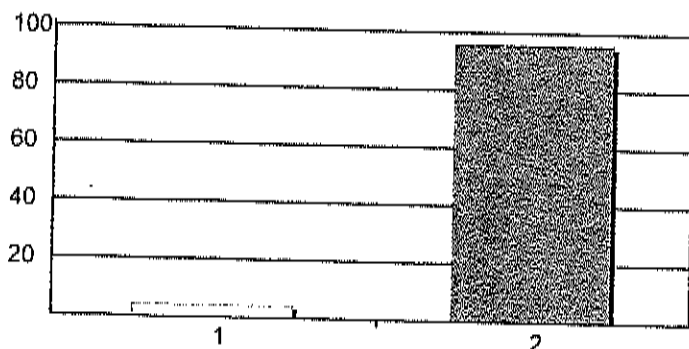
2. No

47 96%

Total Responses:

49

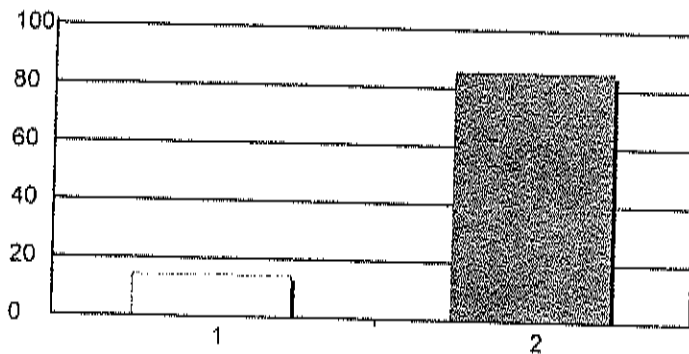
Mean: 1.96 Standard Deviation: 0.20



CHNA 2018 Update

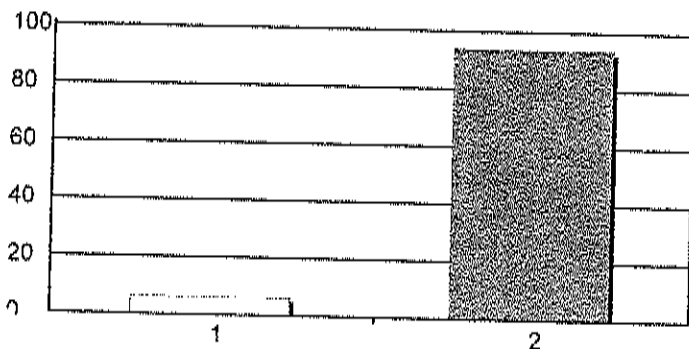
Health Department

16. Have you had (or do you currently have) Diabetes?



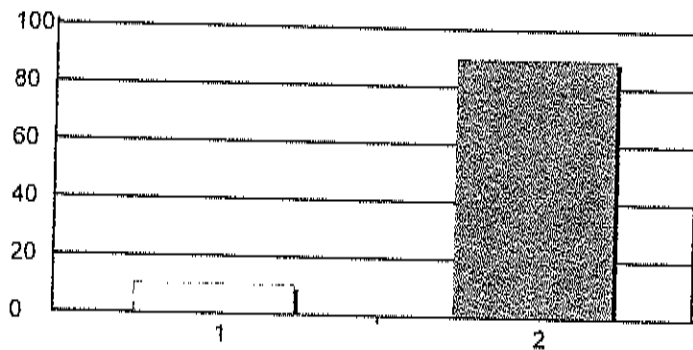
1. Yes 7 14%
 2. No 42 86%
 Total Responses: 49
 Mean: 1.86 Standard Deviation: 0.35

17. Have you had (or do you currently have) Emphysema/COPD?



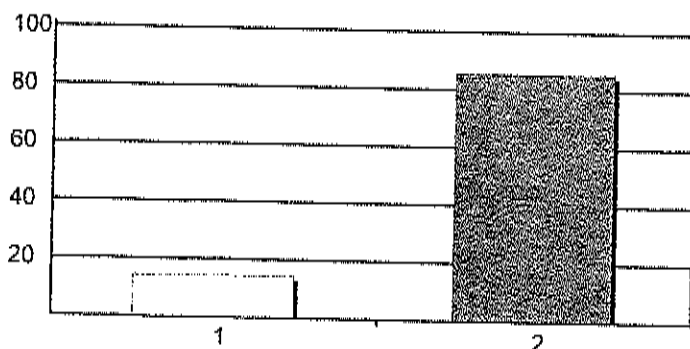
1. Yes 3 6%
 2. No 46 94%
 Total Responses: 49
 Mean: 1.94 Standard Deviation: 0.24

18. Have you had (or do you currently have) an Eye Condition (Cataracts, Glaucoma, Macular Degeneration)?



1. Yes 5 10%
 2. No 44 90%
 Total Responses: 49
 Mean: 1.90 Standard Deviation: 0.31

19. Have you had (or do you currently have) a Fall/Fall related injury?



1. Yes 7 14%
 2. No 42 86%
 Total Responses: 49
 Mean: 1.86 Standard Deviation: 0.35

CHNA 2018 Update

Health Department

20. Have you had (or do you currently have) **Hearing Loss/Deafness**?

1. Yes

11 22%

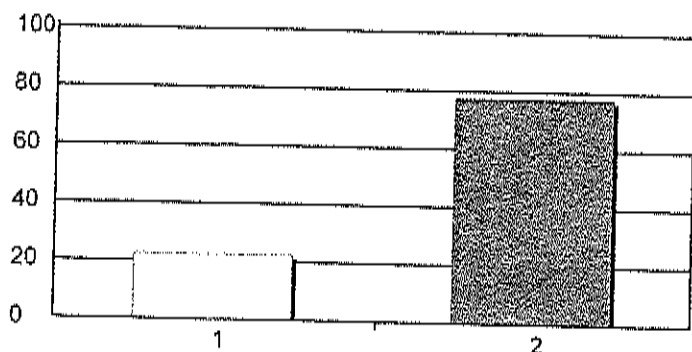
2. No

38 78%

Total Responses:

49

Mean: 1.78 Standard Deviation: 0.42



21. Have you had (or do you currently have) a **Heart Condition**?

1. Yes

5 10%

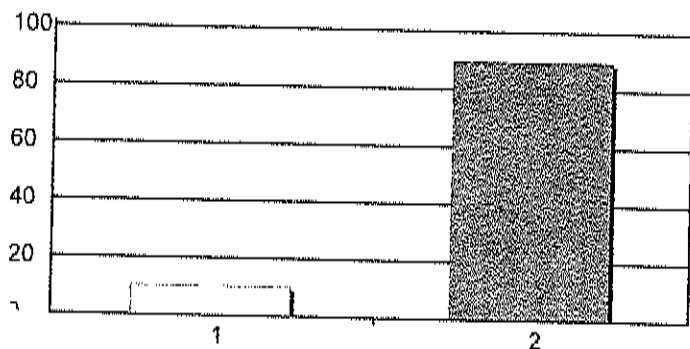
2. No

44 90%

Total Responses:

49

Mean: 1.90 Standard Deviation: 0.31



22. Have you had (or do you currently have) **High Blood Pressure**?

1. Yes

25 51%

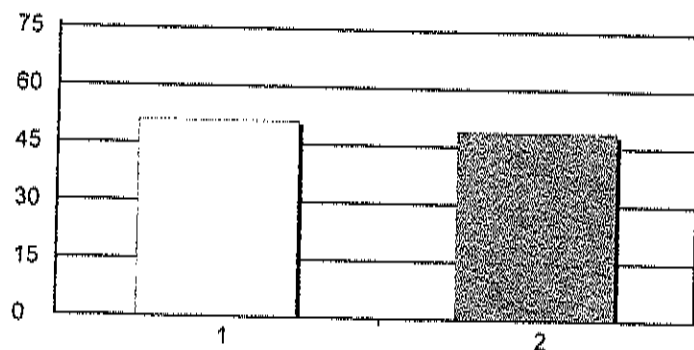
2. No

24 49%

Total Responses:

49

Mean: 1.49 Standard Deviation: 0.51



23. Have you had (or do you currently have) **Osteoporosis**?

1. Yes

2 4%

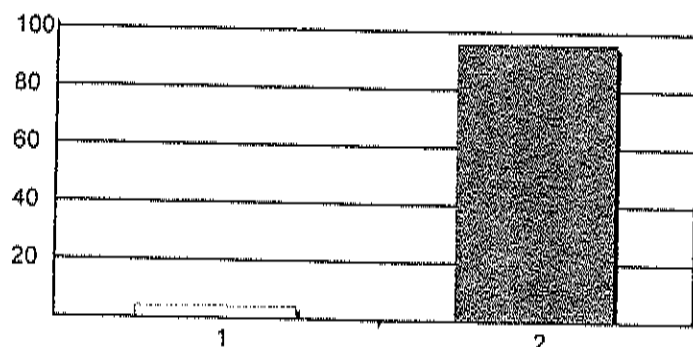
2. No

47 96%

Total Responses:

49

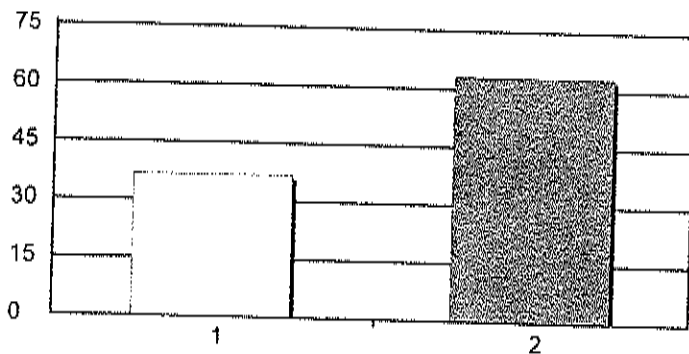
Mean: 1.96 Standard Deviation: 0.20



CHNA 2018 Update

Health Department

24. Have you experienced (or are you currently experiencing) high levels of Stress?



1. Yes

18 37%

2. No

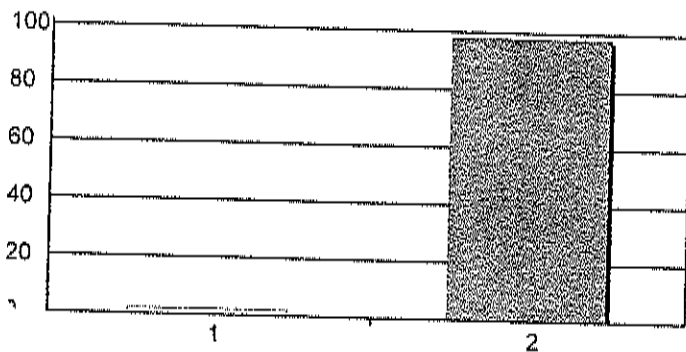
31 63%

Total Responses:

49

Mean: 1.63 Standard Deviation: 0.49

25. Have you had a Stroke?



1. Yes

1 2%

2. No

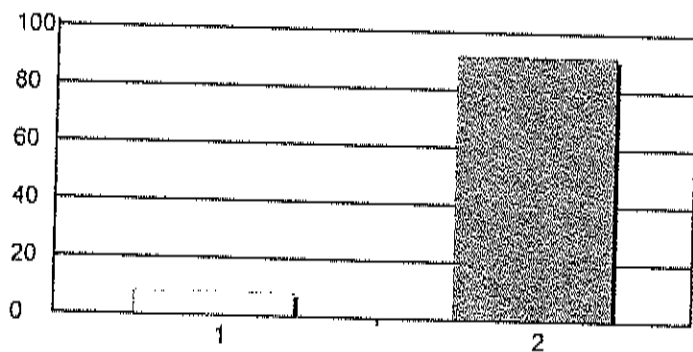
48 98%

Total Responses:

49

Mean: 1.98 Standard Deviation: 0.14

26. Dental care



1. Yes

4 8%

2. No

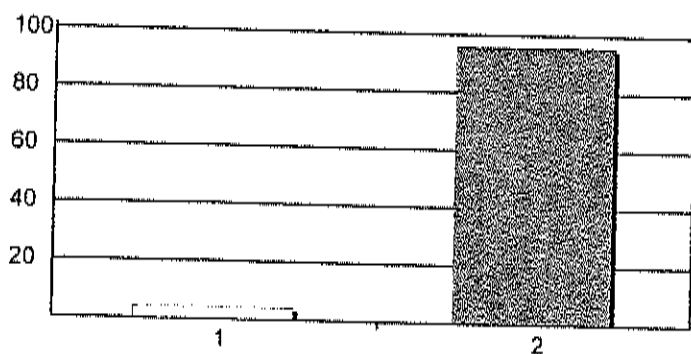
45 92%

Total Responses:

49

Mean: 1.92 Standard Deviation: 0.28

27. Medical care



1. Yes

2 4%

2. No

47 96%

Total Responses:

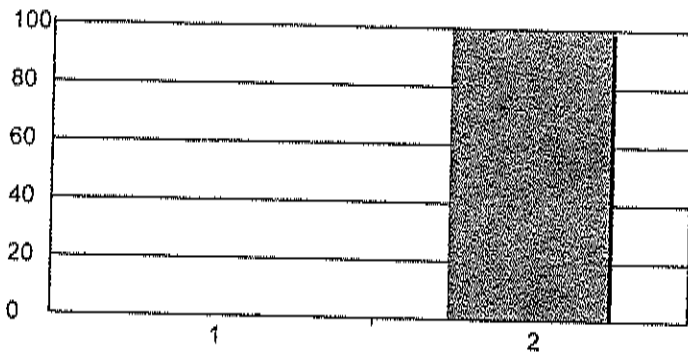
49

Mean: 1.96 Standard Deviation: 0.20

CHNA 2018 Update

Health Department

28. Medications



1. Yes

0 0%

2. No

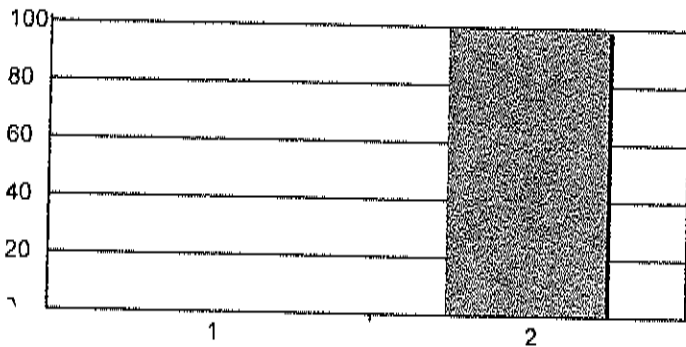
49 100%

Total Responses:

49

Mean: 2.00 Standard Deviation: 0.00

29. Dental care



1. Yes

0 0%

2. No

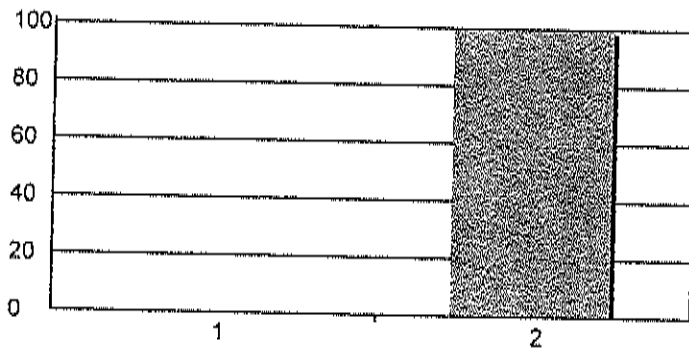
49 100%

Total Responses:

49

Mean: 2.00 Standard Deviation: 0.00

30. Medical care



1. Yes

0 0%

2. No

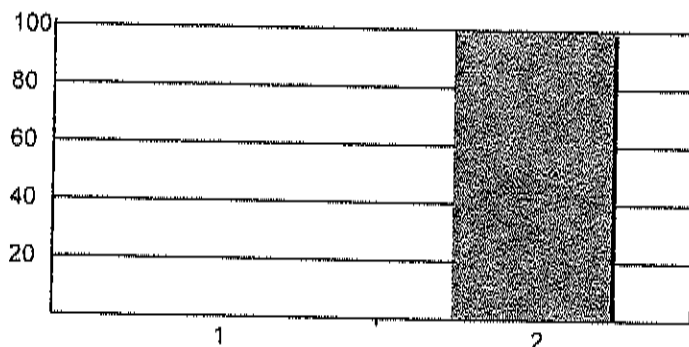
49 100%

Total Responses:

49

Mean: 2.00 Standard Deviation: 0.00

31. Medications



1. Yes

0 0%

2. No

49 100%

Total Responses:

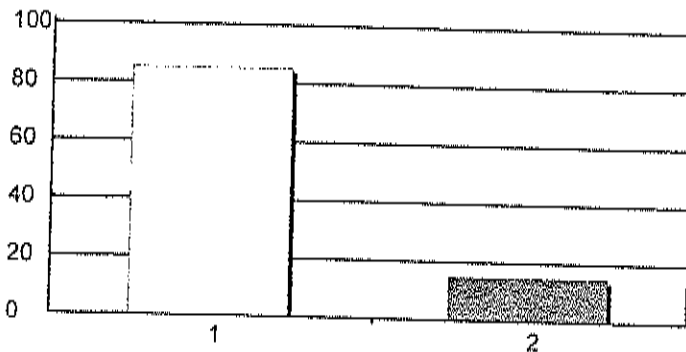
49

Mean: 2.00 Standard Deviation: 0.00

CHNA 2018 Update

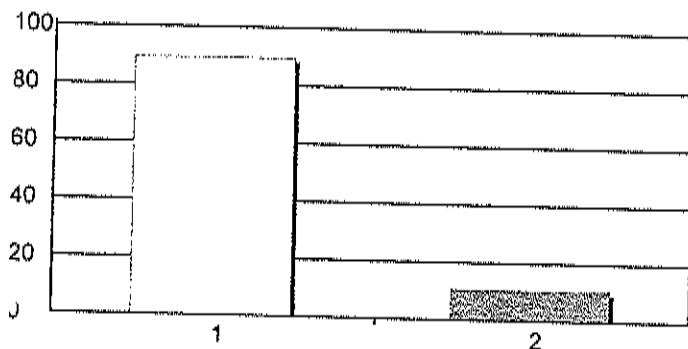
Health Department

32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?



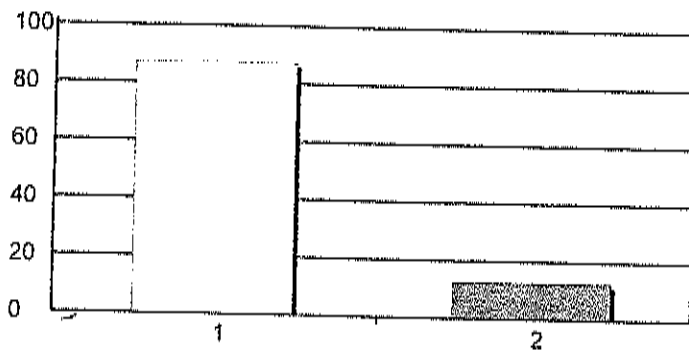
1. Yes 40 85%
 2. No 7 15%
 Total Responses: 47
 Mean: 1.15 Standard Deviation: 0.36

33. Do you have access to **Information/Education** about health?



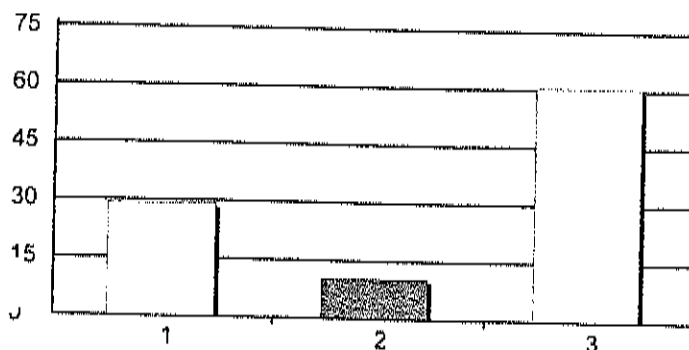
1. Yes 42 89%
 2. No 5 11%
 Total Responses: 47
 Mean: 1.11 Standard Deviation: 0.31

34. Do you have access to facilities or places for **Physical Activity**?



1. Yes 41 87%
 2. No 6 13%
 Total Responses: 47
 Mean: 1.13 Standard Deviation: 0.34

35. Do you have access to **Child Care/Adult Care**?



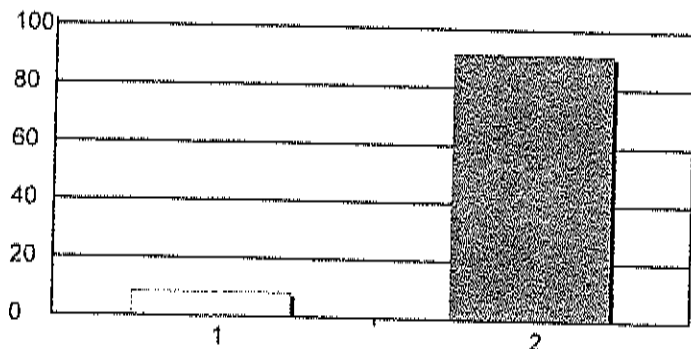
1. Yes 14 29%
 2. No 5 10%
 3. Doesn't apply 29 60%
 Total Responses: 48

CHNA 2018 Update

Health Department

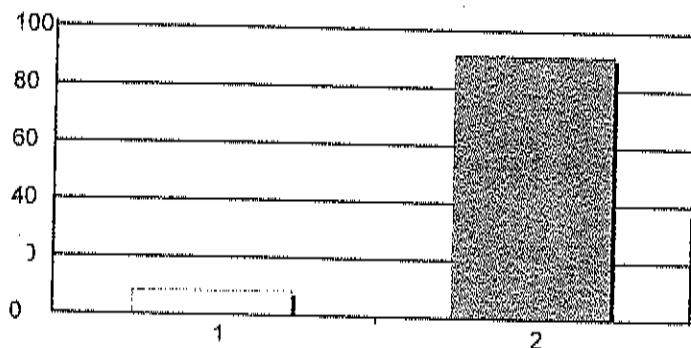
36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?

1. Yes 4 8%
 2. No 44 92%
 Total Responses: 48
 Mean: 1.92 Standard Deviation: 0.28



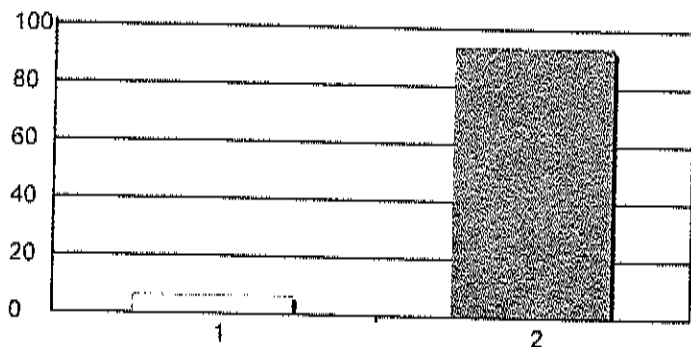
37. Did a parent or other adult in the household often or very often, push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?

1. Yes 4 8%
 2. No 44 92%
 Total Responses: 48
 Mean: 1.92 Standard Deviation: 0.28



38. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way or attempt or actually have oral, anal, or vaginal intercourse with you?

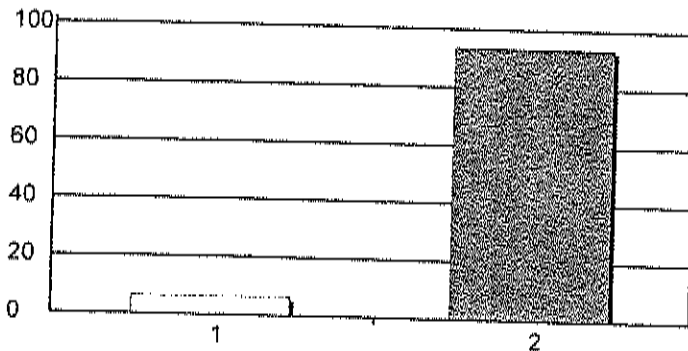
1. Yes 3 6%
 2. No 45 94%
 Total Responses: 48
 Mean: 1.94 Standard Deviation: 0.24



CHNA 2018 Update

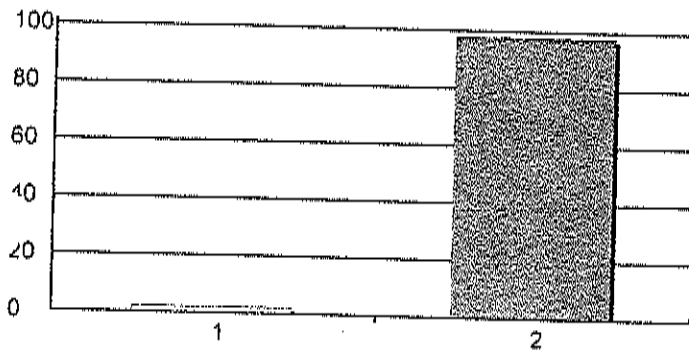
Health Department

39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?



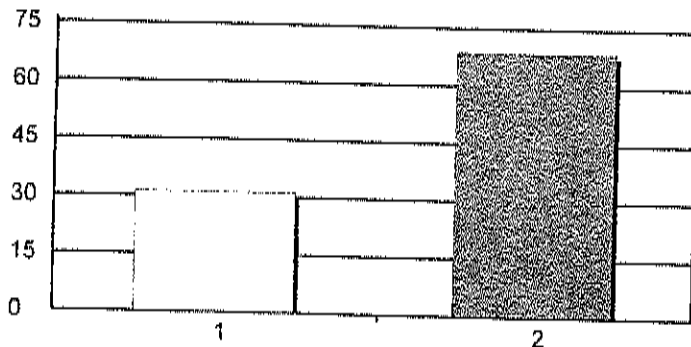
1. Yes 3 6%
 2. No 45 94%
 Total Responses: 48
 Mean: 1.94 Standard Deviation: 0.24

40. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?



1. Yes 1 2%
 2. No 47 98%
 Total Responses: 48
 Mean: 1.98 Standard Deviation: 0.14

41. Were your parents ever separated or divorced?

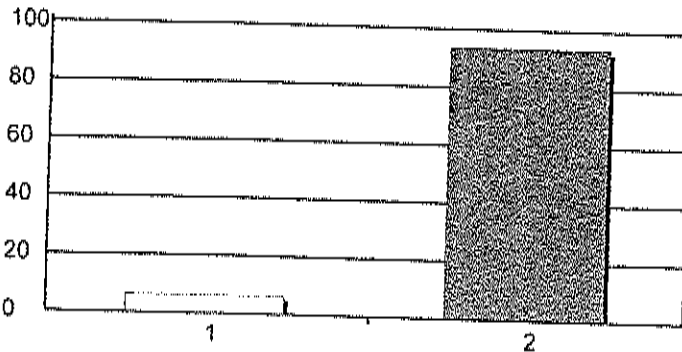


1. Yes 15 31%
 2. No 33 69%
 Total Responses: 48
 Mean: 1.69 Standard Deviation: 0.47

CHNA 2018 Update

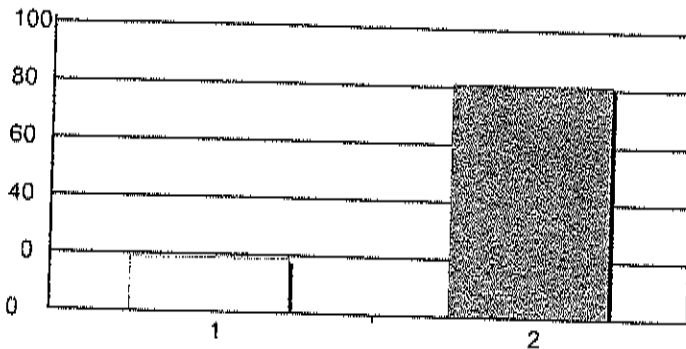
Health Department

42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?



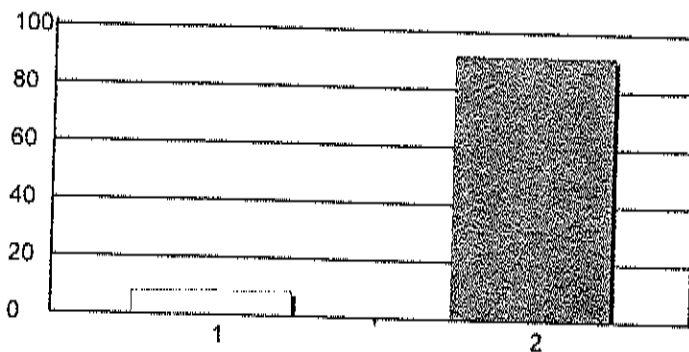
1. Yes 3 6%
 2. No 45 94%
 Total Responses: 48
 Mean: 1.94 Standard Deviation: 0.24

43. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?



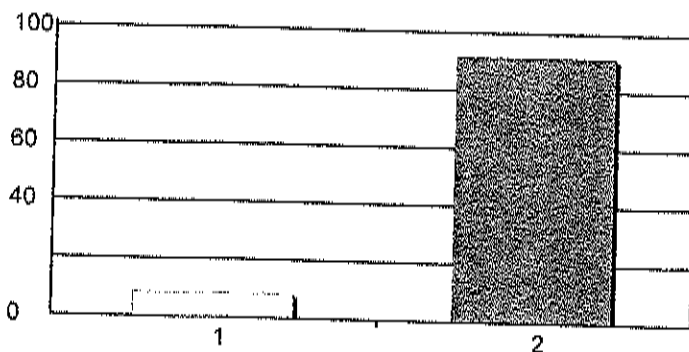
1. Yes 9 19%
 2. No 39 81%
 Total Responses: 48
 Mean: 1.81 Standard Deviation: 0.39

44. Was a household member depressed or mentally ill, or did a household member attempt suicide?



1. Yes 4 8%
 2. No 44 92%
 Total Responses: 48
 Mean: 1.92 Standard Deviation: 0.28

45. Did a household member go to prison?



1. Yes 4 8%
 2. No 44 92%
 Total Responses: 48
 Mean: 1.92 Standard Deviation: 0.28

**Redeemed Christian
Center**

CHNA 2018 Update

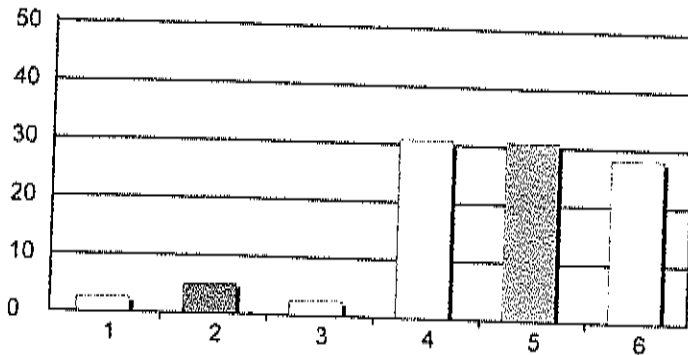
Redeemed Christian Center

Creation Date: 6/7/2018

Time Interval: 6/7/2018 to 6/7/2018

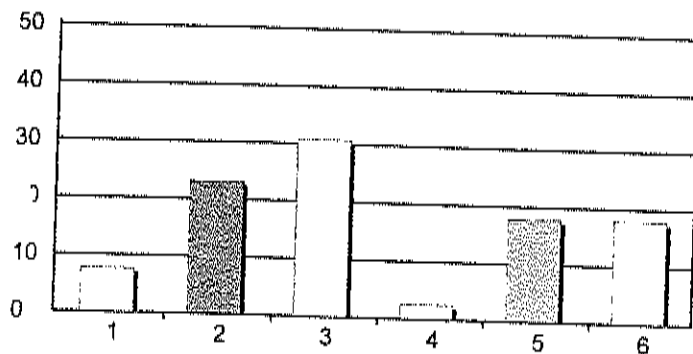
Total Respondents: 39

1. Age:



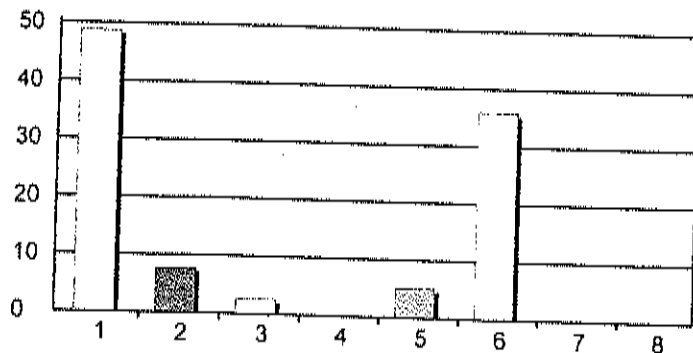
1. 18-27	1	3%
2. 28-37	2	5%
3. 38-47	1	3%
4. 48-57	12	31%
5. 58-67	12	31%
6. 68 and older	11	28%
Total Responses:	39	

2. Education.



1. Less than high school	3	8%
2. High school graduate/GED	9	23%
3. Some college	12	31%
4. Associate degree	1	3%
5. Bachelor degree	7	18%
6. Advanced degree	7	18%
Total Responses:	39	

3. Employment Status:

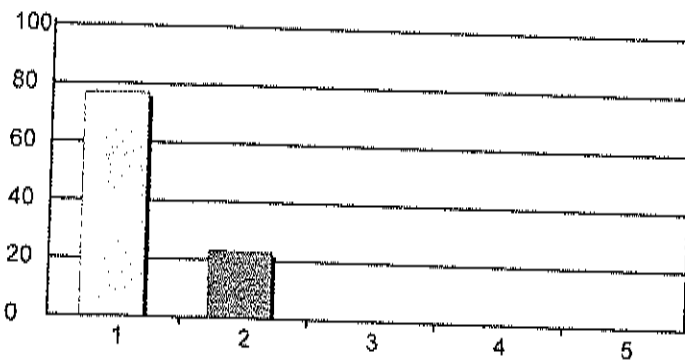


1. Employed full time	19	49%
2. Employed part time	3	8%
3. Homemaker full time	1	3%
4. Not working because of acute illness or injury	0	0%
5. Permanently disabled	2	5%
6. Retired	14	36%
7. Student full time	0	0%
8. Student part time	0	0%
Total Responses:	39	

CHNA 2018 Update

Redeemed Christian Center

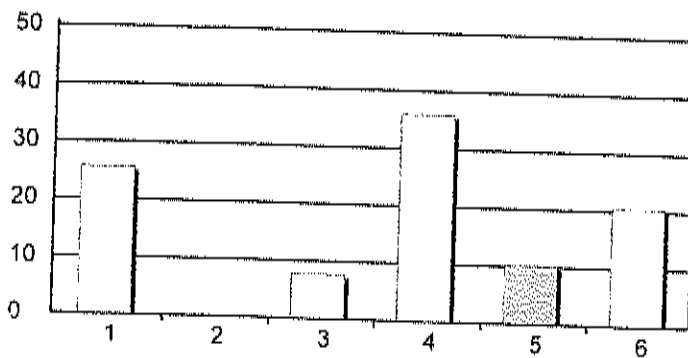
4. Gender:



1. Female	30	77%
2. Male	9	23%
3. Trans Female (Male to Female)	0	0%
4. Trans Male (Female to Male)	0	0%
5. Gender Non-conforming (i.e. not exclusively m...	0	0%
Total Responses:	39	

Mean: 1.23 Standard Deviation: 0.43

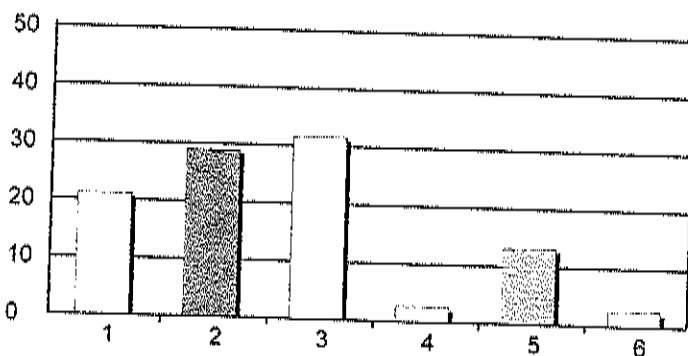
5. Insurance:



1. Medicare	10	26%
2. No insurance	0	0%
3. Obamacare (Affordable Healthcare)	3	8%
4. Private insurance	14	36%
5. TennCare	4	10%
6. Other	8	21%
Total Responses:	39	

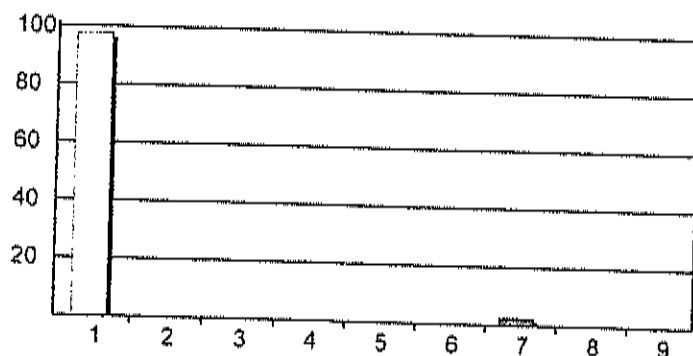
Total Responses:

6. In what area of Madison County do you live?



1. East Madison County	8	21%
2. Mid-Town Area	11	29%
3. North Madison County	12	32%
4. South Madison County	1	3%
5. West Madison County	5	13%
6. I live outside of Madison County	1	3%
Total Responses:	38	

7. Race (Check all that apply):

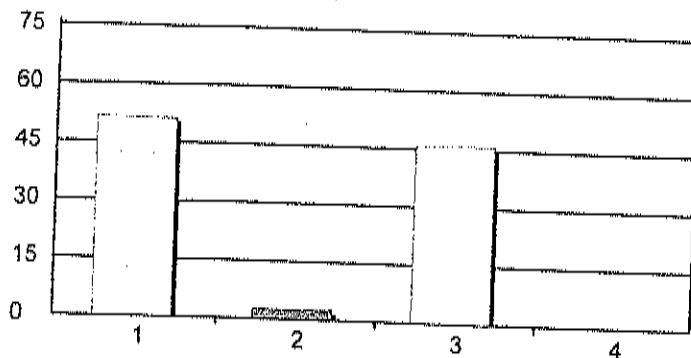


1. African/American	38	97%
2. American Indian/Alaskan Native	0	0%
3. Asian	0	0%
4. Caucasian	0	0%
5. Hispanic/Latino	0	0%
6. Indian (from India or parents from India)	0	0%
7. Middle Eastern	1	3%
8. Pacific Islander/Polynesian	0	0%
9. Other	0	0%
Total Responses:	39	

CHNA 2018 Update

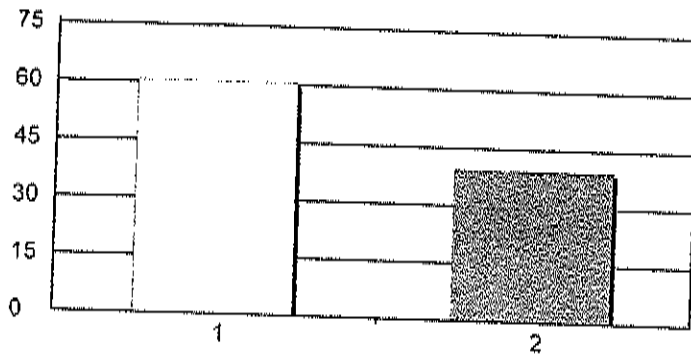
Redeemed Christian Center

8. Weight (Do you consider your weight):



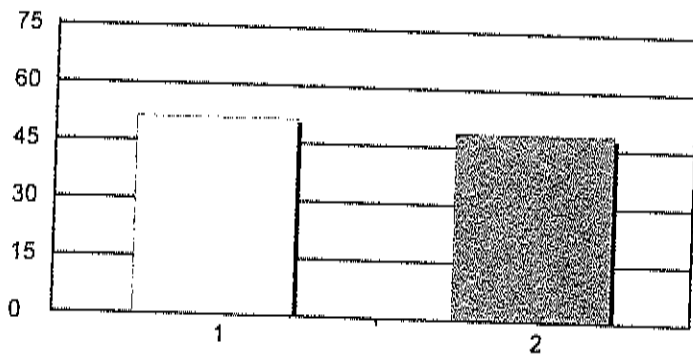
1. Just right	19	51%
2. Obese	1	3%
3. Overweight	17	46%
4. Underweight	0	0%
Total Responses:	37	

9. Have you had (or do you currently have) Allergies?



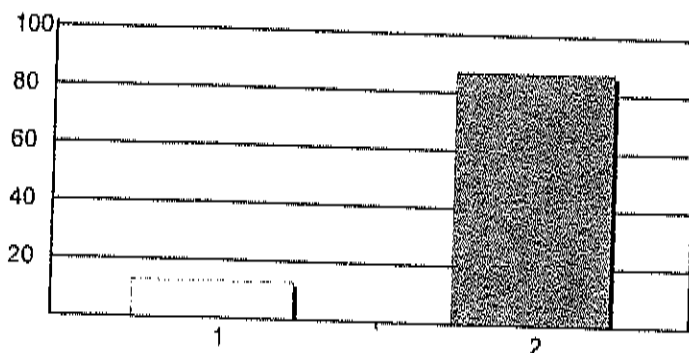
1. Yes	23	61%
2. No	15	39%
Total Responses:	38	
Mean: 1.39	Standard Deviation: 0.50	

10. Have you had (or do you currently have) Arthritis?



1. Yes	20	51%
2. No	19	49%
Total Responses:	39	
Mean: 1.49	Standard Deviation: 0.51	

11. Have you had (or do you currently have) Asthma?

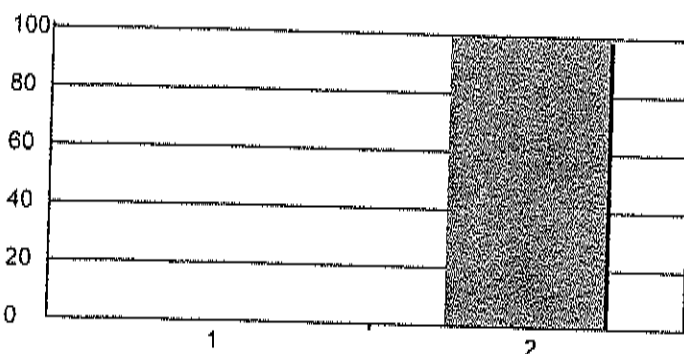


1. Yes	5	13%
2. No	34	87%
Total Responses:	39	
Mean: 1.87	Standard Deviation: 0.34	

CHNA 2018 Update

Redeemed Christian Center

12. Have you had (or do you currently have) an Autoimmune Disease?



1. Yes

2. No

Total Responses:

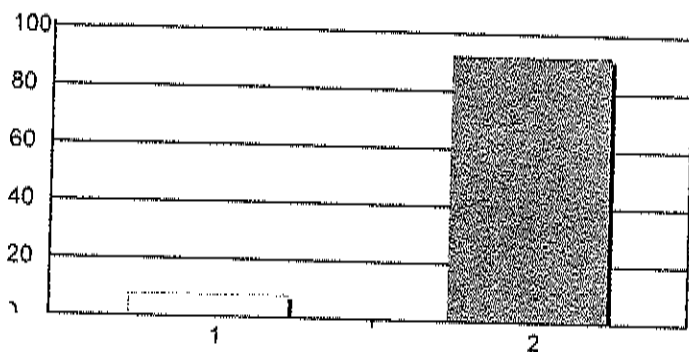
Mean: 2.00 Standard Deviation: 0.00

0 0%

39 100%

39

13. Have you experienced (or are you currently experiencing) Bullying?



1. Yes

2. No

Total Responses:

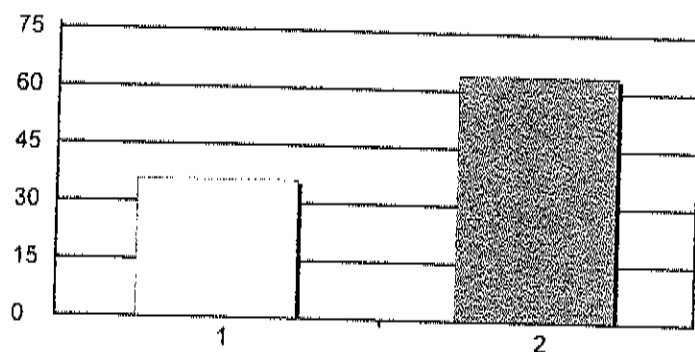
Mean: 1.92 Standard Deviation: 0.27

3 8%

36 92%

39

14. Have you had (or do you currently have) Chronic Pain?



1. Yes

2. No

Total Responses:

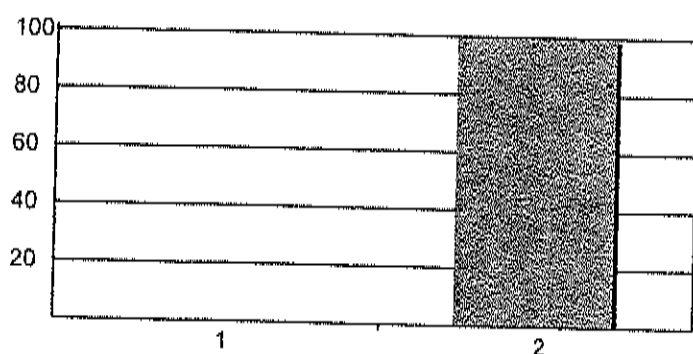
Mean: 1.64 Standard Deviation: 0.49

14 36%

25 64%

39

15. Have you had (or do you currently have) Dementia/Alzheimers?



1. Yes

2. No

Total Responses:

Mean: 2.00 Standard Deviation: 0.00

0 0%

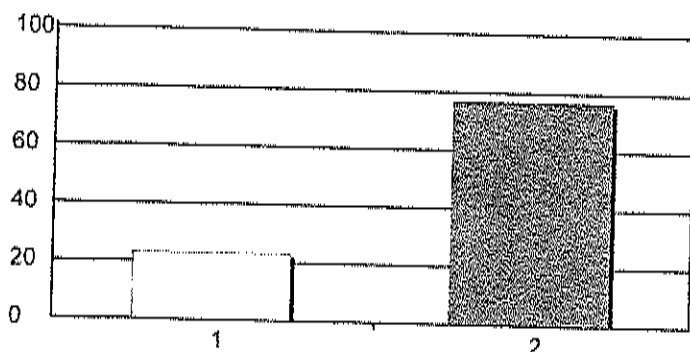
38 100%

38

CHNA 2018 Update

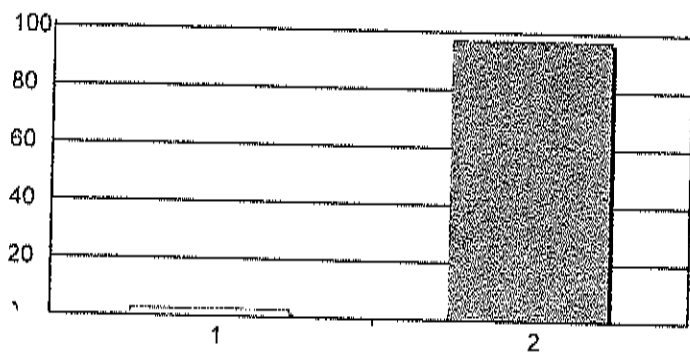
Redeemed Christian Center

16. Have you had (or do you currently have) **Diabetes**?



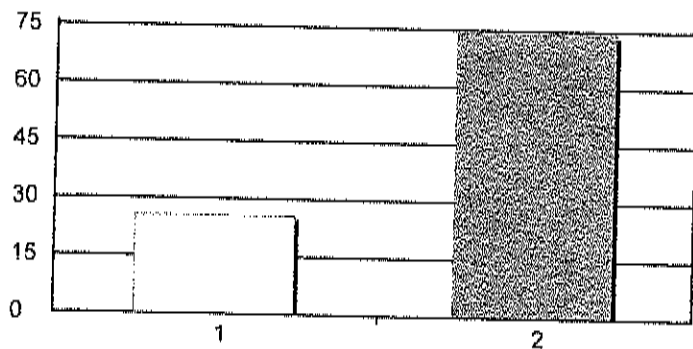
1. Yes 9 23%
 2. No 30 77%
 Total Responses: 39
 Mean: 1.77 Standard Deviation: 0.43

17. Have you had (or do you currently have) **Emphysema/COPD**?



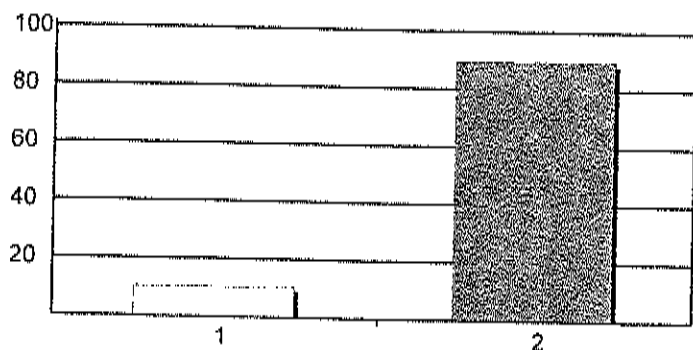
1. Yes 1 3%
 2. No 38 97%
 Total Responses: 39
 Mean: 1.97 Standard Deviation: 0.16

18. Have you had (or do you currently have) an **Eye Condition** (Cataracts, Glaucoma, Macular Degeneration)?



1. Yes 10 26%
 2. No 29 74%
 Total Responses: 39
 Mean: 1.74 Standard Deviation: 0.44

19. Have you had (or do you currently have) a **Fall/Fall related injury**?



1. Yes 4 10%
 2. No 35 90%
 Total Responses: 39
 Mean: 1.90 Standard Deviation: 0.31

CHNA 2018 Update

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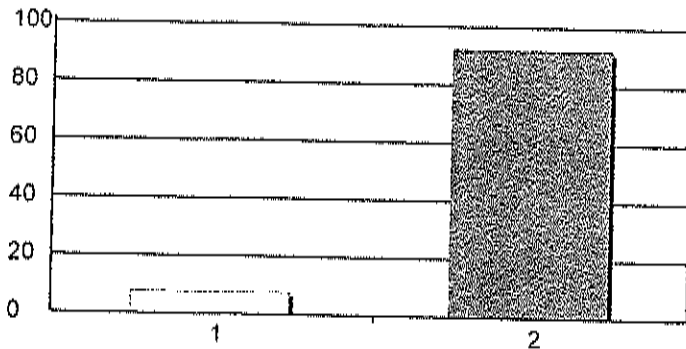
20. Have you had (or do you currently have) Hearing Loss/Deafness?

- 1. Yes
- 2. No

3 8%
36 92%
39

Total Responses:

Mean: 1.92 Standard Deviation: 0.27



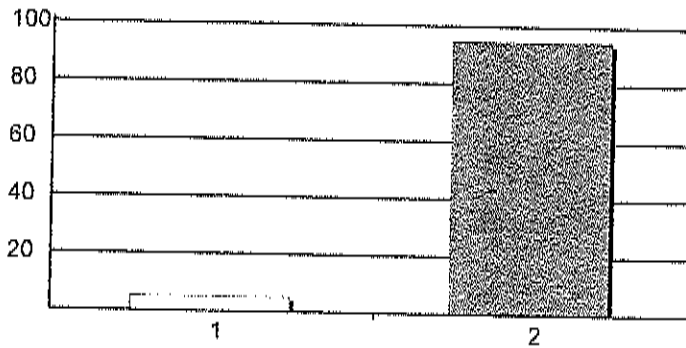
21. Have you had (or do you currently have) a Heart Condition?

- 1. Yes
- 2. No

2 5%
37 95%
39

Total Responses:

Mean: 1.95 Standard Deviation: 0.22



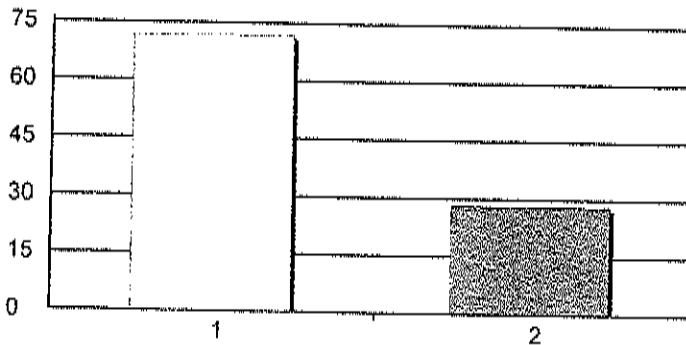
22. Have you had (or do you currently have) High Blood Pressure?

- 1. Yes
- 2. No

28 72%
11 28%
39

Total Responses:

Mean: 1.28 Standard Deviation: 0.46



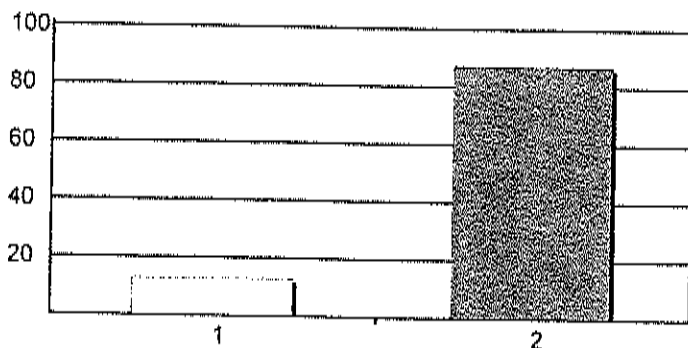
23. Have you had (or do you currently have) Osteoporosis?

- 1. Yes
- 2. No

5 13%
34 87%
39

Total Responses:

Mean: 1.87 Standard Deviation: 0.34

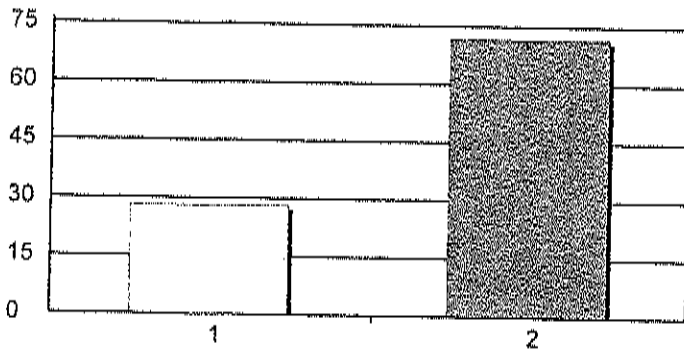


CHNA 2018 Update

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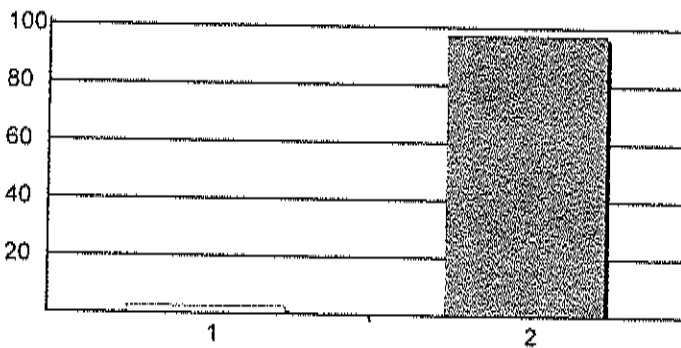
24. Have you experienced (or are you currently experiencing) high levels of Stress?

1. Yes 11 28%
 2. No 28 72%
 Total Responses: 39
 Mean: 1.72 Standard Deviation: 0.46



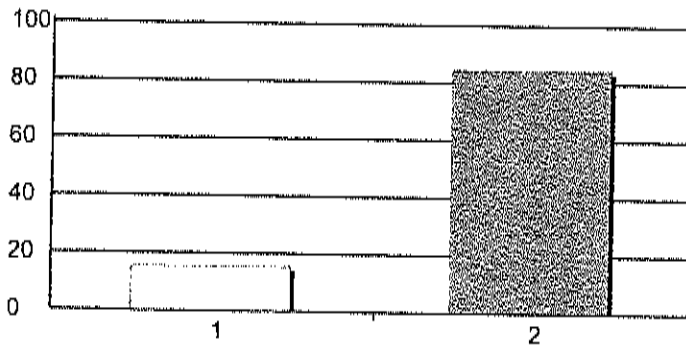
25. Have you had a Stroke?

1. Yes 1 3%
 2. No 38 97%
 Total Responses: 39
 Mean: 1.97 Standard Deviation: 0.16



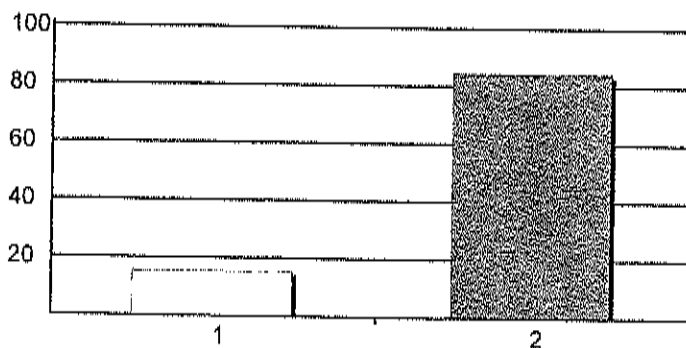
26. Dental care

1. Yes 6 15%
 2. No 33 85%
 Total Responses: 39
 Mean: 1.85 Standard Deviation: 0.37



27. Medical care

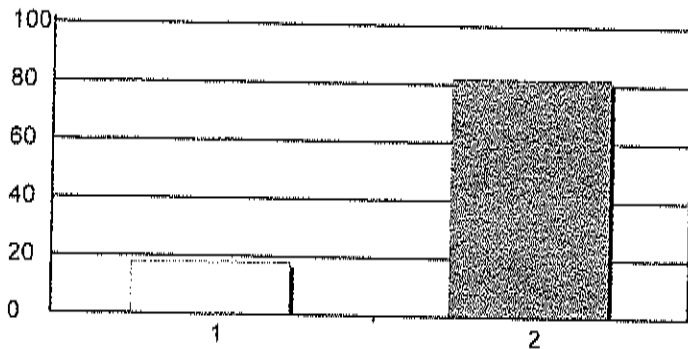
1. Yes 6 15%
 2. No 33 85%
 Total Responses: 39
 Mean: 1.85 Standard Deviation: 0.37



CHNA 2018 Update

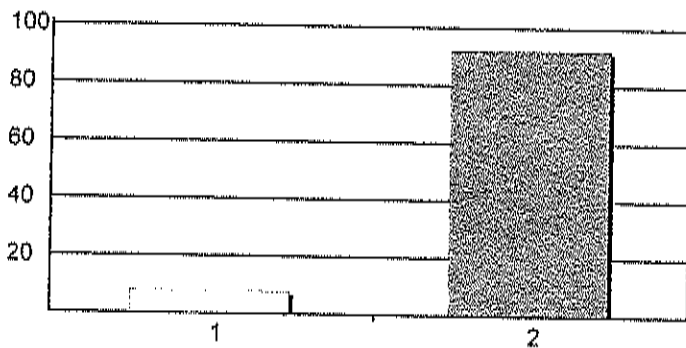
Redeemed Christian Center

28. Medications



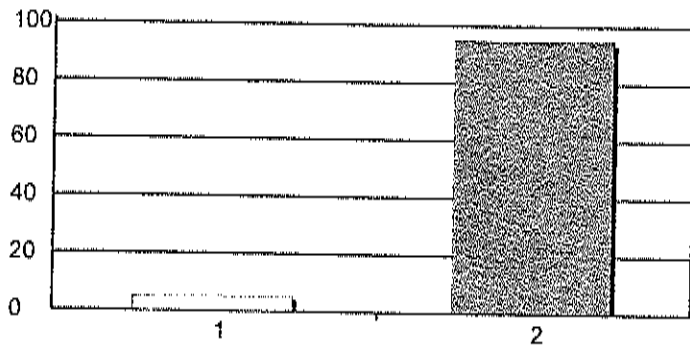
1. Yes 7 18%
 2. No 32 82%
 Total Responses: 39
 Mean: 1.82 Standard Deviation: 0.39

29. Dental care



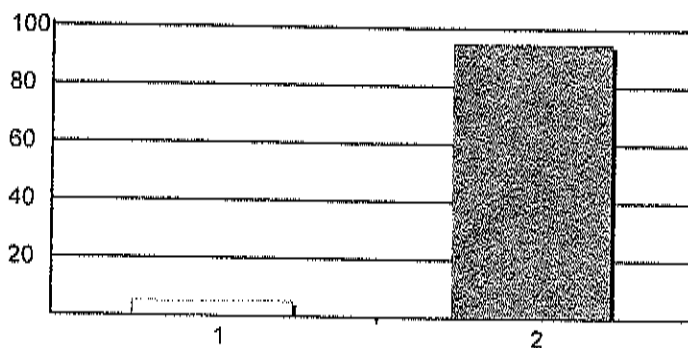
1. Yes 3 8%
 2. No 36 92%
 Total Responses: 39
 Mean: 1.92 Standard Deviation: 0.27

30. Medical care



1. Yes 2 5%
 2. No 37 95%
 Total Responses: 39
 Mean: 1.95 Standard Deviation: 0.22

31. Medications



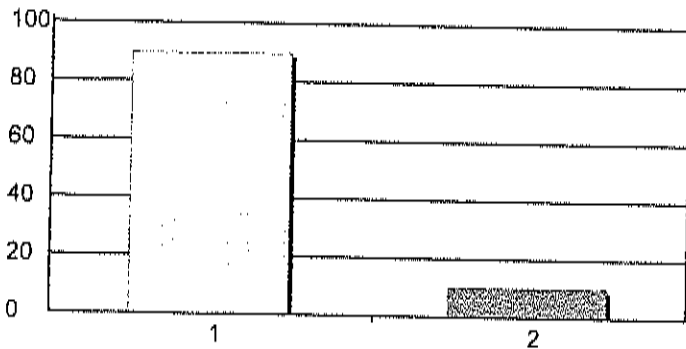
1. Yes 2 5%
 2. No 37 95%
 Total Responses: 39
 Mean: 1.95 Standard Deviation: 0.22

CHNA 2018 Update

Redeemed Christian Center

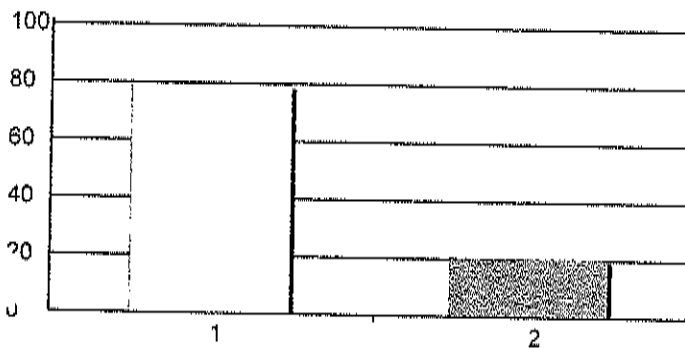
32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?

1. Yes 35 90%
 2. No 4 10%
 Total Responses: 39
 Mean: 1.10 Standard Deviation: 0.31



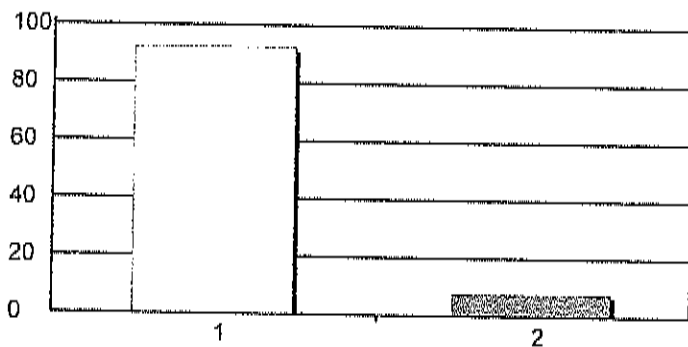
33. Do you have access to **Information/Education** about health?

1. Yes 31 79%
 2. No 8 21%
 Total Responses: 39
 Mean: 1.21 Standard Deviation: 0.41



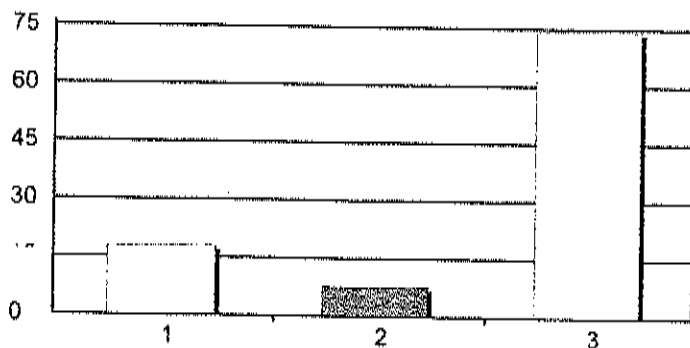
34. Do you have access to facilities or places for **Physical Activity**?

1. Yes 36 92%
 2. No 3 8%
 Total Responses: 39
 Mean: 1.08 Standard Deviation: 0.27



35. Do you have access to **Child Care/Adult Care**?

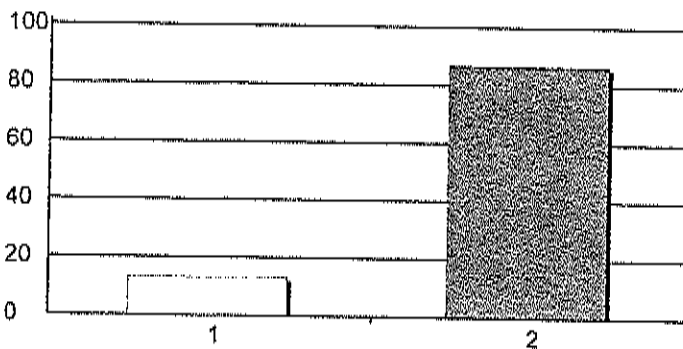
1. Yes 7 18%
 2. No 3 8%
 3. Doesn't apply 29 74%
 Total Responses: 39



CHNA 2018 Update

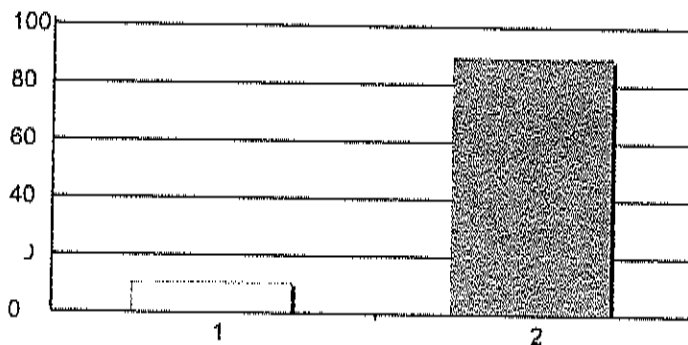
Redeemed Christian Center

36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?



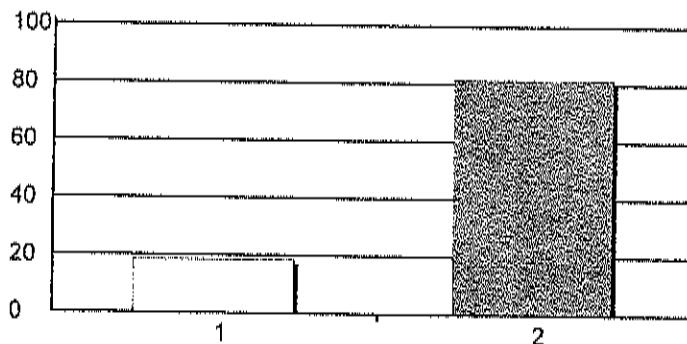
1. Yes 5 13%
 2. No 33 87%
 Total Responses: 38
 Mean: 1.87 Standard Deviation: 0.34

37. Did a parent or other adult in the household often or very often, push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?



1. Yes 4 11%
 2. No 34 89%
 Total Responses: 38
 Mean: 1.89 Standard Deviation: 0.31

38. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way or attempt or actually have oral, anal, or vaginal intercourse with you?

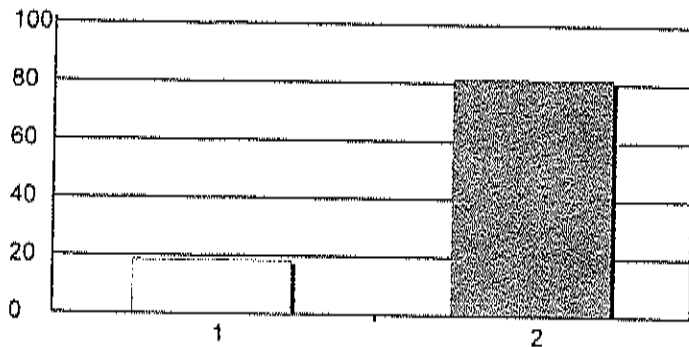


1. Yes 7 18%
 2. No 31 82%
 Total Responses: 38
 Mean: 1.82 Standard Deviation: 0.39

CHNA 2018 Update

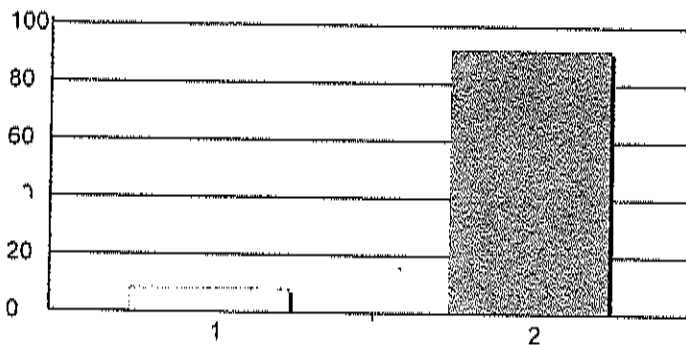
Redeemed Christian Center

39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?



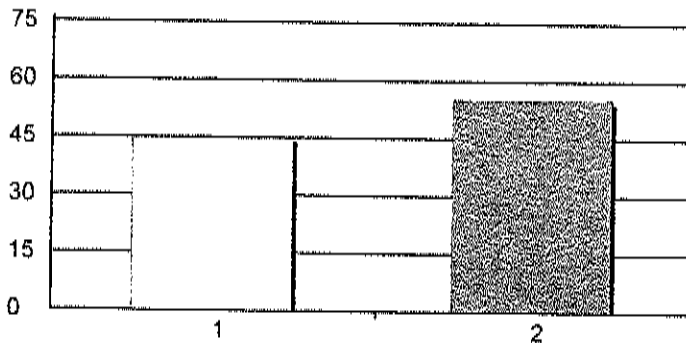
1. Yes 7 18%
 2. No 31 82%
 Total Responses: 38
 Mean: 1.82 Standard Deviation: 0.39

40. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?



1. Yes 3 8%
 2. No 34 92%
 Total Responses: 37
 Mean: 1.92 Standard Deviation: 0.28

41. Were your parents ever separated or divorced?



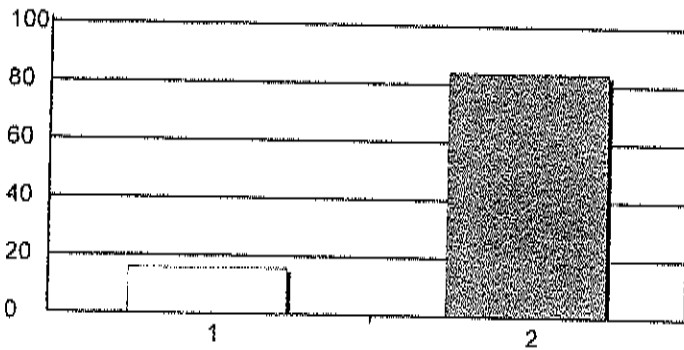
1. Yes 17 45%
 2. No 21 55%
 Total Responses: 38
 Mean: 1.55 Standard Deviation: 0.50

CHNA 2018 Update

Redeemed Christian Center

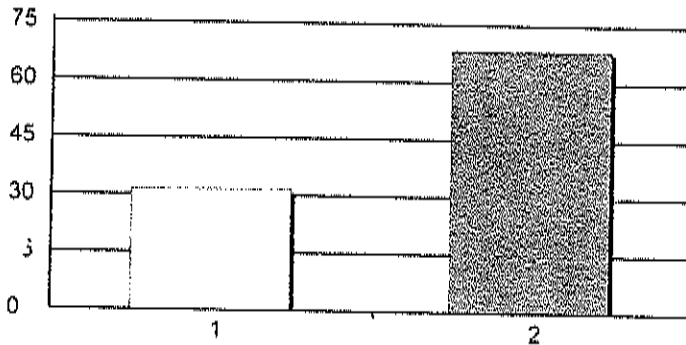
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

1. Yes 6 16%
 2. No 32 84%
 Total Responses: 38
 Mean: 1.84 Standard Deviation: 0.37



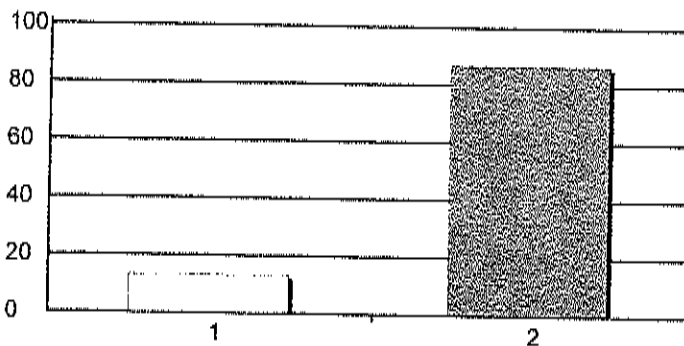
43. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

1. Yes 12 32%
 2. No 26 68%
 Total Responses: 38
 Mean: 1.68 Standard Deviation: 0.47



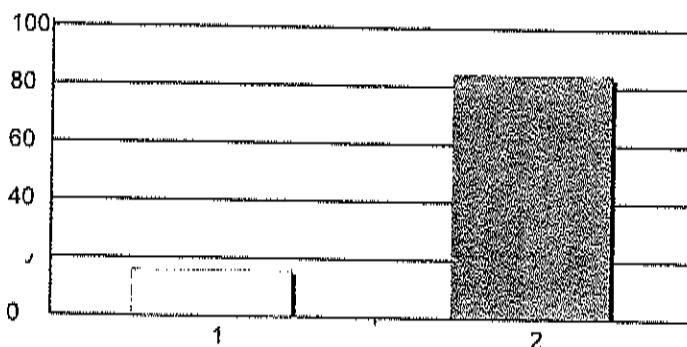
44. Was a household member depressed or mentally ill, or did a household member attempt suicide?

1. Yes 5 13%
 2. No 33 87%
 Total Responses: 38
 Mean: 1.87 Standard Deviation: 0.34



45. Did a household member go to prison?

1. Yes 6 16%
 2. No 32 84%
 Total Responses: 38
 Mean: 1.84 Standard Deviation: 0.37



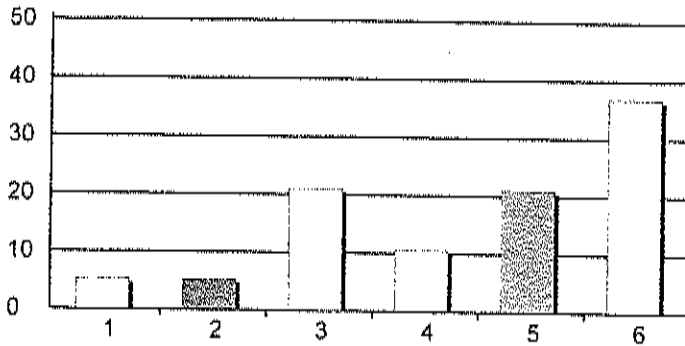
CHNA 2018 Update Rotary

Creation Date: 6/11/2018

Time Interval: 6/11/2018 to 6/11/2018

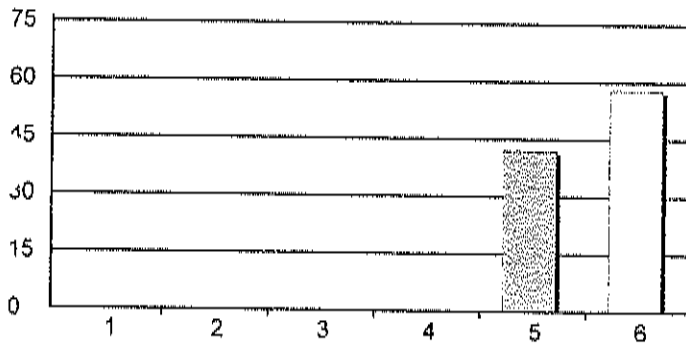
Total Respondents: 20

1. Age:



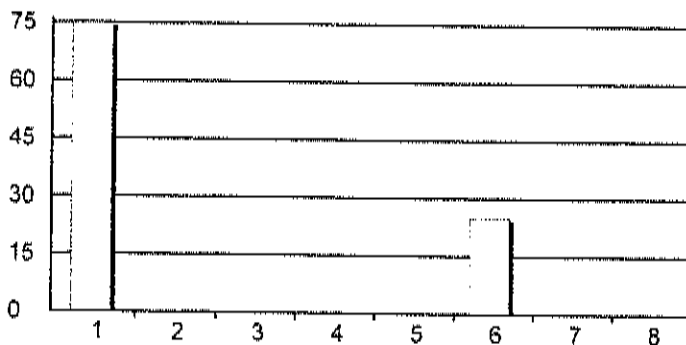
1. 18-27	1	5%
2. 28-37	1	5%
3. 38-47	4	21%
4. 48-57	2	11%
5. 58-67	4	21%
6. 68 and older	7	37%
Total Responses:	19	

2. Education.



1. Less than high school	0	0%
2. High school graduate/GED	0	0%
3. Some college	0	0%
4. Associate degree	0	0%
5. Bachelor degree	8	42%
6. Advanced degree	11	58%
Total Responses:	19	

3. Employment Status:

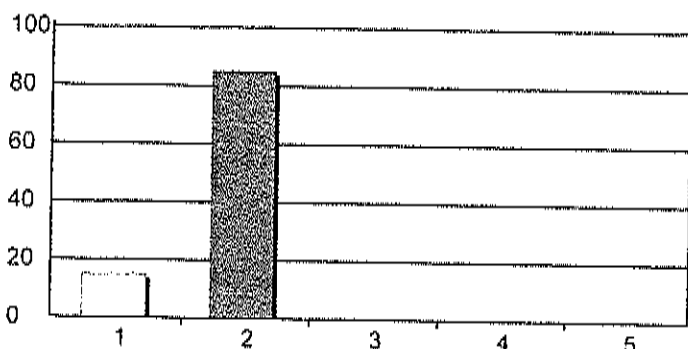


1. Employed full time	15	75%
2. Employed part time	0	0%
3. Homemaker full time	0	0%
4. Not working because of acute illness or injury	0	0%
5. Permanently disabled	0	0%
6. Retired	5	25%
7. Student full time	0	0%
8. Student part time	0	0%
Total Responses:	20	

CHNA 2018 Update

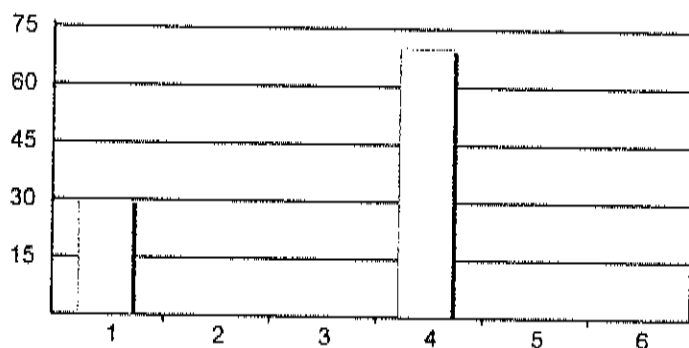
Rotary

4. Gender:



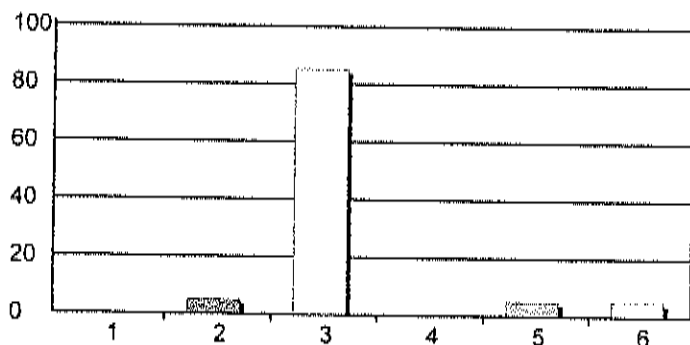
1. Female	3	15%
2. Male	17	85%
3. Trans Female (Male to Female)	0	0%
4. Trans Male (Female to Male)	0	0%
5. Gender Non-conforming (i.e. not exclusively m...)	0	0%
Total Responses:	20	

5. Insurance:



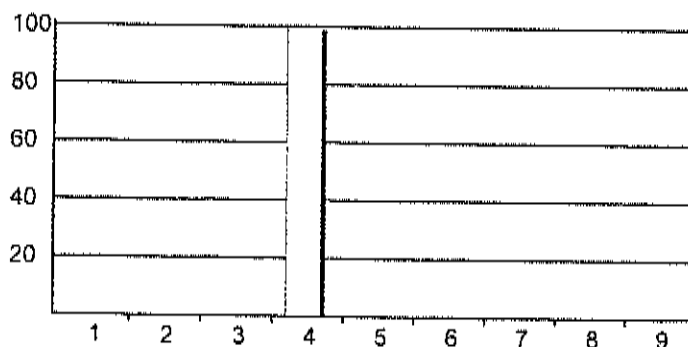
1. Medicare	6	30%
2. No insurance	0	0%
3. Obamacare (Affordable Healthcare)	0	0%
4. Private insurance	14	70%
5. TennCare	0	0%
6. Other	0	0%
Total Responses:	20	

6. In what area of Madison County do you live?



1. East Madison County	0	0%
2. Mid-Town Area	1	5%
3. North Madison County	17	85%
4. South Madison County	0	0%
5. West Madison County	1	5%
6. I live outside of Madison County	1	5%
Total Responses:	20	

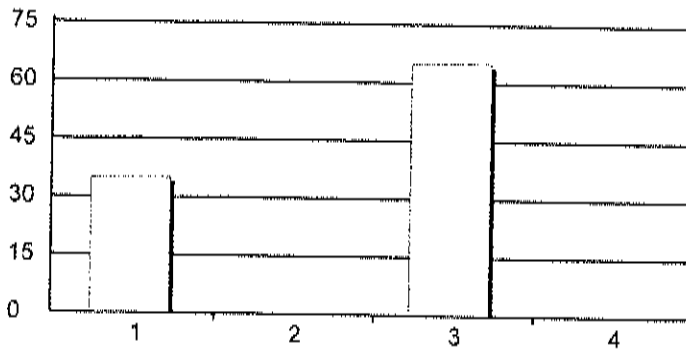
7. Race (Check all that apply):



1. African/American	0	0%
2. American Indian/Alaskan Native	0	0%
3. Asian	0	0%
4. Caucasian	20	100%
5. Hispanic/Latino	0	0%
6. Indian (from India or parents from India)	0	0%
7. Middle Eastern	0	0%
8. Pacific Islander/Polynesian	0	0%
9. Other	0	0%
Total Responses:	20	

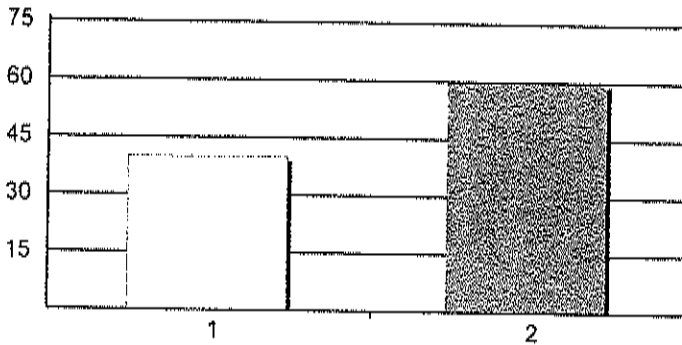
CHNA 2018 Update Rotary

8. Weight (Do you consider your weight):



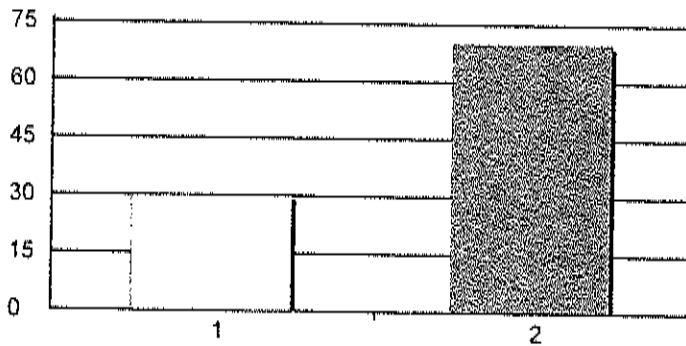
1. Just right	7	35%
2. Obese	0	0%
3. Overweight	13	65%
4. Underweight	0	0%
Total Responses:	20	

9. Have you had (or do you currently have) Allergies?



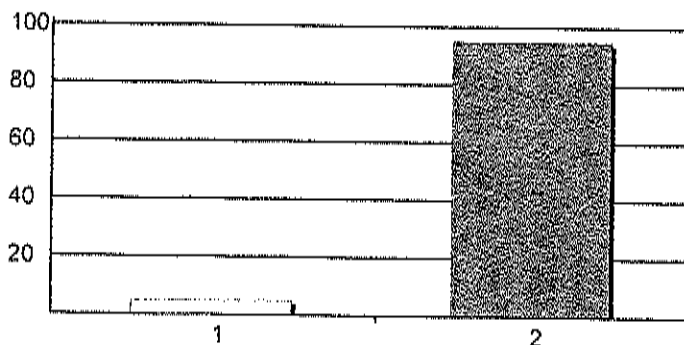
1. Yes	8	40%
2. No	12	60%
Total Responses:	20	
Mean: 1.60	Standard Deviation: 0.50	

10. Have you had (or do you currently have) Arthritis?



1. Yes	6	30%
2. No	14	70%
Total Responses:	20	
Mean: 1.70	Standard Deviation: 0.47	

11. Have you had (or do you currently have) Asthma?



1. Yes	1	5%
2. No	19	95%
Total Responses:	20	
Mean: 1.95	Standard Deviation: 0.22	

CHNA 2018 Update

Rotary

12. Have you had (or do you currently have) an **Autoimmune Disease**?

1. Yes

2 10%

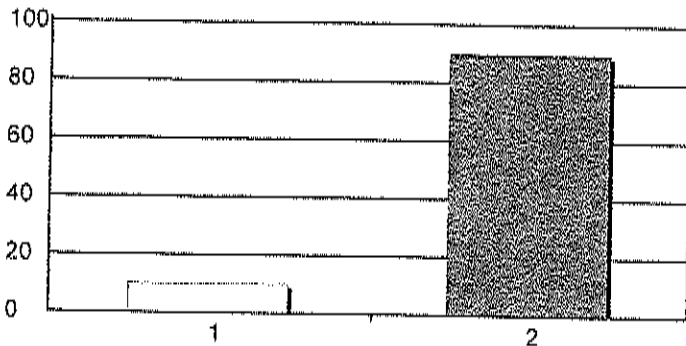
2. No

18 90%

Total Responses:

20

Mean: 1.90 Standard Deviation: 0.31



13. Have you experienced (or are you currently experiencing) **Bullying**?

1. Yes

2 10%

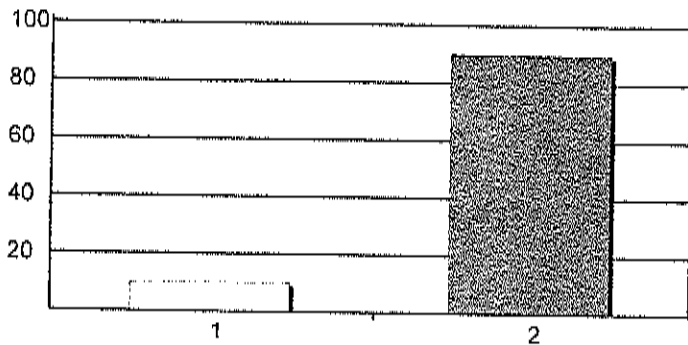
2. No

18 90%

Total Responses:

20

Mean: 1.90 Standard Deviation: 0.31



14. Have you had (or do you currently have) **Chronic Pain**?

1. Yes

1 5%

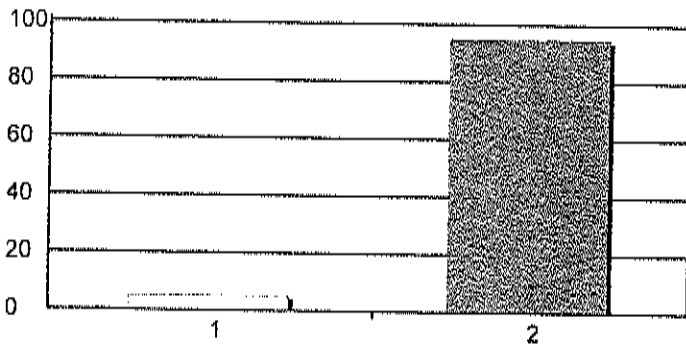
2. No

19 95%

Total Responses:

20

Mean: 1.95 Standard Deviation: 0.22



15. Have you had (or do you currently have) **Dementia/Alzheimers**?

1. Yes

0 0%

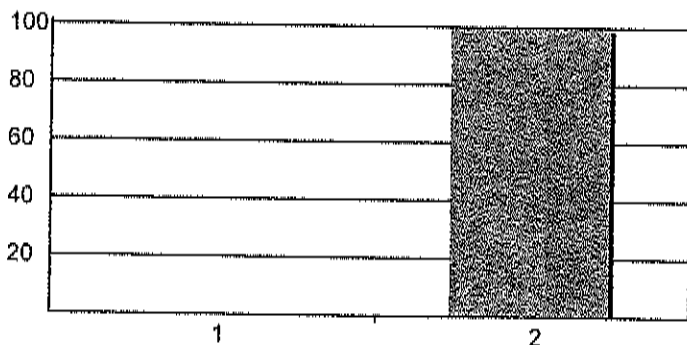
2. No

20 100%

Total Responses:

20

Mean: 2.00 Standard Deviation: 0.00

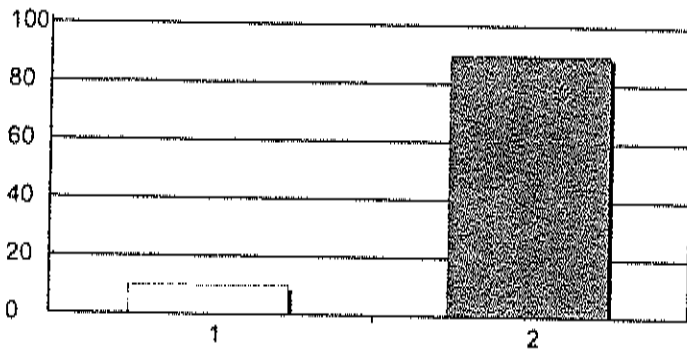


CHNA 2018 Update

Rotary

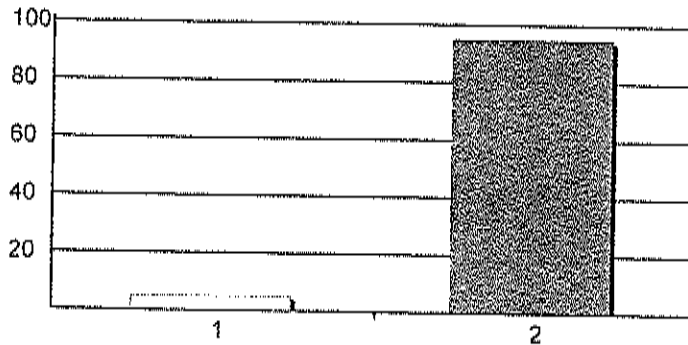
16. Have you had (or do you currently have) **Diabetes**?

1. Yes 2 10%
 2. No 18 90%
 Total Responses: 20
 Mean: 1.90 Standard Deviation: 0.31



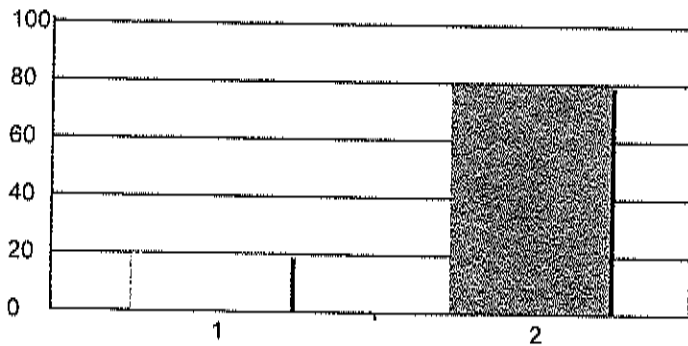
17. Have you had (or do you currently have) **Emphysema/COPD**?

1. Yes 1 5%
 2. No 19 95%
 Total Responses: 20
 Mean: 1.95 Standard Deviation: 0.22



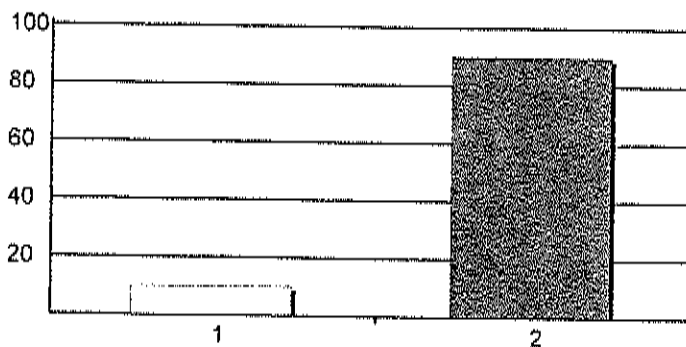
18. Have you had (or do you currently have) an **Eye Condition** (Cataracts, Glaucoma, Macular Degeneration)?

1. Yes 4 20%
 2. No 16 80%
 Total Responses: 20
 Mean: 1.80 Standard Deviation: 0.41



19. Have you had (or do you currently have) a **Fall/Fall related injury**?

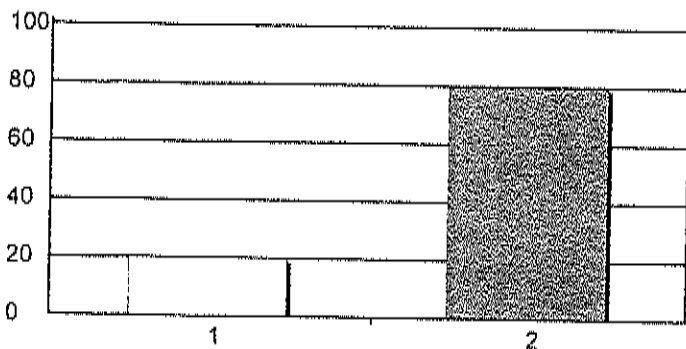
1. Yes 2 10%
 2. No 18 90%
 Total Responses: 20
 Mean: 1.90 Standard Deviation: 0.31



CHNA 2018 Update

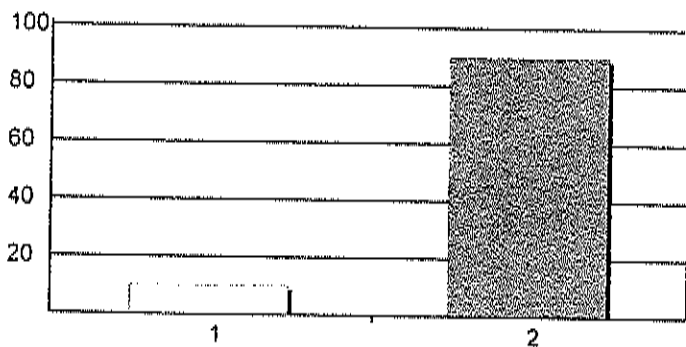
Rotary

20. Have you had (or do you currently have) **Hearing Loss/Deafness**?



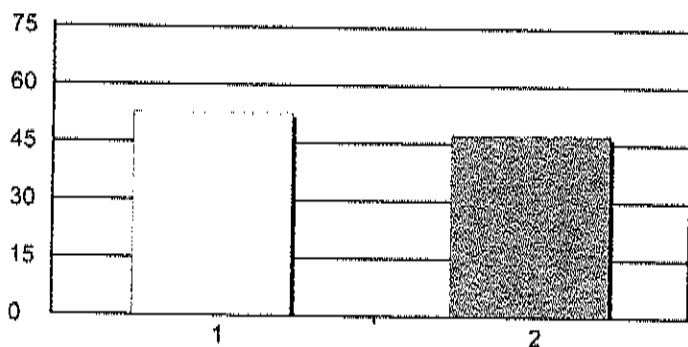
1. Yes 4 20%
 2. No 16 80%
 Total Responses: 20
 Mean: 1.80 Standard Deviation: 0.41

21. Have you had (or do you currently have) a **Heart Condition**?



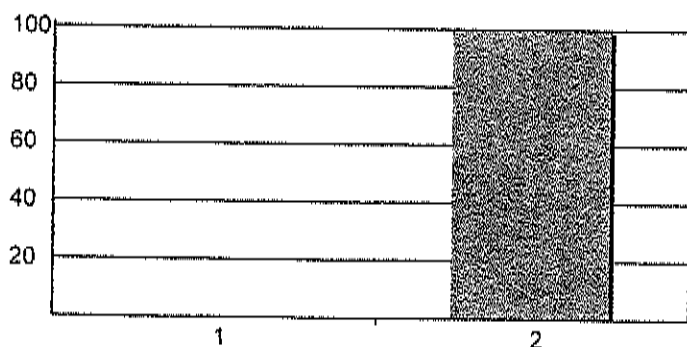
1. Yes 2 10%
 2. No 18 90%
 Total Responses: 20
 Mean: 1.90 Standard Deviation: 0.31

22. Have you had (or do you currently have) **High Blood Pressure**?



1. Yes 10 53%
 2. No 9 47%
 Total Responses: 19
 Mean: 1.47 Standard Deviation: 0.51

23. Have you had (or do you currently have) **Osteoporosis**?



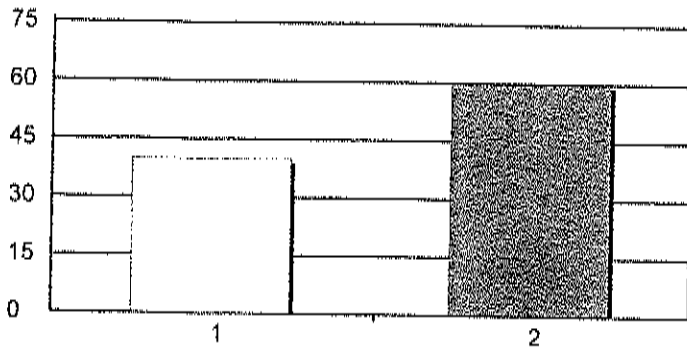
1. Yes 0 0%
 2. No 20 100%
 Total Responses: 20
 Mean: 2.00 Standard Deviation: 0.00

CHNA 2018 Update

Rotary

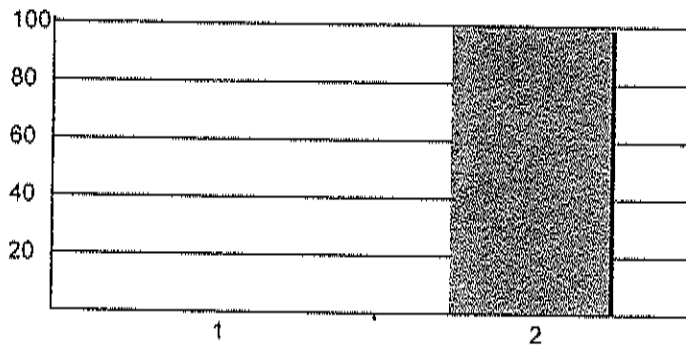
24. Have you experienced (or are you currently experiencing) high levels of Stress?

1. Yes 8 40%
 2. No 12 60%
 Total Responses: 20
 Mean: 1.60 Standard Deviation: 0.50



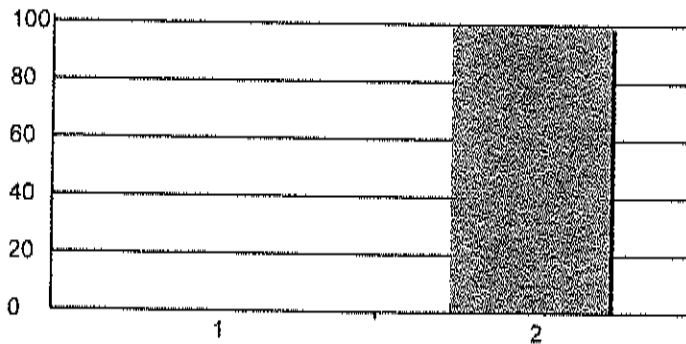
25. Have you had a Stroke?

1. Yes 0 0%
 2. No 20 100%
 Total Responses: 20
 Mean: 2.00 Standard Deviation: 0.00



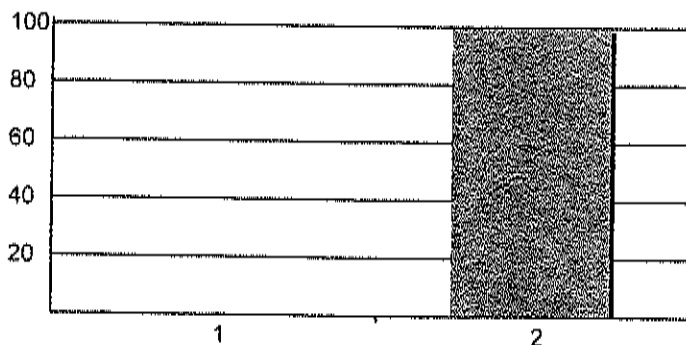
26. Dental care

1. Yes 0 0%
 2. No 20 100%
 Total Responses: 20
 Mean: 2.00 Standard Deviation: 0.00



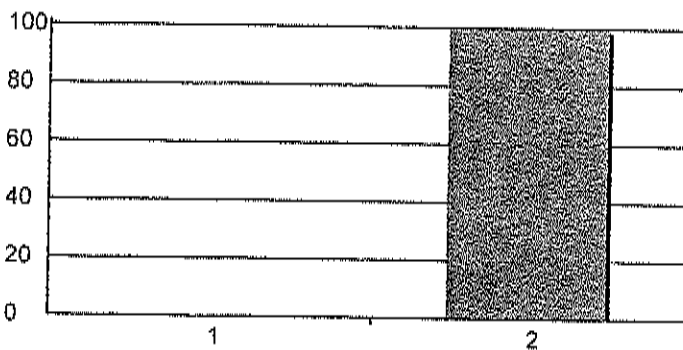
27. Medical care

1. Yes 0 0%
 2. No 20 100%
 Total Responses: 20
 Mean: 2.00 Standard Deviation: 0.00



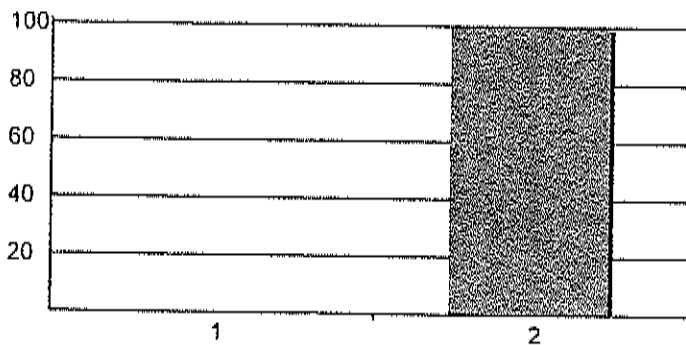
CHNA 2018 Update Rotary

28. Medications



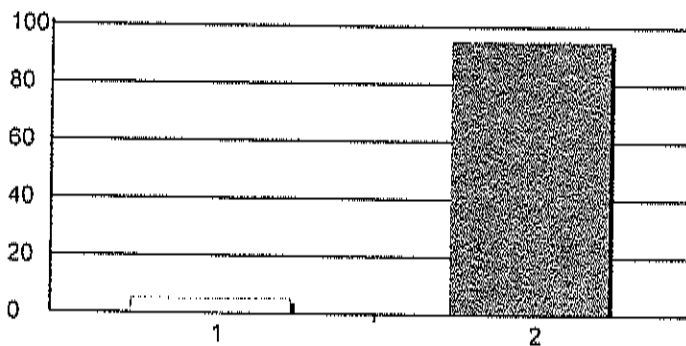
1. Yes 0 0%
 2. No 20 100%
 Total Responses: 20
 Mean: 2.00 Standard Deviation: 0.00

29. Dental care



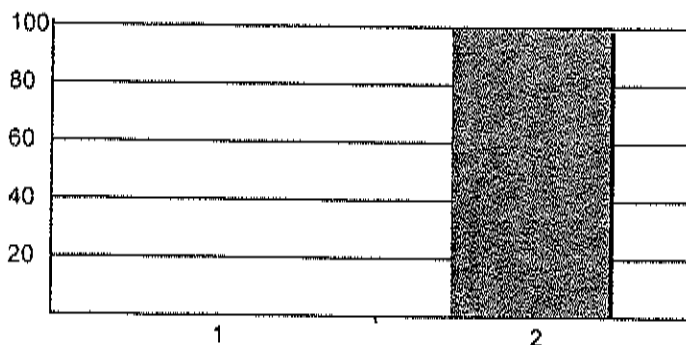
1. Yes 0 0%
 2. No 20 100%
 Total Responses: 20
 Mean: 2.00 Standard Deviation: 0.00

30. Medical care



1. Yes 1 5%
 2. No 19 95%
 Total Responses: 20
 Mean: 1.95 Standard Deviation: 0.22

31. Medications

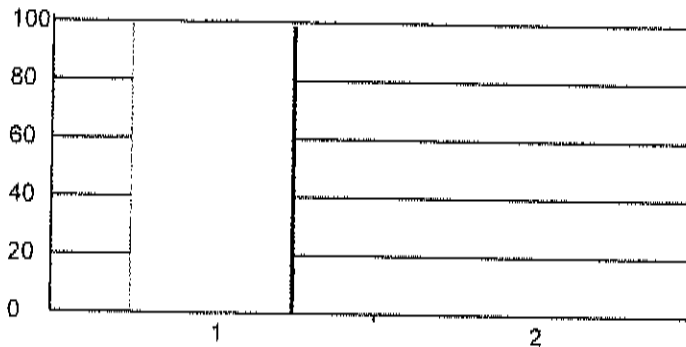


1. Yes 0 0%
 2. No 20 100%
 Total Responses: 20
 Mean: 2.00 Standard Deviation: 0.00

CHNA 2018 Update

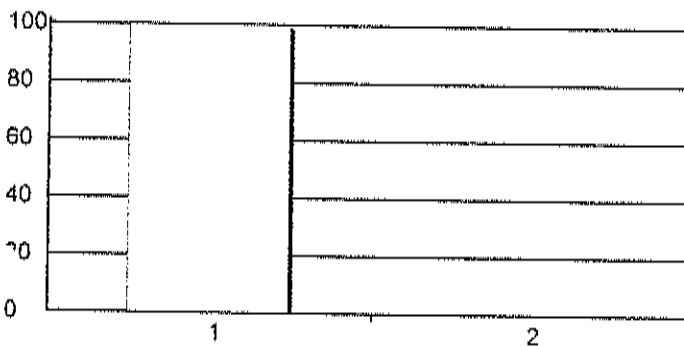
Rotary

32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?



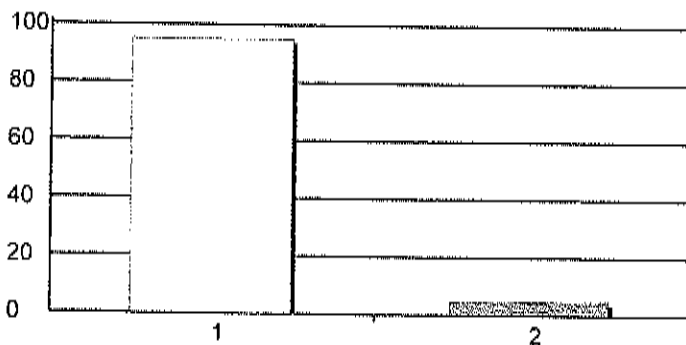
1. Yes 20 100%
 2. No 0 0%
 Total Responses: 20
 Mean: 1.00 Standard Deviation: 0.00

33. Do you have access to **Information/Education** about health?



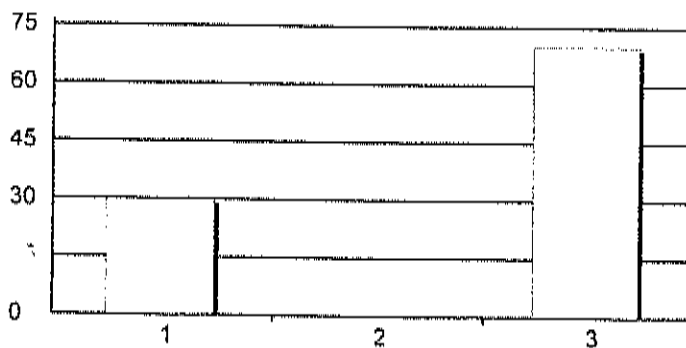
1. Yes 20 100%
 2. No 0 0%
 Total Responses: 20
 Mean: 1.00 Standard Deviation: 0.00

34. Do you have access to facilities or places for **Physical Activity**?



1. Yes 19 95%
 2. No 1 5%
 Total Responses: 20
 Mean: 1.05 Standard Deviation: 0.22

35. Do you have access to **Child Care/Adult Care**?



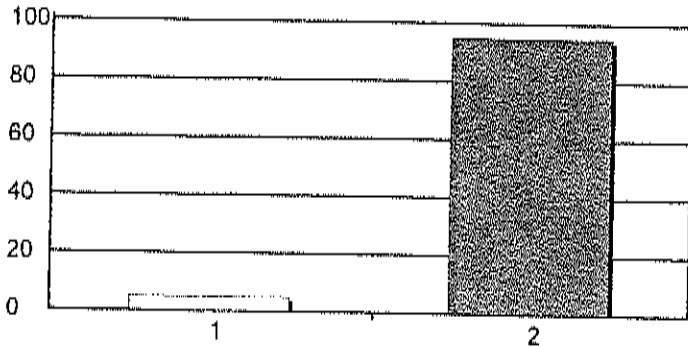
1. Yes 6 30%
 2. No 0 0%
 3. Doesn't apply 14 70%
 Total Responses: 20

CHNA 2018 Update

Rotary

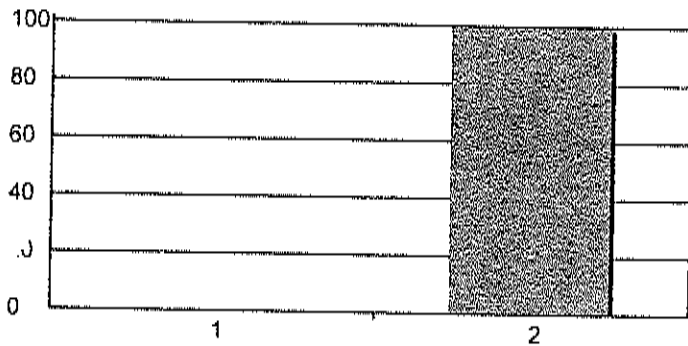
36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?

1. Yes	1	5%
2. No	19	95%
Total Responses:	20	
Mean: 1.95	Standard Deviation: 0.22	



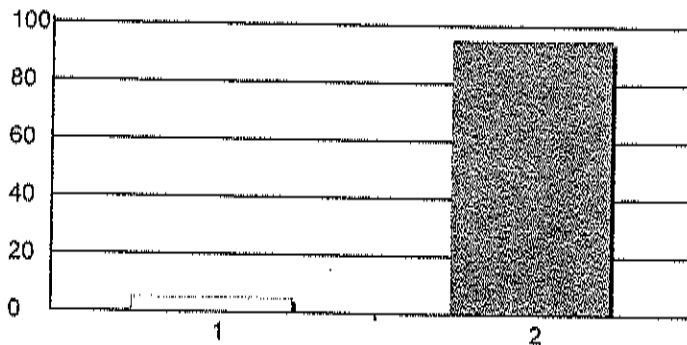
37. Did a parent or other adult in the household often or very often, push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?

1. Yes	0	0%
2. No	20	100%
Total Responses:	20	
Mean: 2.00	Standard Deviation: 0.00	



38. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way or attempt or actually have oral, anal, or vaginal intercourse with you?

1. Yes	1	5%
2. No	19	95%
Total Responses:	20	
Mean: 1.95	Standard Deviation: 0.22	

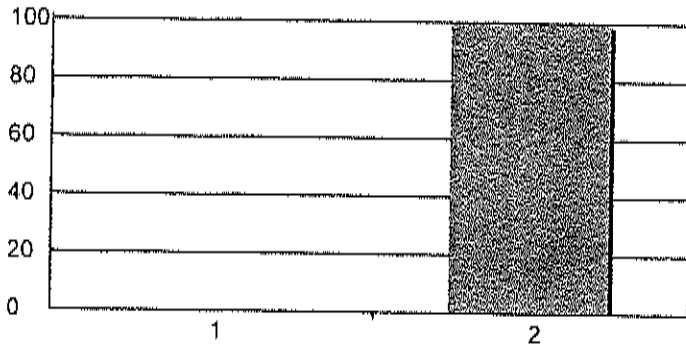


CHNA 2018 Update

Rotary

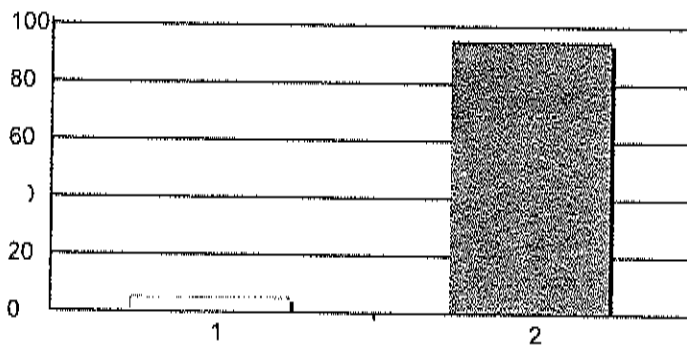
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

1. Yes	0	0%
2. No	20	100%
Total Responses:	20	
Mean: 2.00	Standard Deviation: 0.00	



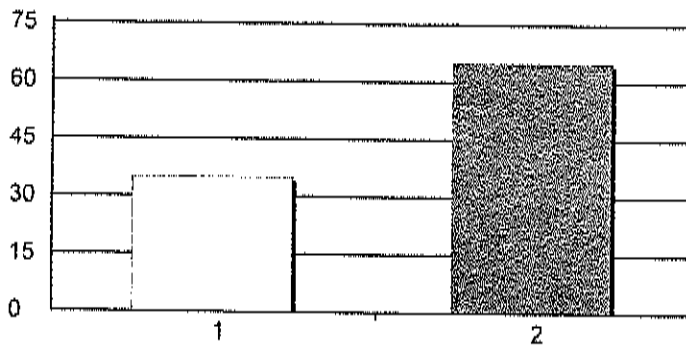
40. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

1. Yes	1	5%
2. No	19	95%
Total Responses:	20	
Mean: 1.95	Standard Deviation: 0.22	



41. Were your parents ever separated or divorced?

1. Yes	7	35%
2. No	13	65%
Total Responses:	20	
Mean: 1.65	Standard Deviation: 0.49	

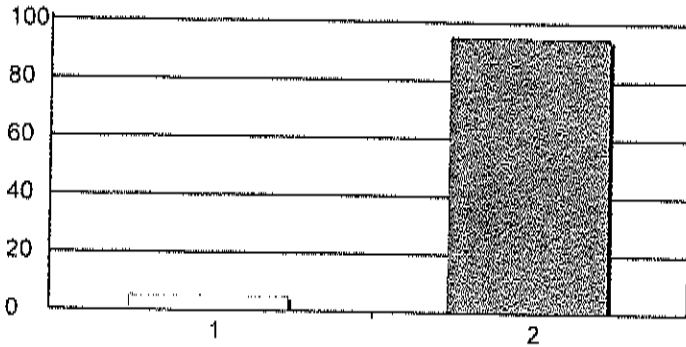


CHNA 2018 Update

Rotary

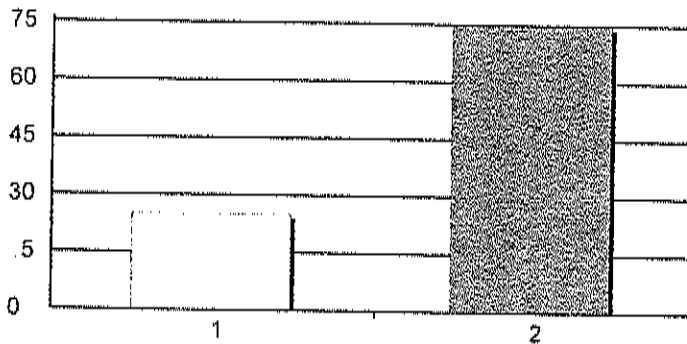
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

1. Yes	1	5%
2. No	19	95%
Total Responses:	20	
Mean: 1.95	Standard Deviation: 0.22	



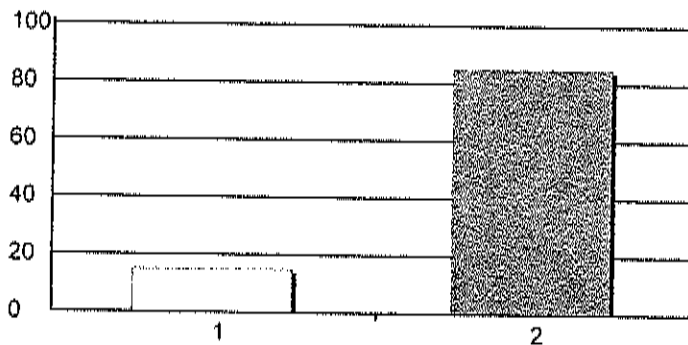
43. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

1. Yes	5	25%
2. No	15	75%
Total Responses:	20	
Mean: 1.75	Standard Deviation: 0.44	



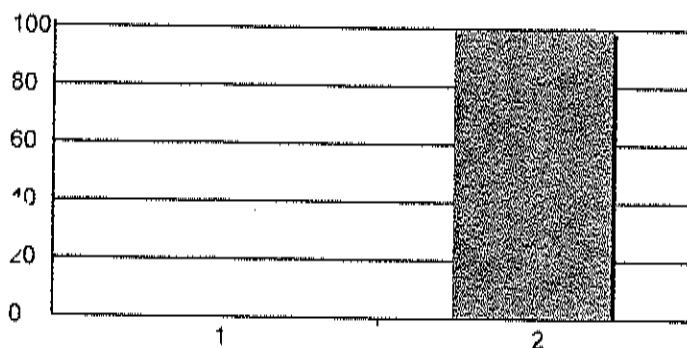
44. Was a household member depressed or mentally ill, or did a household member attempt suicide?

1. Yes	3	15%
2. No	17	85%
Total Responses:	20	
Mean: 1.85	Standard Deviation: 0.37	



45. Did a household member go to prison?

1. Yes	0	0%
2. No	19	100%
Total Responses:	19	
Mean: 2.00	Standard Deviation: 0.00	



Delta Sigma Theta
Health Fair

CHNA 2018 Update

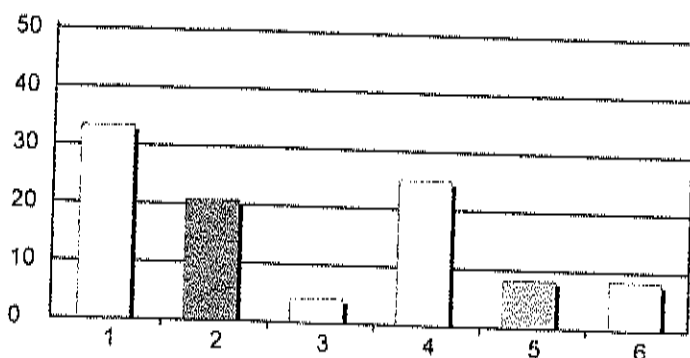
DST Community Health Fair

Creation Date: 6/5/2018

Time Interval: 6/5/2018 to 6/5/2018

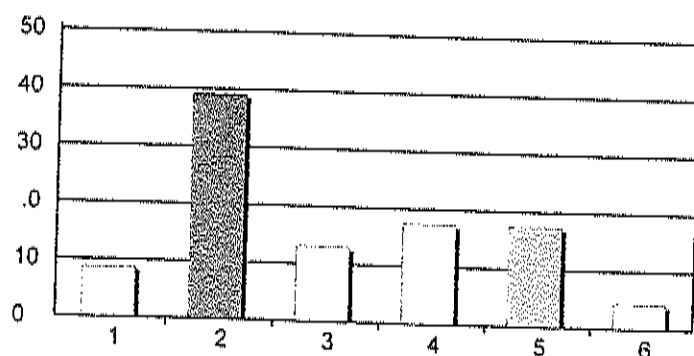
Total Respondents: 24

1. Age:



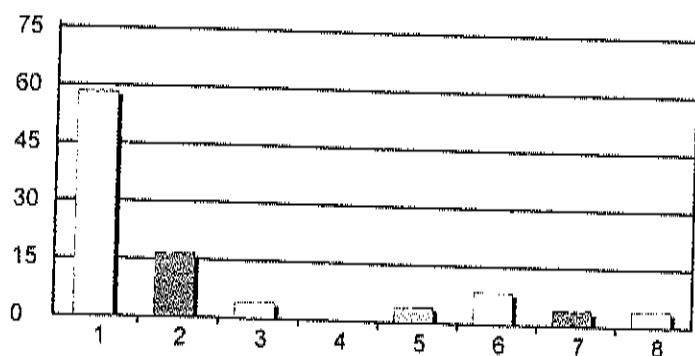
1. 18-27	8	33%
2. 28-37	5	21%
3. 38-47	1	4%
4. 48-57	6	25%
5. 58-67	2	8%
6. 68 and older	2	8%
Total Responses:	24	

2. Education.



1. Less than high school	2	9%
2. High school graduate/GED	9	39%
3. Some college	3	13%
4. Associate degree	4	17%
5. Bachelor degree	4	17%
6. Advanced degree	1	4%
Total Responses:	23	

3. Employment Status:

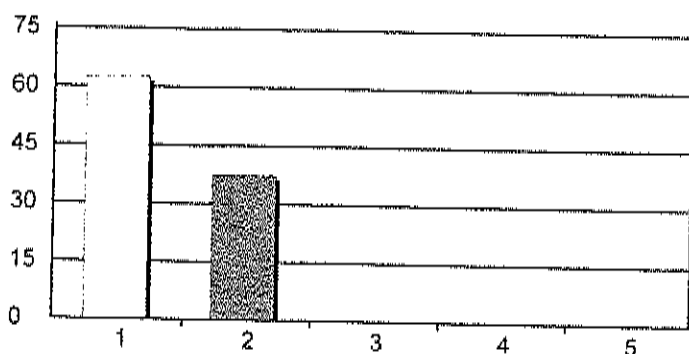


1. Employed full time	14	58%
2. Employed part time	4	17%
3. Homemaker full time	1	4%
4. Not working because of acute illness or injury	0	0%
5. Permanently disabled	1	4%
6. Retired	2	8%
7. Student full time	1	4%
8. Student part time	1	4%
Total Responses:	24	

CHNA 2018 Update

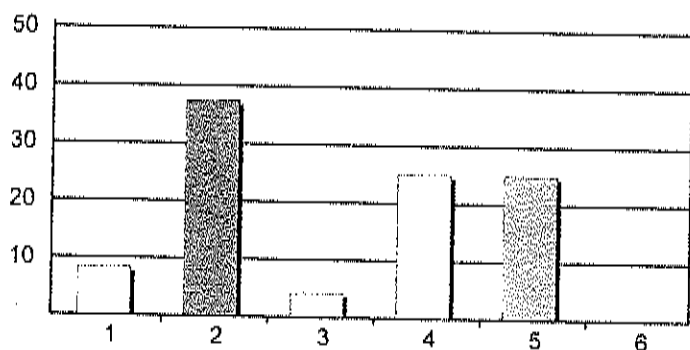
DST Community Health Fair

4. Gender:



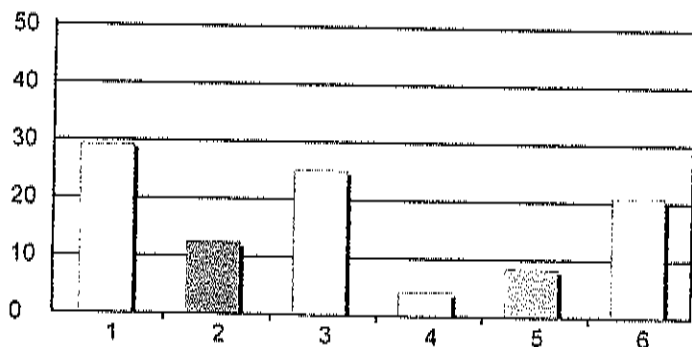
1. Female	15	62%
2. Male	9	38%
3. Trans Female (Male to Female)	0	0%
4. Trans Male (Female to Male)	0	0%
5. Gender Non-conforming (i.e. not exclusively m...)	0	0%
Total Responses:	24	
Mean: 1.38 Standard Deviation: 0.49		

5. Insurance:



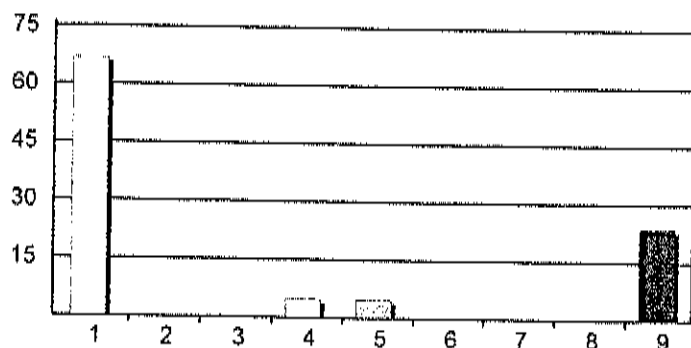
1. Medicare	2	8%
2. No insurance	9	38%
3. Obamacare (Affordable Healthcare)	1	4%
4. Private insurance	6	25%
5. TennCare	6	25%
6. Other	0	0%
Total Responses:	24	

6. In what area of Madison County do you live?



1. East Madison County	7	29%
2. Mid-Town Area	3	12%
3. North Madison County	6	25%
4. South Madison County	1	4%
5. West Madison County	2	8%
6. I live outside of Madison County	5	21%
Total Responses:	24	

7. Race (Check all that apply):

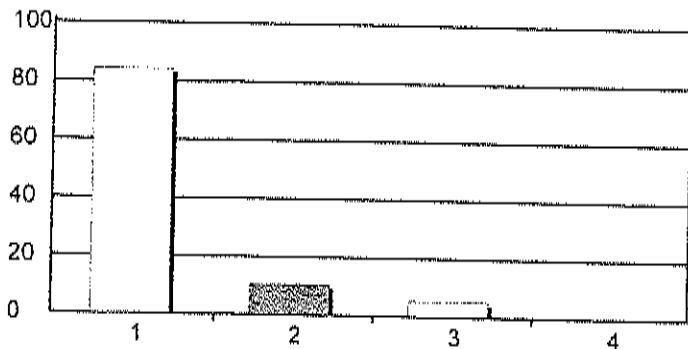


1. African/American	14	67%
2. American Indian/Alaskan Native	0	0%
3. Asian	0	0%
4. Caucasian	1	5%
5. Hispanic/Latino	1	5%
6. Indian (from India or parents from India)	0	0%
7. Middle Eastern	0	0%
8. Pacific Islander/Polynesian	0	0%
9. Other	5	24%
Total Responses:	21	

CHNA 2018 Update

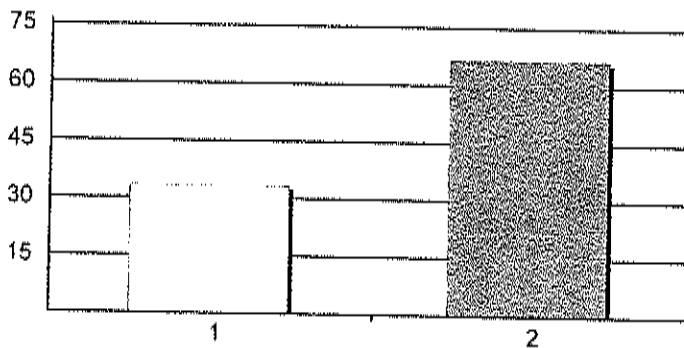
DST Community Health Fair

8. Weight (Do you consider your weight):



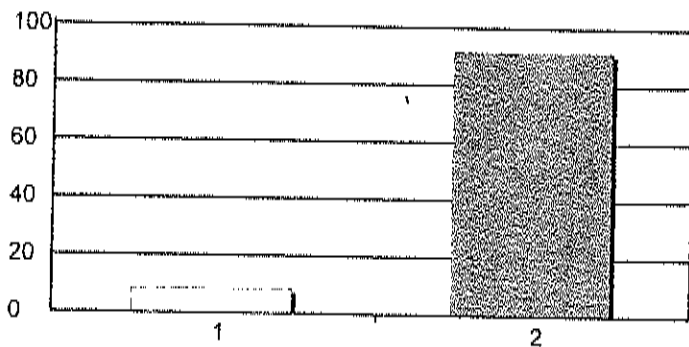
1. Just right	16	84%
2. Obese	2	11%
3. Overweight	1	5%
4. Underweight	0	0%
Total Responses:	19	

9. Have you had (or do you currently have) Allergies?



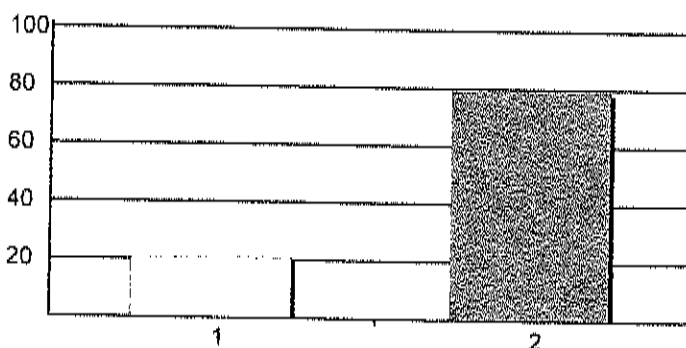
1. Yes	8	33%
2. No	16	67%
Total Responses:	24	
Mean: 1.67	Standard Deviation: 0.48	

10. Have you had (or do you currently have) Arthritis?



1. Yes	2	8%
2. No	22	92%
Total Responses:	24	
Mean: 1.92	Standard Deviation: 0.28	

11. Have you had (or do you currently have) Asthma?

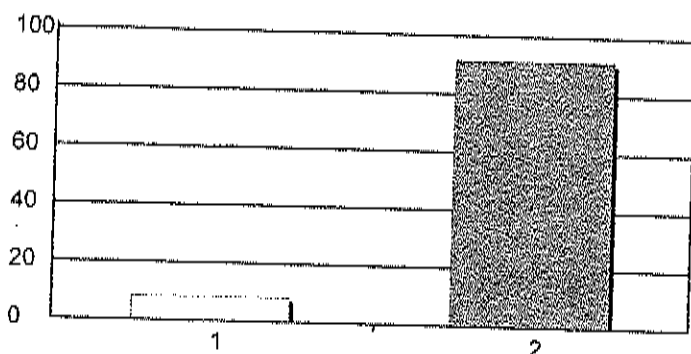


1. Yes	5	21%
2. No	19	79%
Total Responses:	24	
Mean: 1.79	Standard Deviation: 0.41	

CHNA 2018 Update

DST Community Health Fair

12. Have you had (or do you currently have) an Autoimmune Disease?



1. Yes

2 8%

2. No

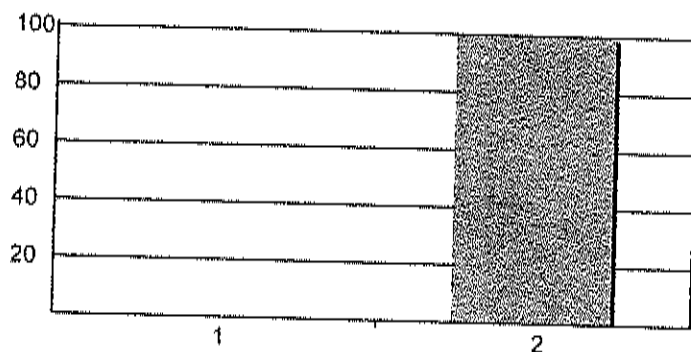
22 92%

Total Responses:

24

Mean: 1.92 Standard Deviation: 0.28

13. Have you experienced (or are you currently experiencing) Bullying?



1. Yes

0 0%

2. No

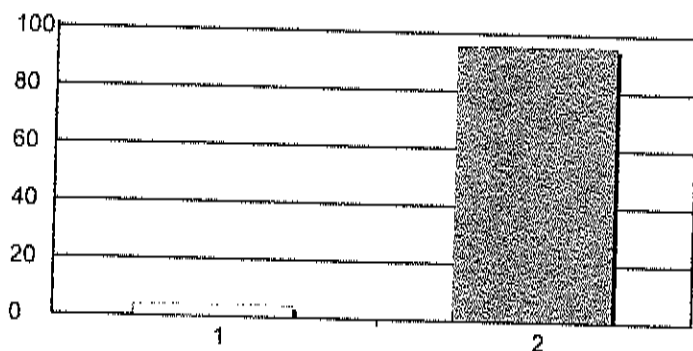
24 100%

Total Responses:

24

Mean: 2.00 Standard Deviation: 0.00

14. Have you had (or do you currently have) Chronic Pain?



1. Yes

1 4%

2. No

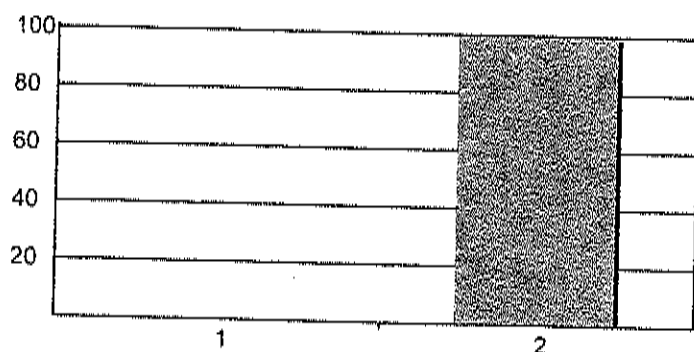
23 96%

Total Responses:

24

Mean: 1.96 Standard Deviation: 0.20

15. Have you had (or do you currently have) Dementia/Alzheimers?



1. Yes

0 0%

2. No

24 100%

Total Responses:

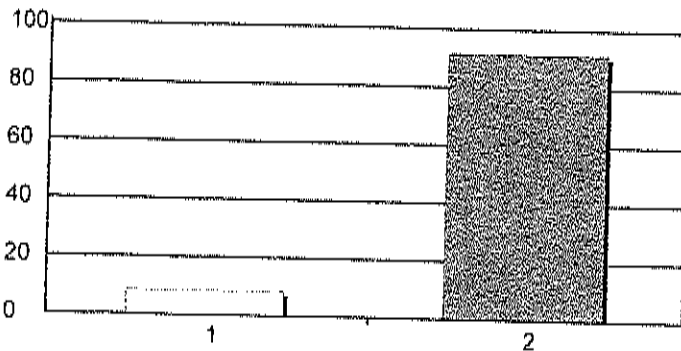
24

Mean: 2.00 Standard Deviation: 0.00

CHNA 2018 Update

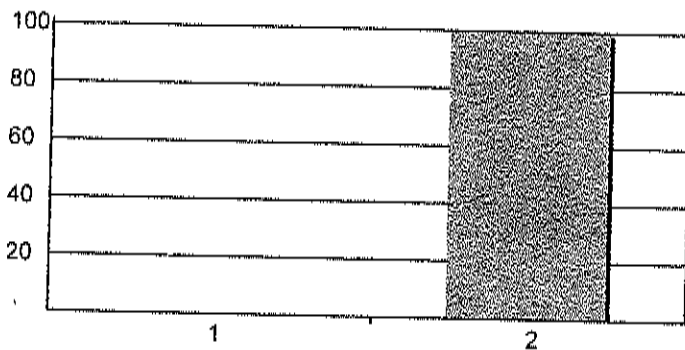
DST Community Health Fair

16. Have you had (or do you currently have) **Diabetes**?



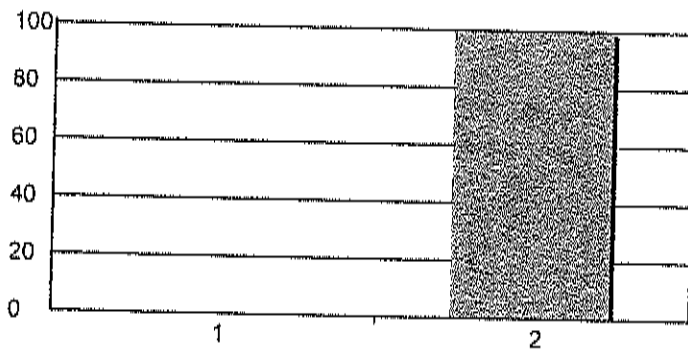
1. Yes 2 8%
 2. No 22 92%
 Total Responses: 24
 Mean: 1.92 Standard Deviation: 0.28

17. Have you had (or do you currently have) **Emphysema/COPD**?



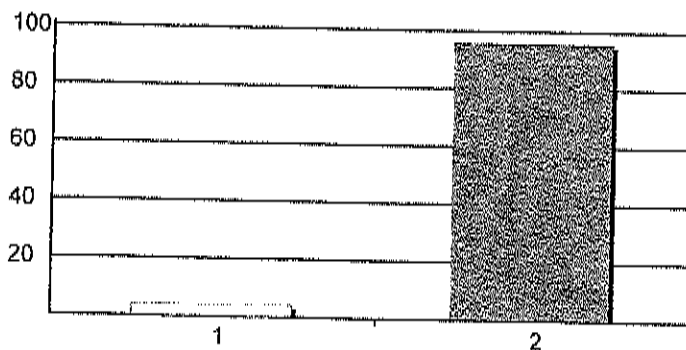
1. Yes 0 0%
 2. No 24 100%
 Total Responses: 24
 Mean: 2.00 Standard Deviation: 0.00

18. Have you had (or do you currently have) an **Eye Condition** (Cataracts, Glaucoma, Macular Degeneration)?



1. Yes 0 0%
 2. No 23 100%
 Total Responses: 23
 Mean: 2.00 Standard Deviation: 0.00

19. Have you had (or do you currently have) a **Fall/Fall related injury**?

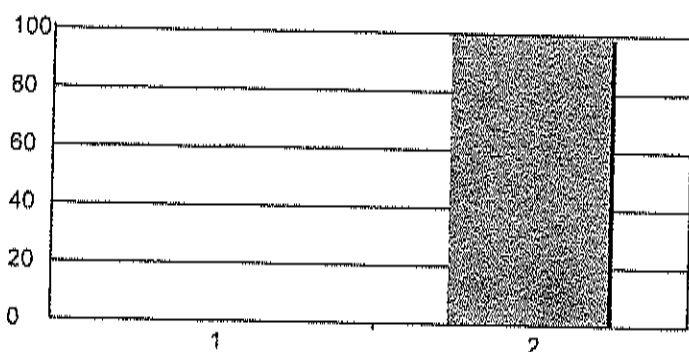


1. Yes 1 4%
 2. No 23 96%
 Total Responses: 24
 Mean: 1.96 Standard Deviation: 0.20

CHNA 2018 Update

DST Community Health Fair

20. Have you had (or do you currently have) **Hearing Loss/Deafness**?



1. Yes

0 0%

2. No

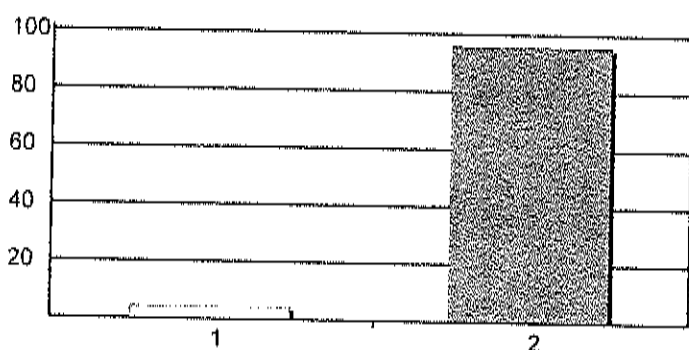
24 100%

Total Responses:

24

Mean: 2.00 Standard Deviation: 0.00

21. Have you had (or do you currently have) a **Heart Condition**?



1. Yes

1 4%

2. No

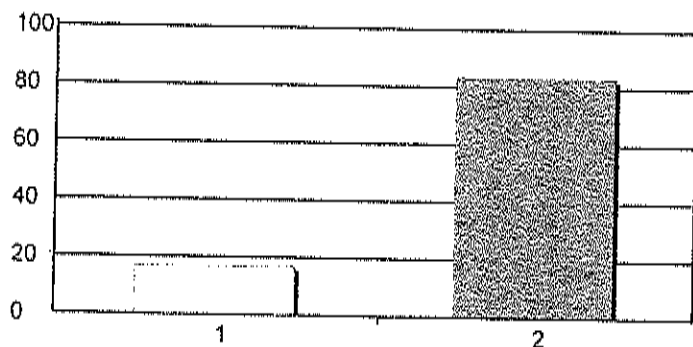
23 96%

Total Responses:

24

Mean: 1.96 Standard Deviation: 0.20

22. Have you had (or do you currently have) **High Blood Pressure**?



1. Yes

4 17%

2. No

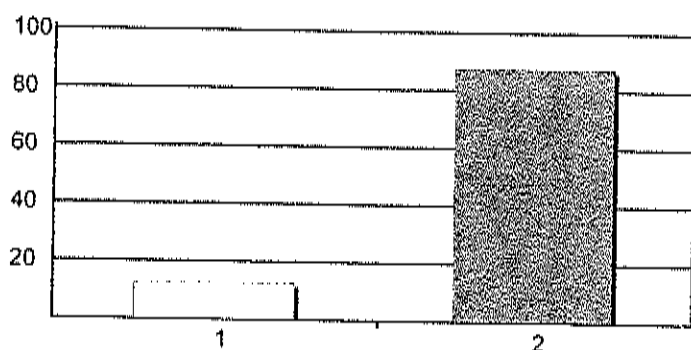
20 83%

Total Responses:

24

Mean: 1.83 Standard Deviation: 0.38

23. Have you had (or do you currently have) **Osteoporosis**?



1. Yes

3 12%

2. No

21 88%

Total Responses:

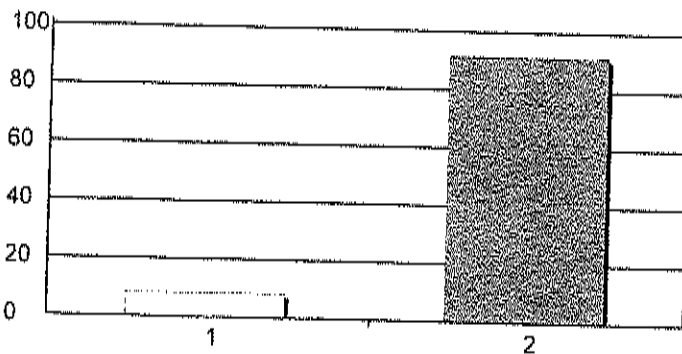
24

Mean: 1.88 Standard Deviation: 0.34

CHNA 2018 Update

DST Community Health Fair

24. Have you experienced (or are you currently experiencing) high levels of Stress?



1. Yes

2 8%

2. No

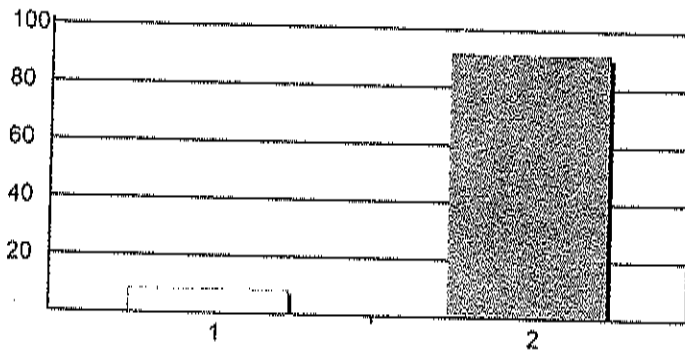
22 92%

Total Responses:

24

Mean: 1.92 Standard Deviation: 0.28

25. Have you had a Stroke?



1. Yes

2 8%

2. No

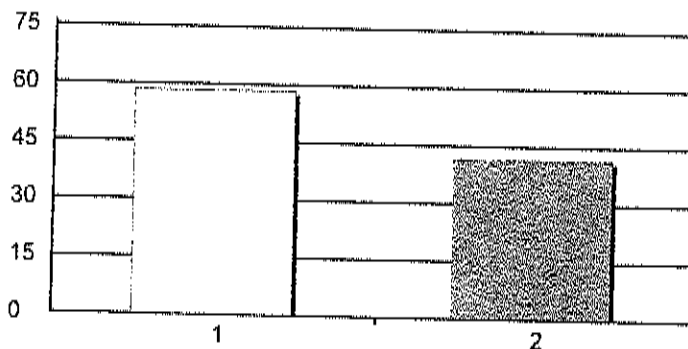
22 92%

Total Responses:

24

Mean: 1.92 Standard Deviation: 0.28

26. Dental care



1. Yes

14 58%

2. No

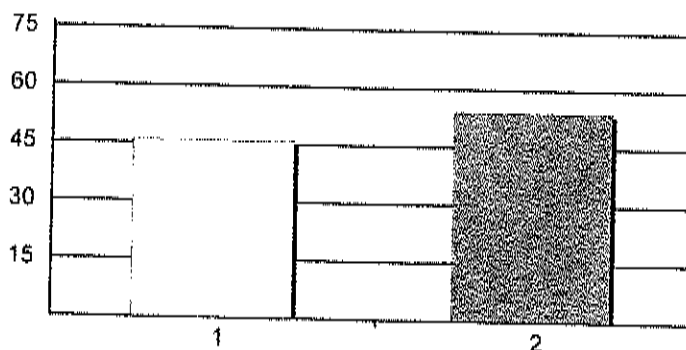
10 42%

Total Responses:

24

Mean: 1.42 Standard Deviation: 0.50

27. Medical care



1. Yes

11 46%

2. No

13 54%

Total Responses:

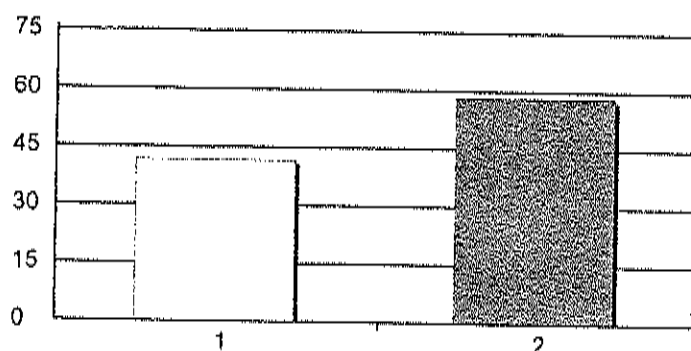
24

Mean: 1.54 Standard Deviation: 0.51

CHNA 2018 Update

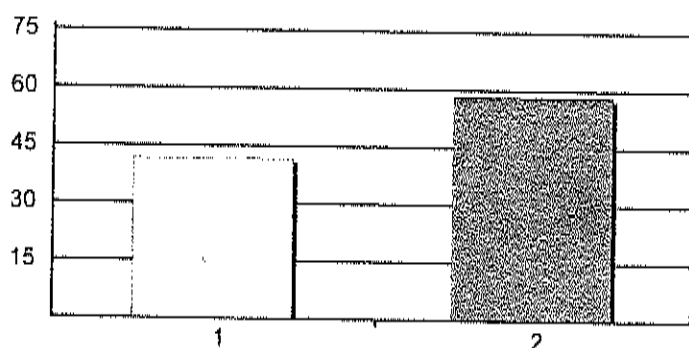
DST Community Health Fair

28. Medications



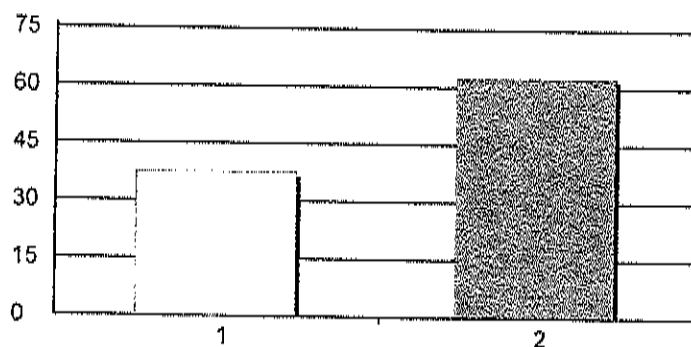
1. Yes 10 42%
 2. No 14 58%
 Total Responses: 24
 Mean: 1.58 Standard Deviation: 0.50

29. Dental care



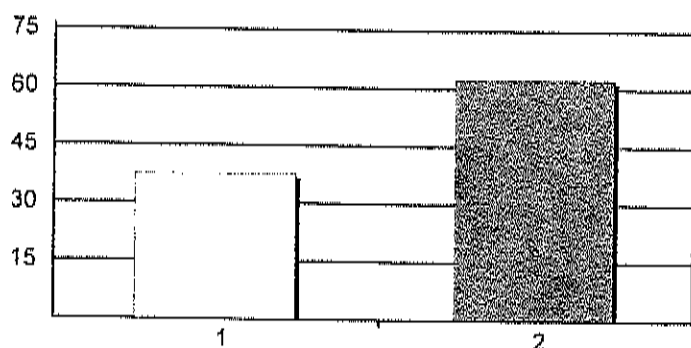
1. Yes 10 42%
 2. No 14 58%
 Total Responses: 24
 Mean: 1.58 Standard Deviation: 0.50

30. Medical care



1. Yes 9 38%
 2. No 15 62%
 Total Responses: 24
 Mean: 1.62 Standard Deviation: 0.49

31. Medications



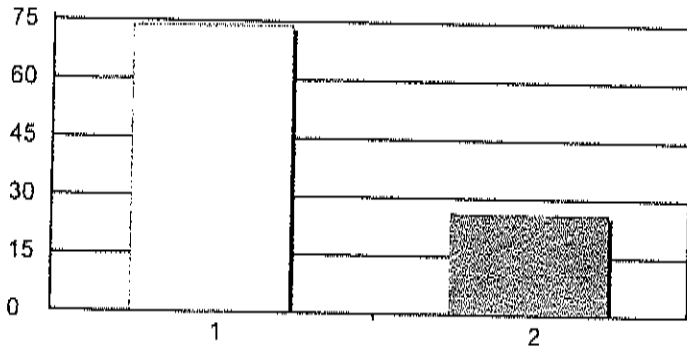
1. Yes 9 38%
 2. No 15 62%
 Total Responses: 24
 Mean: 1.62 Standard Deviation: 0.49

CHNA 2018 Update

DST Community Health Fair

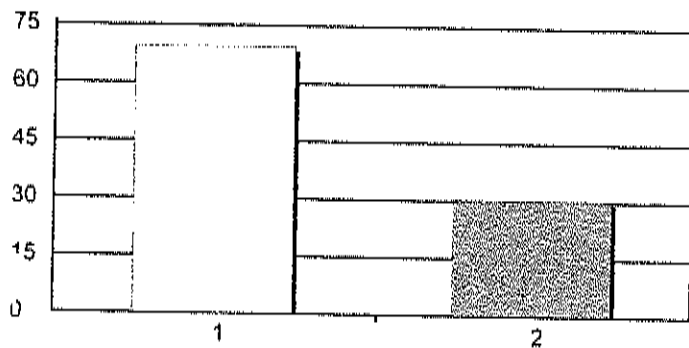
32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?

1. Yes 17 74%
 2. No 6 26%
 Total Responses: 23
 Mean: 1.26 Standard Deviation: 0.45



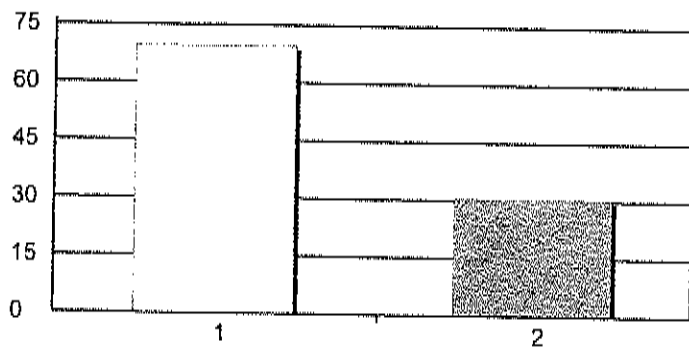
33. Do you have access to **Information/Education** about health?

1. Yes 16 70%
 2. No 7 30%
 Total Responses: 23
 Mean: 1.30 Standard Deviation: 0.47



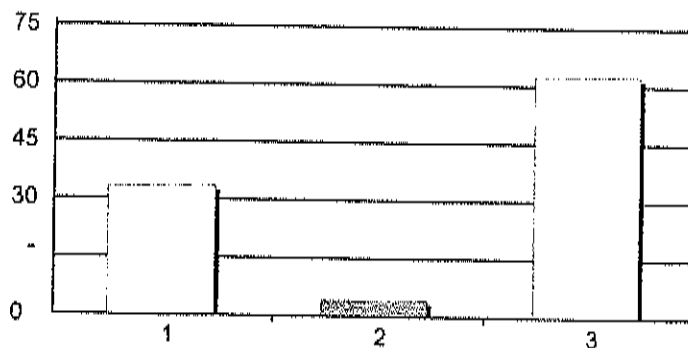
34. Do you have access to facilities or places for **Physical Activity**?

1. Yes 16 70%
 2. No 7 30%
 Total Responses: 23
 Mean: 1.30 Standard Deviation: 0.47



35. Do you have access to **Child Care/Adult Care**?

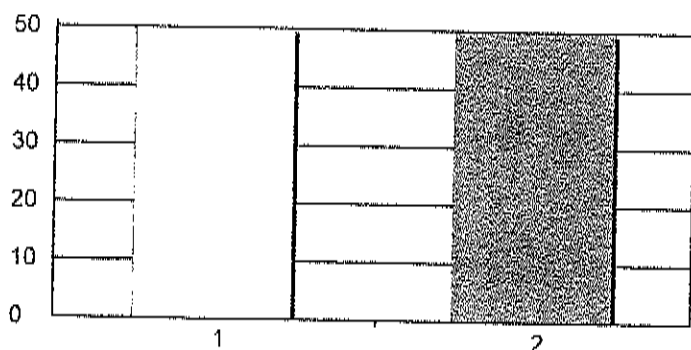
1. Yes 8 33%
 2. No 1 4%
 3. Doesn't apply 15 62%
 Total Responses: 24



CHNA 2018 Update

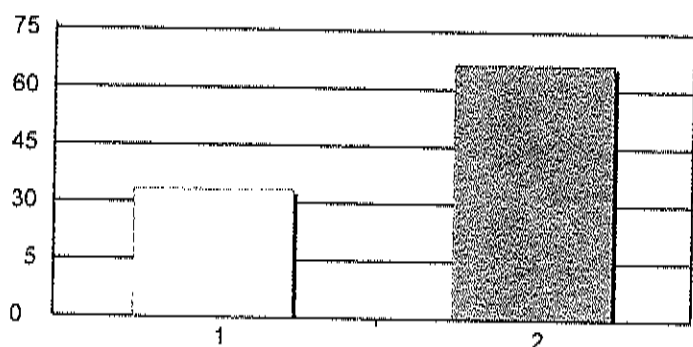
DST Community Health Fair

36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?



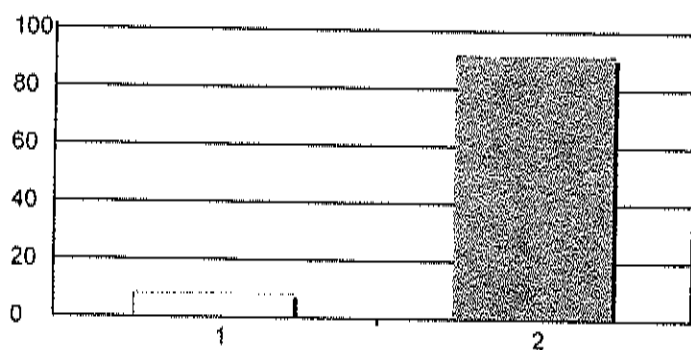
1. Yes 12 50%
 2. No 12 50%
 Total Responses: 24
 Mean: 1.50 Standard Deviation: 0.51

37. Did a parent or other adult in the household often or very often, push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?



1. Yes 8 33%
 2. No 16 67%
 Total Responses: 24
 Mean: 1.67 Standard Deviation: 0.48

38. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way or attempt or actually have oral, anal, or vaginal intercourse with you?



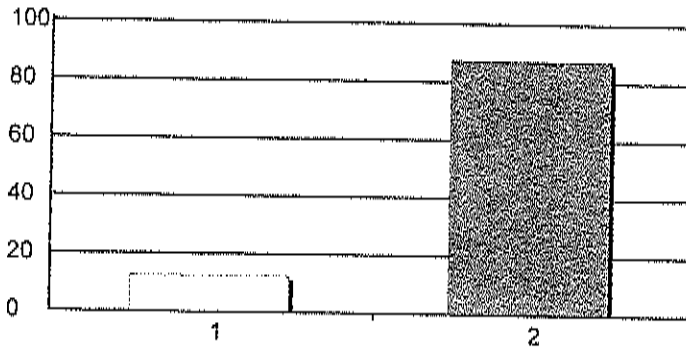
1. Yes 2 8%
 2. No 22 92%
 Total Responses: 24
 Mean: 1.92 Standard Deviation: 0.28

CHNA 2018 Update

DST Community Health Fair

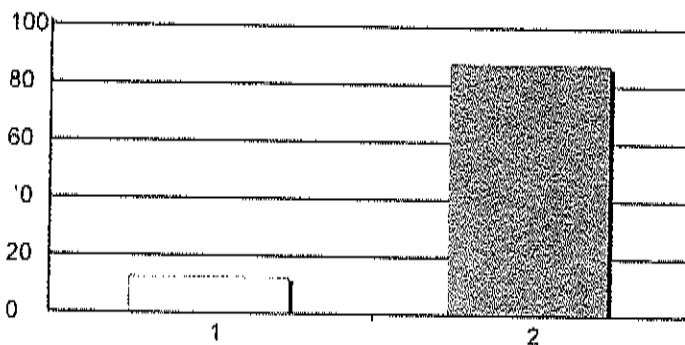
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

1. Yes	3	12%
2. No	21	88%
Total Responses:	24	
Mean: 1.88	Standard Deviation: 0.34	



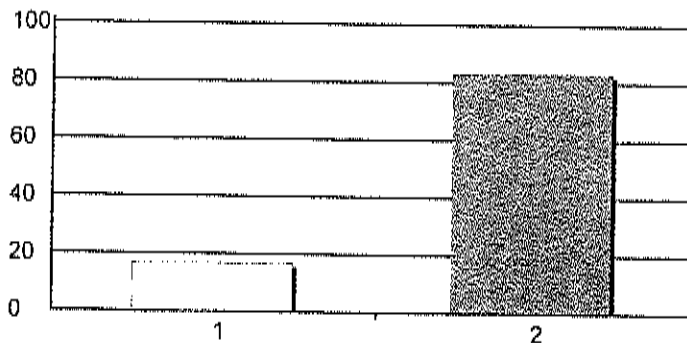
40. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

1. Yes	3	12%
2. No	21	88%
Total Responses:	24	
Mean: 1.88	Standard Deviation: 0.34	



41. Were your parents ever separated or divorced?

1. Yes	4	17%
2. No	20	83%
Total Responses:	24	
Mean: 1.83	Standard Deviation: 0.38	

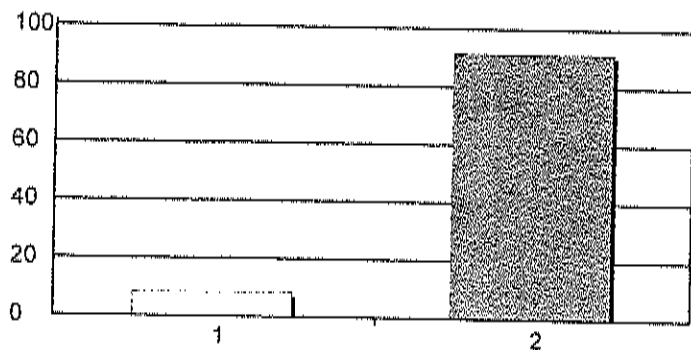


CHNA 2018 Update

DST Community Health Fair

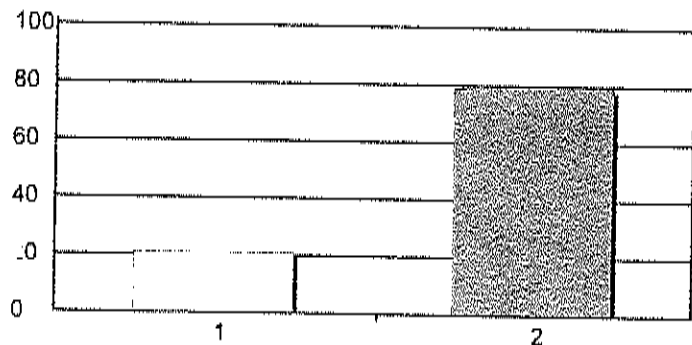
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

1. Yes 2 8%
 2. No 22 92%
 Total Responses: 24
 Mean: 1.92 Standard Deviation: 0.28



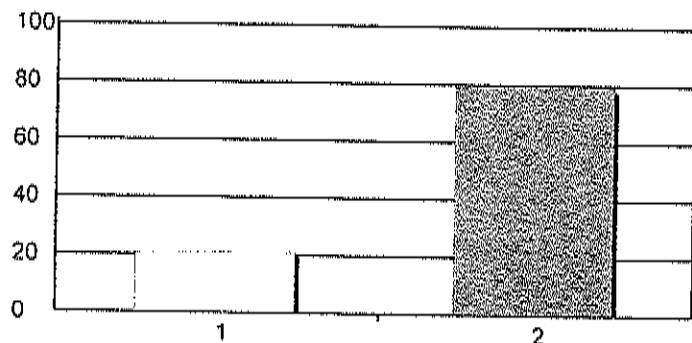
43. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

1. Yes 5 21%
 2. No 19 79%
 Total Responses: 24
 Mean: 1.79 Standard Deviation: 0.41



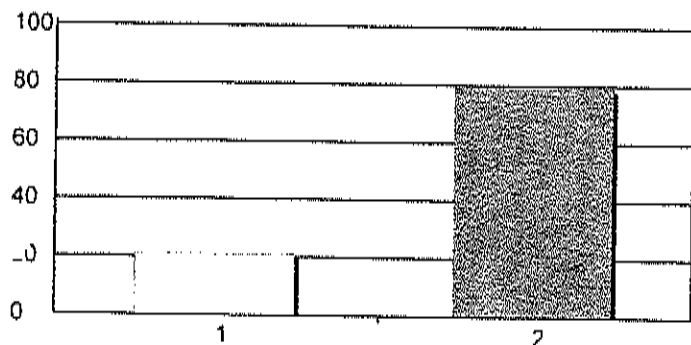
44. Was a household member depressed or mentally ill, or did a household member attempt suicide?

1. Yes 5 21%
 2. No 19 79%
 Total Responses: 24
 Mean: 1.79 Standard Deviation: 0.41



45. Did a household member go to prison?

1. Yes 5 21%
 2. No 19 79%
 Total Responses: 24
 Mean: 1.79 Standard Deviation: 0.41



CHNA 2018 Update

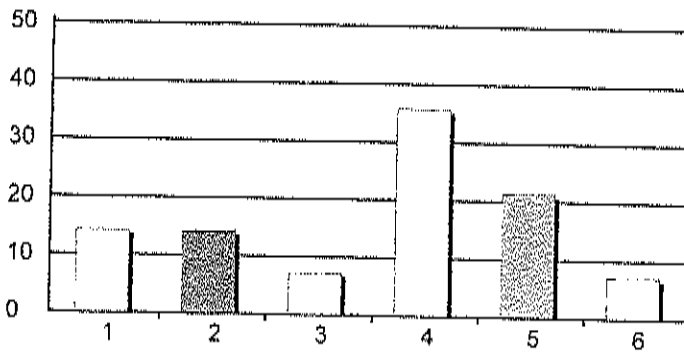
Health Council

Creation Date: 6/8/2018

Time Interval: 6/7/2018 to 6/8/2018

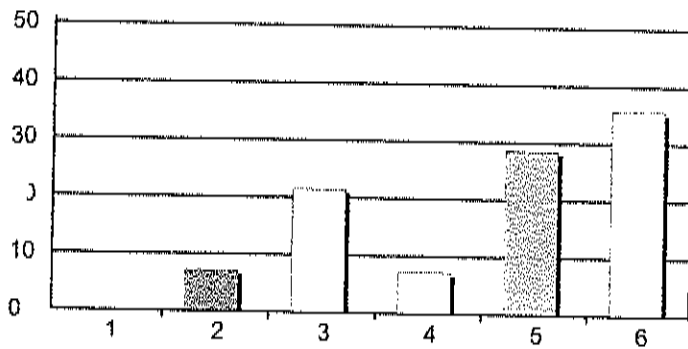
Total Respondents: 14

1. Age:



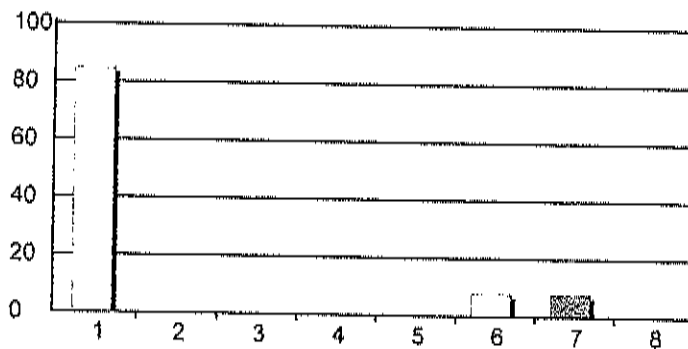
1. 18-27	2	14%
2. 28-37	2	14%
3. 38-47	1	7%
4. 48-57	5	36%
5. 58-67	3	21%
6. 68 and older	1	7%
Total Responses:	14	

2. Education.



1. Less than high school	0	0%
2. High school graduate/GED	1	7%
3. Some college	3	21%
4. Associate degree	1	7%
5. Bachelor degree	4	29%
6. Advanced degree	5	36%
Total Responses:	14	

3. Employment Status:

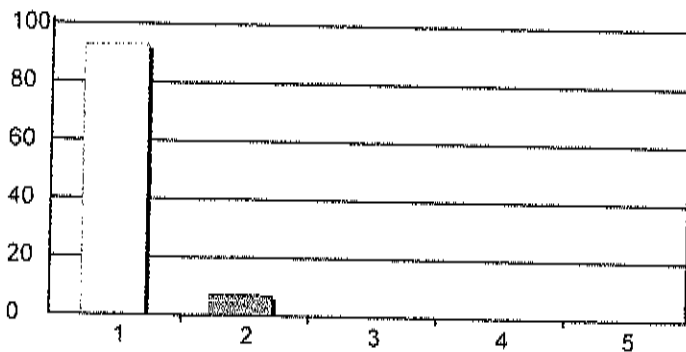


1. Employed full time	11	85%
2. Employed part time	0	0%
3. Homemaker full time	0	0%
4. Not working because of acute illness or injury	0	0%
5. Permanently disabled	0	0%
6. Retired	1	8%
7. Student full time	1	8%
8. Student part time	0	0%
Total Responses:	13	

CHNA 2018 Update

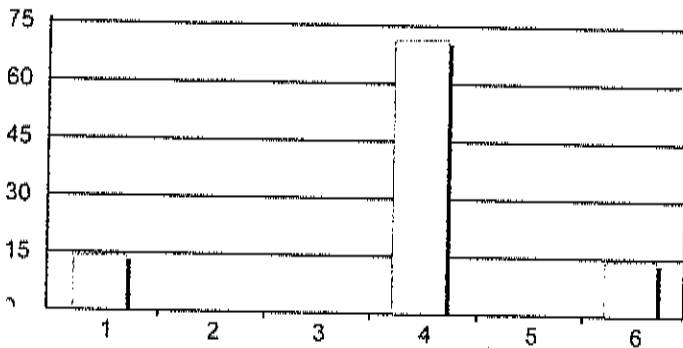
Health Council

4. Gender:



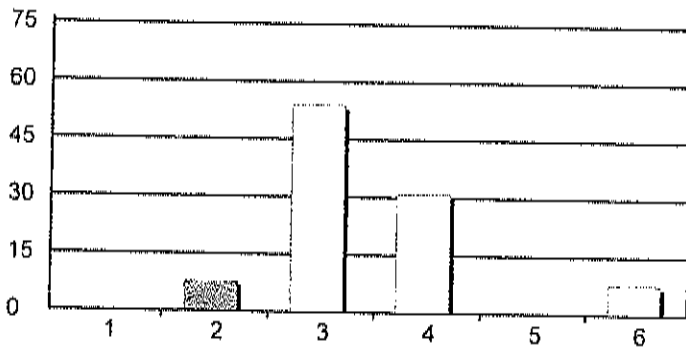
1. Female	13	93%
2. Male	1	7%
3. Trans Female (Male to Female)	0	0%
4. Trans Male (Female to Male)	0	0%
5. Gender Non-conforming (i.e. not exclusively m...)	0	0%
Total Responses:	14	
Mean: 1.07 Standard Deviation: 0.27		

5. Insurance:



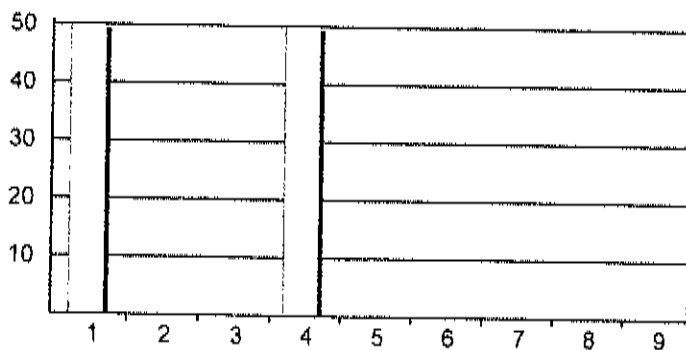
1. Medicare	2	14%
2. No insurance	0	0%
3. Obamacare (Affordable Healthcare)	0	0%
4. Private insurance	10	71%
5. TennCare	0	0%
6. Other	2	14%
Total Responses:	14	

6. In what area of Madison County do you live?



1. East Madison County	0	0%
2. Mid-Town Area	1	8%
3. North Madison County	7	54%
4. South Madison County	4	31%
5. West Madison County	0	0%
6. I live outside of Madison County	1	8%
Total Responses:	13	

7. Race (Check all that apply):

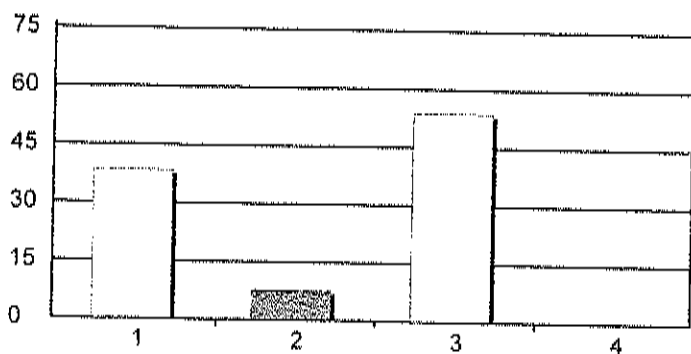


1. African/American	7	50%
2. American Indian/Alaskan Native	0	0%
3. Asian	0	0%
4. Caucasian	7	50%
5. Hispanic/Latino	0	0%
6. Indian (from India or parents from India)	0	0%
7. Middle Eastern	0	0%
8. Pacific Islander/Polynesian	0	0%
9. Other	0	0%
Total Responses:	14	

CHNA 2018 Update

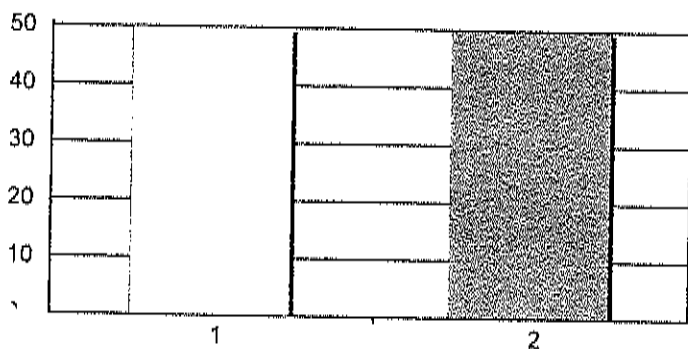
Health Council

8. Weight (Do you consider your weight):



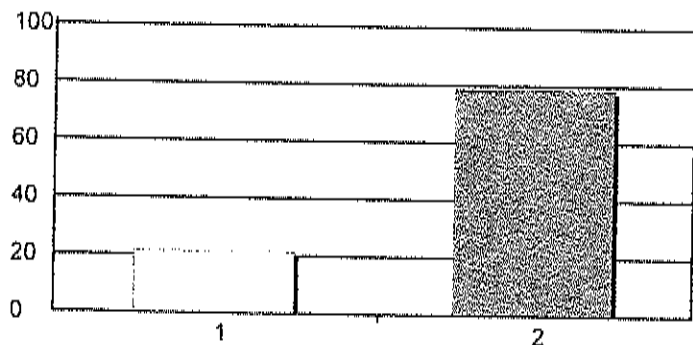
1. Just right 5 38%
 2. Obese 1 8%
 3. Overweight 7 54%
 4. Underweight 0 0%
 Total Responses: 13

9. Have you had (or do you currently have) Allergies?



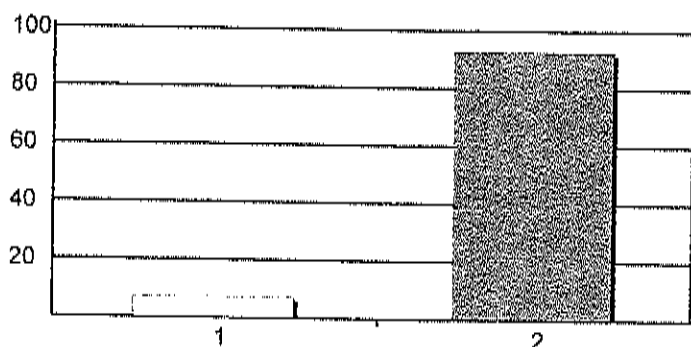
1. Yes 7 50%
 2. No 7 50%
 Total Responses: 14
 Mean: 1.50 Standard Deviation: 0.52

10. Have you had (or do you currently have) Arthritis?



1. Yes 3 21%
 2. No 11 79%
 Total Responses: 14
 Mean: 1.79 Standard Deviation: 0.43

11. Have you had (or do you currently have) Asthma?

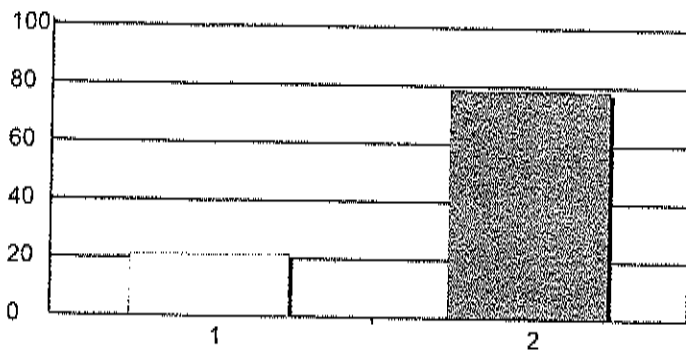


1. Yes 1 7%
 2. No 13 93%
 Total Responses: 14
 Mean: 1.93 Standard Deviation: 0.27

CHNA 2018 Update

Health Council

12. Have you had (or do you currently have) an Autoimmune Disease?



1. Yes

3 21%

2. No

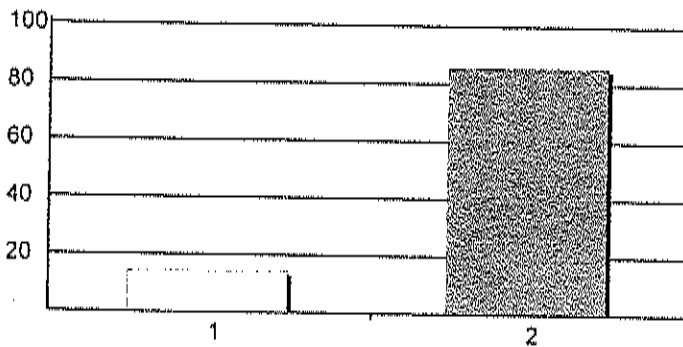
11 79%

Total Responses:

14

Mean: 1.79 Standard Deviation: 0.43

13. Have you experienced (or are you currently experiencing) Bullying?



1. Yes

2 14%

2. No

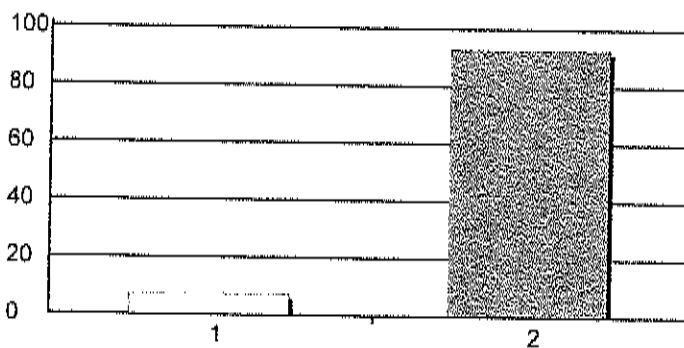
12 86%

Total Responses:

14

Mean: 1.86 Standard Deviation: 0.36

14. Have you had (or do you currently have) Chronic Pain?



1. Yes

1 7%

2. No

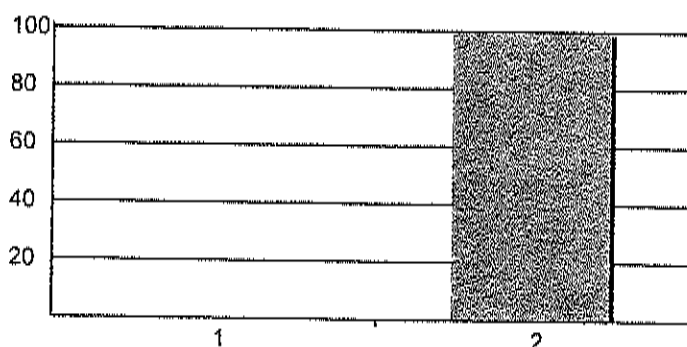
13 93%

Total Responses:

14

Mean: 1.93 Standard Deviation: 0.27

15. Have you had (or do you currently have) Dementia/Alzheimers?



1. Yes

0 0%

2. No

14 100%

Total Responses:

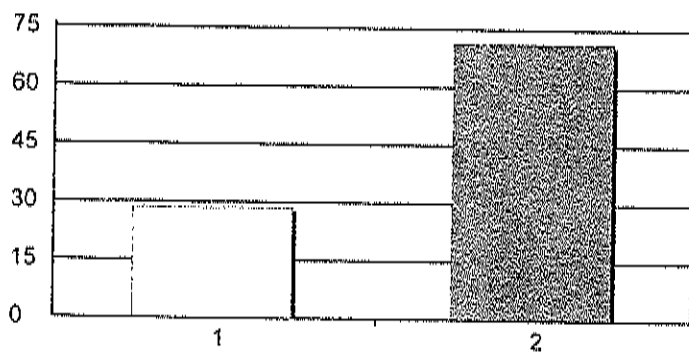
14

Mean: 2.00 Standard Deviation: 0.00

CHNA 2018 Update

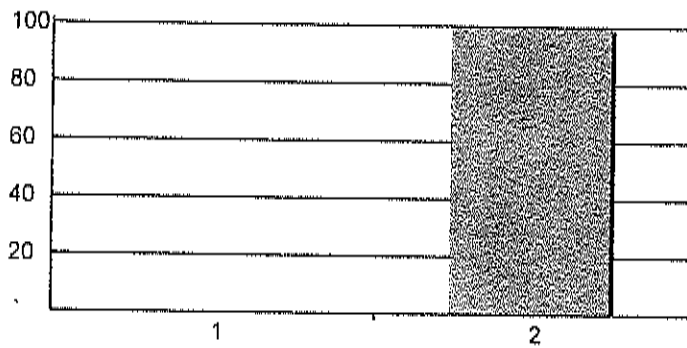
Health Council

16. Have you had (or do you currently have) **Diabetes**?



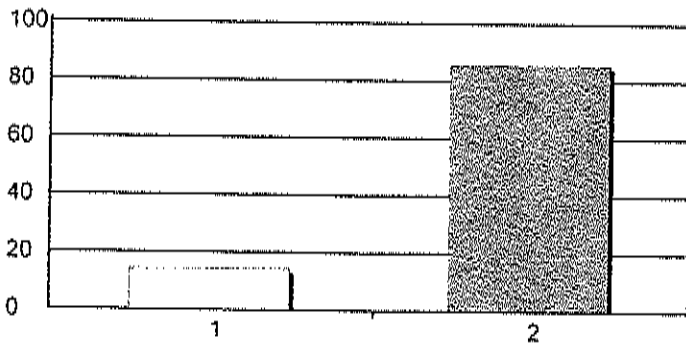
1. Yes 4 29%
 2. No 10 71%
 Total Responses: 14
 Mean: 1.71 Standard Deviation: 0.47

17. Have you had (or do you currently have) **Emphysema/COPD**?



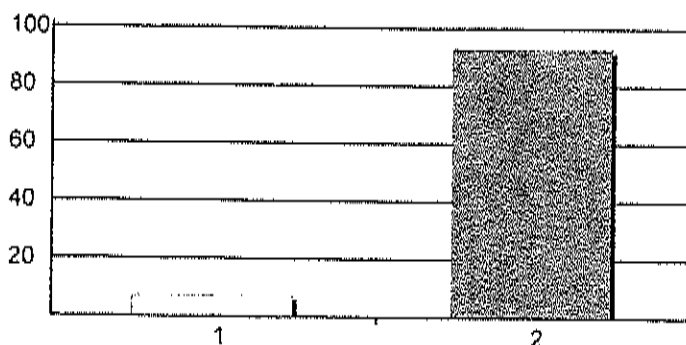
1. Yes 0 0%
 2. No 14 100%
 Total Responses: 14
 Mean: 2.00 Standard Deviation: 0.00

18. Have you had (or do you currently have) an **Eye Condition** (Cataracts, Glaucoma, Macular Degeneration)?



1. Yes 2 14%
 2. No 12 86%
 Total Responses: 14
 Mean: 1.86 Standard Deviation: 0.36

19. Have you had (or do you currently have) a **Fall/Fall related injury**?



1. Yes 1 7%
 2. No 13 93%
 Total Responses: 14
 Mean: 1.93 Standard Deviation: 0.27

CHNA 2018 Update

Health Council

20. Have you had (or do you currently have) **Hearing Loss/Deafness**?

1. Yes

1 7%

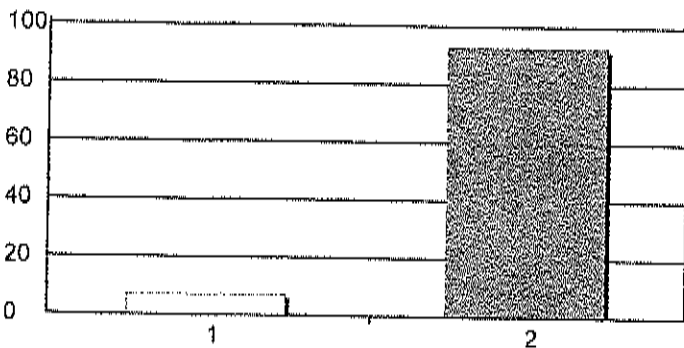
2. No

13 93%

Total Responses:

14

Mean: 1.93 Standard Deviation: 0.27



21. Have you had (or do you currently have) a **Heart Condition**?

1. Yes

0 0%

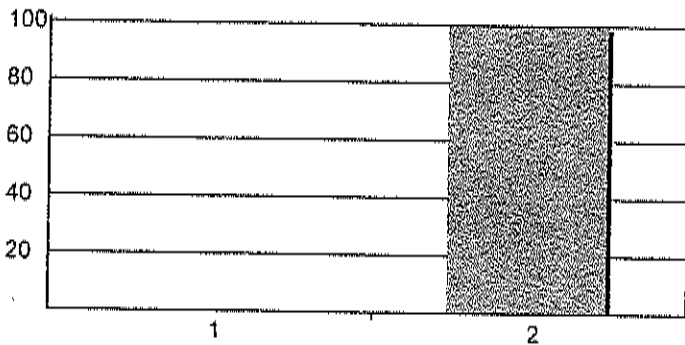
2. No

14 100%

Total Responses:

14

Mean: 2.00 Standard Deviation: 0.00



22. Have you had (or do you currently have) **High Blood Pressure**?

1. Yes

8 57%

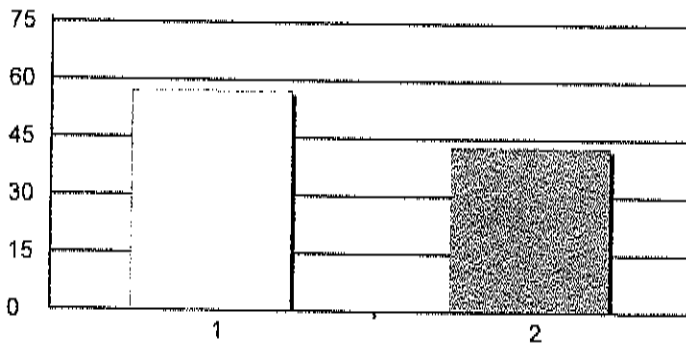
2. No

6 43%

Total Responses:

14

Mean: 1.43 Standard Deviation: 0.51



23. Have you had (or do you currently have) **Osteoporosis**?

1. Yes

0 0%

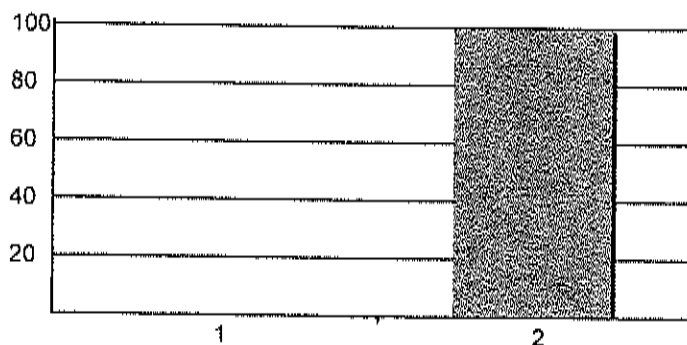
2. No

14 100%

Total Responses:

14

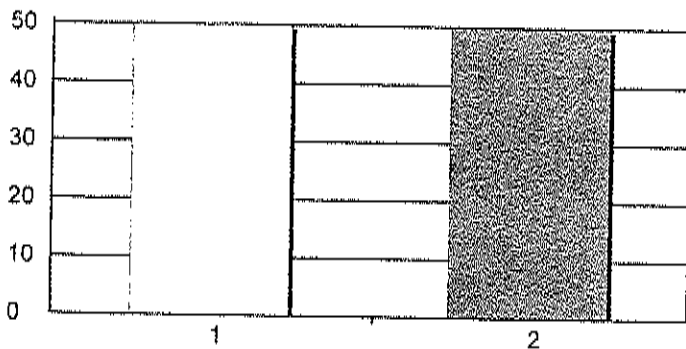
Mean: 2.00 Standard Deviation: 0.00



CHNA 2018 Update

Health Council

24. Have you experienced (or are you currently experiencing) high levels of Stress?



1. Yes

7 50%

2. No

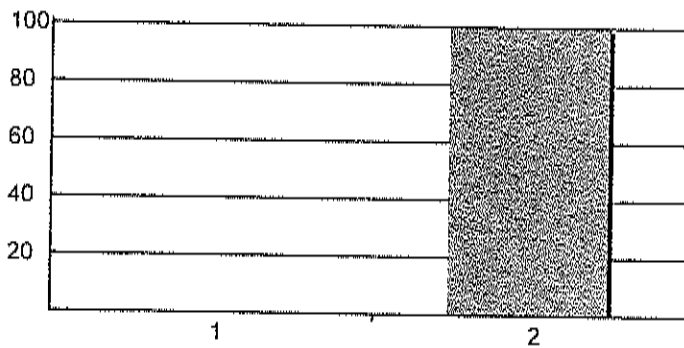
7 50%

Total Responses:

14

Mean: 1.50 Standard Deviation: 0.52

25. Have you had a Stroke?



1. Yes

0 0%

2. No

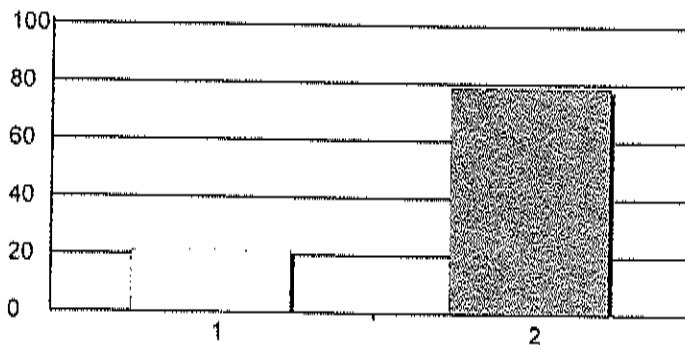
14 100%

Total Responses:

14

Mean: 2.00 Standard Deviation: 0.00

26. Dental care



1. Yes

3 21%

2. No

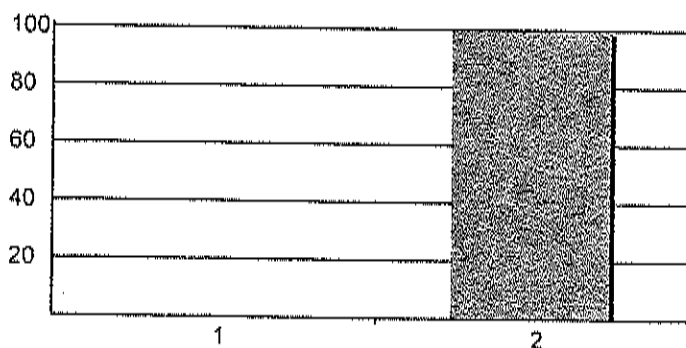
11 79%

Total Responses:

14

Mean: 1.79 Standard Deviation: 0.43

27. Medical care



1. Yes

0 0%

2. No

14 100%

Total Responses:

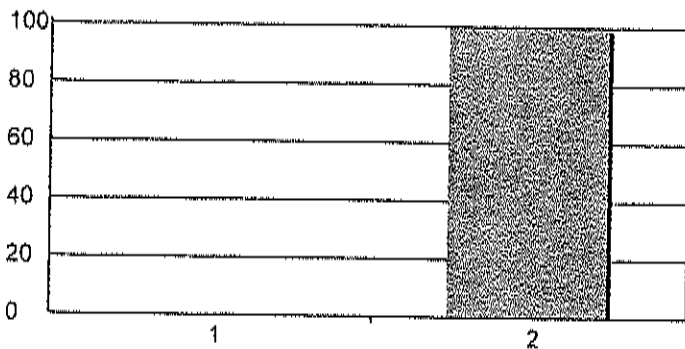
14

Mean: 2.00 Standard Deviation: 0.00

CHNA 2018 Update

Health Council

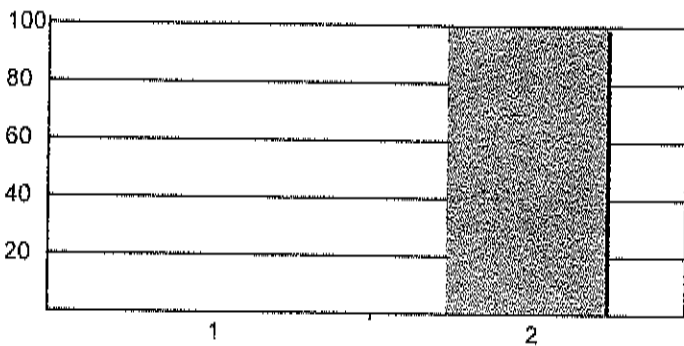
28. Medications



1. Yes
2. No
Total Responses:
Mean: 2.00 Standard Deviation: 0.00

0 0%
14 100%
14

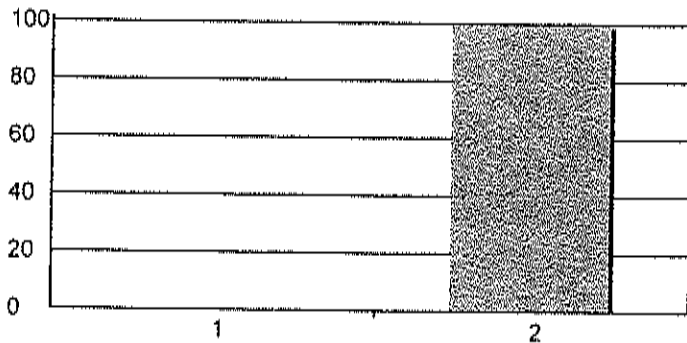
29. Dental care



1. Yes
2. No
Total Responses:
Mean: 2.00 Standard Deviation: 0.00

0 0%
14 100%
14

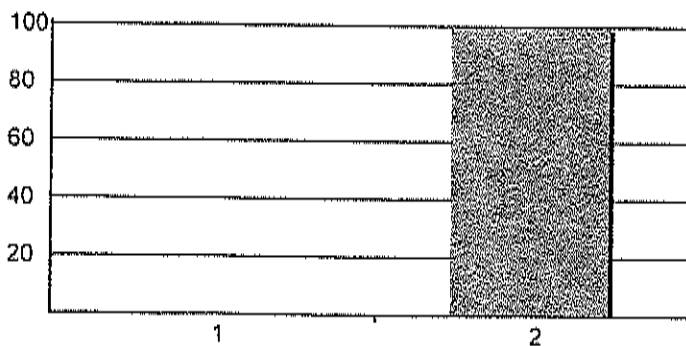
30. Medical care



1. Yes
2. No
Total Responses:
Mean: 2.00 Standard Deviation: 0.00

0 0%
14 100%
14

31. Medications



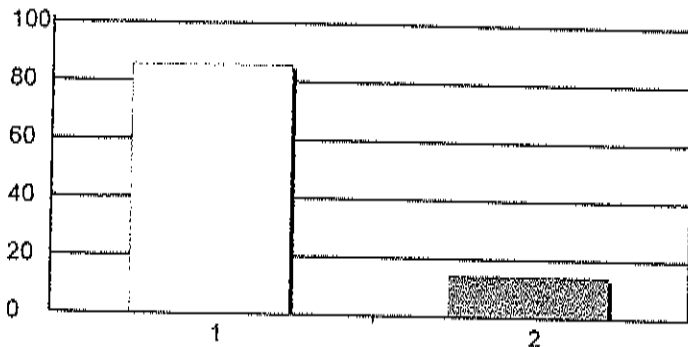
1. Yes
2. No
Total Responses:
Mean: 2.00 Standard Deviation: 0.00

0 0%
14 100%
14

CHNA 2018 Update

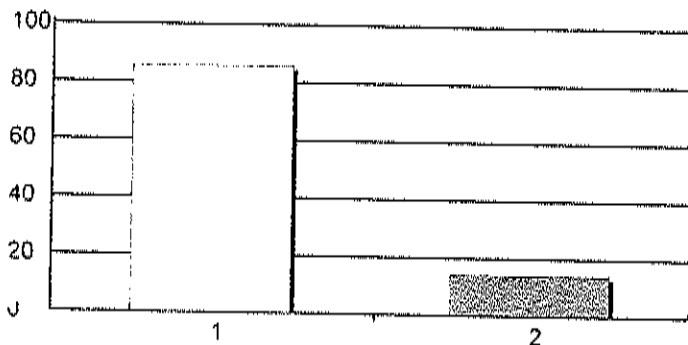
Health Council

32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?



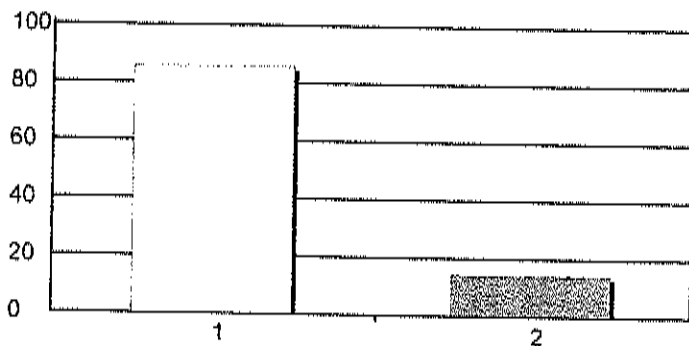
1. Yes 12 86%
 2. No 2 14%
 Total Responses: 14
 Mean: 1.14 Standard Deviation: 0.36

33. Do you have access to **Information/Education** about health?



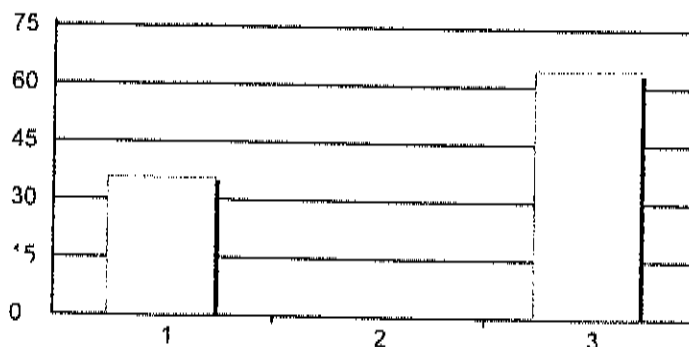
1. Yes 12 86%
 2. No 2 14%
 Total Responses: 14
 Mean: 1.14 Standard Deviation: 0.36

34. Do you have access to facilities or places for **Physical Activity**?



1. Yes 12 86%
 2. No 2 14%
 Total Responses: 14
 Mean: 1.14 Standard Deviation: 0.36

35. Do you have access to **Child Care/Adult Care**?

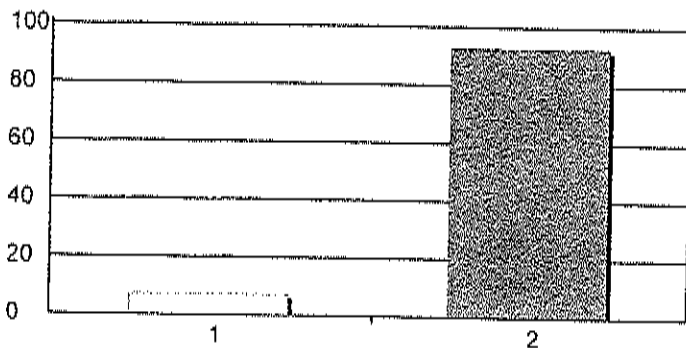


1. Yes 5 36%
 2. No 0 0%
 3. Doesn't apply 9 64%
 Total Responses: 14

CHNA 2018 Update

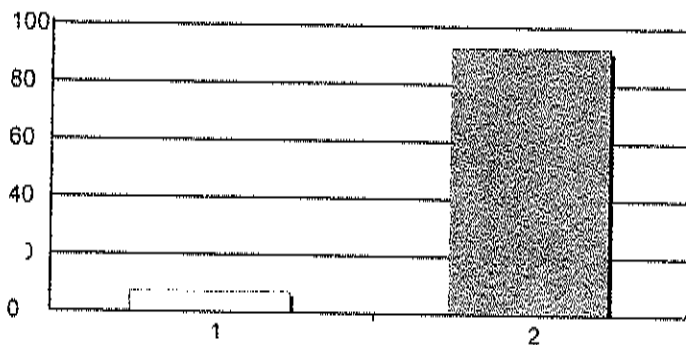
Health Council

36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?



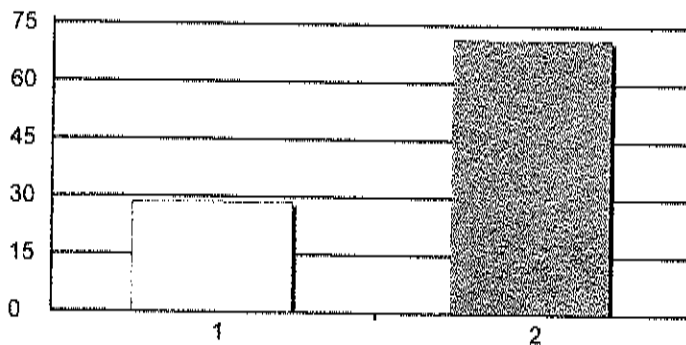
1. Yes 1 7%
 2. No 13 93%
 Total Responses: 14
 Mean: 1.93 Standard Deviation: 0.27

37. Did a parent or other adult in the household often or very often, push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?



1. Yes 1 7%
 2. No 13 93%
 Total Responses: 14
 Mean: 1.93 Standard Deviation: 0.27

38. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way or attempt or actually have oral, anal, or vaginal intercourse with you?



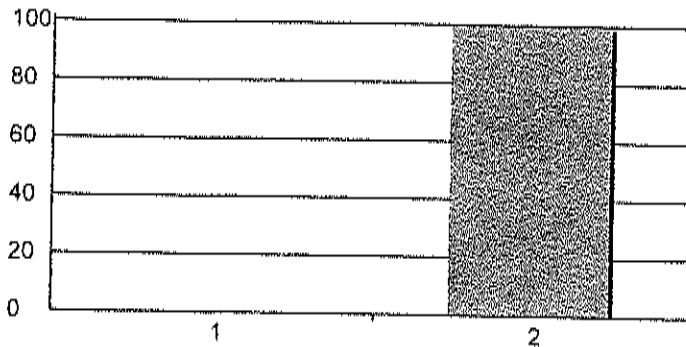
1. Yes 4 29%
 2. No 10 71%
 Total Responses: 14
 Mean: 1.71 Standard Deviation: 0.47

CHNA 2018 Update

Health Council

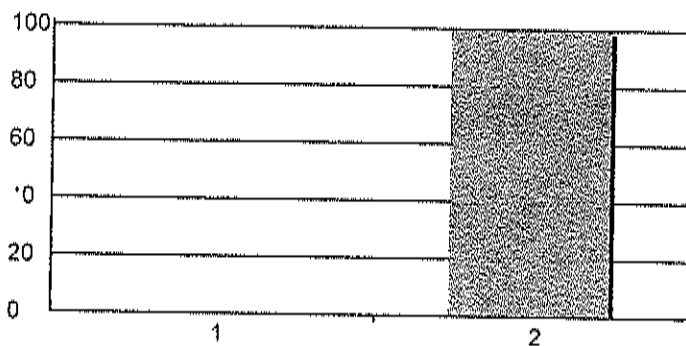
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

1. Yes 0 0%
 2. No 14 100%
 Total Responses: 14
 Mean: 2.00 Standard Deviation: 0.00



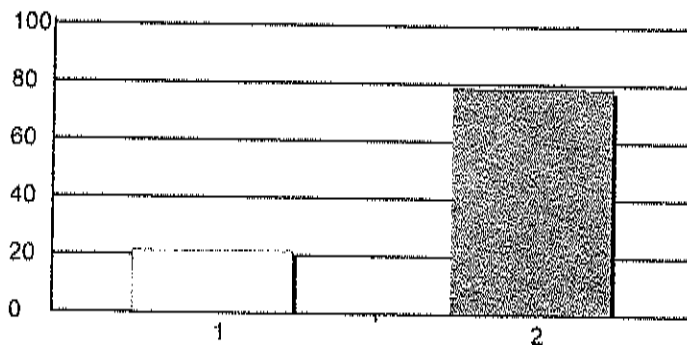
40. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

1. Yes 0 0%
 2. No 14 100%
 Total Responses: 14
 Mean: 2.00 Standard Deviation: 0.00



41. Were your parents ever separated or divorced?

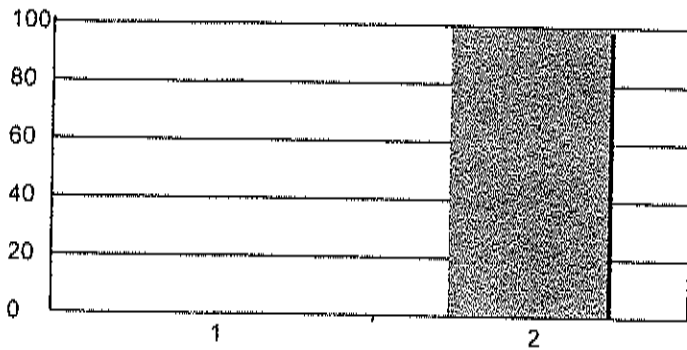
1. Yes 3 21%
 2. No 11 79%
 Total Responses: 14
 Mean: 1.79 Standard Deviation: 0.43



CHNA 2018 Update

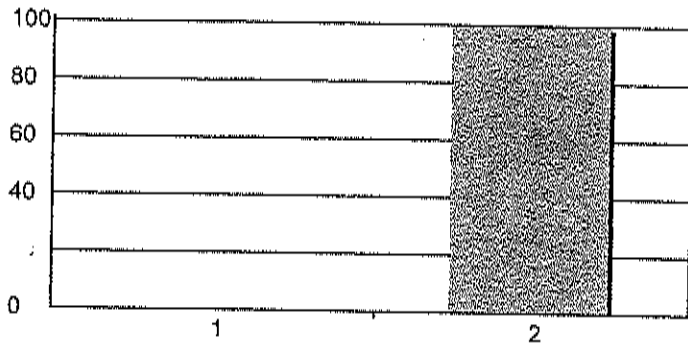
Health Council

42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?



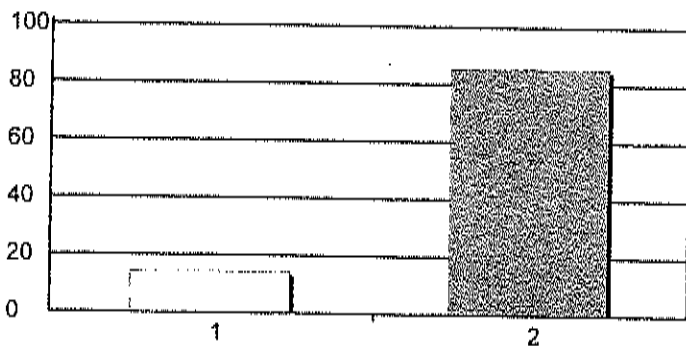
1. Yes 0 0%
 2. No 14 100%
 Total Responses: 14
 Mean: 2.00 Standard Deviation: 0.00

43. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?



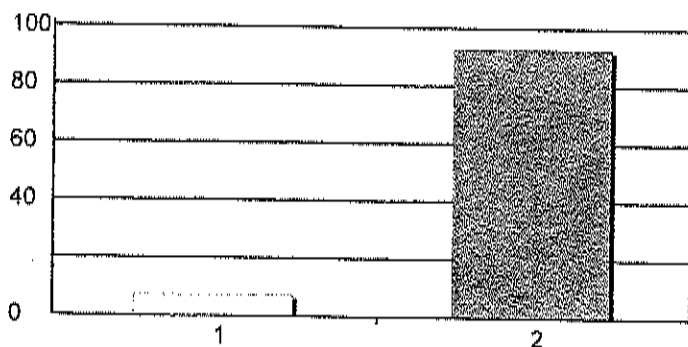
1. Yes 0 0%
 2. No 14 100%
 Total Responses: 14
 Mean: 2.00 Standard Deviation: 0.00

44. Was a household member depressed or mentally ill, or did a household member attempt suicide?



1. Yes 2 14%
 2. No 12 86%
 Total Responses: 14
 Mean: 1.86 Standard Deviation: 0.36

45. Did a household member go to prison?



1. Yes 1 7%
 2. No 13 93%
 Total Responses: 14
 Mean: 1.93 Standard Deviation: 0.27

CHNA 2018 Update

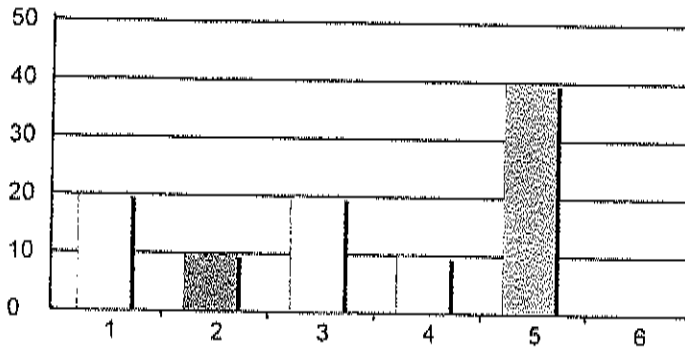
Faith Health Center

Creation Date: 6/8/2018

Time Interval: 6/8/2018 to 6/8/2018

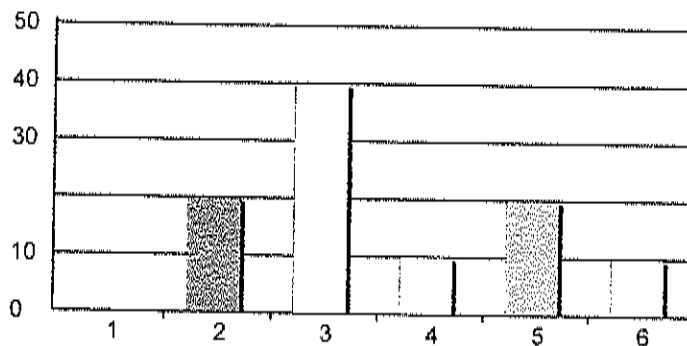
Total Respondents: 10

1. Age:



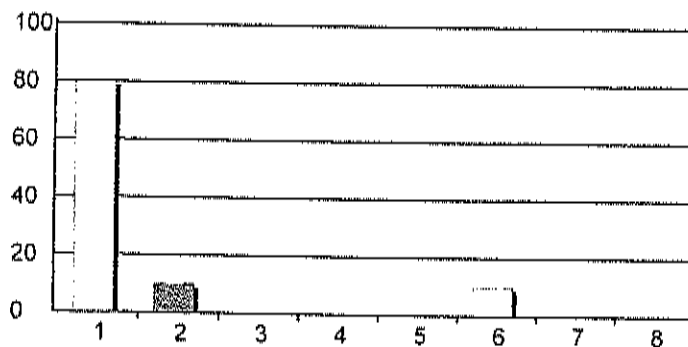
1. 18-27	2	20%
2. 28-37	1	10%
3. 38-47	2	20%
4. 48-57	1	10%
5. 58-67	4	40%
6. 68 and older	0	0%
Total Responses:	10	

2. Education.



1. Less than high school	0	0%
2. High school graduate/GED	2	20%
3. Some college	4	40%
4. Associate degree	1	10%
5. Bachelor degree	2	20%
6. Advanced degree	1	10%
Total Responses:	10	

3. Employment Status:

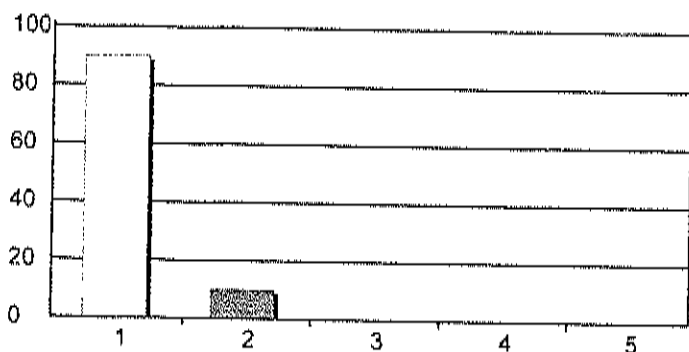


1. Employed full time	8	80%
2. Employed part time	1	10%
3. Homemaker full time	0	0%
4. Not working because of acute illness or injury	0	0%
5. Permanently disabled	0	0%
6. Retired	1	10%
7. Student full time	0	0%
8. Student part time	0	0%
Total Responses:	10	

CHNA 2018 Update

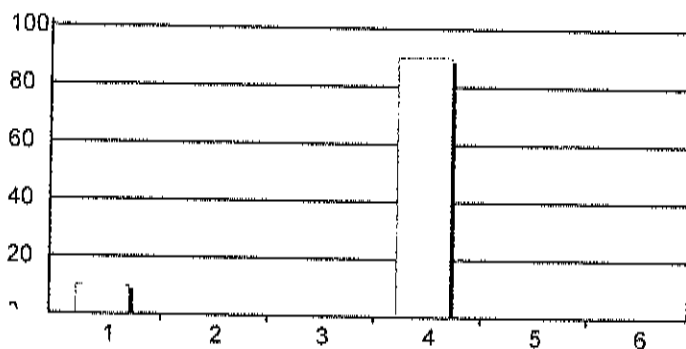
Faith Health Center

4. Gender:



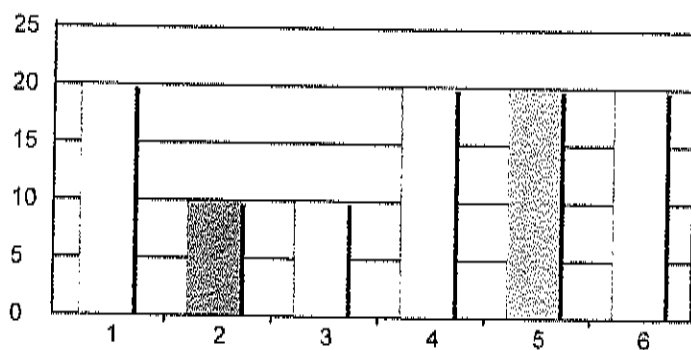
1. Female	9	90%
2. Male	1	10%
3. Trans Female (Male to Female)	0	0%
4. Trans Male (Female to Male)	0	0%
5. Gender Non-conforming (i.e. not exclusively m...)	0	0%
Total Responses:	10	
Mean: 1.10 Standard Deviation: 0.32		

5. Insurance:



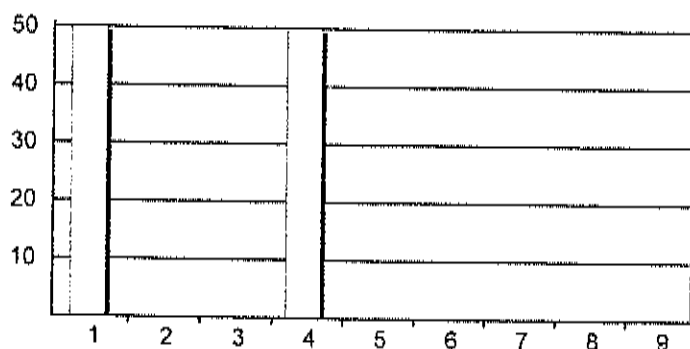
1. Medicare	1	10%
2. No insurance	0	0%
3. Obamacare (Affordable Healthcare)	0	0%
4. Private insurance	9	90%
5. TennCare	0	0%
6. Other	0	0%
Total Responses:	10	

6. In what area of Madison County do you live?



1. East Madison County	2	20%
2. Mid-Town Area	1	10%
3. North Madison County	1	10%
4. South Madison County	2	20%
5. West Madison County	2	20%
6. I live outside of Madison County	2	20%
Total Responses:	10	

7. Race (Check all that apply):

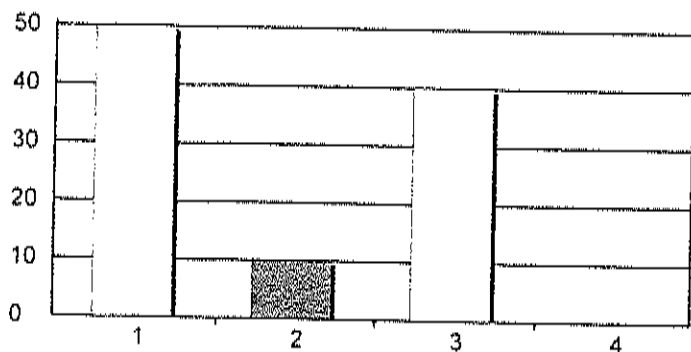


1. African/American	5	50%
2. American Indian/Alaskan Native	0	0%
3. Asian	0	0%
4. Caucasian	5	50%
5. Hispanic/Latino	0	0%
6. Indian (from India or parents from India)	0	0%
7. Middle Eastern	0	0%
8. Pacific Islander/Polynesian	0	0%
9. Other	0	0%
Total Responses:	10	

CHNA 2018 Update

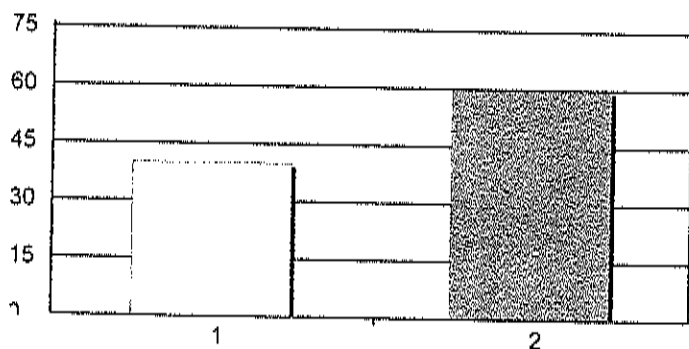
Faith Health Center

8. Weight (Do you consider your weight):



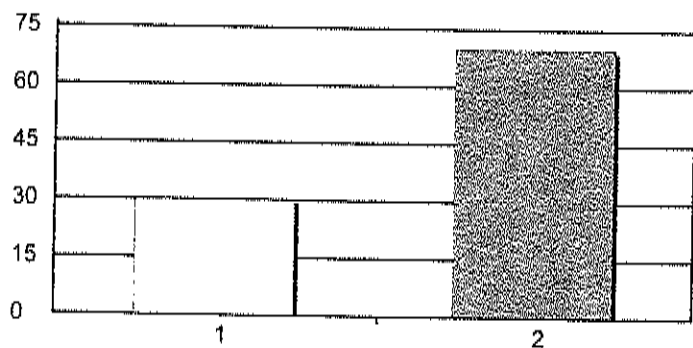
1. Just right	5	50%
2. Obese	1	10%
3. Overweight	4	40%
4. Underweight	0	0%
Total Responses:	10	

9. Have you had (or do you currently have) Allergies?



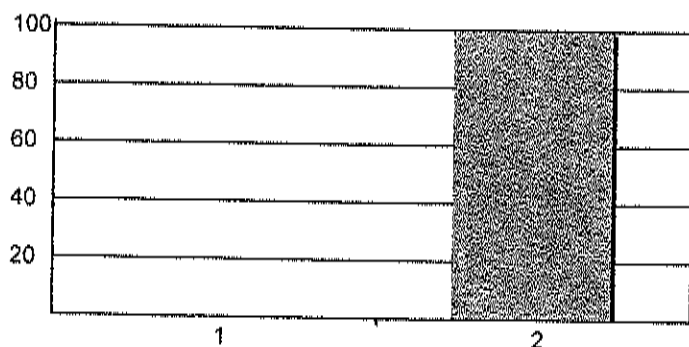
1. Yes	4	40%
2. No	6	60%
Total Responses:	10	
Mean: 1.60	Standard Deviation: 0.52	

10. Have you had (or do you currently have) Arthritis?



1. Yes	3	30%
2. No	7	70%
Total Responses:	10	
Mean: 1.70	Standard Deviation: 0.48	

11. Have you had (or do you currently have) Asthma?



1. Yes	0	0%
2. No	10	100%
Total Responses:	10	
Mean: 2.00	Standard Deviation: 0.00	

CHNA 2018 Update

Faith Health Center

12. Have you had (or do you currently have) an **Autoimmune Disease**?

1. Yes

0 0%

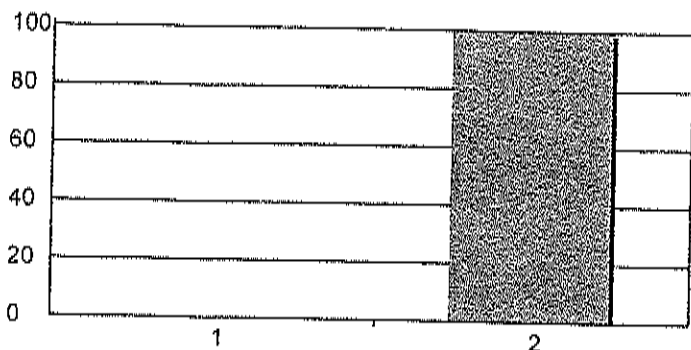
2. No

10 100%

Total Responses:

10

Mean: 2.00 Standard Deviation: 0.00



13. Have you experienced (or are you currently experiencing) **Bullying**?

1. Yes

1 10%

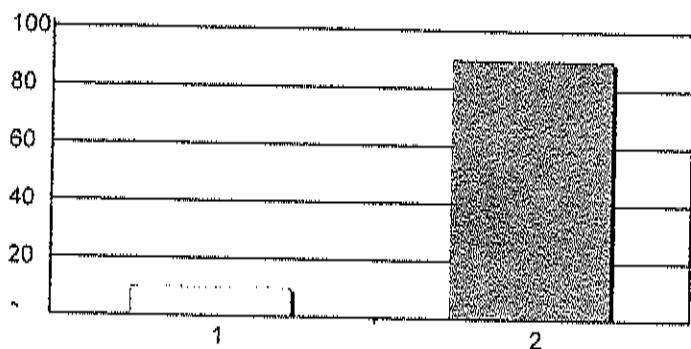
2. No

9 90%

Total Responses:

10

Mean: 1.90 Standard Deviation: 0.32



14. Have you had (or do you currently have) **Chronic Pain**?

1. Yes

2 20%

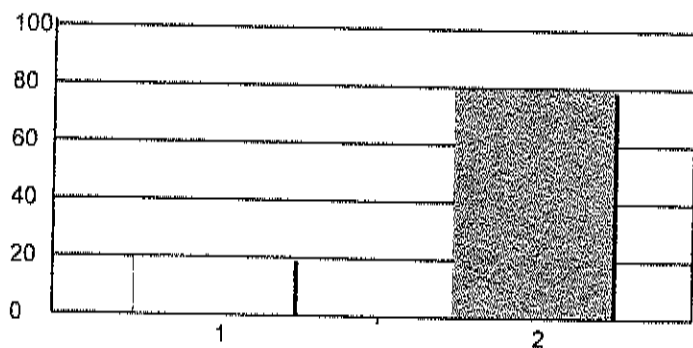
2. No

8 80%

Total Responses:

10

Mean: 1.80 Standard Deviation: 0.42



15. Have you had (or do you currently have) **Dementia/Alzheimers**?

1. Yes

0 0%

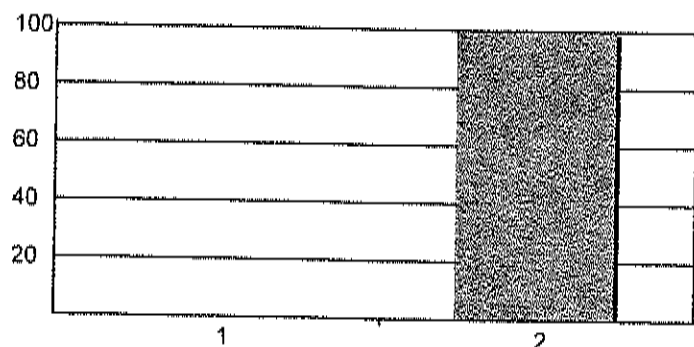
2. No

10 100%

Total Responses:

10

Mean: 2.00 Standard Deviation: 0.00

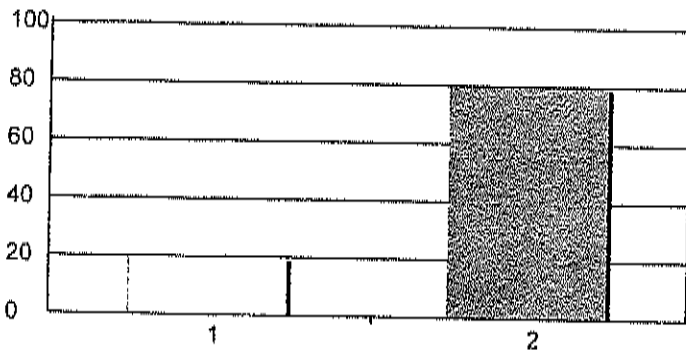


CHNA 2018 Update

Faith Health Center

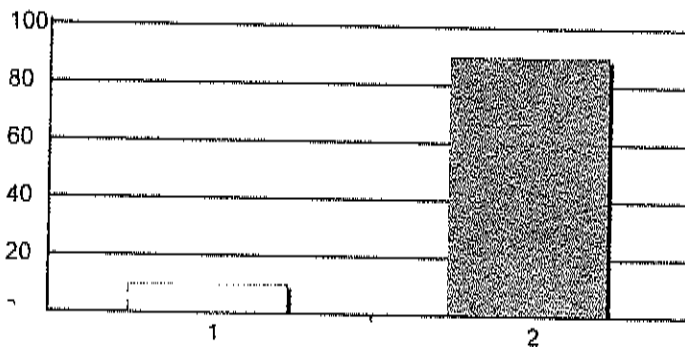
16. Have you had (or do you currently have) Diabetes?

1. Yes 2 20%
 2. No 8 80%
 Total Responses: 10
 Mean: 1.80 Standard Deviation: 0.42



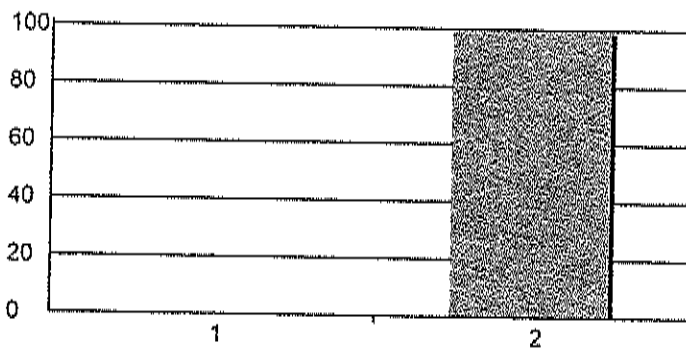
17. Have you had (or do you currently have) Emphysema/COPD?

1. Yes 1 10%
 2. No 9 90%
 Total Responses: 10
 Mean: 1.90 Standard Deviation: 0.32



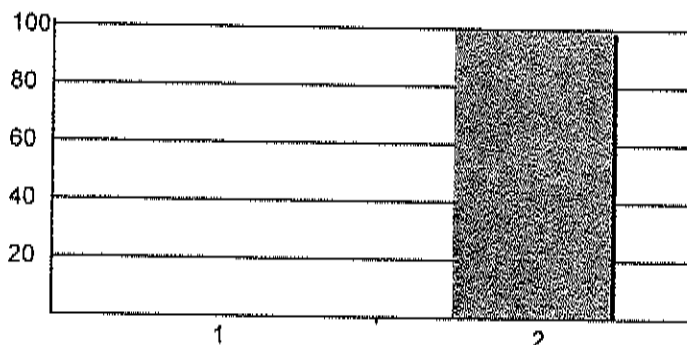
18. Have you had (or do you currently have) an Eye Condition (Cataracts, Glaucoma, Macular Degeneration)?

1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00



19. Have you had (or do you currently have) a Fall/Fall related injury?

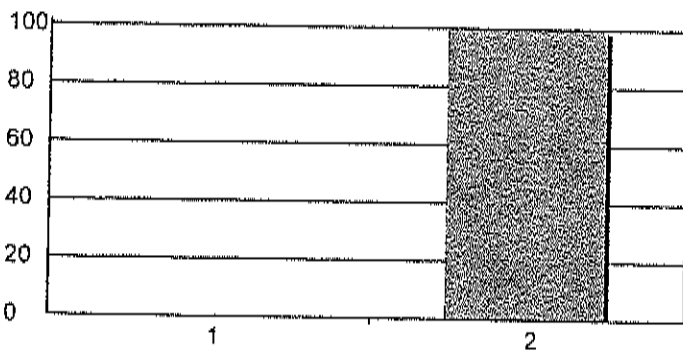
1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00



CHNA 2018 Update

Faith Health Center

20. Have you had (or do you currently have) **Hearing Loss/Deafness**?



1. Yes

0 0%

2. No

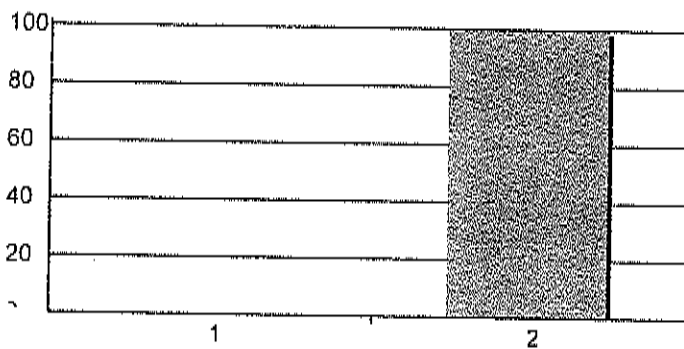
10 100%

Total Responses:

10

Mean: 2.00 Standard Deviation: 0.00

21. Have you had (or do you currently have) a **Heart Condition**?



1. Yes

0 0%

2. No

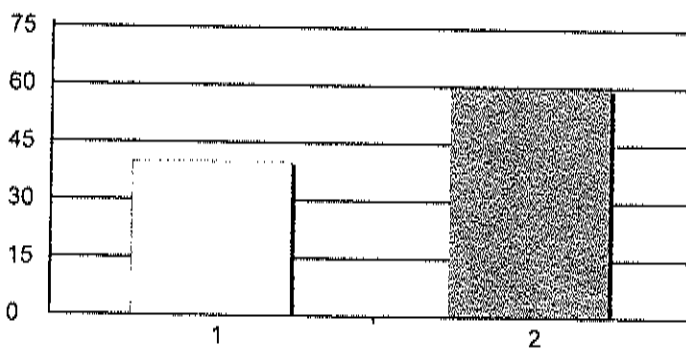
10 100%

Total Responses:

10

Mean: 2.00 Standard Deviation: 0.00

22. Have you had (or do you currently have) **High Blood Pressure**?



1. Yes

4 40%

2. No

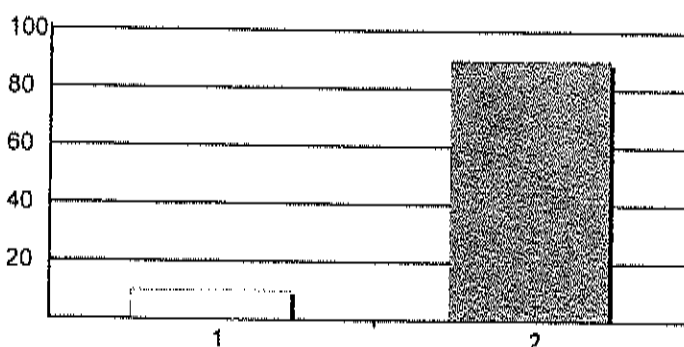
6 60%

Total Responses:

10

Mean: 1.60 Standard Deviation: 0.52

23. Have you had (or do you currently have) **Osteoporosis**?



1. Yes

1 10%

2. No

9 90%

Total Responses:

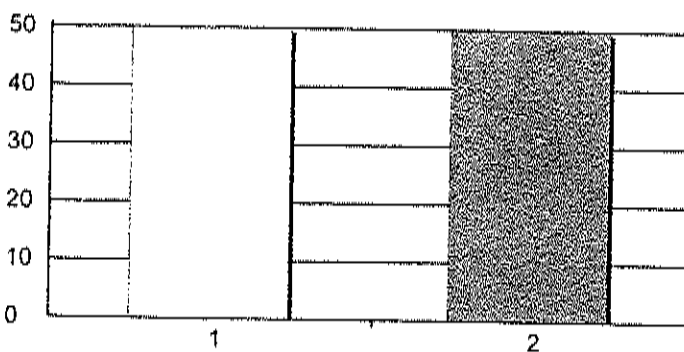
10

Mean: 1.90 Standard Deviation: 0.32

CHNA 2018 Update

Faith Health Center

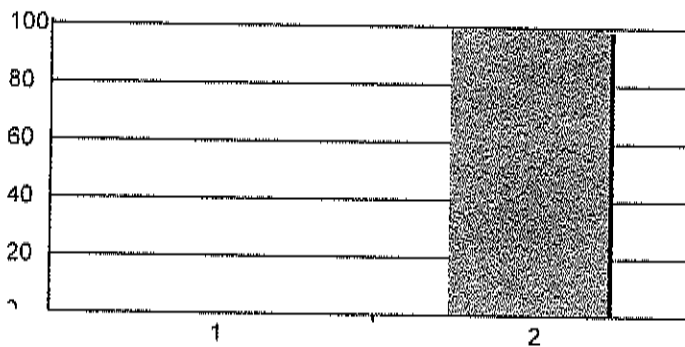
24. Have you experienced (or are you currently experiencing) high levels of Stress?



1. Yes
2. No
Total Responses:
Mean: 1.50 Standard Deviation: 0.53

5 50%
5 50%
10

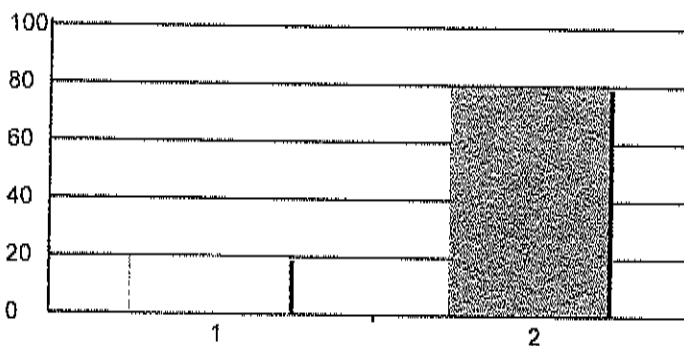
25. Have you had a Stroke?



1. Yes
2. No
Total Responses:
Mean: 2.00 Standard Deviation: 0.00

0 0%
10 100%
10

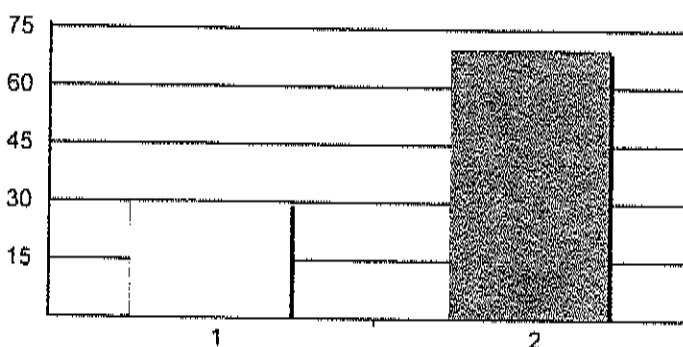
26. Dental care



1. Yes
2. No
Total Responses:
Mean: 1.80 Standard Deviation: 0.42

2 20%
8 80%
10

27. Medical care



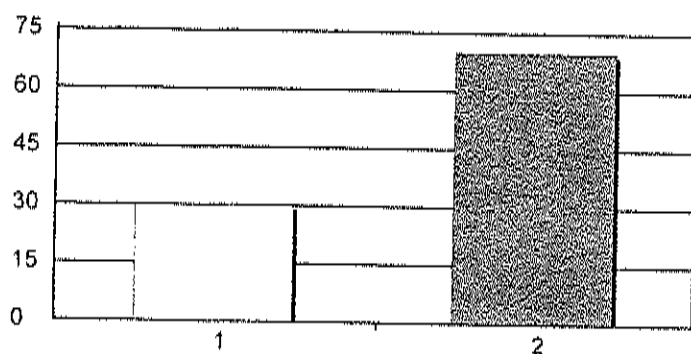
1. Yes
2. No
Total Responses:
Mean: 1.70 Standard Deviation: 0.48

3 30%
7 70%
10

CHNA 2018 Update

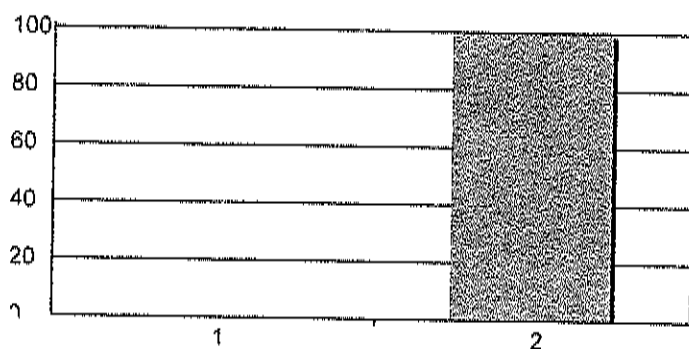
Faith Health Center

28. Medications



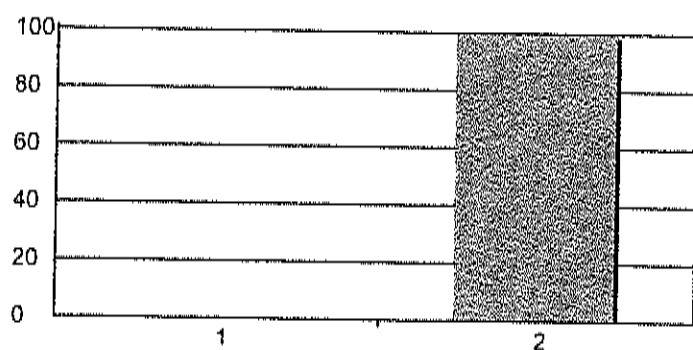
1. Yes 3 30%
 2. No 7 70%
 Total Responses: 10
 Mean: 1.70 Standard Deviation: 0.48

29. Dental care



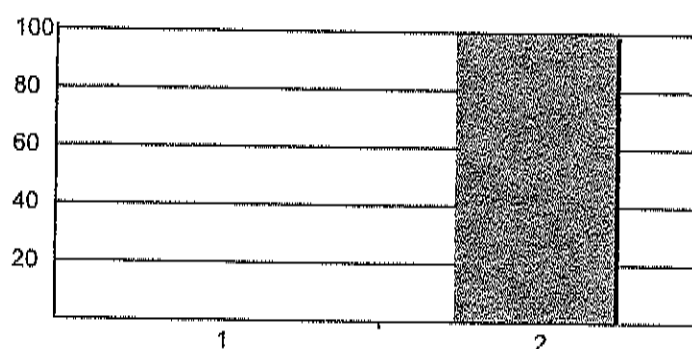
1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00

30. Medical care



1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00

31. Medications

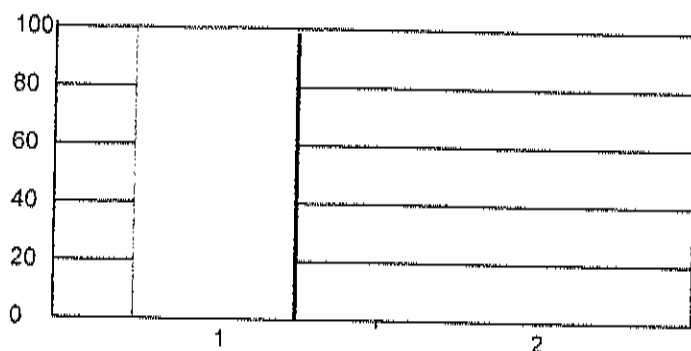


1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00

CHNA 2018 Update

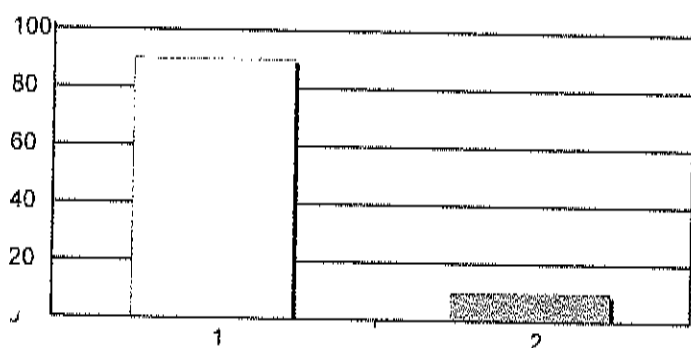
Faith Health Center

32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?



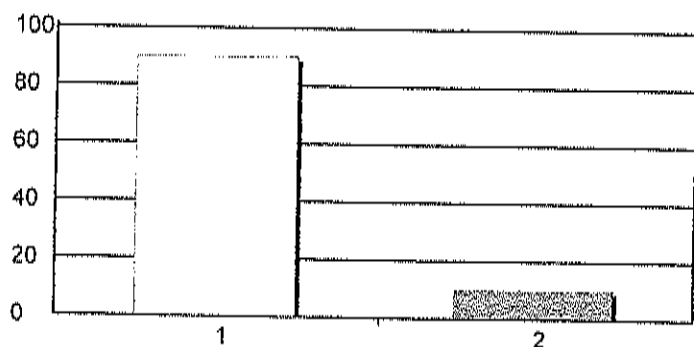
1. Yes 10 100%
 2. No 0 0%
 Total Responses: 10
 Mean: 1.00 Standard Deviation: 0.00

33. Do you have access to **Information/Education** about health?



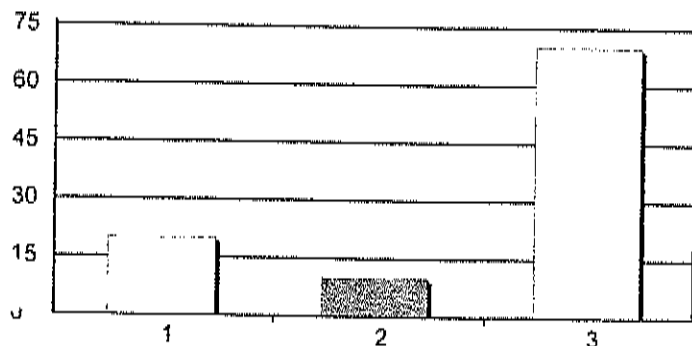
1. Yes 9 90%
 2. No 1 10%
 Total Responses: 10
 Mean: 1.10 Standard Deviation: 0.32

34. Do you have access to facilities or places for **Physical Activity**?



1. Yes 9 90%
 2. No 1 10%
 Total Responses: 10
 Mean: 1.10 Standard Deviation: 0.32

35. Do you have access to **Child Care/Adult Care**?



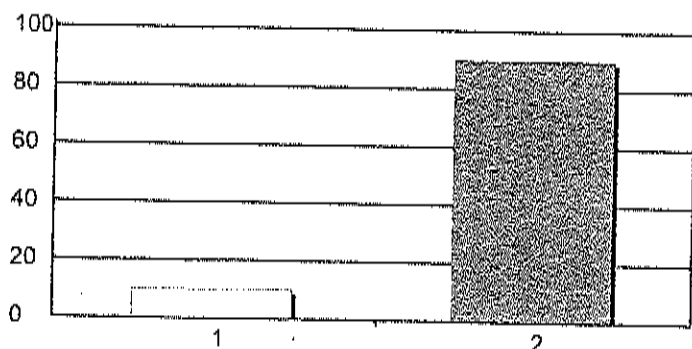
1. Yes 2 20%
 2. No 1 10%
 3. Doesn't apply 7 70%
 Total Responses: 10

CHNA 2018 Update

Faith Health Center

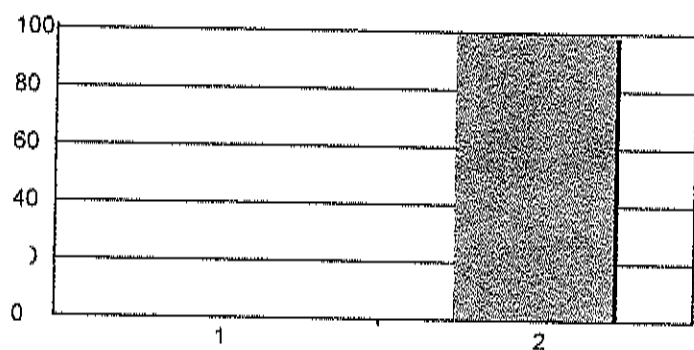
36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?

1. Yes 1 10%
 2. No 9 90%
 Total Responses: 10
 Mean: 1.90 Standard Deviation: 0.32



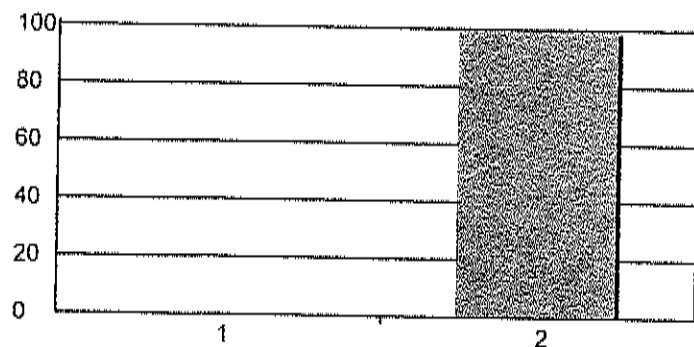
37. Did a parent or other adult in the household often or very often, push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?

1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00



38. Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way or attempt or actually have oral, anal, or vaginal intercourse with you?

1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00

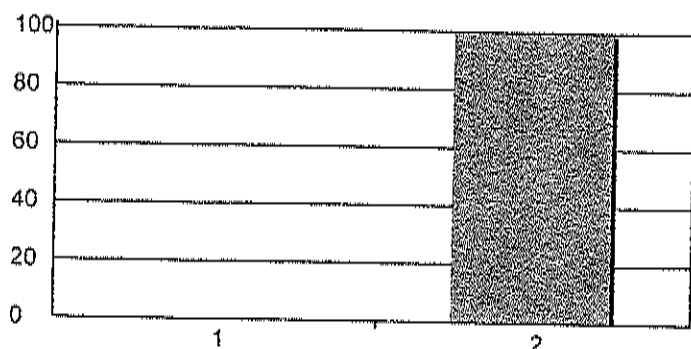


CHNA 2018 Update

Faith Health Center

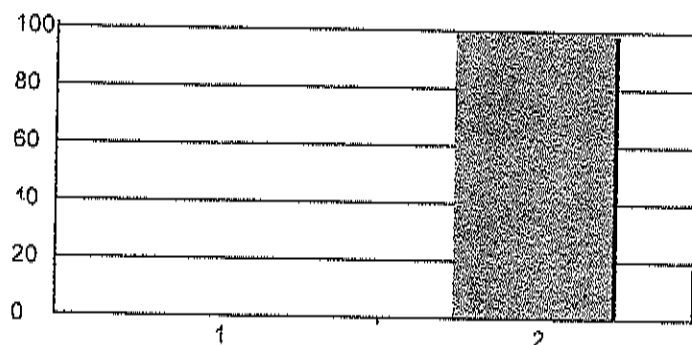
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00



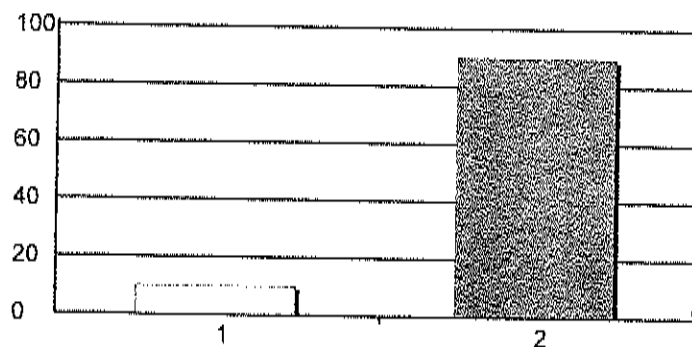
40. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00



41. Were your parents ever separated or divorced?

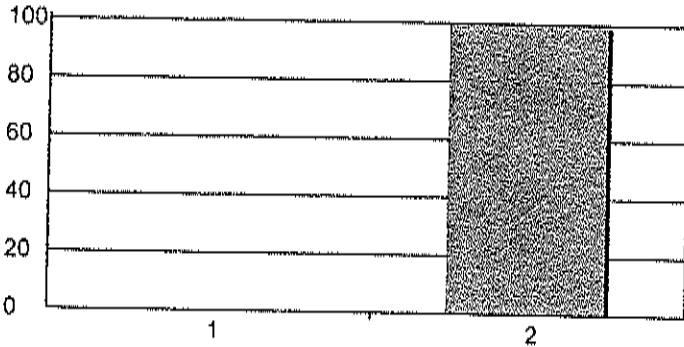
1. Yes 1 10%
 2. No 9 90%
 Total Responses: 10
 Mean: 1.90 Standard Deviation: 0.32



CHNA 2018 Update

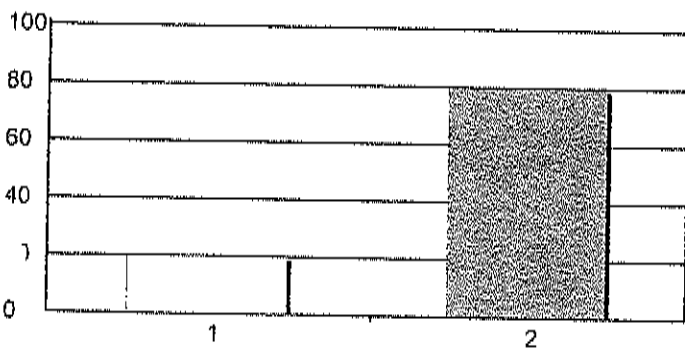
Faith Health Center

42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?



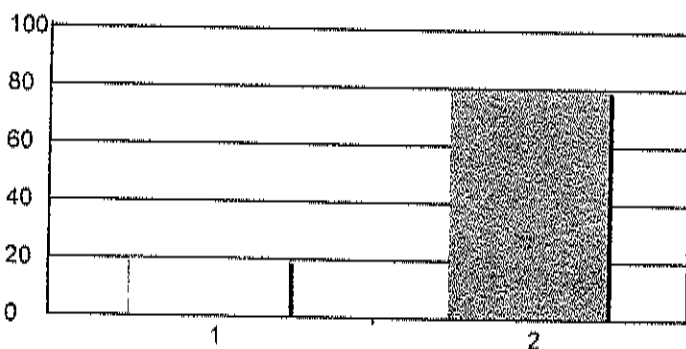
1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00

43. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?



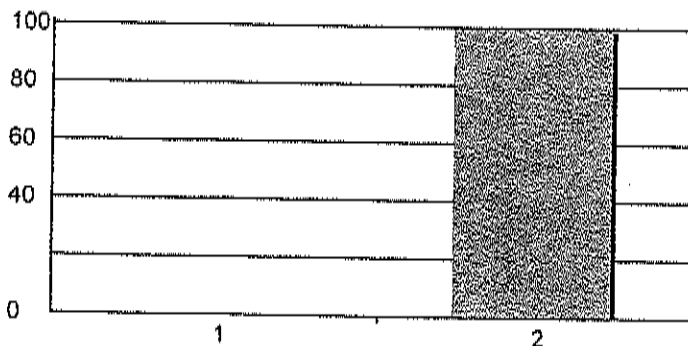
1. Yes 2 20%
 2. No 8 80%
 Total Responses: 10
 Mean: 1.80 Standard Deviation: 0.42

44. Was a household member depressed or mentally ill, or did a household member attempt suicide?



1. Yes 2 20%
 2. No 8 80%
 Total Responses: 10
 Mean: 1.80 Standard Deviation: 0.42

45. Did a household member go to prison?



1. Yes 0 0%
 2. No 10 100%
 Total Responses: 10
 Mean: 2.00 Standard Deviation: 0.00

CHNA 2018 UPDATE
HEALTH ISSUE PRIORITIZATION

HANLON METHOD	A		B	C		HANLON METHOD	A		B	C	
SURVEY RESULTS HEALTH ISSUES	SIZE	SCORE	SERIOUSNESS SCORE	EFFECTIVENESS SCORE	HANLON SCORE	SECONDARY DATA HEALTH ISSUES	SIZE	SCORE	SERIOUSNESS SCORE	EFFECTIVENESS SCORE	HANLON SCORE
High blood pressure	49%	10	10	10	300	Stroke	53%	10	10	10	300
Diabetes	18%	8	10	10	280	High blood pressure	42%	10	10	10	300
Obese	8%	6	10	10	260	Obesity (BMI >30)	35%	9	10	10	290
Heart condition	7%	6	10	10	260	Diabetes	13%	7	10	10	270
Stroke	2%	5	10	10	250	Overweight (BMI 25-30)	34%	9	10	9	261
Overweight	43%	10	8	9	234	Heart disease	5%	6	10	10	260
Asthma	11%	7	10	8	216	Illicit drug/alcohol dependence (26+)	83%	10	10	8	240
Lack of financial - Medication	18%	8	10	6	168	Asthma	16%	7	10	8	216
No access to healthy food	11%	7	10	6	162	Illicit drug/alcohol dependence (18-25)	17%	7	10	8	216
Arthritis	34%	9	8	6	150	Children in Poverty (Madison Co.)	27%	9	9	8	216
Alzheimer's & Dementia	1%	5	10	6	150	Depressive disorders	21%	8	7	9	198
Lack of financial - Medical	20%	8	8	6	144	Poverty	20%	8	8	8	192
Lack of financial - Dental	25%	9	7	6	138	Serious mental illness (over 18) Madison Co.	8%	6	8	8	176
Fall/Fall related injury	10%	7	8	6	138	Cancer - Skin	7%	6	8	8	176
Bullying	10%	7	8	6	138	Tobacco - current smoker	7%	6	8	8	176
No access to facilities/places for physical activity	16%	7	7	6	126	Cancer - Other	7%	6	8	8	176
Autoimmune	7%	6	7	6	120	Alcohol use - heavy drinker	6%	6	8	8	176
Allergies	46%	10	5	6	120	Arthritis, Rheumatoid Arthritis, Gout, Lupus, Fibromyalgia	31%	9	9	6	162
High stress	36%	9	5	6	114	Alcohol use - binge drinker	13%	7	6	8	152
No access to health information/ education	15%	7	6	6	114	Alzheimer's & Dementia	no data	5	10	6	150

CHNA 2018 UPDATE
HEALTH ISSUE PRIORITIZATION

Chronic Pain	20%	8	5	6	108	Unable to see doctor because of cost	12%	7	8	6	138
Osteoporosis	7%	6	6	6	108	Dental - Longer than a year since saw a dentist	41%	10	9	4	112
Hearing loss/deafness	11%	7	5	6	102	Uninsured adults (under 65)	11%	7	6	6	114
Eye Condition	14%	7	5	6	102	Children living in single parent homes	43%	10	4	6	108
Lack of transportation - Dental	11%	7	5	6	102	Unemployment	3%	5	6	6	102
Lack of transportation - Medical	11%	7	5	6	102	COPD, Emphysema, Chronic Bronchitis	10%	7	5	6	90
Lack of transportation - Medication	10%	7	5	6	102	Falls	There were 554 deaths related to falls in Tennessee in 2013. Approximately 86%, or 474, occurred in individuals who were 65 years old and older.				
ACEs	13%	7	4	6	90	Autoimmune	Autoimmune diseases are among the leading causes of death among young and middle-aged women in the United States. Incidence rates vary among the autoimmune diseases, with estimates ranging from less than one newly-diagnosed case of systemic sclerosis to more than 20 cases of adult-onset rheumatoid arthritis per 100,000 person-years.				
Emphysema/ COPD	4%	5	5	6	90	Allergies	Percent with reported respiratory allergies in the past 12 months: 10.3%. Percent with reported food allergies in the past 12 months: 6.2%. Percent with reported skin allergies in the past 12 months: 12.1%. https://www.cdc.gov/nchs/fastats/allergies.htm				
No access to child care/ adult care	8%	6	3	6	72	Lack of \$ medicine	Not measured as a single issue				
Underweight	0.01%	1	1	5	10	No access to healthy food	Not measured as a single issue				

HEALTHAWARE



West Tennessee
Healthcare

Close Report

Print Report

Introduction

[Click here to email this report](#)

Using This Report To Improve Your Health

Congratulations. You have taken a good step toward improving your heart health. This report provides you with a summary of your results, isolates your key risk factors and helps you understand what you can do to improve your cardiovascular health. In addition to this summary, the report contains two other sections:

- **Information About Risk Factors:** This section of your report provides personalized information about each of the risk factors based on your answers to the questions. You will also find information outlining what you can do to reduce your risk of heart disease.
- **Improving Your Health:** This section gives you information on ways that **West Tennessee Healthcare** and our affiliated physicians can help as you begin to reduce and manage your risk of heart disease.

Most important, this report serves as a great starting point as you work with your primary care physician to manage your health. **Take this report to your next appointment and review it with your physician.**

If you do not have a primary care physician, contact our Find a Doctor at 731-541-5000 and we will help you find one that matches your needs.

We also have highly-trained clinicians available at **West Tennessee Healthcare** to discuss this report with you. Please contact us at 866-949-6457 for assistance.

You have the following risk factors:

BMI of 40.4 is greater than 28
Current Smoker
Sudden trouble seeing in one or both eyes
Sudden, severe headache with no known cause
Family History of High Blood Pressure
Family History of Cardiovascular (heart) disease
Systolic Blood Pressure of 160-199 is greater than 140
Diastolic Blood Pressure of 90-99 is greater than 90
Total Cholesterol of 240-279 is greater than 240
LDL Cholesterol of 130-159 is greater than 130

Information About Risk Categories

Current Risk Categories

Diabetes Risk Level: VERY HIGH



- Along with overweight/obesity, physical inactivity ranks among the top modifiable risk factors for prediabetes and type 2 diabetes. By being physically active at least 30 minutes a day, you can improve your health and minimize risks for diabetes and cardiovascular disease.
- Smoking is the most important preventable cause of premature death in this country. A person who smokes 16 to 25 cigarettes per day is three times more likely to develop diabetes than a nonsmoker.
- In addition to causing damage to the cardiovascular system, untreated high blood pressure has been linked to the development of diabetes.

HEALTHAWARE-ADMIN

- About 50 percent of men and 70 percent of women who have diabetes are obese. Your body mass index (BMI) level means that you have a higher risk of developing diabetes. Losing five to seven percent of your body weight can cut your risk of developing prediabetes in half, and your risk decreases even more as you lose more weight.

Be aware of the symptoms that may suggest diabetes (thirst, increased urination, blurred vision, drowsiness, frequent skin infections or cuts that are slow to heal). Having symptoms(s) does not mean that you have diabetes, but you should talk to your physician about them.

Blood Pressure

Risk Level: **VERY HIGH**

- Height, hair and eye color runs in families --- so can high blood pressure. Due to your family history of HBP, you are more likely to develop it, too. You might also pass that risk factor on to your children. That's why it's important for children as well as adults to have regular blood pressure checks. You can't control heredity, but you can take steps to live a healthy life and lower your other risk factors. Lifestyle choices have allowed many people with a strong family history of HBP to avoid it themselves.
- Smoking temporarily raises blood pressure and increases your risk of damaged arteries. The use of tobacco can be devastating to your health, especially if you're already at risk for high blood pressure. Secondhand smoke --- exposure to other people's smoke --- increases the risk of heart disease for nonsmokers.
- High blood pressure, or hypertension, is a disease. Even though it typically has no symptoms, HBP can have deadly health consequences if not treated. 76.4 million U.S. adults have been diagnosed with high blood pressure.

High blood pressure can permanently damage your heart, brain, eyes and kidneys before you feel anything and can often lead to heart attack and heart failure, stroke, kidney failure, and other serious health consequences.

Cholesterol

Risk Level: **HIGH**

- Tobacco smoke is one of the six major risk factors of heart disease that you can change or treat. Aside from decreasing your tolerance for physical activity, smoking actually lowers HDL (good) cholesterol levels and increases the tendency for blood to clot.
- Cholesterol is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body's cells. It's an important part of a healthy body because it's used to form cell membranes, some hormones and is needed for other functions. But a high level of cholesterol in the blood --- hypercholesterolemia --- is a major risk factor for coronary heart disease, which leads to heart attack. Cholesterol and other fats can't dissolve in the blood. They have to be transported to and from the cells by special carriers called lipoproteins. There are several kinds, but the ones to focus on are low-density lipoprotein (LDL) and high-density lipoprotein (HDL).
- Your total cholesterol level should ideally be lower than 200 mg/dL. You should discuss your cholesterol numbers with your physician who may recommend possible medication treatments and/or lifestyle changes (if you have not already done so).

Risk Level: **HIGH**

Family History



- Having a blood relative with certain health conditions or diseases (like heart disease), can increase your risk for getting those conditions too. It is important to know what specific health conditions and diseases are in your family history so that you can make healthy choices to help reduce your risk for getting those conditions yourself.
- Because of your family history, you are at a greater risk for developing heart disease. Just as you can't control your age, sex and race, you can't control your family history. Therefore, it's even more important to treat and control any other risk factors you have.
- Because of your family history of HBP, you are more likely to develop it. You might also pass that risk factor on to your children. That's why it's important for children as well as adults to have regular blood pressure checks. You can't control your heredity, but you can take steps to live a healthy life and lower your other risk factors. Lifestyle choices have allowed many people with a strong family history of HBP to avoid it themselves.

Improving Your Health

Overall Cardiac Risk

You have a >30% chance or greater of developing cardiac disease within the next 10 years.

- The scoring methodology is based on data collected over 40 years from the nationally recognized Framingham Heart Study.
- Your heart health risk is based on a combination of modifiable (factors you can change) and non-modifiable risks (factors you cannot change). Reducing these risk factors will greatly reduce your chances of developing heart disease.
- As you accumulate more Framingham risk points, your risk grows dramatically.

Discussing Your Results With A Healthcare Provider

Every 30 seconds, cardiovascular disease claims another life. It is the #1 killer in America and is expected to continue to grow at epidemic proportions. Unlike most diseases, cardiovascular disease is controllable and preventable. The key is proper education and awareness of what to do to reduce your risks. You have taken the first step by completing the risk assessment.

Take the time to review these results with a physician. Discuss the many options available to you that can add years to your life. If you don't have a physician, you can receive a free referral through our Find a Doctor section by clicking here, or call us at 731-541-5000 to talk to one of our referral specialists.

Contact West Tennessee Healthcare to discuss your results. West Tennessee Healthcare is committed to assisting community members with their healthcare needs. So, please take advantage of our clinical expertise by contacting us at 866-949-6457 to discuss your results.

Learning More About Improving Your Health

West Tennessee Healthcare offers continuing education, both online and at our facility. You may click here and check our calendar of events to view upcoming classes and programs offered by the hospital, or simply call 866-949-6457 for more information.

Our Heart and Vascular Services

To learn more about cardiovascular services at West Tennessee Healthcare, visit <http://www.wth.org/index.php>. We provide a comprehensive array of heart and vascular services to help our community maintain and improve their cardiovascular health.

Thank you for participating in the HeartAware Risk Assessment. Please feel free to look to us as your resource for healthcare information both on- and off-line.

Name: test test
Participant ID#: 1415344

West Tennessee Healthcare
March 29, 2018

LIFT Therapy – Disease Management

- [Request a Pass](#)

Disease Management

What is Disease Management?

Disease Management is an approach to healthcare that teaches a person how to manage his or her chronic disease. Disease management programs are based on the concept that individuals who are better educated about how to manage and control their conditions receive better care and have decreased visits to the Emergency Room and less hospital admissions. Disease management empowers individuals by working with other healthcare providers to manage diseases and prevent complications.

Disease management consists of a multidisciplinary team of providers, including nurse practitioners, nurses, pharmacists, dietitians, respiratory therapists, social workers and psychologists, to educate and help individuals manage their chronic conditions (Asthma, Chronic Pulmonary Obstructive Disease (COPD), Congestive Heart Failure (CHF), Diabetes). The LIFT Wellness Center and West Tennessee Healthcare are committed to helping you stay active and healthy. Our Disease Management department offers a wide variety of programs, classes, screenings and services that can help you prevent illness, learn about health issues, stay active and feel your best.

To take a free online heart health risk assessment, visit [HeartAware](#).

To take a free online diabetes risk assessment, visit [DiabetesAware](#).

If risk is determined, you may qualify for a free consult and screening with a health professional in the Early Detection Center at the LIFT Wellness Center. At the end of the online assessment, you may also sign up for e-mail newsletters that have health topics. These are also free and courtesy of West Tennessee Healthcare and the LIFT Wellness Center.

Sign up for free Diabetes Classes by calling Disease Management at 731.425.6956.

You may also take advantage of our free educational clinics for Asthma, Chronic Pulmonary Obstructive Disease (COPD), Congestive Heart Failure (CHF), Diabetes. These clinics are by appointment only. Call 731.425.6956 for appointments.



How to Contact Us:

Call 731.425.6956 for information.

We are located in the LIFT Wellness Center.

101 Jackson Walk Plaza
Jackson, TN 38301

Hours of Operation:

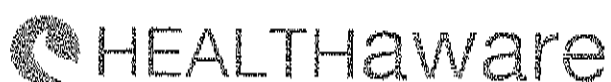
Monday-Friday: 8:00 a.m. - 4:30 p.m.

HealthAware

Are you at risk?

Take a 5-minute risk-assessment test now! Choose by clicking on one of the health topics to the right. If you are found at risk, you may qualify for a health screening or follow up from a healthcare professional.

Provided through



- [Diabetesaware \(https://ha.healthawareservices.com/ra/1008\)](https://ha.healthawareservices.com/ra/1008)
- [Heartaware \(https://ha.healthawareservices.com/ra/719\)](https://ha.healthawareservices.com/ra/719)
- [Strokeaware \(https://ha.healthawareservices.com/ra/1013\)](https://ha.healthawareservices.com/ra/1013)
- [Sleepaware \(https://ha.healthawareservices.com/ra/1011\)](https://ha.healthawareservices.com/ra/1011)
- [Spineaware \(https://ha.healthawareservices.com/ra/1012\)](https://ha.healthawareservices.com/ra/1012)
- [Vascularaware \(https://ha.healthawareservices.com/ra/1014\)](https://ha.healthawareservices.com/ra/1014)
- [Canceraware \(https://ha.healthawareservices.com/ra/1197\)](https://ha.healthawareservices.com/ra/1197)
- [Cancerbreast \(https://ha.healthawareservices.com/ra/1004\)](https://ha.healthawareservices.com/ra/1004)
- [Cancerprostate \(https://ha.healthawareservices.com/ra/1007\)](https://ha.healthawareservices.com/ra/1007)
- [Cancerlung \(https://ha.healthawareservices.com/ra/1006\)](https://ha.healthawareservices.com/ra/1006)
- [Cancercolon \(https://ha.healthawareservices.com/ra/1005\)](https://ha.healthawareservices.com/ra/1005)
- [Weightaware \(https://ha.healthawareservices.com/ra/1015\)](https://ha.healthawareservices.com/ra/1015)

Health

Library Explore and research (https://www.webmd.com/)

Educational Services

Community outreach is an integral component of the medical fitness design. With dramatically rising rates of overweight and obesity, "healthy living" needs to become a way of life for more people in our community. Making healthy food choices, staying physically active and maintaining a healthy weight are essential to good health and are key areas of focus for the educational services provided at the LIFT Wellness Center.

LIFT Wellness Center offers an array of free monthly health education programs to provide the essential knowledge and encouragement it takes to implement a lifestyle change. With our large education suite, featuring a state-of-the-art demonstration kitchen and cutting edge technology, we have the perfect place to accommodate groups ranging in size and interest.

Most of our educational classes are provided, free of charge, to our members, with many sessions also open to the community. Check out the Happening Now or Community Calendar section of our website to see what we have planned. Follow us on Facebook to stay connected.

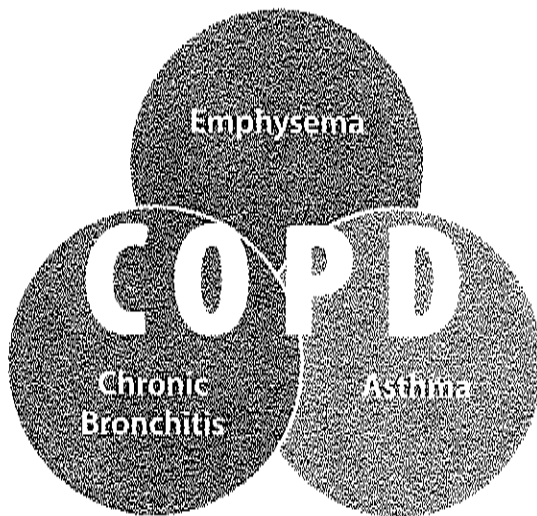


Disease Management

1.4 MILLION AMERICANS ARE
DIAGNOSED WITH DIABETES EVERY
YEAR ACCORDING TO THE AMERICAN
DIABETES ASSOCIATION.



CHRONIC OBSTRUCTIVE PULMONARY DISEASE
(COPD) AFFECTS ALMOST 24 MILLION PEOPLE
ACCORDING TO THE COPD FOUNDATION.



CONGESTIVE HEART FAILURE (CHF) AFFECTS ALMOST 5 MILLION
PEOPLE IN THE UNITED STATES ACCORDING TO THE AMERICAN HEART ASSOCIATION.

Free Education Clinic Days

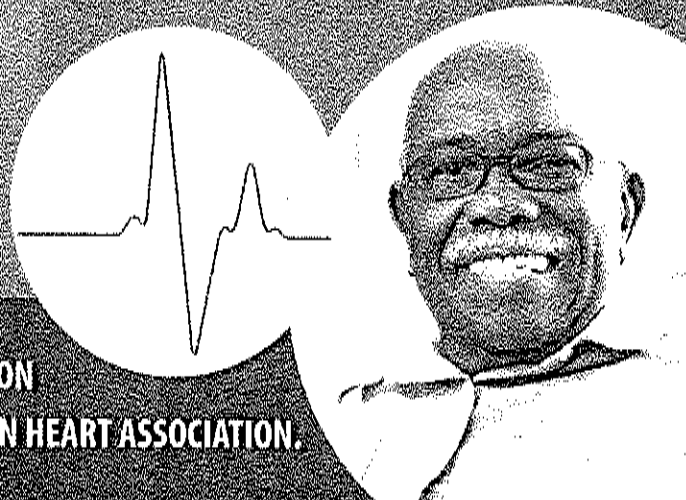
Wednesday and Thursday Weekly
8:00 AM-4:30 PM by Appointment

Multi-Disciplinary Team approach includes:

Nurse, Pharmacist, Dietitian,
Social Worker, Respiratory
Therapist, Nurse Practitioner, and
Behavior Health Case Manager

Call for Appointments at 425-6956

Located in the heart of downtown Jackson
101 Jackson Walk Plaza Jackson, TN 38301
p: 731-425-6956 f: 731-425-6966



FREE SERVICES AT

Diabetes Education Classes

4-Part Series every Tuesday from 1-3 p.m.

Week 1: Introduction to Diabetes and how it affects the body
led by a Registered Nurse

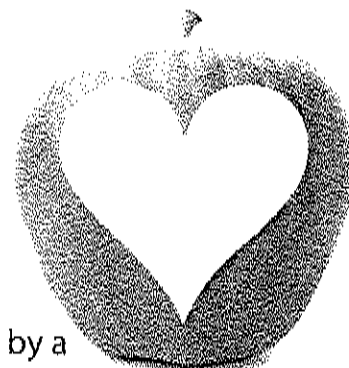
Week 2: Nutrition and Healthy Eating
led by a Clinical Registered Dietitian

Week 3: Effects of Exercise and Medications with Diabetes led by a
Certified Exercise Specialist and Pharmacist

Week 4: Diabetes Complications how Diabetes can affect the whole body led by a
Registered Nurse.

Call 425-6956 to register.

(New classes begin the first Tuesday of each month)



Diabetes Education Clinics

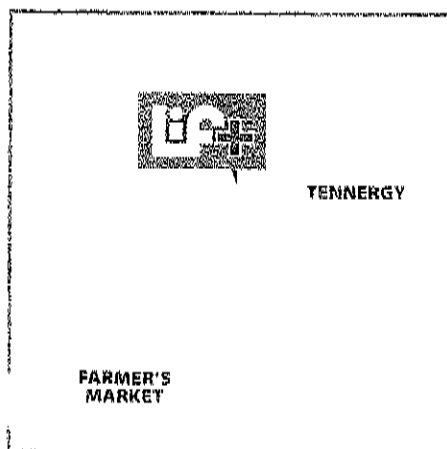
(Open every Wednesday from 8-4:30)

Schedule an appointment for a free educational clinic to learn more about Diabetes and how to take control. The clinic offers a variety of staff that can help you with all concerns you may have. The staff includes a Dietitian, Pharmacist, Social Worker and Registered Nurses specializing in Diabetes Education. This clinic is by appointment only and you may call 425-6956 to schedule. We also offer a telephonic coaching program for those unable to attend the clinic or for those who live out of town.

Working with your Doctor or Healthcare Provider is key to this educational clinic.

New Diabetes Evening Classes

First two Tuesdays of each month from 5:30-8:30 p.m.



Outpatient Nutrition Consults

Licensed Dietitian available for patients who need one-on-one nutritional counseling.

Call 425-6964

Hourly rates may apply to this service

 **Disease
Management**

For the services listed above call 425-6956

Is your DIABETES puzzling you?

LET US HELP YOU...
put the pieces together!

DIABETES
Support Group

Hosted by
LIFT Disease Management
Diabetes Clinic

WHO: Individuals with Type 1 or Type 2 Diabetes along with caregivers are welcome and encouraged to attend!

WHEN: First Thursday of Each Month

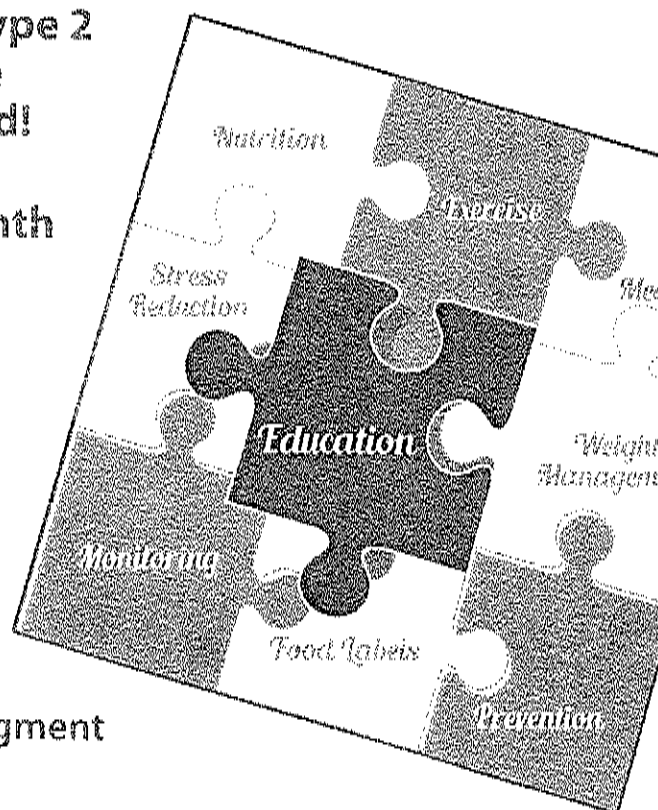
TIME: 6:00 – 7:00 pm

LOCATION: LIFT Wellness Center
101 Jackson Walk Plaza
Jackson, TN 38301
LIFT Wellness Center Educational Suite

QUESTIONS TO:

Dreama Blake-Dolan • Disease Management

FOR MORE INFORMATION
and to make a reservation, call



1.731.425.6956

 **Disease
Management**



Diabetes Fitness

PROGRAM OVERVIEW

Diabetes can be very complicated and needs to be taken seriously. Luckily, there is research that shows that an exercise program can help individuals reduce their risk of diabetes or even help control current diagnoses of diabetes. There are safe and effective exercise programs for individuals with diabetes. Under the guidance of an exercise specialist, individuals will learn how to include cardiovascular, strength training and flexibility programs into their everyday lives. They will learn how much exercise is needed and learn how exercise can enhance their quality of life.

FREE SERVICES AT

Diabetes Education Classes

4-Part Series every Tuesday from 1-3 p.m.

Week 1: Introduction to Diabetes and how it affects the body
led by a Registered Nurse

Week 2: Nutrition and Healthy Eating
led by a Clinical Registered Dietitian

Week 3: Exercise and Staying Healthy with Diabetes led by a
Registered Nurse and a Certified Exercise Specialist

Week 4: Diabetes Medications led by a Jackson-Madison County General Pharmacist
Call 425-6956 to register.

(New classes begin the first Tuesday of each month)



Diabetes Education Clinics

(Open every Wednesday from 8-4:30)

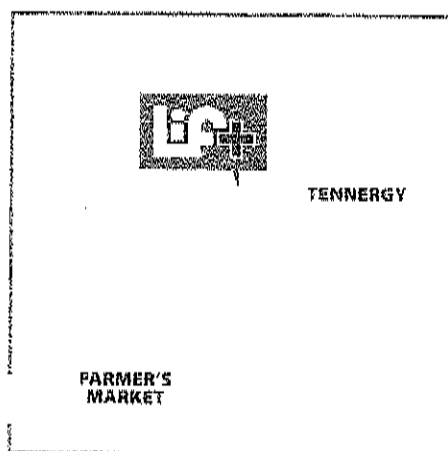
Schedule an appointment for a free educational clinic to learn more about Diabetes and how to take control. The clinic offers a variety of staff that can help you with all concerns you may have. The staff includes a Dietitian, Pharmacist, Social Worker and Registered Nurses specializing in Diabetes Education. This clinic is by appointment only and you may call 425-6956 to schedule. We also offer a telephonic coaching program for those unable to attend the clinic or for those who live out of town. Working with your Doctor or Healthcare Provider is key to this educational clinic.


Outpatient Nutrition Consults

Licensed Dietitian available for patients who need
one-on-one nutritional counseling.

Call 425-6964

Hourly rates may apply to this service



 **Disease
Management**

For the services listed above call 425-6956

Diabetes Prevention: Proven, Possible, and Powerful!

Nearly 29.1 million Americans have diabetes, a serious disease in which blood glucose (blood sugar) levels are above normal. Most people with diabetes have Type 2, which used to be called adult-onset diabetes. At one time, Type 2 Diabetes was more common in people over age 45. But now more young people, even children, have the disease because many are overweight or obese.

Bringing it closer to home here in Madison County:

- Adult obesity increased from 34 percent in 2012 to 36 percent in 2014.
- Physical inactivity increased from 29-31 percent in the same time period.
- Diabetes increased 12-13 percent from 2012 to 2014.
- Jackson and Madison County are in the stroke, diabetes, and Heart attack “belts” as mortality rates for these disease states are high.

Diabetes can lead to problems such as heart disease, stroke, vision loss, kidney disease, and nerve damage. One out of four people do not know they have diabetes. Many people do not find out they have diabetes until they are faced with problems such as blurry vision or heart trouble. That's why you need to know if you are at risk for diabetes.

Diabetes prevention is proven, possible, and powerful. Studies show that people at high risk for diabetes can prevent or delay the onset of the disease by losing five to seven percent of their weight, if they are overweight—that's 10 to 14 pounds for a 200-pound person.

Two keys to success:

- Get at least 30 minutes of moderate-intensity physical activity five days a week.
- Eat a variety of foods that are low in fat and reduce the number of calories you eat per day.

Source: NDEP, National Diabetes Education Program, County Health Rankings

Free Diabetes Classes

Tuesday afternoon classes: 1-3pm for four weeks.

Tuesday evening classes: 5:30-8:30pm (First two Tuesdays of the month)

- Week 1: "Intro to Diabetes and how it affects your body"-Daniel Carroll, RN Case Manager Lift Disease Management
- Week 2: "Diabetes and Nutrition"-Nicole Hancock, Registered Dietitian Lift Wellness Center
- Week 3: "Diabetes and Exercise and how to stay healthy"-Lift Certified Exercise Specialist and Daniel Carroll, RN
- Week 4: "Diabetes and your Medications"-Rusty Cabanaw, Pharm D BCACP and Christy Waggoner, Pharm D BCACP

(https://www.wth.org/assets/uploads/content_images/Diabetes_Free_Services_Flyer_final_version.pdf)

Call Disease Management at (731)425-6956 to sign up for these free classes.

New: Diabetes Support Group starting in February

Join us the first Thursday evening of each month from 6pm-7pm.

Lift Wellness Center Education Suite

Call (731)425-6956 if you are interested in finding out more about this great opportunity.

Free Nutritional Support

A great benefit to LIFT Disease Management is the free nutritional support you will receive from our registered dietitian. You can attend free classes on congestive heart failure and diabetes. These classes are offered monthly to assist you in your nutritional needs.

Located at LIFT Wellness Center (<http://liftjackson.com/View-Content.asp?>

FREE SERVICES AT

Diabetes Education Classes

4-Part Series every Tuesday from 1-3 p.m.

Week 1: Introduction to Diabetes and how it affects the body led by a Registered Nurse

Week 2: Nutrition and Healthy Eating led by a Clinical Registered Dietitian

Week 3: Exercise and Staying Healthy with Diabetes led by a Registered Nurse and a Certified Exercise Specialist

Week 4: Diabetes Medications led by a Jackson-Madison County General Pharmacist
Call 425-6956 to register.
(New classes begin the first Tuesday of each month)



Diabetes Education Clinics

(Open every Wednesday from 8-4:30)

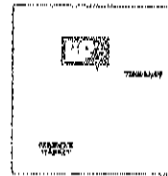
Schedule an appointment for a free educational clinic to learn more about Diabetes and how to take control. The clinic offers a variety of staff that can help you with all concerns you may have. The staff includes a Dietitian, Pharmacist, Social Worker and Registered Nurses specializing in Diabetes Education. This clinic is by appointment only and you may call 425-6956 to schedule. We also offer a telephonic coaching program for those unable to attend the clinic or for those who live out of town. Working with your Doctor or Healthcare Provider is key to this educational clinic.


Outpatient Nutrition Consults

Licensed Dietitian available for patients who need one-on-one nutritional counseling.

Call 425-6956

Hourly rates may apply to this service



 **Disease Management**

For the services listed above call 425-6956

TopMenu=What+We+Offer&hMenu=63&Page=Disease%20Management).

101 Jackson Walk Plaza

Jackson, TN 38301

Phone: 731-425-6956

ax: 731-425-6966

How to Enroll

1. Call LIFT Disease Management at 731-425-6956. We will work closely with your primary care provider or your cardiologist, and results/progress reports will be sent back to this provider.
2. If you and your physician decide this program is right for you, you will be assigned to a nurse case manager and begin the free LIFT Disease Management program.

NONDISCRIMINATION NOTICE STATEMENT

West Tennessee Healthcare (WTH) does not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, color, national origin, age, religion, disability, Limited English Proficiency or sex, including discrimination based on gender identity, sexual orientation, sex stereotyping or pregnancy in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, whether carried out by WTH directly or through a contractor or any other entity with which WTH arranges to carry out its programs and activities.

For further information about this policy, contact Amy Garner (731) 541-9914.

Community Health

Home > Family and Consumer Sciences > Community Health

UT Institute of Agriculture > Family and Consumer Sciences > Community Health



Contacts:

Contact Your County Extension Office

Soghra Jarvandi, MD, PhD
Jessica Taylor, MPH



Family & Consumer Sciences Community Health

The state of Tennessee ranks 42th in the country for overall health status. Our State ranking has improved over previous years; however, we are still near the bottom. Why? There are many reasons for our state's poor health such as culture, poor health access, poverty, limited education, lack of health insurance and unhealthy behaviors. But a prevailing reason is low health literacy. Health literacy is the ability of individuals to obtain, interpret and understand basic health information and services to make appropriate and cost effective decisions that enhance health and health care.

The Surgeon General has identified health literacy as the "currency for staying healthy." The American Medical Association has called health literacy a hidden problem of the health care system. The Institute of Medicine has identified health literacy as a national health priority. The Council of State Governments recognizes a major obstacle to achieving a more informed and active health care consumer is the lack of basic health literacy. Low health literacy affects health care by increasing costs, compromising health care quality and limiting health care access.

The challenge to our state is how to move Tennessee health statistics from the bottom to the top. As the statewide outreach unit of the University of Tennessee Extension's Community Health Education Program strategy is to address Tennessee's low health literacy and rising health care costs through community-based education. The goal is to improve health literacy by teaching Tennesseans to be smart health care consumers who:

- Practice health protecting behaviors
- Can access scientifically accurate and culturally appropriate health information
- Take advantage of preventive care
- Use medical services appropriately and cost effectively

One of the greatest strengths of this community health education program is its capacity to reach large numbers of people in communities across the state with based information and evidence-based community programs. This is done through our statewide community education network of UT Extension educators work in Extension offices in all 95 counties. These community educators, trained by the Department of Family and Consumer Sciences faculty with expertise in community education, environmental health, nutrition and pharmacy, implement the program with a vast network of public and private partnerships in communities across the state.

Learn more about why TN ranks 42th in health:

- The Health of Tennessee for 2013
- Annual County Health Snapshots - County Health Rankings
- Tennessee Chronic Disease Health Profile

Partnership Links

- Medication Literacy Partnership
- Poison Prevention Education Partnership
- TEAM UP Tennessee
- Tennessee Arthritis Education Partnership
- University of Tennessee Center for Community Health Literacy

Program Links

- Arthritis Foundation Exercise Program
- Be MedWise Tennessee
- Be Poison Safe Tennessee
- Body & Soul: A Celebration of Healthy Eating and Living
- Breast and Cervical Cancer Education
- Choices for Better Bone Health
- Cooking for a Lifetime
- Dining with Diabetes
- HPV Toolkit
- Latino Health Access Toolkit
- Living Well Cancer Education
- Living Well with Chronic Conditions
- Master Your Body
- Navigating Your Healthcare System
- Protect Your Family's Health with Immunizations
- Protect the Skin You're In Toolkit
- Tai Chi
- Take Charge of Your Diabetes
- Walk Across Tennessee
- Walk with Ease

Health Links

- Administration on Aging
- Centers for Disease Control and Prevention
- Food and Drug Administration - Consumer Health Information
- Health Finder
- Health Observances
- Healthier Tennessee Initiative
- Healthy People 2020
- Medline Plus
- National Academy on an Aging Society
- National Institutes of Health
- National Safety Council
- Tennessee Department of Health
- Tennessee Department of Human Services
- Tennessee Department of Mental Health and Substance Abuse Services
- Tennessee Poison Center
- United States Department of Health and Human Services
- WebMD



**Health Department –
Chronic Disease Education
and Health Promotion**

Health Department

[Jackson-Madison Spay/Neuter Lottery Information](#)

CLICK HERE TO VOLUNTEER!!!

Overview

The Jackson-Madison County Regional Health Department is a government entity working to protect and improve the health of the community by providing preventative services, health education, and information to ensure a safe environment, reduce disease, and promote a healthy lifestyle.

The cost of services received is based on the patient's level of income. Contact us for more information.

Clinic Appointments

Call [\(731\) 423-3020](tel:7314233020) for more information. After dialing our Health Department number, press "1" for WIC Center appointments and "2" for all other appointments.

Privacy Policy

Riding The Bus?

Chronic Diseases: The Leading Cause of Death and Disability in the United States

Chronic diseases and conditions --such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis--are among the most common, costly, and preventable of all health problems.

- As of 2012, about half of all adults--117 million people--had one or more chronic health conditions. One of four adults had two or more chronic health conditions.
- Seven of the top 10 causes of death in 2010 were chronic diseases. Two of these chronic diseases--heart disease and cancer--together accounted for nearly 48% of all deaths.
- Obesity is a serious health concern. During 2009-2010, more than one-third of adults, or about 78 million people, were obese (defined as body mass index [BMI] ≥ 30 kg/m²). Nearly one of five youths aged 2-19 years was obese (BMI ≥ 95 th percentile).
- Arthritis is the most common cause of disability. Of the 53 million adults with a doctor diagnosis of arthritis, more than 22 million say they have trouble with their usual activities because of arthritis.
- Diabetes is the leading cause of kidney failure, lower-limb amputations other than those caused by injury, and new cases of blindness among adults.

The Jackson-Madison County Health Department has Health Educators certified by Stanford University to conduct training seminars on "Living with Chronic Diseases". These classes can be offered at the Health Department or offsite for locations within Madison County. Please contact Amanda Johnson at 731-927-8531.

Government Websites
by [Amanda Johnson](#)

CONTACT US

100 E Main St.
Jackson, TN
38301
Phone: 731-
988-3960

HISTORICAL TOUR

[Big Black Creek](#)
[Britton Lane](#)
[Battlefield](#)
[Salem Battlefield](#)
[Madison County](#)
[History](#)

HELPFUL LINKS

[Public Records](#)
[Policy](#)
[Chamber of](#)
[Commerce](#)
[Downtown](#)
[District](#)
[Public School](#)
[District](#)
[Sheriff's Office](#)
[Fire](#)
[Department](#)
[Photo Gallery](#)

Health Promotions

We provide education and resources on health issues to the community in an effort to improve health, fitness, and the quality of life. Resources available to the community include pamphlets, videos and health related statistics. We also offer free educational classes in the following areas not limited to: Nutrition, Diabetes, Chronic Disease, Cardiovascular, Tobacco Prevention, Women's/Men's Health, Health and Hygiene, Puberty, Rape Prevention, Violence Prevention, Healthy Relationships, Good Touch Bad Touch training, Teen Pregnancy, Abstinence, Sexually Transmitted Diseases and Prevention, and Healthy Choices.

To schedule any of these free classes please contact any of the health educators.

Health Promotions Staff:

Quill Brabham

Community Health Program Director

Phone: 731-927-8534

[Email Quill Brabham](#)

Amanda Johnson

1305 Grant-Diabetes and Chronic Diseases

Phone: 731-423-3020 ext. 62143

[Email Amanda Johnson](#)

Akila McNeal

Health Educator

Injury and Rape Prevention

Phone: 731-423-3020 ext. 62544

[Email Akila McNeal](#)

Government Websites
by [AKILA MCNEAL](#)

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Components of Coordinated School Health



PHYSICAL
EDUCATION
AND ACTIVITY



HEALTH
SERVICES



SCHOOL
NUTRITION



MENTAL HEALTH
& SCHOOL
COUNSELING



STUDENT
FAMILY &
COMMUNITY



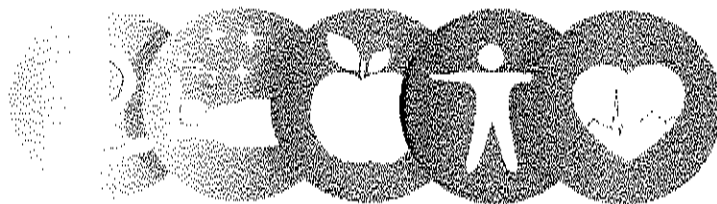
HEALTHY & SAFE
SCHOOL
ENVIRONMENT



COMPREHENSIVE
HEALTH
EDUCATION



SCHOOL STAFF
WELLNESS



Find Your Balance

JMCSS Coordinated School Health

Coordinated School Health is an effective system designed to connect health (physical, emotional and social) with education. This coordinated approach improves students' health and their capacity to learn through the support of families, communities and schools working together. The Office of Coordinated School Health works with many partners download pdf file to address school health priorities.



The Coordinated School Health (CSH) model is a method of connecting health and learning that consists of eight inter-related components. This approach constitutes a systems change by improving students' health and their capacity to learn through personal responsibility, and the support of families, communities and school.

By definition all Coordinated School Health components work together to improve the lives of students and their families. Although these components are listed separately, it is their composite which allows CSH to have significant impact. A list of definitions of each component is available in printable format. Click on each component link below to access additional information.



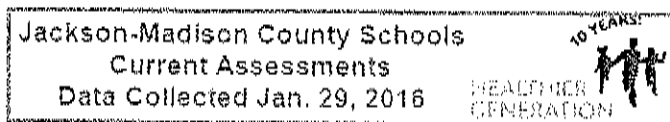
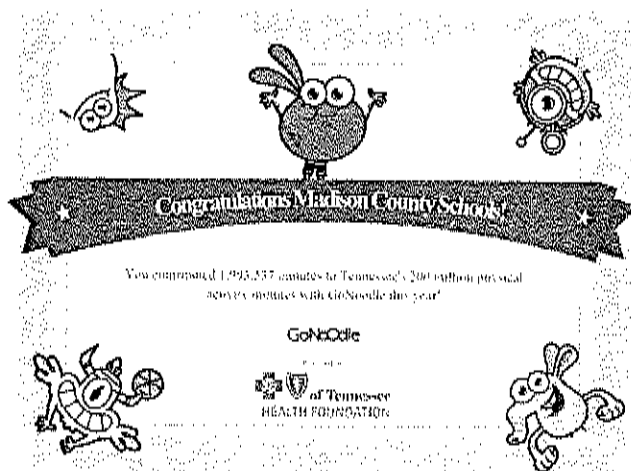
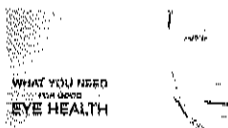
Run Club

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Health Screening Schedule- 2017-2018
Pre-K, 2, 4, 6, 8 and 9th grade wellness classes

September 5, 7	Seuth
September 11, 12	Alexander
September 19, 20	Community Montessori
September 25, 26, 27	Arlington
October 2, 3, 4	Andrew Jackson
October 17, 18	East
October 19, 20	Pre-K Center (Nova)
October 23, 24, 25	Theresa Barker
October 30, 31	Pope
November 5, 7, 8	JCT
November 13, 14	Lane
November 27, 28	Lincoln
November 30, Dec 1	Denmark
December 4, 5	West Barnia
December 6, 7	Rose Hill
December 11, 12, 13	Northeast
December 18, 19	North Parkway
January 29, 30	West Berris
February 5, 6	Northeast
February 12, 13	North Parkway

High School Wellness classes will be scheduled with the Wellness teachers by the school nurse. Health Screens need to be completed 2-3 weeks prior to the end of each semester.



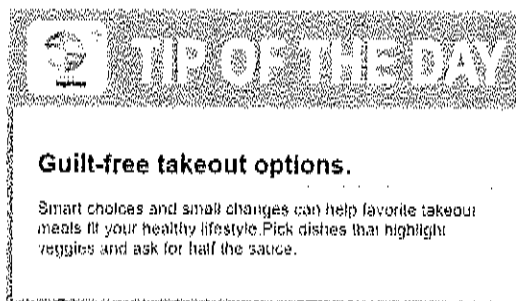
Click the button above to see how Jackson Madison County Schools' wellness efforts compare to other districts across our state and the Nation!

Click to open our [Wellness Policy](#).

Key Benefits of Wellness

- A healthier, happier you!
- Lower healthcare and insurance costs
- Reduced absenteeism
- Increased morale
- Increased productivity
- Healthy role models for staff,
- students and the community

Note: The JMCSS Student Wellness Policy was last updated in 2017. If anyone in the community is interested in serving on the Student Wellness Policy Advisory Committee please contact Annette Wilson, Coordinated School Health Administrator [@aewilson@jmcass.org](mailto:aewilson@jmcass.org)



Guilt-free takeout options.

Smart choices and small changes can help favorite takeout meals fit your healthy lifestyle. Pick dishes that highlight veggies and ask for half the sauce.

- Make your takeout healthier
- Make small changes at dinner

**UT Extension –
Diabetes Education**

Healthy Living with Type II Diabetes

For more information on
diabetes, diabetes cooking school
and medications contact:

Test your blood glucose daily.

Have hemoglobin A_{1c} test done by
your doctor.

Write down results each time you
test your blood glucose.

Wear comfortable shoes and
clean, loose-fitting socks.

Wash your feet daily

Watch for cuts, scratches, redness
or swelling. Call your health care
provider if a wound doesn't heal.
Trim toe nails straight across.

Brush and floss teeth daily.

Have teeth cleaned by a dentist
or a dental hygienist every three
to six months.

If you notice any problems such
as bleeding gums or soreness, tell
your dentist.

Have your eyes checked at least
once a year.

Tell your eye doctor if you see
spots, see poorly in dim light, have
eye pain or any eye problem.

Talk to your health care provider if
you have difficulty taking diabetes
pills or insulin as directed.

Tell your pharmacist that you also
take diabetes medication when you
buy an over-the-counter medication.

Keep a record of your medications
(prescription, over-the-counter,
herbals and vitamins) to share with
your doctor and pharmacist.

Ask your county Extension office for
a UT Med Minder card to help you
remember the medications you are
taking or print out a copy from the
<http://bemedwisem.tennessee.edu>
Web site.

Visit the UT Extension
Family and Consumer Sciences
Health Program Web site at
<http://fcs.tennessee.edu/healthsafer/index.htm>
for information on diabetes and
other health issues.

a wellness publication
written by

Barbara (Bobbi) P. Clarke, PhD, RD
Professor
Family and Consumer Sciences
Community Health Education

of UNIVERSITY OF TENNESSEE
INSTITUTIONAL PUBLICATION

SP526-D-1004-510 (Rev.) 11/02-5315-00-350-10 07-0007
Programs in agriculture and natural resources, child youth
development, family and consumer sciences, and resource
management, University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and County Extension
Cooperating. UT Extension resources equal opportunities in
programs and employment.

You can protect your health by learning more about diabetes. () Check those health actions you plan to try:

Diabetes is a chronic disease.

The body does not produce enough of the hormone insulin.

There is no cure for diabetes.

Diabetes can damage the eyes, heart, kidneys and lead to stroke and amputations.

People with diabetes can live active and healthy lives by:

eating a regular and balanced diet.

losing excess weight.

staying physically active.

monitoring blood glucose.

caring for their feet, eyes and teeth.

managing their stress.

using medications as prescribed.

communicating with their health care providers.

not smoking

Take a cooking class.

Purchase cookbooks written for people with diabetes.

Call the American Diabetes Association (1-800-232-3472) for their catalog of cookbooks and other resources on diet.

Set a healthy weight goal.

Lose weight slowly – no more than 1 pound per week.

Keep a food diary to help you follow your diet plan.

Consider weighing and measuring food to help you with portion sizes.

Drink plenty of water.

Eat slowly.

Include physical activity to help you reach your weight-loss goals.

Choose activities you enjoy.

Carry some form of sugar with you.

Wear clean, natural fiber socks and shoes.

Test your blood sugar before exercising.

Snack during your workout.

Eat after exercising.

Warm up and cool down.

Stop if you feel pain, nauseated or dizzy.

Talk things out.

Join a diabetes support group.

Walk it out.

Learn to relax.

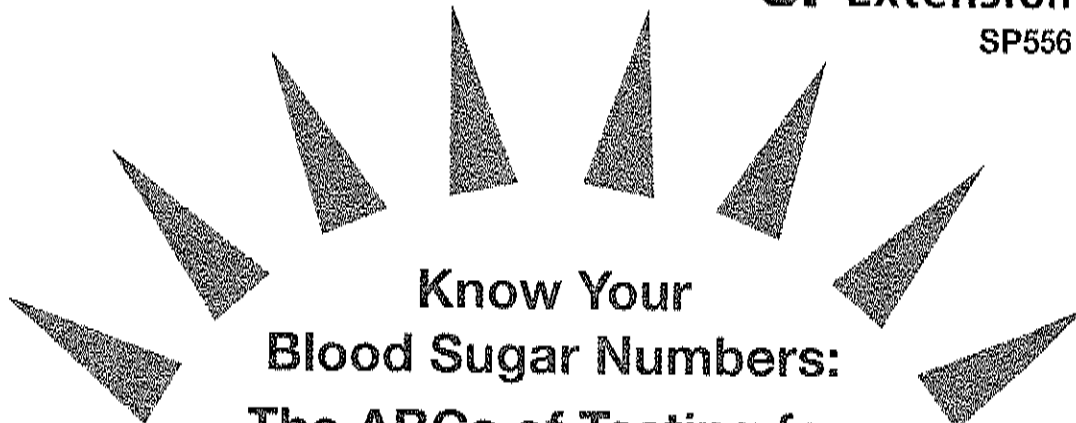
Pursue a hobby.

Volunteer.

Learn to say "no."

Balance work and family.

Talk to your health care provider if you are depressed.



Know Your Blood Sugar Numbers: The ABCs of Testing for Blood Sugar Control

.....

Taking control of your diabetes can make you feel better and stay healthy. Lowering your blood sugar (also called blood glucose) by any amount lessens your chances of getting diabetes eye, kidney and nerve disease. To control your diabetes, you must **know your blood sugar numbers**.

There are two different tests to measure your blood sugar:

1. The **hemoglobin A1c test** (pronounced heime-glo-bin A-one-C) measures your blood sugar control **over the last three months**. It is the **best way** to know if your blood sugar is under control.
2. A **finger-stick test** you do yourself using a blood glucose meter measures your blood sugar **at the time you test**.

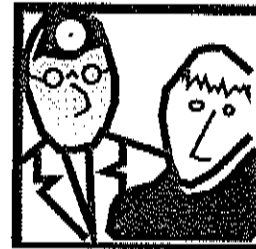
You need **both** tests to get a complete picture of your blood sugar control.

Does my insurance pay for self-testing supplies?

Medicare pays for blood glucose meters and test strips for people with diabetes. If you have Medicare insurance, ask your health care provider for details.

Take Control of Your Blood Sugar

1. Take this brochure to your health care provider and ask for a hemoglobin A1c test at least twice a year.
2. Test your own blood sugar using a blood glucose meter as often as needed.
3. Talk to your health care provider about your blood sugar goals for the hemoglobin A1c test and the finger-stick test using a blood glucose meter.
4. Eat the right foods, exercise and take prescribed medicines to keep your blood sugar under control.
5. For more information, call 1-800-438-5383.



This publication is produced by the National Diabetes Education Program, a joint program of The National Institutes of Health and The Centers for Disease Control and Prevention.

Distributed by: Bobbi Clarke, Professor
Community Health Education
The University of Tennessee

Visit the UT Extension Web site at
<http://www.utextension.utk.edu/>

LIFT Therapy – Weight Management

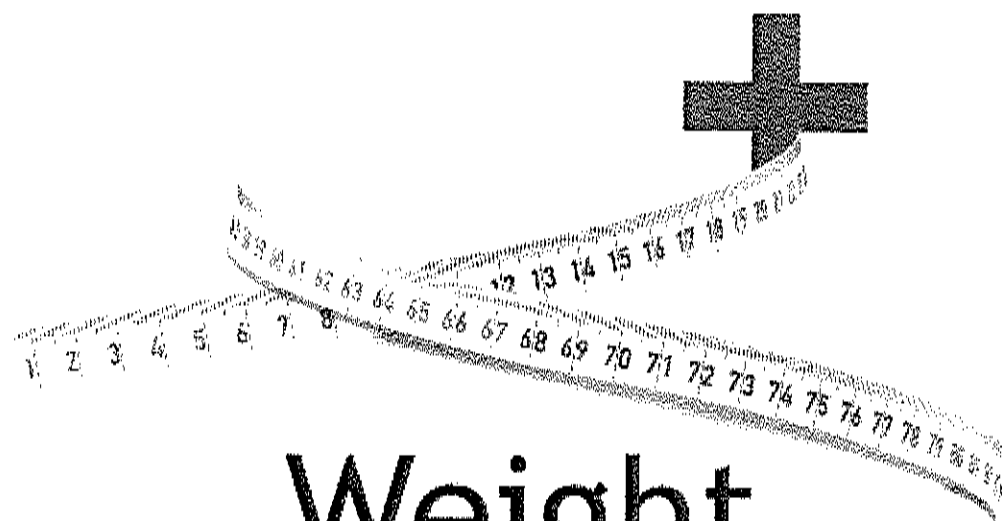
- Request a Pass

Weight Management Program

To learn more or to attend a **FREE** information session, call us at

(731) 425-6820

or email at HMRiftCenter@wth.org

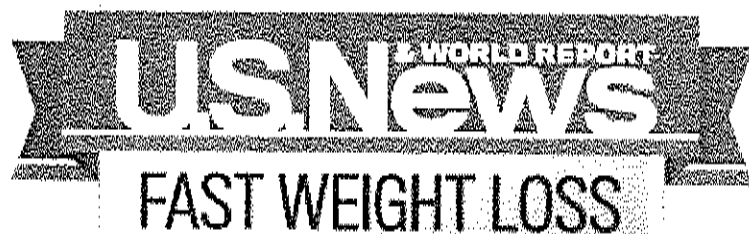


Weight Management

AN HMR PROGRAM™

LIFT Weight Management is an official licensee of the HMR Program, a non-surgical, clinic-based diet that U.S. News & World Report has named a "Best Diet for Fast Weight Loss".

BEST DIETS



U.S. News' Best Diets 2018 panel of nutrition experts ranked the HMR Program, which LIFT Weight Management licenses, but did not evaluate any products or services of LIFT Weight Management itself.

Weight Loss Program

LIFT Wellness Center offers a weight management program created by HMR Weight Management Services to Jackson and West Tennessee. This highly-structured diet and lifestyle change program aims to help with weight-loss goals whether you are trying to lose 20 pounds or 100 pounds.

HMR has been named a No. 1 "Best Fast Weight-Loss Diet" in the 2017 Best Diets rankings by U.S. News & World Report.

HMR programs achieve fast weight loss in a livable way by encouraging people to eat more and stay satisfied, which makes it easier to stick to the program in the short-term, and over the long haul.

HMR focuses on three skill areas critical for weight-loss and weight maintenance:

1. How to make healthier food choices
2. How to eat more fruits and vegetables
3. How to increase physical activity

Research has shown that practicing these skills may also help reduce the risk factors for the development of heart disease, stroke, diabetes, some types of cancer, and other chronic diseases.

To learn more or to attend a free information session, call us at 731.425.6820 or email at HMRiftCenter@wth.org.

Testimonials

Jenny

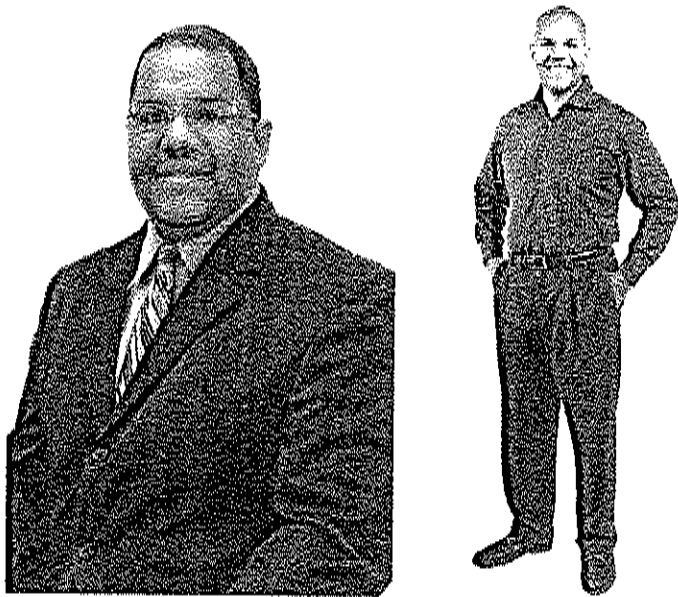


Lost 100 lbs. in 10 months using HMR's Healthy Solutions® clinic plan

Jenny had always been “a larger girl.” She had started and failed on many different diets. It wasn’t until she found the HMR program that she was able to lose 100 lbs. and begin living a healthier lifestyle. She is amazed at how far she has come from a life of watching TV on the couch, to working as a trainer at her gym.

“I thought I could do it on my own, but over many, many diets, I failed. The HMR plan worked because it was so simple.”

Kevin



Lost 75 lbs. in 12 months on HMR's Healthy Solutions® clinic plan

When Kevin found himself struggling to climb a flight of stairs with his son, he felt humiliated and embarrassed. He knew at that moment that he was going to have to make some lifestyle changes. On the recommendation of his primary care physician, Kevin joined the HMR Program.

“If you do exactly what (HMR) tells you to do, there’s no way you can fail... that’s the great thing about this program.”

Our Staff

Betty Kay Williams – Administrative Manager

Courtney Burton – Health Educator

- [Mission & Vision](#)
- [Our Facility](#)
- [Our Team](#)
- [Health](#)
- [Therapy](#)
- [Disease Management](#)
- [Weight Management Program](#)
- [Medical Advisory Board](#)
- [Success Stories](#)
- [Newsletters](#)
- [Contact Us](#)
- [Careers](#)
- [member login](#)

Nutritional Wellness

Eating well can be the most enjoyable way to obtain optimal health. Proper nutrition can prevent the development of chronic diseases as well as provide you with the nutrients needed to support optimal growth and development, stable energy levels, a healthy weight, and a vibrant, healthy life.

Good nutrition has a positive and direct impact on your ability to do well in everything you do. When your nutritional needs are met, you have the cognitive energy to learn and achieve.



Protein – Choose a variety of foods with lean protein

Protein is an indispensable nutrient and can be found throughout every tissue in our body. Protein is a vital source of energy but the most important function of protein is building and repairing tissue. We also need protein for our immune function, proteins transport vitamins and minerals throughout our body.



Grains – Make half of all the grains you eat whole grains

Eating grains, especially whole grains, provides health benefits. Dietary fiber from whole grains, may help reduce blood cholesterol levels and lower risk of heart disease, obesity, and type 2 diabetes. Grains are important sources of many nutrients, including several B vitamins, magnesium and selenium.



Fruits – Make at least half of your plate fruits and vegetables

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.



Vegetables – Make at least half of your plate fruits and vegetables

Eating vegetables provides health benefits — people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of

your body.

Dairy – Always choose fat-free or low-fat (1%) milk

Milk and dairy products are especially important to bone health during school aged years, when bone mass is being built. It provides important sources of calcium, potassium and vitamin D, and help to reduce the risk of cardiovascular disease, type 2 diabetes, and help to lower blood pressure in adults.

Follow the links provided to learn more regarding the benefits of proper nutrition.

[School Nutrition and Fitness](#)

[Academy of Nutrition and Dietetics](#)

In This Section

- [Emotional Wellness](#)
- [Functional Wellness](#)
- [Social Wellness](#)
- [Fitness & Physical Activity](#)
- [Environmental Wellness](#)
- [Intellectual Wellness](#)
- [Occupational Wellness](#)
- [Sleep, Rest, and Relaxation](#)
- [Financial Wellness](#)
- [Creative Wellness](#)

Health Screening Schedule- 2017-2018 Pre-K, 2, 4, 6, 8 and 9th grade wellness classes

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November 27, 28	Lincoln
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December 6, 7	Rose Hill
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December 18, 19	North Parkway
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February 12, 13	North Parkway

High School Wellness classes will be scheduled with the Wellness teachers by the school nurse. Health Screens need to be completed 2-3 weeks prior to the end of each semester.

Weight Management

Decrease Portion Sizes

The Dietary Guidelines encourage you to *enjoy your food, but eat less* and to *avoid oversized portions*.

The amount you eat or drink plays an important role in your energy balance strategy. Most people eat and drink more when served larger portions. Choosing smaller portions can help you lose weight and keep it off.

Portions have increased over time. See [examples here](#). You may be eating more than you realize. Some common food portions can equal the amount that is recommended for the whole day. For example, on a 1600 calorie Daily Food Plan, 5 ounces a day of grains are suggested. Some bagels weigh up to 5 ounces - the entire day's allotment of grains!

Your [Daily Food Plan](#) helps you manage your daily intake by recommending the amount of food you need from each food group.

Your portions at each meal do not need to be any specific amount-but to stay within your energy needs, the total amount you eat *each day* should match the total amount recommended for each group. For example, 1 regular slice of bread counts as 1 ounce of grains. This doesn't mean that you have to eat a sandwich with one piece of bread. It just means that if you eat two slices, you should count them both toward your total grain intake for the day.

Get Started

Overcome Stumbling Blocks

Get started eating smaller portions:

- Figure out how big your portions really are:
 - Measure how much the bowls, glasses, cups, and plates you usually use hold. Pour your breakfast cereal into your regular bowl. Then, pour it into a measuring cup. How many cups of cereal do you eat each day?
- Measure a fixed amount of some foods and drinks to see what they look like in your glasses and plates. For example, measure 1 cup of juice to see what 1 cup of liquid looks like in your favorite glass.
 - To see what 1 cup, ½ cup, or 1 ounce of some different foods looks like, visit the [food gallery](#) and find some of the foods you eat in each group.
 - Prepare, serve, and eat smaller portions of food. Start by portioning out small amounts to eat and drink. Only go back for more if you are still hungry.
- Pay attention to feelings of hunger. Stop eating when you are satisfied, not full. If there is still food on your plate or on the table, put it away (or throw it out). Repeat the phrase "a moment on the lips, a year on the hips" as you do this.
- A simple trick to help you eat less is to use a smaller plate, bowl, or glass. One cup of food on a small plate looks like more than the same cup of food on a large plate.
- It is important to think about portion sizes when eating out. Order a smaller size option, when it's available. Manage larger portions by sharing or taking home part of your meal. [When Eating Out, Make Better Choices](#) has lots of tips to help you eat only the amount you need when eating out.

- If you tend to overeat, be aware of the time of day, place, and your mood while eating so you can better control the amount you eat. Some people overeat when stressed or upset. Try walking instead of eating, or snack on a healthier option. For example, instead of eating a bag of chips, crunch on some celery, or instead of eating a bowl of ice cream, enjoy a low-fat yogurt with fresh blueberries. Making healthier choices is better for your weight and can also help you feel better.

Stumbling Blocks:

Concerned about eating smaller portion sizes? Here are some common "stumbling blocks" and ideas to help you overcome these barriers:

"I don't have time to measure out my foods all the time."	Being successful at decreasing portion sizes doesn't mean that you have to measure every meal or snack you eat. Once you've taken the time to measure out a few examples, you will be able to estimate portion sizes better. Plus, just eating or drinking less than you normally would means you are decreasing your portion sizes.
"My Daily Food Plan tells me to eat more of some things but also to decrease portion sizes. I don't understand if I should eat more or less."	The recommendation to decrease portion sizes is particularly important for high calorie foods or for foods with a lot of <u>empty calories</u> , such as cakes, cookies, sugary drinks, and pizza. It is important to <u>Focus on Foods You Need</u> . For example, eat a large portion of steamed broccoli (but with only a very small amount of butter or cheese sauce, if any).
"I like to eat a big burger every once in a while. Are there other ways to eat less?"	In general, it is a good rule to eat and drink smaller portions. You can occasionally eat or drink foods in larger portions, but not as part of your daily diet. Make that big burger a "once-in-a-while" special treat, and on most days choose the smaller options.
"I was always told to clean my plate."	Resign from the "clean your plate" club now. Stop eating when you are satisfied, not when your plate is empty. Start your meal by only eating half of what's on your plate. Stop for a moment and decide if you really want to eat more. Don't forget that you can save some leftovers for another meal or snack. Learn more about <u>keeping food safe to eat</u> . Nothing has to go to waste, and the food will taste better when you are hungry again!

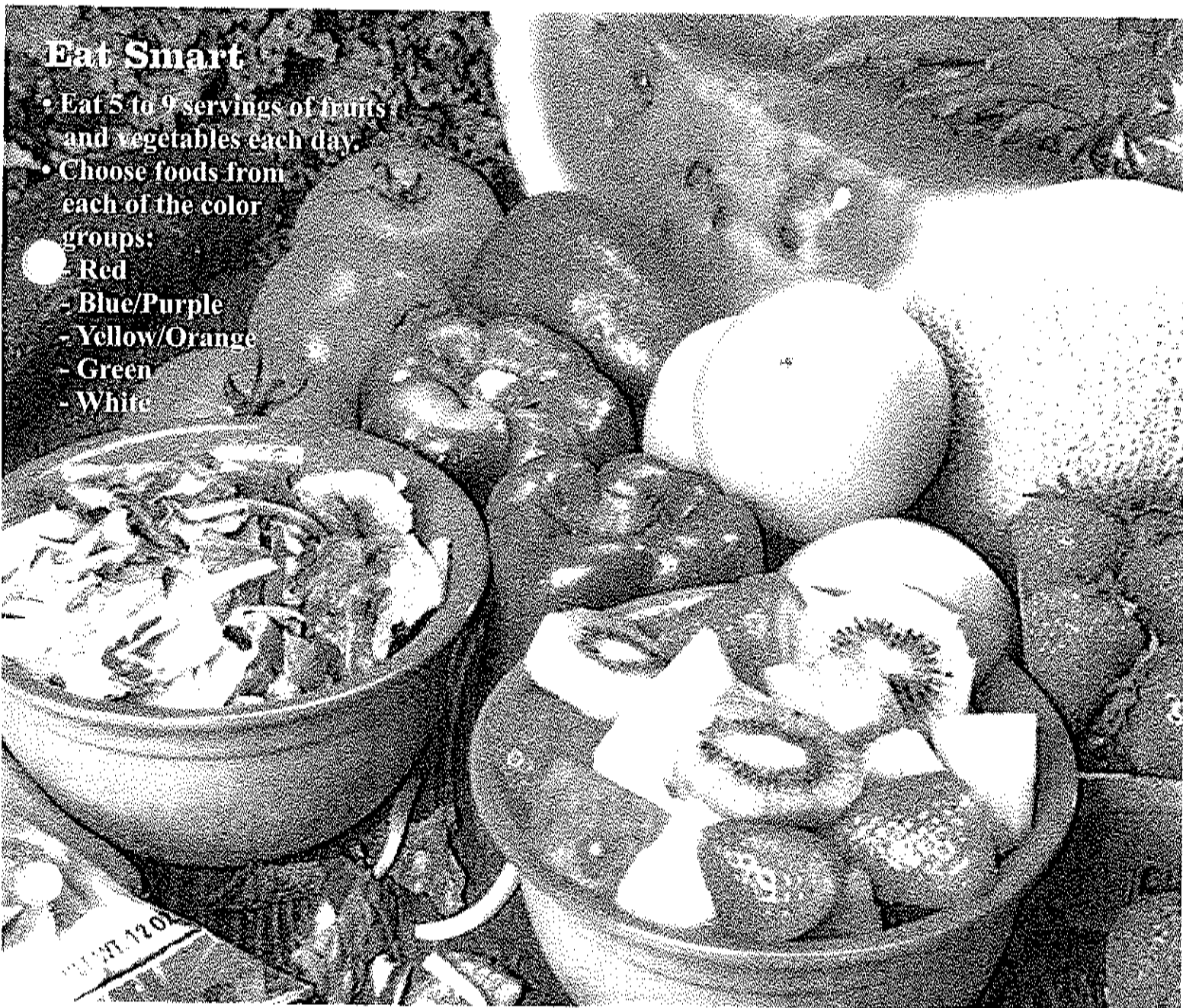
UT Extension – TN Shapes Up

TENNESSEE *Shapes UP*

A guide to help you lose weight and keep it off.

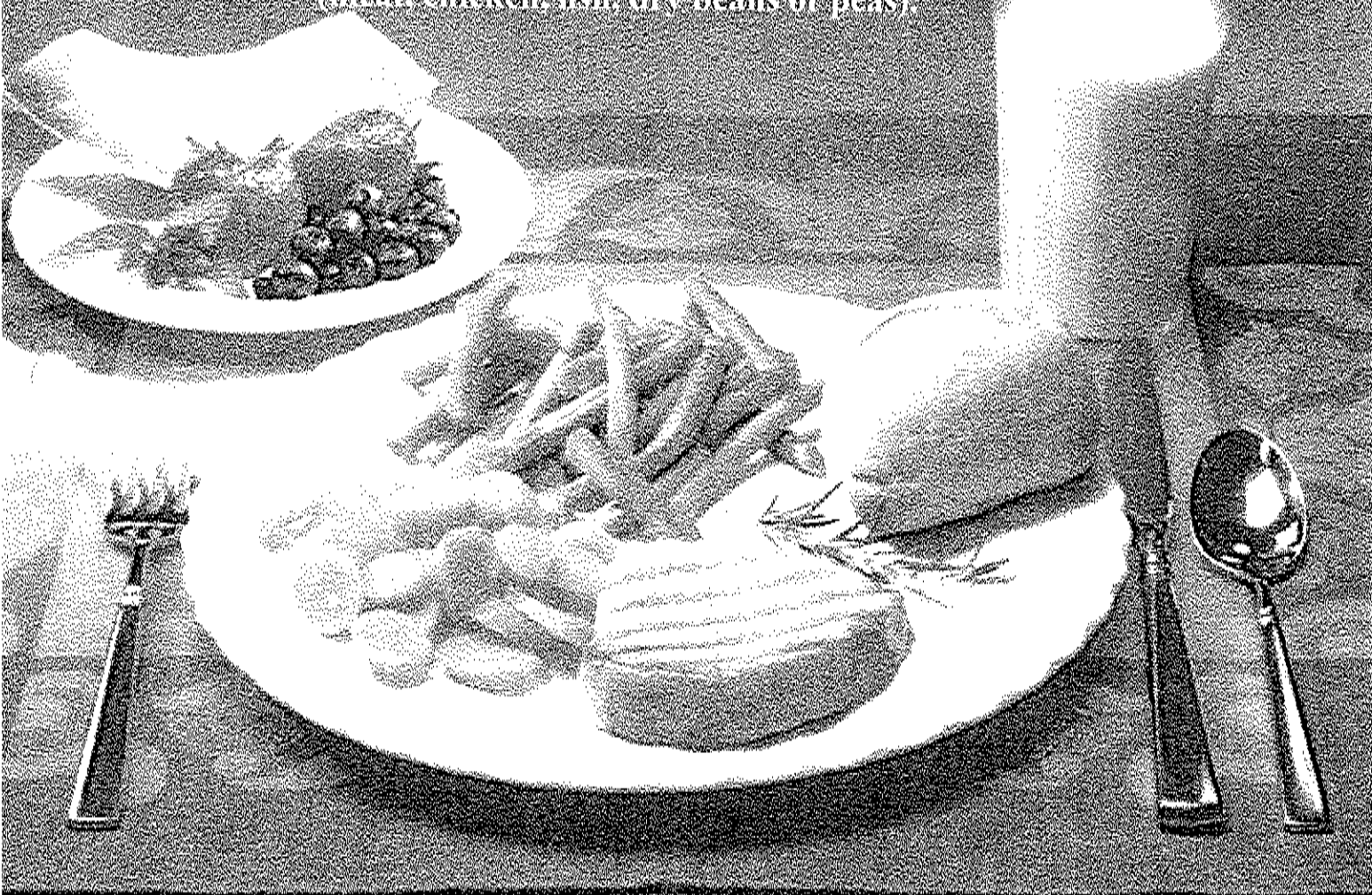
Eat Smart

- Eat 5 to 9 servings of fruits and vegetables each day.
- Choose foods from each of the color groups:
 - Red
 - Blue/Purple
 - Yellow/Orange
 - Green
 - White



Use the Healthy Plate Method to control portion sizes.

- Fill $\frac{1}{2}$ of your plate with non-starchy vegetables.
- A $\frac{1}{2}$ -cup serving of vegetables will fill $\frac{1}{4}$ of the plate.
- Fill $\frac{1}{4}$ of the plate with a whole-grain starchy food.
- Fill $\frac{1}{4}$ of the plate with protein (meat, chicken, fish, dry beans or peas).



Choose a colorful fruit for dessert.

Drink low-fat or fat-free milk.

Start the day with a good breakfast.

Eat regular, structured meals.

Drink water or unsweetened beverages instead of sugar-sweetened beverages.

MOVE MORE

Make physical activity a routine part of each day.

- Take the stairs instead of the elevator.
- Park your car in a spot that makes you walk farther.
- Park the car and walk inside instead of using the drive-through window.
- Walk around the yard or office throughout the day.
- Walk around when talking on the phone.
- Have a daily walk with a friend or your dog.
- Just walk whenever you can.

Add steps to your day. *One mile equals about 2,000-2,500 steps.*

- Strive for 10,000 steps per day.
- Join a walking program such as Walk Across Tennessee, or another UT Extension physical activity program. Consider Tai Chi, Master Your Body or the Arthritis Foundation Exercise Program.
- Find out about public facilities for physical activity and use them.
(Tennis courts, swimming pools, public parks, nature centers, walking trails, gyms, community centers, recreation centers)
- Keep your children active and moving.
 - Plan fun activities that will keep your children physically active.
 - Keep television sets in common areas of the home; avoid having them in children's rooms.

TUNE IN to people around you.

Be sure respect is shown to everyone.

- Do not allow criticizing, bullying, name-calling or shaming, especially about weight or size.
- Help everyone accept a realistic body image.

Make mealtime a pleasant experience for everyone.

Let family members help in planning and preparing food.

Keep mealtime conversation pleasant.

TUNE IN to your body.

Do you catch yourself nibbling because you are bored, stressed, frustrated, unhappy, etc.? This is called emotional eating.

Become sensitive to when, what and why you eat throughout the day.

Try to eat based on physical hunger – not emotional cues.

<i>Emotional Eating</i>	<i>Physical Hunger</i>
Sudden. You want to eat now.	Gradual. Stomach growls.
Craving. You want a specific food, but will accept other foods.	Accepting. May have a preference
Absent-minded. May eat without being aware of what you are eating.	Intentional. Are aware of what you are eating.
Urgent.	Patient.
Doesn't notice when full.	Responds to feelings of fullness.
May be linked to upsetting situation.	Linked to time (4 to 5 hours) from last meal.
Induces guilt.	Does not induce guilt.

For more information, contact the *Tennessee Shapes Up* team:
Betty Greer, PhD, RD, Chair; Denise Brandon, PhD; Janie Burney, PhD, RD; Barbara Clark, PhD, RD.

THE UNIVERSITY of TENNESSEE
INSTITUTE of AGRICULTURE

Visit the UT Family and Consumer Sciences Web site at:
<http://fcs.tennessee.edu>

This project was made possible, in part, by a grant from the Tennessee Department of Human Resources.

10-0129 SP622(Rep.)-10M-1/10 E12-5351-00-044-10
Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development, University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

Family and Consumer Sciences

UT Institute of Agriculture > Family and Consumer Sciences >



Contacts:

Contact Your County Extension Office

Janie Burney, PhD, RD
Kristen Johnson, PhD
Michelle Vineyard, PhD, RD, LDN
Karen Franck, PhD
Christopher Sneed, PhD
Clint Cummings, MS

Have a question?
Ask
EXPERT



Family & Consumer Sciences Nutrition and Food Safety

Cooking

How many times have you thought, "I wish I could prepare foods my family would enjoy eating and, at the same time, are healthy?" Cooking tasty foods that w

Food Preservation

Home food preservation (canning, freezing and drying) is making a comeback. If you decide to preserve your own food, do it safely and use techniques that will

Food Safety

Food provides the nutrients we need for good health. No one wants to worry about the safety of their food, but surveys suggest most people do. Learn more ab

Food Shopping

Two-thirds of what people purchase in the supermarket, they had no intention of buying. A few simple shopping strategies help you get through the supermark

Healthy Food Choices

Making healthy food choices not only promotes good health and a long life but also helps decrease the risk for chronic disease. When choosing healthy foods th

Healthy Aging

Healthy Aging is a journey and a process. Scientists still don't know how to extend the human life span; but they know a lot about how to stay healthy and ener

adults who practice healthy behaviors, take advantage of clinical preventive services, and continue to engage with family and friends are more likely to remain independent.

Meal Planning

Simple meal planning strategies can take the stress out of getting food on the table without spending a lot of time in the kitchen. It helps save money and help your family healthier meals.

Physical Activity

Being physically active can improve your health. You do not have to be a marathon runner to be physically fit. Physical activity burns fat, builds muscle, lowers stress and anxiety, helps you control your weight and promotes restful sleep.

Weight Management

Why should you pay attention to your weight? Because staying at your best weight is very important for your health by reducing your risk for several chronic diseases such as diabetes, high blood pressure, and heart disease. It helps you live longer, healthier lives. If you weigh more than you should, you can safely lose weight.

Program Links

- Canning College
- Dining with Diabetes
- Expanded Food and Nutrition Education Program (EFNEP)
- eWellness
- Farmers' Market Fresh
- Fresh Place
- Hands On
- Healthy Steps
- Media Smart Youth
- Pathways to Health
- Power U
- Tennessee Nutrition and Consumer Education Program (TNCEP)

Food Safety Links

- Center for Disease Control and Prevention Food Safety Office
- Fight BAC!
- Food Safety Gateway
- US Department of Agriculture - Food Safety and Inspection Service
- US Environmental Protection Agency
- US Food and Drug Administration

Nutrition Links

- Center for Nutrition Policy and Promotion
- Dietary Guidelines for Americans
- Food and Nutrition Information Center
- ChooseMyPlate.gov
- Nutrition.gov
- USDA National Nutrient Database
- Healthier Tennessee Initiative



For more information on these topics, visit the following websites:

- www.choosemyplate.gov
- www.fda.gov
- www.fishbase.org
- www.foodsafety.gov
- www.healthierliving.org
- www.nutrition.gov
- www.usda.gov

Alzheimer's Caregiver Conference

Eighth Annual

Alzheimer's Caregiver Conference 2018

Carl Grant Events Center
Union University
47 Grant Center Drive
Jackson, TN

February 20 & 21, 2018
8:30 a.m. to 2:00 p.m.

"The Journey" **Featured Speakers:**

February 20

Teepa Snow, Occupational Therapist
Fellow of American Occupational Therapy Association

February 21

Melanie Bunn, Gerontological Nurse Practitioner
Dementia Training Specialist

Contact Hours will be awarded by Union University's School of Nursing and School of Social Work.

For information please call 731-541-8757
2 Day Registration fee (includes lunches) \$40 per person
Register online at alzwesttn.org/register

Sponsored by:

 **Alzheimer's
Community**
of West Tennessee
www.westtnalz.org

 **THE
FOUNDATION**

Senior Services
A service of West Tennessee Healthcare


**West Tennessee Neuroscience
and Spine Center**
An affiliate of West Tennessee Healthcare

Dementia Experience

August 16, 2018
5:30 pm

Jackson-Madison County General Hospital
J W Barnes Conference Center

Are you a caregiver for someone with dementia?

Have you wondered what your loved one is going through each day?

The Dementia Experience provides insight into the world of dementia by simulating the symptoms of dementia, and more specifically, Alzheimer's Disease.

Sponsored by:

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**West Tennessee Neuroscience
and Spine Center**
An affiliate of West Tennessee Healthcare

Co-sponsors: Alzheimer's Community of West TN, Americare,
Home Instead Senior Care, Tennessee Health Management

Call 731-541-8757 for more
information and reservations.
Space is limited.



The Dementia Experience

Posted on: 06.26.2018

West Tennessee Healthcare's Senior Services Department, West Tennessee Neuroscience and Spine Center, along with the Alzheimer's Community of West Tennessee, Americare, Home Instead Senior Care, and Tennessee Health Management invite the public to attend the Dementia Experience on Thursday evening, August 16, 2018 at 5:30 p.m. at the Jackson-Madison County General Hospital J. W. Barnes Conference Center.

The Dementia Experience provides participants an insight into the world of dementia by simulating the symptoms of dementias, including Alzheimer's Disease. The program will offer answers to questions often asked by caregivers and family members, including "Why does my loved one with Alzheimer's Disease act as they do?" "What is my loved one feeling as he or she progresses with Alzheimer's Disease?" and "What limitations does my loved one face with Alzheimer's Disease?" The answers to these and other questions will allow caregivers to become more compassionate and understanding as they care for their patient or loved one on a daily basis.

To register for the event, please contact the West Tennessee Healthcare Senior Services office by calling 731-541-8757 or emailing Regina.Smith@wth.org (<mailto:Regina.Smith@wth.org>). Registration is required. Space is limited. West Tennessee Healthcare is a public, not-for-profit healthcare system with locations serving 22 counties in West Tennessee and Southeast Missouri. The mission of West Tennessee Healthcare is to improve the health and well-being of the communities we serve while providing exceptional and compassionate care. For more information, visit www.wth.org (<http://www.wth.org>).

Alzheimer's Mini Conference

Shifting Gears...Preparing for the Road Ahead

2018 Alzheimer's Mini Conference

Thursday, October 4, 2018 at 6:00 pm
Jackson-Madison County General Hospital

Basics of
Alzheimer's

Round Table
Discussions

Support

Behaviors

Legal & Financial
Information

Caregiver
Stress

To make a reservation or for
more information, please call
West TN Healthcare Senior
Services Department
731-541-8757

Reservations required.



West Tennessee
HEALTHCARE

Senior Services



West Tennessee
HEALTHCARE

Neuroscience &
Spine

**Home
Instead**
SENIOR CARE

Let us be personal.



**Alzheimer's
Community**
of West Tennessee

THM



**THE
FOUNDATION**

2018 Walk to End Alzheimer's - Jackson, TN

September 29, 2018

10:00am - 1:00pm

10:00am - 1:00pm

10:00am - 1:00pm

2018 Walk to End Alzheimer's - Jackson, TN

[REGISTER](#)

Take the first step to a world without Alzheimer's.

Sept 29/2018

[VIEW MAP](#)

[VIEW MAP](#)

\$21,805.50

WE HAVE RAISED

25% ACHIEVED

\$88,000.00

OUR GOAL



206

PARTICIPANTS



41

TEAMS

Event Details

Time:

Registration at 8am

Ceremony at 9am

Walk at 9:30am

[Add to calendar](#)

Location:

Union University

1050 Union University Dr

Contact:

Bailey Jones

704-249-9324

bejones@alz.org

[More events](#)

NEED HELP?

**MAC Mature Advantage
Club**

MAC

MATURE ADVANTAGE CLUB

A Service of West Tennessee Healthcare

Summer 2018



Greetings MAC Club members! We are well into summer with today's heat index readings over 100 degrees! I don't know about you – but I'm thinking a little cold weather might not be so bad after all! I hope each of you are staying well hydrated by drinking several glasses of water each day! With your busy schedules, you must keep the water flowing!

Speaking of busy – the MAC Club and West Tennessee Healthcare have been very busy. As you know, WTH purchased the Tennova Hospitals and Clinics in West Tennessee. We are excited about the new beginnings with WTH Dyersburg, WTH Volunteer Martin, WTH North Location, and the many clinics in not only the Jackson area, but all over West Tennessee. The addition of new WTH family members has allowed us to employ over 7,000 members of our West Tennessee community.

The new additions also allow our MAC Club to expand to new territories! We are coming to Martin and Dyersburg in the near future to visit with potential MAC Club members. Check your mailbox – you will receive a very special invitation to attend these gatherings!

I look forward to the days ahead with West Tennessee Healthcare and the MAC Club!

See you soon.

Regina

Regina Smith, Senior Services Manager

Save the Date!

MAC Girls Night Out

A night just for the girls!!

Let's meet at 5:00 for a fun dutch treat dinner!

Tuesday, August 14th at Baudo's

Please call the MAC office for reservations.

MAC on Monday

Monday, August 13, 2018 at 10:00 a.m.

Medical Founders Room A

PAC with MAC 2019 Preview Meeting

Overnight travel opportunities for 2019 will be presented.

Please call the MAC office for reservations.

Milan General Prostate Screenings

September 18, 2018: 3-6 p.m.

Call 731.686.5136 for reservations and more information.

2018 Facing Future Choices Conference

Tuesday, October 23, 2018

West Jackson Baptist Church

For Jackson Reservations call 731.668.6419

WTH Jackson MAC Lunch Bunch: 11 a.m.

•Tuesday, July 10th - Olive Garden

•Tuesday, September 11th - Blacksmith (downtown)

For Jackson Reservations call 731.541.8757

WTH Volunteer Martin Lunch & Learn: 11:30 a.m.

•Tuesday, July 17th - Blaylock Center

•Tuesday, August 21st - Blaylock Center

•Tuesday, September 18th - Blaylock Center

For Martin Reservations call 731.588.3351

WTH Milan/Gibson County Lunch Bunch: 11 a.m.

•Tuesday, August 28th - Higg's Restaurant

•Tuesday, October 23rd - West End Grill in Humboldt

•Tuesday, November 27th - To the Last Drop Tea Room (Trenton)

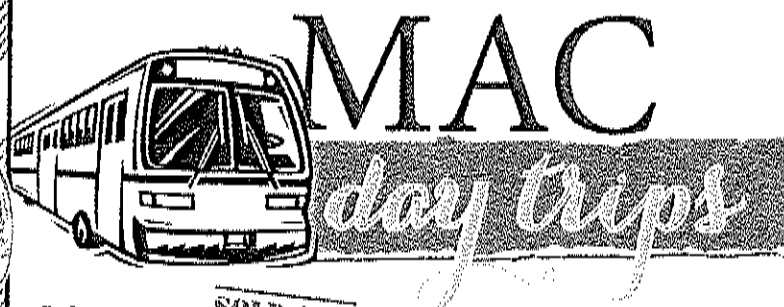
For Milan Reservations call 731.686.5136

PUBLISHED BY THE MATURE ADVANTAGE CLUB

WWW.WTH.ORG • 620 SKYLINE DRIVE • JACKSON, TN 38301 • 731.541.8757 • EMAIL: REGINA.SMITH@WTH.ORG

*Friday Friends
Lunch & Learn Series*
Friday, September 14
11:00 a.m.
Jackson Madison County General Hospital
Medical Founders Room A
Special Guest:
Darrell King
Vice President, West Tennessee Medical Group

Reservations are required.
Please call the MAC office to reserve your seat.



July 19, 2018 **SOLD OUT**

Heehaw Tribute, Badgett's Variety Theater, Grand Rivers, KY

Trip fee of \$70 includes performance ticket, charter bus, and buffet lunch at the State Park.

Departure at 8 a.m.

August 23, 2018 **SOLD OUT**

Church Basement Ladies, The Renaissance Center's Gaslight Theater, Dickson.

Trip fee of \$55 includes performance, charter bus, and buffet lunch. Departure at 10 a.m.

October 5, 2018

Reelfoot Arts and Crafts fair & Boyette's, Tiptonville.

Trip fee of \$40 includes charter bus and family style lunch at Boyette's. Departure at 8 a.m. Pick up at Dyersburg at 8:45 a.m.

Limited Space Available.

November 15, 2018

Elf the Musical at Chaffin's Barn, Nashville

Trip fee of \$65 includes a late breakfast at Pinewood Restaurant, performance tickets, and charter bus. Departure at 7:30 a.m.

December 13, 2018

Variety's Christmas Spectacular, Badgett Playhouse, Grand Rivers, KY.

Trip fee of \$85 includes lunch at Patti's, performance tickets, and charter bus. Departure at 8:00 a.m. Pick up in Milan at 8:20 a.m. Pick up in Martin at 8:50 a.m. Bus #1 is full.

Please call if you are interested in being placed on a waiting list for the second bus.

December 18, 2018 **SOLD OUT**

Vince Gill & Amy Grant Christmas Concert, Nashville.

Departure at 2:00 p.m.

**Please call the MAC office at 541-8757
for space availability.**

BIRTHDAY screenings

All MAC members will receive a letter indicating their birthday screening date.

Please follow the instructions in the letter.

Bolivar

- Thursday, July 12
- Thursday, September 13

Please contact Sara Skimmer at 659-0216 for more information.

Camden

- Tuesday, July 1
- Tuesday, September 1

Please contact Robin Collier at 584-0111 for more information.

Gibson County

- Tuesday, July 10
- Tuesday, September 11

Please contact Christine McKinney at 686-5136 for more information.

Jackson

- Thursday, August 9

Please contact Regina Smith at 541-8757 for more information.

Dyersburg & Martin

Birthday Screenings will be announced.

MATURE ADVANTAGE CLUB

A service of West Tennessee Healthcare

Jackson-Madison County General Hospital
620 Skyline Drive, Jackson, TN 38301

Non-Profit Org.
U.S. Postage
PAID
Jackson, TN
PERMIT NO. 882

Return Service Requested

Word Search

Find and cross out all of the listed words. The words may go horizontally, vertically, diagonally, but not backwards. Ignore spaces, dashes, and diacritics, if any.

D R I B B L I N G C A P T A I N F
S F G A M E P L A N T B O O T S R
C O D E S F G F O R M A T I O N E
R O C F O O T O E P E H U D D L E
E T A C L U B K A Y L N T I M E K
F B P C E L I R R L R A A E K A I
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R A B I R N A S E O O M A T C H K
A L O E I D D O R S W E L E V E N
S T W L E E S L I S I N F E I N T
S Y L D S R T O U R N A M E N T G

ARENA	MATCH
BENCH	OFFSIDE
BOOTS	PENALTY
BOWL	PITCH
CAPTAIN	PLAYBOOK
CLUB	RECEIVER
COACH	RED CARD
CODES	REFEREE
COIN TOSS	RUN
DEFENDER	SCORE
DIET	SHIN PADS
DRIBBLING	SOCCER
ELEVEN	SOLO
FEINT	STRIKER
FIELD	TEAM
FOOT	TEE
FOOTBALL	THROW-IN
FORMATION	TIME
FOUL	TIMEOUT
FREE KICK	TOURNAMENT
GAME PLAN	TRADE
GOAL	TRAP
GOALKEEPER	VICTORY
GRASS	LEAGUE
HALF-BACK	MANAGER
HUDDLE	INJURIES
	KIT



Aging & Disability

Economic &
Community Development

About Us

REDI

Workforce

PROGRAMS

PARTNERS

SPECIAL PROJECTS

RESOURCES

SPECIAL PROJECTS //

Bi-Annual
Senior Expo



The Administration on Aging recognizes the accomplishments of older Americans every other year during the month of May. The Senior Expo event always includes lunch, entertainment and vendors -- who provide participants with screenings and information regarding health related issues.

The 2018 Senior Expo is May 24 at the Carl Perkins Civic Center in Jackson.

For more information, please contact Dorothy T. Montague at (731) 668-6404.

PROGRAMS

PARTNERS

SPECIAL PROJECTS

RESOURCES/LINKS

SPECIAL PROJECTS //

Bi-Annual
Senior Expo

Caregiver
Health Fair

Future
Choices

The Caregiver Health Fair is held every year in November. Booths are available for local providers who supply attendees with information about services offered in the communities.

Additionally, there are speakers who discuss different topics of involving caregivers, door prizes and entertainment. The goal of the Caregiver Health Fair is to help seniors and their caregivers realize that resources are available in their community that they may have previously been unaware exist.

For more information or to register, please contact Hollie Knight at (731) 668-6414.



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PROGRAMS

PARTNERS

SPECIAL PROJECTS

RESOURCES

SPECIAL PROJECTS //

BI-Annual
Senior Expo

Caregiver
Health Fair

Future
Choices

The Future Choices Conference is held annually in November and is targeted to seniors, caregivers for seniors, or social workers who assist seniors and their families.

Speakers and Exhibitors provide information on health, social, legal and service issues to assist in making more informed decisions relative to these areas of concern.

For more information, please call Hollie Knight at (731) 568-6414.

UT Extension – Arthritis

and attitude, and increase your energy level. Moderate exercise will reduce further joint damage by keeping the muscles around the joints strong and elastic. Work at getting at least 30 minutes of moderate physical activity three or more days a week.

- Break activities down into smaller tasks that you can manage.
- Keep a daily diary of pain and mood changes and share it with your doctor.
- Use assistive devices (such as cane, walker, splints or braces to support weakened joints) when needed.
- Use the palms of your hands instead of your fingers.
- Use extra thick pens and larger-handled cooking utensils.

□ Learn all you can about your arthritis care and treatment

- Attend educational programs in your county conducted by your local Arthritis Foundation and University of Tennessee Extension, such as *Tai Chi, Arthritis Self-Help Program* and *Arthritis Foundation Exercise Program*.
- Join an arthritis support group.
- Ask for a referral to a rheumatologist (medical specialist in arthritis treatment).
- Read about arthritis at the library or on the Internet.

- Contact your local Arthritis Foundation for books and other resources.

□ Keep a positive attitude

- Arthritis can make you feel angry, sad, resentful, irritable, helpless, frustrated or afraid. Share these negative feelings with your doctor.
- By learning all you can and using the above self-care tips, you can control your arthritis in a positive way.
- For more information about arthritis or the arthritis education program available in your area, visit the Arthritis Foundation Web site at <http://www.Arthritis.org> and the University of Tennessee Extension Web site at <http://fcs.tennessee.edu/healthsafety/index.htm>

For programs and publications on health, contact:

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SP526-O 2/09 20M R12-5310-135-029-09 09-0370
Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

UT Extension
SP526-O

Take Charge of Your Joints

Tips for Living with Arthritis



a wellness publication written by
Barbara (Bobbi) P. Clarke, PhD, RD
Professor, Community Health Education
Family and Consumer Sciences

THE UNIVERSITY of TENNESSEE **UT**
INSTITUTE of AGRICULTURE

One in three adults has some form of arthritis. You can protect your joints by learning these self-care skills.

(✓) Check those self-care actions you plan to try to control your arthritis.

□ Know what arthritis is

There are many forms of arthritis.

■ *Osteoarthritis* (breakdown of the cushioning tissue, called cartilage, in the joints) is the most common form. It affects the weight-bearing joints of the knees, hips and lower back as well as the hands.

■ *Fibromyalgia* is a pain syndrome involving muscles and muscle attachment areas.

■ Gout is a rheumatic disease causing sudden, severe episodes of pain and tenderness, redness, warmth and swelling in the joints.

■ *Juvenile Rheumatoid Arthritis* produces serious complications in severe cases or causes few problems in very mild cases.

■ *Lupus* affects the skin and body tissues and possibly organs such as kidneys, lungs or heart.

■ *Rheumatoid Arthritis* causes inflammation (swelling) of the lining of joint tissue, leading to deformity.

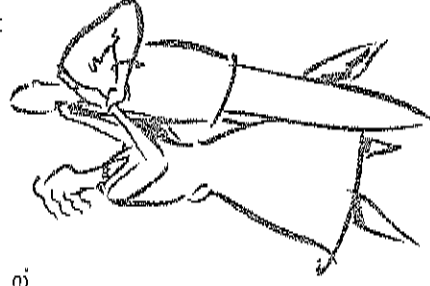
□ Know the warning signs of arthritis

If you have any of the following symptoms, see your doctor:

- Swelling in one or more joints.
- Morning stiffness lasting 30 minutes or longer.
- Persistent joint pain or tenderness.
- Inability to move a joint in the normal way.
- Redness or warmth in a joint.
- Weight loss, fever or weakness, and joint pain that cannot be explained.

□ Find out from your doctor which type of arthritis you have

Your doctor will take a detailed medical history of your current and past symptoms and conduct a physical examination, x-rays and blood work to determine the type of arthritis you have.



□ Talk to your doctor about treatment options

- Medications can reduce pain and tenderness in the joints.
- Physical therapy can teach you new ways to perform daily activities such as dressing, walking, climbing stairs and bathing.
- Heat and cold therapies may ease pain and stiffness by relaxing the muscles.
- A physical therapist, occupational therapist, exercise physiologist or doctor can recommend an exercise program for you.
- Lose weight if overweight. Extra weight puts more pressure on the joints and can aggravate some forms of arthritis.
- In some cases, surgery may be necessary to repair damaged joints.

□ Use a variety of methods to control your arthritis pain

- Get adequate sleep each night.
- Balance physical activity with rest.
- Take medications (prescribed or over-the-counter) as recommended by your doctor.
- Exercise to keep joints moving, reduce pain and stiffness, improve your mood

Who Can Participate?

This program is designed specifically for people with arthritis. Anyone who routinely experiences joint pain, stiffness and/or limited range of motion is invited to attend. The program is also appropriate for anyone who wants to learn joint-safe exercises.

Who Leads the Program?

You will learn from Family and Consumer Sciences Extension educators who have successfully completed the Arthritis Foundation Training Program. They are certified and approved by the Arthritis Foundation to teach this program.

The instructors match the class routines to the fitness levels of the participants, so that those needing modified or seated movements are just as welcome as those who desire a more intense routine. The joint-safe exercises are demonstrated by the instructors.

To learn more about this program or about arthritis, visit University of Tennessee Extension's Health and Safety Web site at <http://fcs.tennessee.edu/healthsafety/ashp.htm> or the Arthritis Foundation's Web site at <http://www.arthritis.org>.

How Do You Sign Up?

Signing up is easy. Complete the registration form and mail it with your check or money order to your county Extension office. Or call the office to register and drop the registration form and fee off at the office.

Where and When is the Next Program?

THE UNIVERSITY of TENNESSEE

Family and Consumer Sciences

06-0247 3M 5/06 R12-5310-079-002-06
Program is approved and monitored by the Tennessee Department of Health, University of Tennessee Extension, and the Tennessee Department of Education. University of Tennessee Extension is a 501(c)(3) non-profit organization. All Tennessee Extension programs are approved and monitored by the Tennessee Department of Health, University of Tennessee Extension, and the Tennessee Department of Education. All Tennessee Extension programs are approved and monitored by the Tennessee Department of Health, University of Tennessee Extension, and the Tennessee Department of Education.

Extension
SP667

Arthritis Foundation Exercise Program

Take Control of Your
Arthritis with Exercise

A Program of
the Arthritis
Foundation
Offered in
Partnership
with UTE
Extension
in Your
County

No arthritis
pain relief
comes in a
bottle

Extension



Can People with Arthritis Exercise?

Yes! For years there has been the myth that people with arthritis should not exercise because it would injure their joints. Today, the medical community agrees that moderate physical activity can improve your health without hurting your joints. Developed by physical therapists specifically for people with arthritis, this program provides low-impact, joint-safe exercises that will keep your joints flexible, muscles strong and help reduce the pain and stiffness associated with your arthritis. With less pain, you will be able to reduce your need for pain medication.

What are the Benefits?

The Arthritis Foundation Exercise Program offers several advantages over generalized community exercise programs. It is designed specifically for persons with arthritis, taking into consideration the pain, fatigue and decreased strength and motion that often accompany the disease. The program includes accommodations for individual limitations and does not encourage activities that might aggravate, rather than relieve, arthritis symptoms. To assure safe performance of the exercises, instruction about basic principles of arthritis exercise, correct body mechanics and joint protection are included.

Benefits of participating in the program include:

- Reduced pain
- Improved overall health status
- Increased flexibility and range of motion
- Increased energy
- Better, more relaxed sleep
- Improved outlook
- Decreased depression
- Decrease in doctor and emergency room visits

How is the Program Structured?

This exercise program is designed to help you feel better with your arthritis. The 60-minute sessions typically meet one to two times per week. The program includes range of motion, muscle strengthening and/or endurance exercises, body mechanics lectures and relaxation techniques. The routines can be quickly learned to easily practice at home. The low-impact class may be taken either standing or sitting.

While the Arthritis Foundation Exercise Program provides participants with a fun, safe exercise program to stay fit, it should not replace treatment prescribed by your doctor or physical therapist.



Registration Form

last name _____

first name _____

street _____

city _____ state _____ zip _____

work telephone number _____

home telephone number _____

e-mail address (optional) _____

course name _____

dates _____ fee _____

method of payment _____

date _____ receipt no. _____

Mail to:



Events In Your Area

Local Resources

State Advocacy

Juvenile Arthritis

About Us

OUR IMPACT IN TENNESSEE

The Arthritis Foundation is changing lives in your local community.

Currently, in 2016:

- More than 19,638 people living in Tennessee used our digital tools.
- 536 individuals in Tennessee received a Better Living Toolkit.
- 14,101 people in Tennessee are subscribers to *Arthritis Today* magazine.
- 160 children with juvenile arthritis received a JA Power Pack in Tennessee, which is home to one Arthritis Foundation JA camp and one Family Day.

We're also making strides in arthritis advocacy - visit our state advocacy page to learn more!

Events in Your Area

2018 Living Your Yes With RA 101 - Jackson, TN

September 10, 2018

Location: Jackson/Madison County Library

433 E Lafayette St.

Jackson, Tennessee 38301

Contact: Jessica Saad (p) 629-888-0732 (e) jsaad@arthritis.org

[Details](#)

2018 Bone Bash - Franklin, TN

October 13, 2018

Location: Factory at Franklin

230 Franklin Rd.

Franklin, Tennessee 37064

Contact: Lauren Clanton (p) 615-517-9875 (e) lclanton@arthritis.org

[Details](#)

2018 Bone Bash 5K - Jackson, TN

October 13, 2018

Location: Union University

1050 Union University Drive

Jackson, Tennessee 38305

Contact: Michelle Dooner (p) 901-341-4145 (e) mldooner@arthritis.org

[Details](#)

2018 Living Your Yes with RA 101-Nashville, TN

November 15, 2018

Location: Maggiano's Restaurant

3106 West End Avenue

Nashville, Tennessee 37203

Contact: Jessica Saad (p) 629.888.0732 (e) jsaad@arthritis.org

[Details](#)

2018 Jingle Bell Run - Memphis, TN

November 17, 2018

Location: Overton Square Courtyard

2101 Madison Ave

Memphis, Tennessee 38104

Contact: Michelle Dooner (p) 901-341-4145 (e) mldooner@arthritis.org

[Details](#)

2018 Jingle Bell Run - Franklin, TN

December 1, 2018

Location: Bicentennial Park

400 5th Ave N

Franklin, Tennessee 37064

Contact: Taylor Morrison (p) 615-517-9875 (e) cmorrison@arthritis.org

[Details](#)

2018 Jingle Bell Run - Knoxville, TN

December 8, 2018

Location: World's Fair park

525 Henley Street

Knoxville, Tennessee 37902

Contact: Candice Henry (p) 714-402-9448 (e) chenry@arthritis.org

[Details](#)

About Arthritis
Understanding Arthritis
Types of Arthritis
Where It Hurts

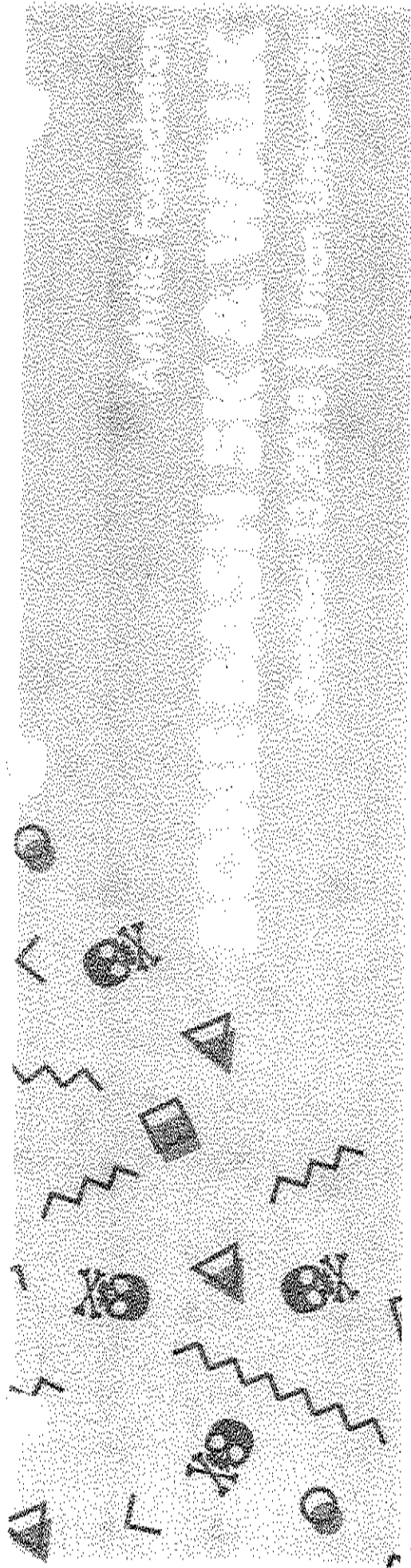
Fighting For You
Advocacy
Path to a Cure

About Us
Mission & Vision
Leadership
News

Press
Store

Social Media





24% of Goal!
\$7,270 Raised Goal \$30,000
[REGISTER](#) [DONATE](#)

Join us on October 13, 2018

2018 Bone Bash 5K - Jackson

Saturday, October 13, 2018
Union University

ONE can make a difference

The Arthritis Foundation's Bone Bash 5K is a fun way to get decked out and be festive, while racing to raise funds and awareness to cure America's #1 cause of disability. Put on your favorite costume. Bring a team of friends, family and co-workers to run or walk, spread smiles ... and be a Champion of Yes! 100 percent of your registration fee and fundraising efforts go to this great cause.

Arthritis affects more than 50 million Americans, including 300,000 children. They are warriors. They face relentless pain, a frustrating search for a diagnosis, multiple doctor's visits and treatment, missed work and school, limited mobility, a maze of medical and insurance paperwork, and the desire to live a full life without the limitations that arthritis can create.

Whether you're an arthritis warrior yourself or care about someone who is, sign up and join us today!

For help or more information about the 2018 Bone Bash 5K of Jackson, contact Michelle Dooner at midooner@arthritis.org, or call 801-341-4145.

Comments

The Arthritis Foundation is a registered 501(c)(3) nonprofit organization.
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EN ES
Powered By:

**UT Extension &
Arthritis Foundation
Self-help Program**

Who Can Participate?

This program is designed specifically for people with arthritis. Anyone who routinely experiences joint pain, stiffness and/or limited range of motion is invited to attend. The program is also appropriate for anyone who wants to learn joint-safe exercises.

Who Leads the Program?

You will learn from Family and Consumer Sciences Extension educators who have successfully completed the Arthritis Foundation Training Program. They are certified and approved by the Arthritis Foundation to teach this program.

The instructors match the class routines to the fitness levels of the participants, so that those needing modified or seated movements are just as welcome as those who desire a more intense routine. The joint-safe exercises are demonstrated by the instructors.

To learn more about this program or about arthritis, visit
University of Tennessee Extension's Health and Safety Web site
at <http://fcs.tennessee.edu/healthsafety/ashp.htm>
or the Arthritis Foundation's Web site at
<http://www.arthritis.org>.

How Do You Sign Up?

Signing up is easy. Complete the registration form and mail it with your check or money order to your county Extension office. Or call the office to register and drop the registration form and fee off at the office.

Where and When is the Next Program?

THE UNIVERSITY OF TENNESSEE

Family and Consumer Sciences

06-0246 3M 5/06 R12-5310-079-001-06

Program is a cooperative effort of the University of Tennessee Extension, the Tennessee Department of Agriculture, the Tennessee Department of Health, and the Tennessee Department of Education. The University of Tennessee Extension is a part of the University of Tennessee. The University of Tennessee Extension is a part of the University of Tennessee. The University of Tennessee Extension is a part of the University of Tennessee.

OF Extension
Stages

Arthritis Foundation Self-Help Program

*Take Control of Your
Arthritis with Knowledge*



A Program
of the
Arthritis
Foundation
Offered in
Partnership
with UT Extension
in Your County

Extension



How Does The Arthritis Foundation Self-Help Program Help People With Arthritis?

This program is created to give you the knowledge you need to take control of your arthritis. If you have arthritis or fibromyalgia, living the most active life with the least amount of pain, fatigue and disability involves becoming an active partner in your arthritis care. This means working with your health care providers as well as learning how to manage your arthritis on a day-to-day basis.

The Arthritis Foundation Self-Help Program is designed to help you learn and practice the different skills needed to build your own individualized self-management program, and gain the confidence you need to carry it out. The program allows participants to share experiences with others, offering the opportunity to both help and learn from each other.

What Are the Benefits?

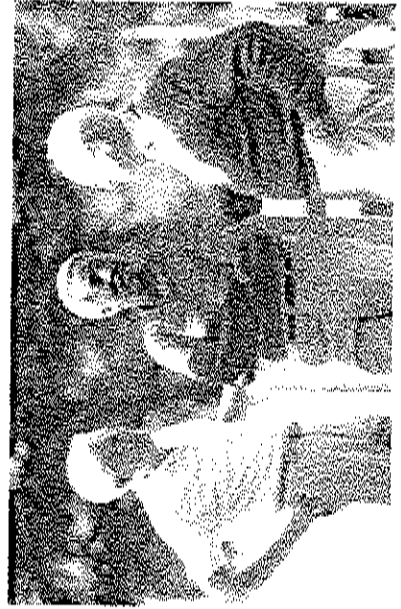
Benefits of participating in the program include:

- Reducing pain by 20 percent
- Reducing physician visits by 40 percent
- Increasing knowledge about your arthritis
- Increasing frequency of exercise and relaxation
- Increasing self-confidence to control your arthritis symptoms
- Decreasing depression
- Decreasing medication use

How is the Program Structured?

Developed at Stanford University, this six-session program (two hours each session) teaches knowledge and skills needed to better manage your arthritis. This group education program is designed to complement the professional services provided by your physician and other members of your healthcare team.

Through informal, small-group discussion and easy-to-understand materials, you will learn the basics of joint anatomy and joint protection, the importance of exercise and nutrition, how to take medications properly and communicate better with your doctor. You also learn about self-help devices that can enhance your daily activities and are offered an opportunity to seek answers to questions that are of most concern to you. And, each class offers tips and techniques that can be used right away to better control your arthritis.



Registration Form

last name _____

first name _____

street _____

city _____ state _____ zip _____

work telephone number _____

home telephone number _____

e-mail address (optional) _____

course name _____

dates _____ fee _____

method of payment _____

date _____ receipt no. _____

Mail to:

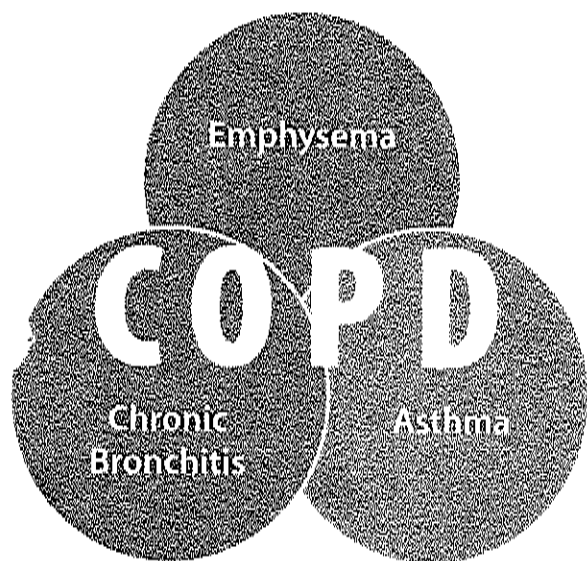
LIFT Therapy – COPD/Asthma

ARE YOU LIVING WITH COPD/ASTHMA?

Disease Management

Located in the heart of downtown Jackson
101 Jackson Walk - 4th Jackson, TN 38201
731-425-6956 / 731-425-6956

Chronic Obstructive Pulmonary Disease (COPD) affects almost 24 million people according to the COPD foundation.



COPD is a term used to describe progressive lung diseases, including emphysema and chronic bronchitis.

Symptoms of COPD:

- Breathlessness
- Frequent coughing
- Wheezing
- Tightness in chest

COPD is a serious disease, but it can be successfully managed through the LIFT Disease Management Program in partnership with your Primary Care Provider or Pulmonologist.

DISEASE MANAGEMENT

A LIFESTYLE APPROACH TO HEALTHCARE

Disease Management is an approach to healthcare that teaches you how to manage your chronic disease.

In this free educational clinic, you will learn how to develop a healthy lifestyle to avoid potential problems or worsening of your health condition. Family members and significant others are welcome to attend our disease management clinic.

OUR WEEKLY EDUCATIONAL CLINIC COVERS A VARIETY OF SUBJECTS, INCLUDING:

- Medications
- Correct Inhaler technique
- Dietary modifications/weight control
- Stress management
- Dealing with emotions
- Exercise guidelines
- Smoking cessation support

ENROLLMENT PROCESS

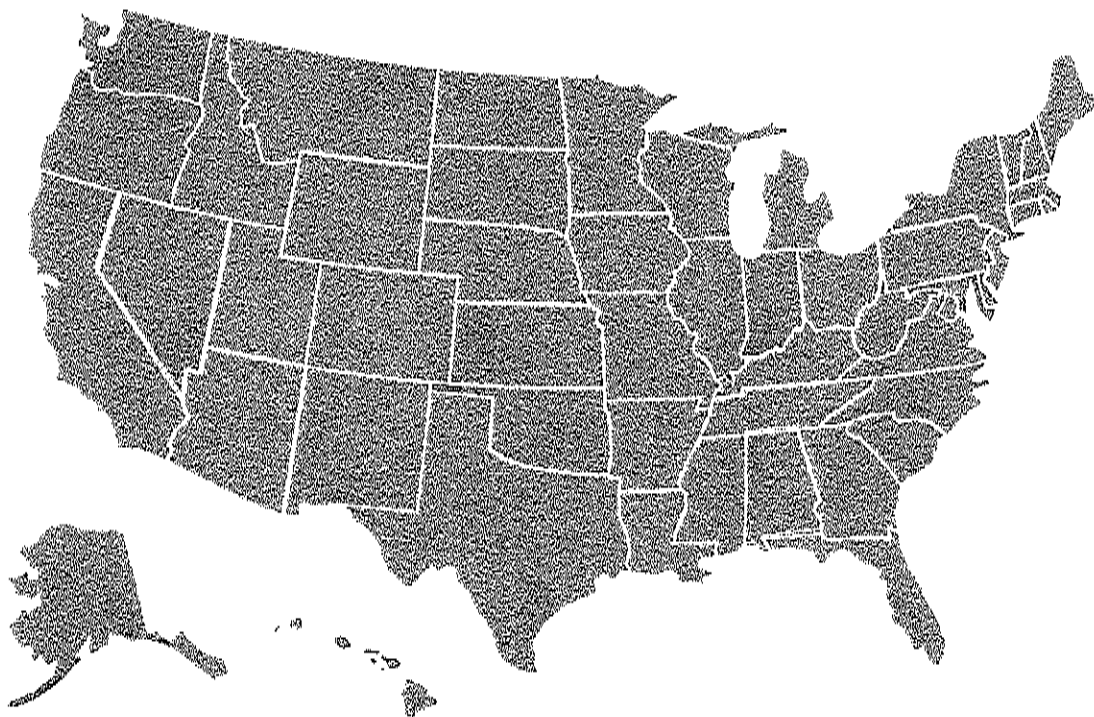
- Call LIFT Disease Management at 731-425-6956.
- If you and your physician decide this program is right for you, you will be assigned to a nurse case manager and begin the FREE program.
- We will work closely with your primary care provider and/or your pulmonologist and results/progress reports will be sent back to this provider.

Search: [Resources](#) [Community](#)

[Find a Local Support Group](#)

Find a Local Support Group

AAFA has educational support groups all across the country to offer emotional support and information about asthma and allergies. These groups host guest speakers, events and more. Each group also has a medical advisor. Please click on a state for more information on their local support groups



International [United States](#) [Virtual](#)

Please Select ▼ Tennessee ▼ Please Select ▼

How Can I Start a Support Group?

If you can't find a support group in your area, we'd love to help you start one. Anyone who needs support or wants more information can start a group.

If you are located in an area covered by one of our [regional chapters](#), contact them for help getting started.

How Can I Affiliate My Group With AAFA?

Recommended for you

[How Does New Jersey Rank for Asthma and...](#)

[Air Pollution and Asthma | AAFA.org](#)

[www.aafa.org](#)

[www.aafa.org](#)


AedFms

The next step for a successful support group is getting it affiliated with AAFA. Affiliation gives your group credibility. It also gives you the support of a national organization. Affiliating with AAFA is free. Here are some of the benefits of affiliation:

- Referrals from AAFA's 1-800-7-ASTHMA
- Your group gets added to our searchable list of support groups
- Free subscription to *Leader's Link*, AAFA's support group leader/advisor newsletter
- Free educational materials from AAFA and KFA
- Your group's educational or outreach events featured on KFA's events calendar
- Access to ESG Leaders Facebook page (coming soon)
- Free resources and special mailings throughout the year
- Free Kyle Dine allergy awareness video – allergy education for students (in multiple languages)

To affiliate with AAFA, your support group is required to:

- Have a minimum of five members
- Recruit a physician to serve as a medical advisor
- Complete affiliation forms and submit semi-annual reports on the group's activities

For more on how to start a support group and affiliate it with AAFA, read our [Support Group Affiliation Guide](#) .

For more information or help, contact supportgroups@aafa.org.

United States

Alabama

AlabamaSAFE, Alabama Supporting Allergic Families through Education

Area Served: Alabama

Audience: All Ages

Focus: Asthma, Allergies, Food Allergies

Meeting Location: various venues

Meetings: Contact for information

Coordinator: Ann Marie Liskey

Medical Advisor: Dr. Sunena Chhabra Argo, MD

Phone Number: 205-730-6180

Fax Number: N/A

E-mail: annmarieliskey@alabamasafe.org

Website: <https://www.alabamasafe.org/>

Alaska

AAFA Alaska Parents of Food Allergic Children (PFAC)

Area Served: Mat-Su Valley, Eagle River and Anchorage

Audience: Parent

Focus: Food Allergy

Meeting Location: Mat-Su Valley, Eagle River and Anchorage

Meetings: Contact for information

Coordinator: Denise Lomellino

Medical Advisor: Melinda Rathkopf, MD

Phone Number: 907-686-4810

Fax Number: N/A

E-mail: aaafafood@gci.net

Website: aafaalaska.com

Arizona

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Arkansas

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

California

Asthma & Allergy Support Group of West Los Angeles

Area Served: Los Angeles

Audience: Adults

Focus: Asthma and allergies

Meeting Location: 10780 Santa Monica Blvd, Suite 280, Los Angeles, CA 90025

Recommended for you

How Does New Jersey Rank for Asthma and...

www.aafa.org

Article

Air Pollution and Asthma | AAFA.org

www.aafa.org

Fax Number:
E-mail: dana@foodallergyaidz.com
Website: foodallergyaidz.com

Idaho

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Oregon

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Pennsylvania

Food Allergy Families of Montgomery and Bucks
Area Served: Montgomery and Bucks counties
Audience: All Ages
Focus: Asthma, allergies, and food allergies
Meeting Location: Indian Valley Public Library, 100 E Church Rd, Telford, PA
Meetings: Contact for information
Coordinator: Denise McSherry and Katie Pietrak
Medical Advisor: Nicholas A. Pawlowski, MD
Phone Number:
Fax Number:
E-mail: foodallergyfamiliesofmontbucks@gmail.com
Website: foodallergyfamiliesofmontgomeryandbucks.com

Parents Having Allergic Children Team (PHACT)
Area Served: Chester County
Audience: All Ages
Focus: Food Allergies
Meeting Location: Paoli Hospital, Paoli, PA
Meetings: Contact for information
Coordinator: Jenine Lawton
Medical Advisor: Janet Beausoleil, MD
Phone Number: N/A
Fax Number: N/A
E-mail: ParentsHavingAllergicChildren@yahoo.com
Website: PHACTfoodallergy.com

Rhode Island

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

South Carolina

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

South Dakota

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Tennessee

Food Allergy Community of East Tennessee (FACET)
Area Served: East Tennessee
Audience: All Ages
Focus: Allergies, Food Allergy
Meeting Location: East TN Children's Hospital and Blount Memorial Hospital
Meetings: Contact for information
Coordinator: Becky Bassalone, Amanda Painter
Medical Advisor: Andrew M. Singer, MD
Phone Number: 865-318-4241
Fax Number:
E-mail: joinfacet@yahoo.com
Website: joinfacet.weebly.com

Recommended for you

Asthma and Allergy
Projects | AAFA.org

www.aafa.org

Add This

Rhinitis, Nasal Allergy,
Hayfever | AAFA.org

www.aafa.org

Food Allergy Alliance of the MidSouth**Area Served:** Memphis Metro Area**Audience:** All Ages**Focus:** Food Allergy**Meetings:** Contact for information**Coordinator:** Kelley Barnett**Medical Advisor:** Jay Lieberman, MD**Phone Number:** (901)614-2907**E-mail:** contact@faamidsouth.org**Website:** faamidsouth.org**Texas****DFW Youth Allergy Support Group****Area Served:** Dallas-Fort Worth Metro Area**Audience:** All Ages**Focus:** Allergies, Food Allergies**Meeting Location:** Contact for Information**Meetings:** Contact for information**Coordinator:** Ishaan Manohar**Medical Advisor:** Dr. Sangeeta Elhence**Phone Number:** 972-393-2318**Fax Number:****E-mail:** ishaanmanohar20@gmail.com**Website:** N/A**Texas Children's Food Allergy Network****Area Served:** Greater Houston area**Audience:** Adolescents, Parents**Focus:** Food allergies**Meeting Location:** 1102 Bates Ave., Houston, TX 77040**Meetings:** Contact for information**Coordinator:** Theresa Aldape**Medical Advisor:** Carla M. Davis, MD**Phone Number:** 832-824-1385**E-mail:** tmaldape@texaschildrens.org**Website:** texaschildrens.org/departments/food-allergy-program/**Utah****Utah Food Allergy Network (UFAN)****Area Served:** Utah**Audience:** Adult and Parent**Focus:** Food Allergy**Meeting Location:** Varies**Meetings:** Contact for information**Coordinator:** Michelle Fogg**Medical Advisor:** Dr. Kay Walker**Phone Number:** 801-949-0092**Fax Number:** N/A**E-mail:** support@utahfoodallergy.com**Website:** UtahFoodAllergy.org**Vermont**

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Virginia

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Washington**Washington FEAST****Area Served:** Greater Seattle area but all from PNW are welcome**Audience:** Adolescent, Adult and Parents**Focus:** Food Allergy**Meeting Location:** Join Yahooogroup for updates**Recommended for you****Asthma and Allergy
Projects | AAFA.org****Rhinitis, Nasal Allergy,
Hayfever | AAFA.org**www.aafa.orgwww.aafa.org

Add This

Helping Hands of Tennessee



Wanting to know how we can
helped help you or
your loved one?

- Financial assistance
- Assistance with transportation
- Food and groceries
- Home care, medical equipment
- Prescription assistance

Call today to get help:

1-800-368-7263
or
731-736-4

Enter your name

Enter your email

Enter your phone number

or call us at 731-736-4

or 1-800-368-7263

WHO WE ARE

Helping Hands of Tennessee is a 501 c(3) organization headquartered in Jackson, Tennessee. Our mission is to improve healthy outcomes in the West Tennessee area by helping people to live longer, healthier, and more active lives. Since its launch in January 2016, we have saved consumers \$1,200,000 in medical expenses by providing healthcare resources with a family-centered approach to low income families.

Our Family-centered Approach to Healthcare

The vision of our organization is for individuals to have access to medical dental services as well as educational resources to increase healthy outcomes within the communities we serve. Our long-term plan is to serve multiple locations where medical gaps exist to meet the healthcare needs of patients. We collaborate with other organizations to educate families about all available resources that may be beneficial for their health and well-being through a needs assessment intake process. We believe that by supplying these resources at a reduced price or no cost within under-served communities can improve healthy outcomes through our approach.



OUR SERVICES

Our services include an affordable dental clinic, mobile dental services, eyeglass assistance, Medicare counseling, Medicare enrollment and home-buyer workshops.



Dental Care

Our Smiles Across TN Dental Center provides our patients with preventative dental care.



Hearing Services

In addition to hearing exams, we can provide assistance for hearing loss and aide supplies.



Vision Services

Eyeglasses are a high demand for the patients we see. We assist in obtaining corrective lens.



Medicare Programs

Our Medicare programs help patients understand their options and save on healthcare.

HOW WE CAN HELP

Our goal is to help you understand the services we offer and how we can help you. We are here to assist you in understanding the services we offer and how we can help you.



Top Notch Advisory

We work with a great team of well-connected Board members with diverse experience who are fully engaged in contributing ideas and services to assist our growth.



High Quality Care

First and foremost, our well-trained medical staff and volunteers are guided by the mission of the organization in providing excellent, patient-centered care.



Health Education

Education is important in promoting wellness in the community. We are prepared to offer workshops to facilitate health and wellness education.

OUR UPCOMING EVENTS

We often partner with other health organizations in Tennessee to make our health services accessible to the communities we serve. Check here for our upcoming clinics that we have scheduled throughout the year.

Join us March 24, 2018 at the Oman Arena in Jackson, Tennessee for a fun day of healthy activities at our **Spring Into Health Fair**. We will offer dental and vision screenings, food demonstrations, a play area for children and more!

The screenings will be first come, first serve, so please contact us today for pre-registration. Check out our event on Facebook or view the flyer below for more information about our partners and vendors. We will see you soon!

[illegible]

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

FREQUENTLY ASKED QUESTIONS

What are the hours of service?

We are opened during normal office hours Monday – Thursday, 9 AM – 4 PM, and on Friday, 9 AM – 12 PM.

What financial assistance is offered for denture services?

Patients can apply for a payment plan option for dentures. No additional fees are applicable for the payment plan option.

What is the organization's service area?

We proudly serve Madison, Haywood, Lauderdale, Tipton, Fayette, and Hardeman counties. Medicare Workshops and Medicare Counseling programs are offered in 20 counties throughout the West Tennessee region.

Are walk-ins accepted or are appointments required for services?

While appointments are recommended, we allow for walk-in assistance at our business location. Home appointments are also allowed within our service area for Medicare beneficiaries.

How can Medicare patients save on costs through your organization?

Make an appointment for our Medicare counseling services offered at cost, or attend one of our educational workshops near you.

What are the qualifications and fees for services?

For those without insurance, we offer sliding scale fee services based on a family's gross income. There are no fees for Medicare Educational Workshops or Medicare Counseling Services.

GET DIRECTIONS

Click on the map below to get directions to our location.

CONTACT US

Tel: (731) 736-4005

Fax: (731) 736-4000

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