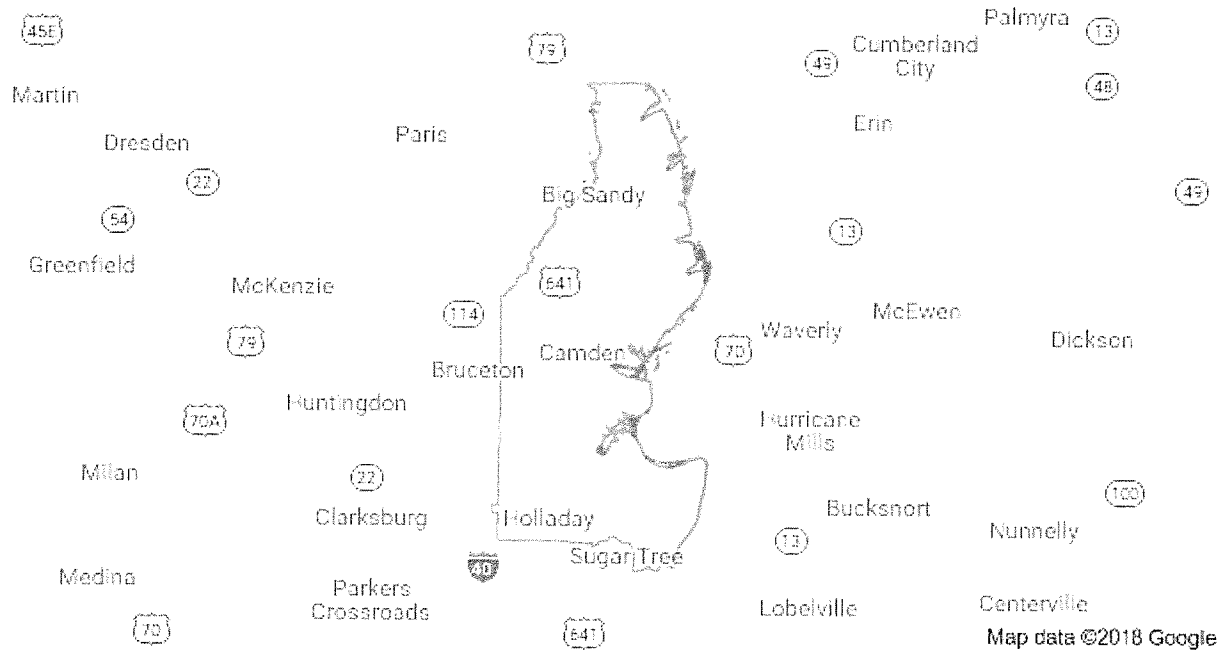


Community Health Needs Assessment

Benton 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 Q2

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Benton County Community Health Needs Assessment
2018 Update

Executive Summary

Under the leadership of Jackson-Madison County General Hospital a community health needs assessment of Benton 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 update process was a blending of Benton County Health Council top health priorities and implementation strategies, and secondary data on the actual extent of particular health issues.

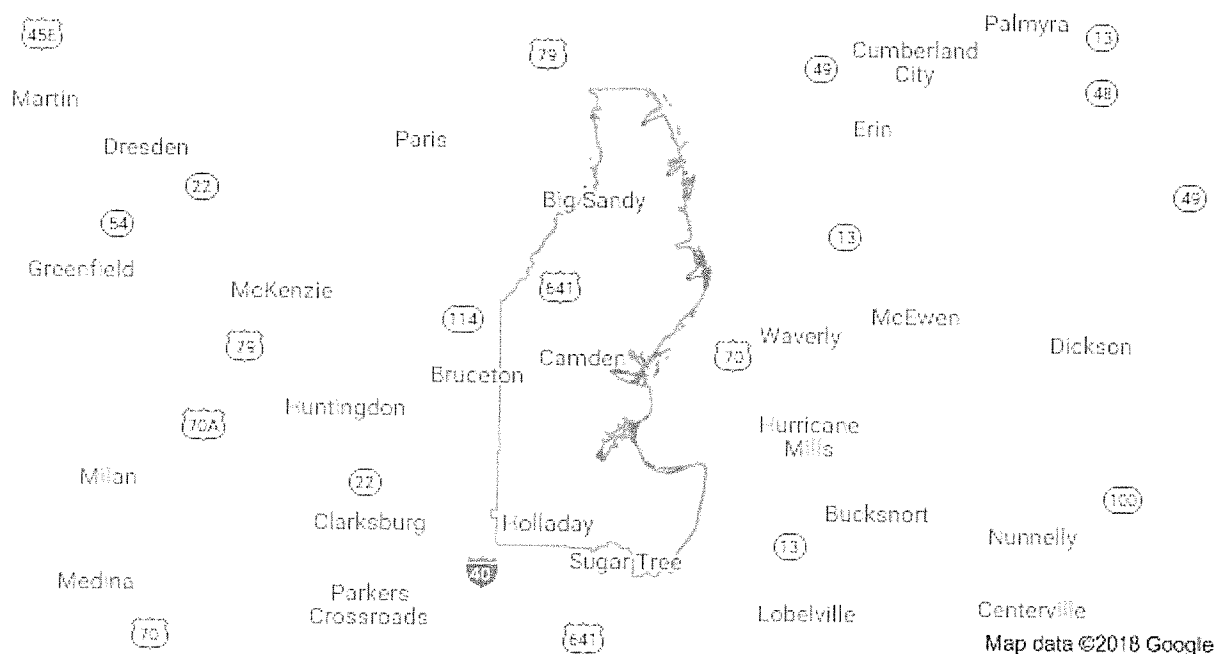
The mission of the Community Health Needs Assessment is to evaluate and improve the health status and wellbeing of the residents of Benton County, Tennessee with an emphasis on preventive measures.

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. The second step in the Community Health Needs Assessment Update process consisted of reviewing priorities and implementation strategies developed by the Benton County Health Council.

The Benton County Health Council identified three priority health issues: Obesity, Chronic Disease, and Substance Abuse. Several goals, objectives, and implementation strategies were identified to address these health issues that emphasize screenings, education and collaboration with other community agencies with the purpose of easing the burden of health disparity for the Benton County community.

Community Health Needs Assessment

Benton 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

Introduction

Under the leadership of Camden General Hospital and the Benton County Health Council, a Community Health Needs Assessment Update of Benton 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; and Department of the Treasury Internal Revenue Service 26 CFR Parts 1, 53, and 62 *Additional Requirements for Charitable Hospitals; Community Health Needs Assessments for Charitable Hospitals; Requirements of a Section 4959 Excise Tax Return and Time for Filing the Return.*

The community health needs assessment update process was a blending of Benton County Health Council top health priorities and implementation strategies, and secondary data on the actual extent of particular health issues.

Description of the Hospital and Community

Camden General Hospital was acquired by the Jackson-Madison County General Hospital in 1997. Effective December 2005 Camden General Hospital converted to a critical access hospital with 25 licensed beds, all of which are in service. The Hospital is a member of the American Hospital Association, the Tennessee Hospital Association, and is accredited by The Joint Commission. Camden General Hospital has been approved by the U.S. Department of Health and Human Services for participation in Medicare and Medicaid Programs. The service area for Camden General Hospital is Benton County.

The Hospital provides inpatient and outpatient services, emergency services 14 hours a day and 7 days a week, an accredited laboratory that operates 24 hours a day, general medicine services, internal medicine services, pharmacy, radiology (diagnostic X-Ray, computerized axial tomography, magnetic resonance imaging), respiratory care, and physical therapy.

Benton County is located in rural Northwest Tennessee approximately 145 miles East of Memphis and 93 miles West of Nashville. The 2017 population of 15,986 is comprised of 95.2

percent Caucasian, 2.9 percent African American, and 1.9 percent Other races. According to the Tennessee Department of Economic & Community Development (2018), 22.6 percent of the population is below the Federal poverty level. The personal income per capita is \$34,013. The population under 65 years of age represents 77.1 percent while the over age 65 population is 22.9 percent. The high school graduation rate is 95.8 percent; 19.2 percent have an Associate Degree or higher and 13.6 percent have a Bachelor Degree or higher.

Benton County has a wide range of industries that employ individuals living in and around the county. Advanced manufacturing and healthcare are the county's key industries followed by transportation, distribution & logistics, business services, and chemicals, plastics & rubber. The top employers of Benton County are Jones Plastic & Engineering (222 employees), Carhartt, Inc. (200 employees), Wal Mart Store #738 (200 employees), County of Benton (107 employees), Bank of Camden (100 employees), Camden General Hospital (80 employees), North Forty Truckstop (75 employees), Town of Camden (63 employees), Palmer Tool (60 employees), and Benton County Board of Education (59 employees).

Benton County is home to Veterans Memorial Park, Camden City Park, and Big Sandy City Park where community members participate in sports and recreational activities. Nathan Forrest Bedford State Park is also located in Benton County and with more than 20 miles of hiking trails, kayak rentals, paddling, disc golf, and an assortment of outdoor activities, the park is a community favorite.

The county seat of Benton County is Camden, Tennessee. The City of Big Sandy, City of Camden, Benton County Government, and the Benton County School System are all located in Benton County. The public school system has six schools and serves approximately 2,100 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 Benton County, Tennessee with an emphasis on preventive measures.

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. This data is presented in **Appendix A**.

The second step in the Community Health Needs Assessment Update process consisted of reviewing priorities and implementation strategies developed by the Benton County Health Council. A Health Council brochure, meeting minutes, and a cross section of implementation program brochures are in **Appendix B**. The final stage consisted of reviewing the two sets of data and final report production.

Benton County Health Council

The Benton County Health Council is organized under the auspices of the State of Tennessee Department of Health, and is composed of community members who represent diverse spectrums of Benton County as well as staff from the local and regional health departments. The Chair of the Council is with the Benton County School District.

The Benton County Health Council partners with area agencies, organizations, businesses, churches and faith-based organizations, schools, colleges and universities, and local government to fulfill its mission to identify and prioritize health issues and problems while continually working to promote, protect, and improve the health of persons living and working in the county (Health Council brochure, 2018).

Members of the Benton County Health Council include:

Donna Moore, Chair Benton County School District
Crystal Floyd..... Benton County Health Department
Tracy Byrd Benton County Health Department
Jenna Cole Wilson Benton County Chamber of Commerce
Heather Smith UT/TSU Extension Service
Chanda Freeman West TN Regional Health Department
Scott Barber Camden General Hospital
Renee Douglas Benton County School District
Dawn Harris..... West Tennessee Healthcare
Dana Cobb..... NW Council on Children and Youth
Janie Nicholson Benton County Community Resource Center
Syrena Flowers..... West TN Regional Director, Governor's Foundation for Health and Wellness

The Benton County Health Council meets on a quarterly basis to develop and implement strategies to address the health priorities of the county. The Council goes through a structured process to select county priorities and adopt strategies to improving health outcomes. Priorities are selected for a period of 2 - 3 years with the last priority selection occurring in 2016. Through this process, the Benton County Health Council identified three priority health issues:

1. Obesity
2. Chronic Disease
3. Substance Abuse

Implementation Strategies

Several goals, objectives, and implementation strategies were identified to address the three health issues selected. The strategies emphasize screenings, education and collaboration with other community agencies.

Goal:

Through community collaboration, the Benton County Health Council will work to promote healthy behaviors and offer holistic programming for children, youth, and adults at the senior center, in the school system, and at community events.

Obesity and Chronic Disease

The Health Council collaborates with Camden General Hospital annually to provide a community health day. The 2018 community health day was entitled *Benton County Cares, Community Health Day* and was held on July 19, 2018. Over 40 community partners were in attendance and provided health screenings, demonstrations, and information on a number of health related topics. The event was free and open to the public.

Figure 1: Healthier TN Communities

★ Recognized

Healthier Communities		
EAST	MIDDLE	WEST
★ Anderson County	★ Bedford County	Arlington
★ Bledsoe County	★ Clarksville	★ Benton County
★ Blount County	★ Cookeville	★ Carroll County

Benton County has been awarded the distinction of being a Healthier Tennessee Community. Healthier Tennessee is a program initiated through the Governor's Foundation for

Health and Wellness. The program focuses on providing support and resources for Tennesseans to live healthier lives by being physically active, consuming healthier foods, and reducing use of tobacco products. Through meeting specific criteria, the county was awarded grant funding which was used to install equipment in Stigall's Rest Park. Plans are currently being generated to install a new walking trail. Another grant, through the Boyd Foundation, awarded \$25,000 to

the City of Camden to build a dog park. These activities promote being physically active to reduce the incidence of obesity and chronic disease and to enhance living healthier lives.

The Health Council has worked to enroll Benton County Schools in the 100 Mile Club. The 100 Mile Club program is designed to improve the health and well being of children at school through daily physical activity in a noncompetitive, supportive, fully-inclusive environment. The program provides incentives along the way as students learn lessons in goal-setting, determination, and team spirit while being physically active.

The Health Council and Camden General Hospital will continue to collaborate with the Benton County Tennessee Nutrition & Consumer Education Program (TNCEP). This program focuses on improved nutrition and education for children and families. The TNCEP promotes the program *Power U*, a curriculum that contains 10, 30-minute interactive lessons designed for 4th grade students focused on healthy eating and exercise to prevent weight gain. TNCEP also promotes healthy eating through *Eat Smart Cooking Basics* healthy recipes and information on commodity distribution, and education programs throughout the county.

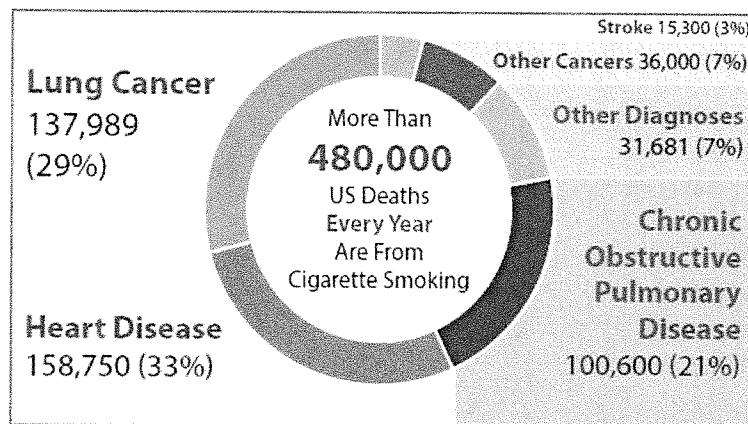
Each year, Camden General Hospital provides numerous screenings for the community. These coordinated community outreach events provide multiple avenues for residents to receive health information, resource referrals, and education (see **Table 1**).

Table 1: Camden General Hospital Community Outreach

Month	Type of Outreach	Location
May	Blood pressure screenings	Camden General Hospital
July	Screenings for hypertension, influenza vaccinations, height, weight, and BMI evaluations	Community Health Day
August	Athletic physicals in the Benton County School System, screenings for hypertension, and BMI evaluations	Benton County School System
September	Prostate screenings	Camden General Hospital
October	Breast screenings	Camden General Hospital

Benton County also received a \$3,000 grant for preventing tobacco use among youth. The funding focus was on strengthening tobacco-free policies in Benton County schools. In addition, the county continues its efforts to reduce and prevent tobacco use, primarily among youth, through initiatives like the youth-led TNSTRONG (Tennessee Stop Tobacco and Revolutionize Our New Generation), education and advocacy for prevention of tobacco and nicotine addiction. Tobacco use has been linked to several chronic diseases (see **Figure 1**).

Figure 2: Tobacco and chronic disease, CDC (2018).



A wide-array of community resources are offered throughout the year including *Take Charge of Your Diabetes* workshops, *Living Well with Chronic Conditions* workshops, and events including *Walk Across Tennessee*. Benton County is proactive in its strides to create and maintain a healthy community.

Substance Abuse

Opioid abuse has been classified as an epidemic in Tennessee. Benton County Health Council utilizes community partnerships to reduce the number of substance abusers in the county. Several initiatives are underway including the Tennessee Community Faith Based Initiative which connects faith-based communities with a variety of resources and works to reduce the stigma of substance abusers. Also in use is Tennessee REDLINE, a toll-free information and referral line coordinated by Tennessee Association of Alcohol, Drug, and other Addiction Services (TAADAS) and is available to anyone who needs help. The Rural Health Association of Tennessee provides webinars including *Strategies to Combat Opioid Use in Rural Communities*.

Through partnerships such as these, the Benton County Health Council strives to reduce addiction and make resources available to those who need them.

Conclusion

The Benton 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 Benton 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.

Benton 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.
- * 8.4% of U.S. children suffer from hay fever.
- * 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)

	TN
2016	31
2015	32
2014	32.6

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

Asthma

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

	Northwest	TN
2016	no data	16.1
2015	no data	14.5
2014	no data	14.4
2013	7.3	11.3
2012	13.5	11.0
2011	8.8	10.4
2010	6.5	9.3
2009	14.6	11.9

BENTON COUNTY 2018

2008	16.6	12.6
2007	13.4	12.4
2006	10.3	11.7
2005	17.2	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.

Source: Tennessee Department of Health Division of Policy, Planning & Assessment Surveillance, Epidemiology and Evaluation, 2012.

Cancer

Deaths from Malignant Neoplasms Per 100,000

	Benton County				TN		
	Total	White	Black		Total	White	Black
2016	462	480.6	*		217.5	235.1	178
2015	353.3	359.1	*		214.8	229.5	170.4
2014	421.3	437.5	*		216.1	231.8	182.4
2013	337.7	354.9	0.0		214.5	231.0	176.4
2012	311.5	327.3	0.0		211.2	226.5	176.3
2011	395.6	400.9	0.0		210.2	224.6	180.1
2010	369.9	387.6	0.0		212.9	234.6	178.9
2009	356.0	354.8	0.0		216.2	226.9	183.5

Rates of SKIN Cancer

Rates of OTHER Cancer

TN	TN
Total	Total

BENTON COUNTY 2018

2016		7.4		2016		6.5	
2015		7.5		2015		6.8	
2014		6.8		2014		7.4	

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.

Dementia/Alzheimer's Disease

* 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.

Dental Care

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

		Northwest		TN			
2016		no data		59.1			
2015		no data		58.5			
2014		no data		58.3			
2012		45.9		38.6			
2010		46.7		33.7			

BENTON COUNTY 2018

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

* TennCare dental benefits are only provided to minors and orthodontists are not typically covered.

* 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.

Diabetes

Deaths from Diabetes per 100,000

	Benton County			TN		
	Total	White	Black	Total	White	Black
2016	12.5	13.2	-	28.4	27.5	37.3
2015	55.8	52.2	*	27.1	26.6	32.8
2014	12.4	13.1	-	26.3	25.8	33.5
2013	30.7	32.3	0.0	27.9	27.1	36.8
2012	18.3	19.3	0.0	28.2	27.4	36.7
2011	42.6	44.5	0.0	27.1	26.3	35.7
2010	60.6	63.5	0.0	26.4	26.4	35.0
2009	36.2	31.1	0.0	28.2	26.8	37.7

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)

	Northwest	TN
2016	no data	12.7
2015	no data	12.7
2014	no data	13
2013	21.4	12.2
2012	13.2	11.9
2011	12.8	11.2
2010	11.1	11.3
2009	12.2	10.3
2008	11.6	10.4
2007	12.3	11.9
2006	12.2	10.7
2005	10.9	9.1

Percentage of Population Diagnosed with Diabetes

BENTON COUNTY 2018

	Benton County	TN
2018	15	13
2017	14	13
2016	14	12
2015	15	12
2014	14	11
2013	14	11
2012	14	11
2011	14	11

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)

	Northwest	TN
2013	37.2	16.8
2012	29.7	22.8
2011	32.9	21.7
2010	11.1	25.7
2009	12.2	27.4
2008	11.6	21.0
2007	12.3	25.9
2006	12.2	18.6
2005	10.9	20.1

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

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)

	Northwest	TN
2016	no data	12.4
2015	no data	15.5
2014	no data	15.5
2013	22.9	17.6
2012	26.0	18.0
2011	16.9	20.9
2010	17.4	17.7
2009	25.2	17.5
2008	17.5	15.9

BENTON COUNTY 2018

2007		17.8			16.5			
2006		15.7			14.8			
2005		10.0			13.3			
Individuals under 18 in poverty								
		Region 6			TN			
2017		27.6			25.5			
2016		33			26			
2015		36			27			
2014		36			26			
2013		35			27			
2012		34			26			
2011		29			22			
2010		25			23			
Source: 2017 Tennessee Behavioral Health County and Region Services Data Book.								
Uninsured Adults-Percent Population Under Age 65 without health insurance								
		Benton County			TN			
2018		18			15			
2017		19			17			
2016		22			20			
2015		19			16			
2014		23			21			
2013		18			21			
2012		19			20			
2011		17			19			
2010		14			15			
Percent Children Living in Single-Parent households								
		Benton County			TN			
2016		32			36			
2015		33			36			
2014		34			36			
2013		28			35			
2012		31			35			
2011		29			34			
Source: County Health Rankings and Roadmaps 2014-2016.								
All People in Poverty-Percent								

BENTON COUNTY 2018

		Benton County			TN			
2017		22.8			17.6			
2010-2014		21.4			18.3			
2009-2013		22.1			17.6			
<u>Source:</u> 2017 Tennessee Behavioral Health County and Region Services Data Book.								
Unemployment								
		Benton County			TN			
2018		7.3			4.8			
2017		7.8			5.8			
2016		9.3			5.5			
16-Jul		7.2			5			
Oct-14		8.6			7.1			
Sep-14		8.3			7.3			
Oct-13		9.7			8.1			
<u>Source:</u> County Health Rankings and Roadmaps 2016-2018.								
Heart Conditions								
Death from Diseases of the Heart Per 100,000								
Rate								
		Benton County				TN		
		Total	White	Black		Total	White	Black
2016		387.0	401.6	*		232.1	249.9	196.8
2015		353.3	346.1	*		237.5	252.8	190.1
2014		365.5	385.3	-		232.0	250.8	189.3
2013		460.5	477.5	0.0		226.7	245.1	183.1
2012		476.4	500.6	0.0		220.6	241.2	165.2
2011		486.9	483.6	0.0		221.0	239.7	175.3
2010		351.7	362.2	0.0		228.3	254.0	181.8
2009		500.8	241.1	0.0		228.0	241.1	185.8
<u>Source:</u> 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)								
		Northwest				TN		
2016		no data				5.6		
2015		no data				6		
2014		no data				5.7		

BENTON COUNTY 2018

2013		8.8			6.9			
2012		6.8			6.7			
2011		7.3			5.2			
Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease? (percent)								
		Northwest			TN			
2016		no data			5.4			
2015		no data			4.9			
2014		no data			5.6			
2013		7			6.3			
2012		8.5			7.2			
2011		7.7			5.0			

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

High Blood Pressure

Deaths from Cerebrovascular Disease per 100,000

		Benton County				TN		
		Total	White	Black		Total	White	Black
2016		81.2	85.6	-		52.8	55.1	52.6
2015		62	65.3	-		52.2	53.9	49.8
2014		74.3	78.4	-		50.7	53.1	48.4
2013		49.1	51.6	0.0		48.1	50.5	45.8
2012		36.6	32.1	0.0		46.3	48.6	42.9
2011		91.3	95.4	0.0		50.1	52.8	46.2
2010		78.8	82.6	0.0		50.1	54.3	45.6
2009		90.5	93.4	0.0		50.6	51.9	48.2

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)

		Northwest			TN			
2016		no data			41.8			
2015		no data			38.5			
2013		46.9			38.8			
2012		39.8			39.7			
2011		41.9			38.7			
2010		46.3			35.4			
2009		39.3			32.6			

BENTON COUNTY 2018

2007		39.1			33.8			
2005		39.6			30.2			
Are you currently taking medicine for your high blood pressure? (percent)								
		Northwest			TN			
2016		no data			84.55			
2013		82.3			83.9			
2012		78.0			80.0			
2011		84.2			78.3			
2010		86.0			85.6			
2009		85.7			81.8			
2007		86.1			84.0			
2005		81.5			83.4			

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

Influenza in rural West Tennessee

Sentinel Provider Influenza-Like Illness Surveillance Data

		# Patients						
2017		28						
2014-November		35						

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

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.

BENTON COUNTY 2018

Source: National Institute of Mental Health.

Average Number of Mentally Unhealthy Days Reported in Last 30 Days

	Benton County	TN
2018	5.1	4.5
2017	4.9	4.4
2016	4.9	4.9

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.

	TN Percent
2015-2016	5.0
2014-2015	4.4
2013-2014	4.7

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

	TN Percent
2015-2016	19.6
2014-2015	19.9
2013-2014	20.4

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

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

	Benton County	TN
	#	Percent
2017	126	4.2
2016	114	3.8
2015	120	4.0

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

BENTON COUNTY 2018

Obesity									
Percent of Adults who have a body mass index greater than 25-overweight or obese									
		Benton County				TN			
2018		34				32			
2017		32				32			
2016		34				32			
2013		74.4				68.4			
2012		61.8				65.4			
2011		66.9				66.5			
2010		71.4				67.8			
2009		68.8				69.0			
2008		74.8				68.0			
2007		68.1				67.4			
2006		66.9				65.3			
2005		64.8				62.3			
Adults who have a body mass index greater than 30-obese (percent)									
		Northwest				TN			
2013		31.8				33.7			
2012		no data				31.1			
2011		30.1				29.2			
2010		38.5				31.7			
<u>Source:</u> County Health Rankings and Road Maps 2016-2018.									
Sexually Transmitted Diseases									
Ages 15-17 diagnosed with Chlamydia, gonorrhea, or syphilis									
		Benton County				TN			
Year		#				#			
2016		64				4081			
2015		63				3830			
2014		38				3988			
<u>Source:</u> 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)									
		TN							

BENTON COUNTY 2018

2016		5.6						
2015		4.7						
2014		4.1						

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

		Benton County		TN				
2016		no data		13.1				
2015		no data		10.3				
2014		no data		10.6				
2013		8		10				
2012		9		9				
2011		11		9				
2010		11		9				

Source: Tennessee Department of Health. Behavioral Risk Factor Surveillance System, 2014-2016.

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

		Northwest		TN				
2013		31.3		37.5				
2012		20.0		38.6				
2011		26.8		37.5				
2010		22.6		28.2				
2009		21.1		25.1				
2008		22.8		33.6				
2007		29.6		32.9				
2006		25.9		29.5				
2005		28.3		34.7				

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

		Northwest		TN				
2013		4.5		9.6				
2012		5.8		11.3				
2011		6.9		10.0				
2010		6.9		6.6				
2009		4.5		6.8				
2008		8.0		10.5				
2007		10.4		9.0				
2006		6.7		8.6				

BENTON COUNTY 2018

2005	11.4	8.6
Estimated number and percent of people over age 18 with a dependence on illicit drugs or alcohol in the past year		
	Benton	TN
2010-2012	1,037/7.91	8.20
2008-2010	1,036/7.90	8.04
2006-2008	992/7.85	8.86
<u>Source:</u> Tennessee Department of Health. Behavioral Risk Factor Surveillance System.		
Number of unique TDMHSAS A&D Treatment Admissions as a percent of people over age 18 with a dependence on or abuse of illicit drugs or alcohol in the past year.		
	Benton	TN
Fy2014	45/4.34	3.95
Fy2013	34/3.28	3.53
Fy2012	55/5.31	3.52
Number and percent TDMHSAS funded treatment admissions with ALCOHOL identified as substance of abuse		
	Benton County	TN
2016	13/*	5,894/42.1
2015	10/*	6,004/44.7
2014	9/*	6,213/45.9
Fy2013	10/*	45.4
Fy2012	16/*	45.3
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

BENTON COUNTY 2018

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							
		Benton County			TN		
2016		19/*			5,327/38		
2015		11/*			5,206/38.7		
2014		13/*			5,362/39.6		
Number and percent TDMHSAS funded treatment admissions with METH identified as substance of abuse							
		Benton County			TN		
2016		25/59.5			2,869/20.5		
2015		9/*			2,089/15.5		
2014		19/*			1,849/13.7		
Fy2013		25/45.5			12		
Fy2012		16/*			10.1		
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		
Fy2015		15/*			43.2		
Fy2014		19/*			40.2		
Fy2013		12/*			28.4		
Fy2012		40/72.7			39.1		
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		
Fy2013		21/38.2			37.3		
Fy2012		11/*			36.9		
Source: 2017 Tennessee Behavioral Health County and Region Services Data Book.							

BENTON COUNTY 2018

Number of drug related arrests for adults over 18 in Benton County								
2017	40							
2016	42							
2015	39							
Cy2013	86							
Cy2012	137							
Cy2011	112							
<u>Source: NIBRS, 2015-2017.</u>								
Teenage Pregnancy								
Pregnancies Age 10-17 per 1,000 Females (Rate)								
		Benton County				TN		
		Total	White	Black		Total	White	Black
2016		5.7	6.1	-		5.4	4.5	9.7
2015		7.1	7.6	-		6	5.1	10.2
2014		12.8	12.2	*		6.3	5.5	10.7
2013		10.9	11.6			7.2	6	12.9
2012		12.0	11.5	0.0		8.3	7.0	14.0
2011		15.4	15.1	0.0		8.9	7.3	15.5
2010		9.5	7.7	0.0		10.0	8.3	17.9
2009		19.8	20.9	0.0		12.0	9.1	21.9
Pregnancies Age 15-17 Per 1,000 Females (Rate)								
		Benton County				TN		
		Total	White	Black		Total	White	Black
2016		15.9	17.4	-		13.7	11.5	23.6
2015		18.9	20.3	-		15.2	13.2	24.7
2014		29.7	27.7	*		16.1	14.2	25.6
2013		28.8	30.7			7.2	6	12.9
2012		25.5	23.5	0.0		21.2	18.1	33.9
2011		38.7	37.9	0.0		22.4	18.9	36.5
2010		23.3	18.9	0.0		24.8	21.1	42.1
2009		45.5	48.0	0.0		29.6	22.4	55.5
<u>Source: Tennessee Department of Health.</u>								
Tobacco Use								
Percent of current smokers								

BENTON COUNTY 2018

	Benton County	TN
2018	23	22
2017	23	22
2016	24	24
2013	25.6	24.3
2012	28.1	24.9
2011	27.1	23.0
2010	22.3	20.1
2009	29.0	22.0
2008	55.3	23.1
2007	30.3	24.3
2006	27.1	22.6
2005	24.0	26.7

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

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

	Benton	TN
2016	24	24
2015	25	23
2014	25	23
2013	28	23
2012	30	24
2011	no data	24
2010	no data	25

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

Traumatic Brain Injury

Benton County	
TBI related fatality count	2
Relative Rate	0.77
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).	

BENTON COUNTY 2018

* 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.

Source: Traumatic Brain Injury Program Annual Report 2016-2017.

2016 Population

Estimate: 16,014

Percent White: 94.8%

Percent Black: 2.5

Percent Other: 2.7

<http://www.census.gov/quickfacts>

Education Level:

High School Graduate:

81.7%

Bachelor's Degree:

12.2%

<https://www.census.gov/quickfact>

Median Household Income: \$33,611

Persons in Poverty: 17.9%

Children in Poverty: 30.1%

<https://www.census.gov/quickfacts>

<http://datacenter.kidscount.org>

of County/Public Schools: 8

<http://tennessee.educationbug.org>

Students Receiving Free/Reduced Lunch

State Rate: 49%

County Rate: 49.7%

<http://datacenter.kidscount.org>

2016 Teen Pregnancy Rate (10-17): *per 1,000

State Rate: 5.4 per 1,000

County Rate: 5.7 per 1,000

<https://www.tn.gov/health/topic/health-data>

2016 Infant Mortality Rates:

State Rate: 7.4 per 1,000

County Rate: 13.9 per 1,000

<https://www.tn.gov/health/topic/health-data>

2018 HEALTH RANKINGS:

Health Outcomes: 84

Health Factors: 83

<http://www.countyhealthrankings.org>

Health Outcomes: represent how healthy a county is within the state. The healthiest county is ranked #1.

This rank is based on: how long people live and how healthy they feel while alive.

Health Factors: represent what influences the health of a county.

This rank is based on: health behaviors, clinical care, social and economic factors, and physical environment factors.

2016 Leading Causes of Death:

1. Cancer
2. Heart Disease
3. Accidents and Adverse Effects
4. Alzheimer's Disease
5. Cerebrovascular Disease

<https://www.tn.gov/health/topic/health-data>

2018 Leading Behavioral Risk Factors:

1. Physical Inactivity (35%)
2. Alcohol Impaired Driving Deaths (38%)
3. Adult Obesity (34%)
4. Adult Smoking (23%)

<http://www.countyhealthrankings.org>

2018 Top Health Council Priorities:

1. Obesity
2. Chronic Disease
3. Substance Abuse

2018 Meeting Dates:

- January 9, 2018
- April 17, 2018
- July 10, 2018
- October 9, 2018

*Two additional meetings for Community Outreach TBD.

Community Partners:

The Benton County Health Council partners with area agencies/organizations, businesses, churches/fait-based organizations, schools, colleges/universities, and local government to fulfill its mission to identify and prioritize health issues and problems while continually working to promote, protect, and improve the health of persons living and working in the county

TOBACCO SETTLEMENT PROJECTS:

In addition to the \$15 million that was appropriated in the 2014 state budget for three years to support tobacco use prevention projects, the Tennessee Legislature granted a one-time appropriation of \$5M for tobacco prevention activities for state's fiscal year 2017-2018. The funds are being spent on efforts centered on three priority areas: smoking cessation for pregnant women, reduction in youth initiation of nicotine-containing products, and reduction in exposure to secondhand smoke by children. As in the previous three years, funds were dispersed to counties for local-level initiatives.

Benton County received \$3,000 which will be used to:

- Prevent initiation of tobacco use among youth by establishing and strengthening tobacco-free policies in schools in Benton County.

The county will also continue its efforts with the TNSTRONG (Tennessee Stop Tobacco and Revolutionize Our New Generation) Initiative, a youth-led movement of peer-to-peer education and advocacy for prevention of tobacco and nicotine addiction across the state. The initiative began with the 2016 FACT Summit which was held in Pigeon Forge, TN. In 2017, regional TNSTRONG Conferences were held in the three grand divisions of the state. West Region's Conference was held on September 9, 2017 in Jackson, TN. The 2018 conference will be held June 3-5 in Chattanooga, TN. TNSTRONG's goal is to become the first tobacco free generation.

Health Promotion Highlights

Healthier TN Community Initiative

Primary Prevention Initiative

Community Wide Tobacco
Prevention and Cessation Programs

Living Well With Chronic
Conditions Workshops

Take Charge of Your Diabetes
Workshops

Community Health Expo

If you would like more information, or if you are interested in joining the Benton County Health Council, please contact the Health Educator.

Benton County Health Educator:

Crystal Floyd

Phone | 731-584-4944

E-mail | Crystal.Floyd@tn.gov

Health Council Chair:

Donna Moore

Phone | 731-847-2928

E-mail | donna.moore@bcos.org

BENTON COUNTY HEALTH COUNCIL PROFILE (2018)



MISSION STATEMENT:

The Benton County Community Health Council acts as a working council whose purpose is to address health issues of significance, resource availability and allocation, and to develop strategies to improve health outcomes within the community.

In Attendance

Crystal Floyd, Donna Moore, Heather Smith, Lindsey Skelton, Dawn Harris, Jean Chandler, Dana Cobb, Janie Nicholson, Jo Jones, Stacey Levine, Brannon Powell, Susan Woods, Tracy Byrd, Ginny Brimm, Lori Scott, and Chanda Freeman.

The meeting was called to order by Chair Donna Moore at 12:06p.m.

Approval of Minutes

There was a motion to approve the previous meeting minutes as written by Janie Nicholson. There was a second on the motion by Joe Jones; the motion to approve minutes as written carried by unanimous vote.

Old Business

- **2018 Health Expo-** Coordinated School Health Coordinator Donna Moore shared the flyer for the upcoming Health Expo on July 19th. Moore also brought attention to a change in the name and location of the expo. Moore reports what is known as the Health Expo will now be referred to as "Benton County Cares Community Health Day" with the slogan of "A Caring Community Is a Healthy Community." Moore also shared that the Benton County Cares Community Health Day will be held at the Camden Central High School gym from 2-5PM, and that Stuff the Bus presented by United Way, would be in attendance as well. Moore encouraged council members to share the flyer within the community.
- **Tobacco Settlement Fund (TSF) Update-** Public Health Educator Crystal Floyd shared that the Benton County Health Department currently has \$2,600 of carryover funds. They will use the carryover funds on promotional items for the school and community representing TNQuitline and TNSTRONG. Regional Health Council Coordinator Chanda Freeman shared information on the TNSTRONG youth summit and announced that the summit will be in Chattanooga again next June. Freeman also provided information to the council on the Photo Voice Project and other inspirational ways to raise awareness on the harmful effects of tobacco/nicotine. County Director Tracy Byrd shared that the Tennessee Dept. of Health is in the process of a new contract and will receive another \$3,000 again this year.
- **Proj. Diabetes Grant Update (2018-19)-** Coordinated School Health Coordinator Donna Moore shared the status of the new walking track. Moore reported the track is 1.4 miles covering 4 schools in Benton County. Moore also provided updates on the student fitness center, tennis courts for Holiday School, Big Sandy equipment around the walking track, and exercise equipment for faith based communities. Moore reports within the year of 2018 there has been a two percent increase in breast feeding for Benton County.
- **HTC Subcommittee Meeting-** Coordinated School Health Coordinator Donna Moore shared that she attended a HTC conference call on Monday in regards to active programs being used in Tennessee. She shared Stacey Levine will be helping the community to receive recognition of 2.0. Levine shared information on upcoming grant opportunities and deadlines.

New Business

- **2017 TBI Crime Report-** Public Health Educator Crystal Floyd shared the Tennessee Bureau of Investigation (TBI) Crime Report for 2017. Floyd reported that the agencies report crimes to the Tennessee Incident Based Reporting System (TIBRS), which is the state's version of the FBI's National Incident Based Reporting System (NIBRS). Floyd also shared the Benton County Sheriff's Office and Camden Police Department NIBRS report. Floyd also provided a chart/ listing of the Opioid At-Risk Rural Communities highlighting Benton County as an at-risk community.

- **Revisit Health Council Officers-** Public Health Educator Crystal Floyd shared the Benton County Health Council Bylaws. Floyd brought attention that the Health Council is in need of a Vice-Chair and Secretary.
- **2019 Meeting Dates-** Public Health Educator Crystal Floyd provided the 2019 Health Council Profile and announced the meeting dates for 2019.
- **Announcements**
 - Heather Smith announced the success of May Marathon Month complementing involvement with businesses and community partners in Benton County.
 - Joe Jones announced the upcoming Stuff the Bus-Back to School Bash held on July 19th from 2-5:00PM at the Camden Central High School. Jones provided announcement flyer.
 - Janie Nicholson shared the Benton County Community Resource Center has an Alzheimer's Support Group on the 2nd Thursday of every month at 6:00PM.
 - Janie Nicholson shared flyer for West Tennessee Legal Service- Free Elder Law Clinic on Friday, July 20, 2018 from 1-4:00PM. Clinic will be held at the Benton County Community Resource Center. Ginny Brimm reported the clinic will have local lawyers as well as lawyers from West Tennessee Legal Services.
 - Susan Woods announced that the friends of Nathan Bedford Forrest now have kayak rentals available. Woods encouraged everyone to visit Friends of Nathan Bedford Forrest Facebook page for more information on rentals.
 - Janie Nicholson shared UT-Martin at parsons nursing students would provide services during the month of October and/or November. Nicholson also mentioned services and training for "Yellow Dot." (more information to come)
 - Dana Cobb provided 2018 Kids Count Data Book. Cobb provided statistics for Tennessee as well as brought attention to upcoming legislative seats within the government.

Adjournment

There was a motion to adjourn by Jean Chandler and there a second on that motion by Janie Nicholson. All were in favor of the motion; the meeting was adjourned at 1:10p.m.



VENDORS & EVENTS

Camden General Hospital
Adult Education
United Way
FYI Clinic
Benton Co. Health
Department
Alzheimer's
Friends of NBF
U.T. Extension
Coordinated School Health
Camelot Care
Health Connect America
Camden Police Department
T.W.R.A.
Camden Eye Care
Benton County Library
Community Resource Center
Carey Counseling
Magic Valley Head Start
Cindy Barnett
TennCare Kids
WRAP
Good Samaritan
Volunteer Homecare
United Health Care
Red Cross
Basic Fitness
and

MORE

YOGA

Demonstrations
Provided by
LOTUS in Bloom

Join us for

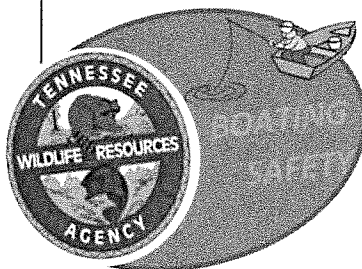
BENTON COUNTY CARES

Community Health Day

Thursday, July 19th, 2PM-5PM

G
I
F
T
S

& DOOR
PRIZES



FREE
Basic Fitness
GYM
VOUCHERS

Lions Club



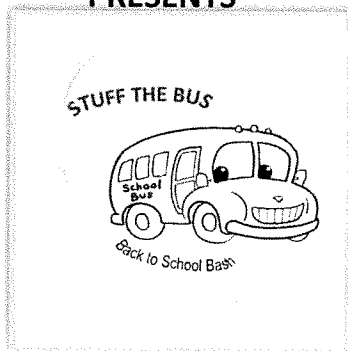
FREE EYE EXAMS

•FREE•FREE•FREE•

HEALTH SCREENINGS



PRESENTS



**SCREENINGS
DEMONSTRATIONS
and INFORMATION**



KIDS!!!

Pet & Learn
about local
shelter dogs



Climb Aboard
a REAL



**AMBULANCE
&
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115 Schools Dr, Camden, TN 38320

Presented to you by:

The Benton County/Camden Chamber of Commerce:UT/TSU
Extension:Coordinated School Health:Benton County Health
Department:Benton County Health Council:Camden General Hospital



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OUR PROGRAM

Carefully developed
over 26 years

REGISTER YOUR SCHOOL AND GET MOVING TODAY!

[Register](#)

**THERE IS ABSOLUTELY NO
COST TO SIGN UP AND GET
GOING**

Our award-winning 100 Mile Club program is designed to improve the health and well-being of children at school through daily physical activity in a noncompetitive, supportive, and fully-inclusive environment. The program presents students with a straightforward challenge: run, jog, or walk 100 miles over the course of the school year. Our program is easy to start, flexible and delivers high-quality physical activity in a fun and challenging way.

Carefully developed over 26 years, 100 Mile Club has been the program leading the effort in the prevention of childhood inactivity and obesity across the nation. We are more than just a running program. We change lives. Improved school readiness to learn, increased motivation, student and family engagement, and the creation of a true Team Spirit that permeates and transforms school culture are evident in our 100 Mile Club Schools.

You can adapt the program to be implemented anytime throughout the school day; during PE, school hours, lunch, recess, and before or after school! Students of all ages and abilities can aim for their highest goals, improve their health and well-being and experience true, personal success.

What makes the 100 Mile Club program easy to implement is the ability to meet the needs of any school, including yours!

100 MILE CLUB PROGRAM OPTIONS TO RECOGNIZE YOUR STUDEN TS:

OUR SIGNATURE GOLD MEDAL INCENTIVE PACKAGE (LOW-COST OPTION)

The Gold Medal option provides your students with the proven 100 Mile Club Signature Milestone Incentive Packages needed to celebrate your students as they work toward reaching their goal of running or walking 100 miles during the school year. Our low-cost Signature Milestone Incentives were carefully developed over 25 years to reinforce the value of your students' perseverance and to celebrate milestones achieved. They work! ALL milestone incentives are included and cost just \$10 per student for the entire school year.

OUR CELEBRATION CERTIFICATES (NO-COST OPTION)

Our downloadable tools are a no-cost option for your school and students! This is an excellent way to get your school moving immediately and join the national effort to get ALL kids healthy, happy, and connected through the journey to 100 miles. While this option does not include our Signature Incentive Package, you have access to tools such as downloadable Challenge Accepted ID Cards and End-of-Year Certificates. And at any point if you do wish to begin ordering incentives you can do so.

A LITTLE BIT OF BOTH! OPTION)

(HYBRID

Our most popular choice, this allows you to utilize a hybrid of both options in any combination to meet the needs of your school. Our #1 goal is to get your kids moving! Many schools start 100 Mile Club using our Incentive Packages in some classrooms, grade levels, or a before or after-school club, while using end-of-year certificates school-wide to celebrate all students moving towards their goals.

The possibilities are endless!







Whether you choose to recognize student MILEstones with our low-cost or no-cost options, our team at 100 Mile Club is here to help you every step of the way.

OUR SIGNATURE INCENTIVE PACKAGE

Since its inception, the 100 Mile Club has motivated and recognized students with a comprehensive set of incentives, uniquely marking milestones at every 25-mile interval. Our Signature Incentive Packages are all-inclusive, so much fun, and are the highest quality and most cost-effective in the business. Best of all...they work! 100 Mile Club schools are universally connected through our unique, signature t-shirt, MILEstone incentives, and the all-powerful quest toward earning the beautiful and coveted 100 Mile Club® GOLD MEDAL.



OUR SIGNATURE INCENTIVE PACKAGE INCLUDES

-  Official 100 Mile Club® CHALLENGE ACCEPTED ID card
-  A unique 100 Mile Club® T-shirt earned at 25 miles
-  Golden Pencil earned at 50 miles
-  Wristband earned at 75 miles
-  Final Year-End Certificate for all participants celebrating their success
-  Custom 100 Mile Club® Gold Medal with neckband, ONLY for those who reach their 100 mile goal (ordered in Spring for year-end Medal Ceremony)

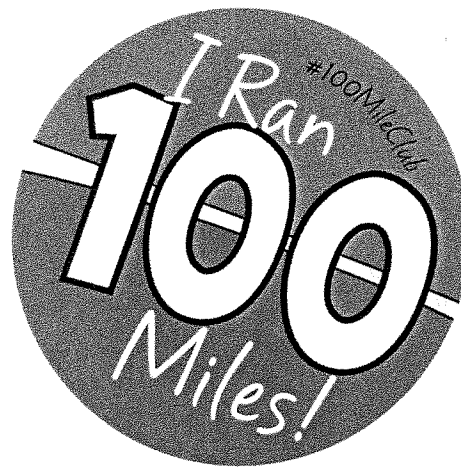
[Click Here](#) to learn more about our Signature Incentive Package.

SUPPORTING YOUR PROGRAM

The 100 Mile Club® is a free, simple, enjoyable, standards and evidence-based, and highly effective way to assist in the development of physically literate individuals, quality physical education programs, and can serve as a significant part of a Comprehensive School Physical Activity Program (CSPAP), addressing needs in all component areas.

100 Mile Club is a powerful tool that:

- contributes to quality physical education and physically literate students,
- supports ESSA,
- and is a significant contributor to the effective development and implementation of your schools Comprehensive School Physical Activity Program (CSPAP).



[Read more.](#)

Standards-based games and activities with 100 Mile Club equivalents are available to all registered coaches in Coaches Corner.

OUR CELEBRATION CERTIFICATES

100 Mile Club participants can be recognized and celebrated all year long for little to NO cost with our downloadable Celebration

Certificates! Whether your school or site uses our Gold Medal Incentive Package or recognize students with our Certificate Path option, any participant can be celebrated as they reach their milestones and when they go 'above and beyond'.

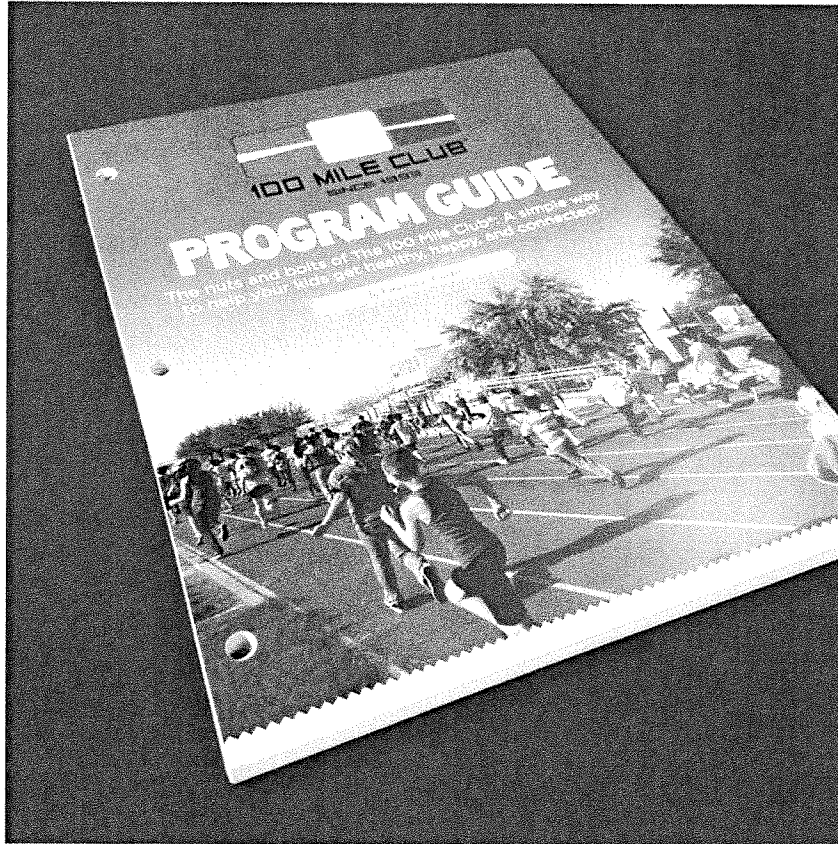
OUR CELEBRATION CERTIFICATES INCLUDE

- Final Year-End Certificate - Celebrating the success and achievement for all those participating in the program throughout the year, this certificate is awarded at the end of the school year, no matter the miles earned. (shown above)
- WOW Certificate - Celebrate those special WOW moments as miles are earned. These are made to use as is OR can fit our fun 25, 50, 75, 100 stickers in the middle of WOW for an extra POW!
- Extra Mile Certificate - Know someone who has gone the extra mile? Maybe they've helped a friend, shown honesty and integrity, or helped out with the program. These wonderful life skill efforts are important and can be recognized, too, with these beautiful certificates.
- Runner of the Week Certificate - Recognize a special runner or runners each week.
- Runner of the Month Certificate - Recognize a special runner or runners each month.



All certificates are available as downloads for registered schools in Coaches Corner under Program Resources. In addition, low-cost printed certificates are available for purchase.

TOOLS FOR ALL SCHOOLS



As part of your 100 Mile Club program, you will have access to:

- Comprehensive Program Guide
- Program Design Assistance
- Year-Round Program Support
- Exclusive Web Portal and Interactive Forums
- Bi-Monthly Newsletters
- Useful Downloads and Forms
- Special Recognition Downloadable Certificates
- Kick-off and End-of-Year Assembly Support
- Access to National Regional Community Calendar
- Quarterly Webinars with 100 Mile Club Founder Kara Lubin
- Community Events Calendar
- And Much More!

**REGISTER YOUR
SCHOOL AND GET
MOVING TODAY!**

[Register](#)



100 MILE CLUB®
SINCE 1993

Engaging and empowering kids and families to achieve a healthy lifestyle through physical activity nationwide; preventing childhood inactivity and obesity, one child, one school, and one community at a time.

#WeAreONE

Contact Us

☎ 1 (951) 340-2290

📍 2191 Fifth Street, Suite 211
Norco, CA 92360

✉ info@100miledclub.com

RECENT POSTS



20 Reasons Why 100 Mile Club is the ONE!

August 4, 2018 by 100 Mile Club



Tell Us About the T-Shirts

May 15, 2018 by 100 Mile Club



An All-New Club262 Summer Challenge!

April 18, 2018 by Jeffrey Dale

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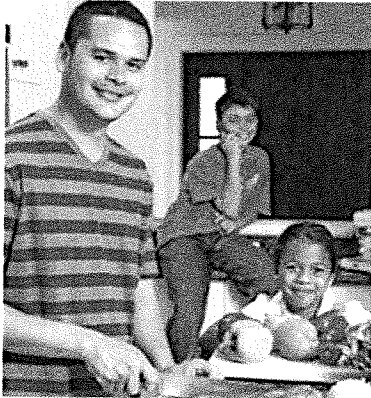
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 Michelle Vineyard, PhD, RD, LDN
 Karen Franck, PhD
 Christopher Sneed, PhD
 Clint Cummings, MS

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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 your budget is easier than you might think.

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 preserve the quality. Learn more about canning, freezing and drying.

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 borne illness and ways it can be prevented.

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 supermarket what you intended to buy. Using the information on the food label and pricing information you can get the healthiest food for your grocery money.

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 the certain food components most people need to eat less, such as sodium, solid fats, and added sugar. There are other food components most people need to eat as fruits, vegetables, whole grains and low-fat dairy.

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 get older. Seventy percent of all age-related disease is associated with lifestyle choices—for example, your eating, activity and drinking habits—and only about is driven by your genes.* That means you have a lot more power than you think over how well you age. Poor health does not have to be a consequence of agin

adults who practice healthy behaviors, take advantage of clinical preventive services, and continue to engage with family and friends are more likely to remain live independently.

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 a your best weight is very important for your health by reducing your risk for several chronic 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 Plate
- 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



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Clint Cummings, MS

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Family & Consumer Sciences
Power U

Power U is a toolkit that contains a series of interactive lessons designed to make learning fun. It was originally developed for 4th grade students and was revised in 2013 to include lessons for 5th grade and align the curriculum with the state Common Core Competencies. The lessons focus on healthy food choices and physical activity.

Students participating in Power U:

- Learn why physical activity is important for health and fun ways to stay active
- Experience a variety of fruits and vegetables
- Understand the concepts of balance, variety, moderation
- Recognize normal versus outrageous portion sizes
- Measure sugar content in soft drinks to be able to visualize how much sugar they are consuming
- Identify high-fiber foods
- Measure the amount of fat in some foods
- Estimate (using flour to represent calcium) the amount of calcium in bones at various life cycle stages

The toolkit contains a teacher's guide; Food Cards illustrating foods rich in fiber, calcium and fruits and vegetables; a music CD; a dramatization of how portion sizes have changes over the years on a DVD; reproducible masters of student activity sheets and the family newsletter. The family newsletter summarizes what the student learned in each lesson and contains activities for the family and child to complete together.

Program Links

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Nutrition Links

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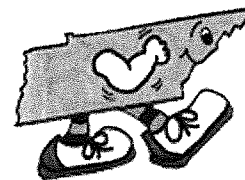
- [Dietary Guidelines for Americans](#)
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- [ChooseMyPlate.gov](#)
- [Nutrition.gov](#)
- [USDA National Nutrient Database](#)
- [Healthier Tennessee Initiative](#)

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WALK *Across* Tennessee



Walk Across Tennessee is an 8-week walking program for teams of 8 walkers or teams of 4 for runners or bikers. The teams will have a friendly competition to see who can log the most miles walking, jogging, biking, dancing or other types of physical activity.

Must Register by January 26th

Track Miles between

January 22th—March 16th

Registration is easy online at benton.tennessee.edu

Each team has a captain and 7 or 3 members. The captain completes the team registration and all members complete the individual registration.

For any questions or help with registration, contact:

Heather Deckard Smith

UT-TSU Extension at 584-4601

hdeckard@utk.edu

Combat Opioid Use in Rural Communities Free Webinar



Strategies to Combat Opioid Use in Rural Communities – Thursday, January 18 at 1:00 pm CT. This FREE webinar hosted by the Federal Offices of Rural Health Policy (FORHP) will discuss cost-effective, evidence-based prevention, treatment, and recovery programs that have been successfully implemented in rural communities. It will conclude by describing community organizing strategies to engage a wide range of local stakeholders to reduce the burden of opioid use.

Connection Information:

Link: https://hrsaseminar.adobeconnect.com/gateway_webinar/

Dial-in Number: 888.603.9072

Participant Passcode: 2245841

The webinar is free, no registration is required, but participation is limited to the first 1,500 to log-on that day.

Rebecca Jolley, MBA

Executive Director

Rural Health Association of Tennessee

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