## Community Health Needs Assessment (CHNA): Madison County

#### Conducted by:

Jackson-Madison County General Hospital Department of Business Development and Planning

Victoria S. Lake Jocelyn D. Ross

For: Jackson-Madison County General Hospital

Update 2015
Initial CHNA 2012

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; Requirement of a Section 4959 Excise Tax Return and Time for Filing the Return

# 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 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 27th day of October, 2015.

GRÉG MILAM, Chairman

Exhibit: G-2

## Patient Protection and Affordable Care Act-Required Community Health Needs Assessments

#### CONDUCTED BY:

WEST TENNESSEE HEALTHCARE DEPARTMENT OF BUSINESS DEVELOPMENT AND PLANNING

## Community Health Needs Assessments

- Conducted to fulfill requirements of the Patient Protection and Affordable Care Act enacted March 10, 2010 and IRS CFR Parts 1, 53, and 62
- Required for all public and not-for-profit hospitals
- Procedures followed IRS 501 (r) requirements
- Assessments conducted for each hospital owned by the Jackson-Madison Co General Hospital District

## Community Health Needs Assessment

- Assessments conducted for the following counties:
- Camden General Hospital-Benton County
- Bolivar General Hospital-Hardeman County
- Milan General Hospital-Gibson County
- Jackson-Madison County General Hospital-Madison, Chester, Crockett, Haywood Counties
- Pathways of Tennessee-Crockett, Dyer, Gibson, Hardeman, Haywood, Henderson, Lake, Madison, Obion, Weakley Counties

## Community Health Needs Assessments

- Acute Care Hospitals-Partnered with Tennessee Department of Health-Health Councils on assessments
- Mental Health Hospital-Partnered with Tennessee Department of Mental Health and Substance Abuse Crisis Providers and Pathways Advisory Board
- Updated data reports and listing of resources provided to Health Councils, Crisis Providers, and Region VI

## Community Health Needs Assessments

	Identified Health Issues By County						
	Benton	Chester	Crockett	Gibson	Hardeman	Haywood	Madison
		Marie of Same and Alberton and Same and		and the same of th			Х
Heart Conditions					X		Х
High Blood Pressure					X		Х
Cancer					Χ		Х
Obesity (including children)	Χ	Χ	Χ	Χ	Х		X
Diabetes (including chidlren)		Χ			X		Х
Injury Prevention			And the state of t	are the dame incommendation and property as a second	THE RESERVE TO SERVE WITH PRINCIPLE AND ADDRESS OF THE PRINCIPLE AND ADDRE		χ
Expanded Food & Nutrition	Χ						
Infant Mortality/Teen Pregnancy	Χ	Χ	Χ	Χ	Х	Χ	
Alcohol/Tobacco/Other Drugs	X	Χ	Χ	X			
Chronic Illness Awareness/Education				X		Χ	
Violence Prevention	<del> </del>			<u> </u>		X	

## Community Health Needs Assessments Implementation Strategies

- Use of *HealthAwares* with follow-up for those identified through risk assessment
- Alice and Carl Kirkland Cancer Center services
- LIFT wellness center and primary care clinics
- Disease management
- Local health screenings, health fairs, community events
- Governors Foundation for Health & Wellness
- 100 Mile Club Gold Medal
- Help Us Grow Successfully
- TENNdercare Program

## Community Health Needs Assessments Implementation Strategies

- Baby and Me
- Teens Against Tobacco Use
- Tennessee Suicide Prevention Network
- Prescription for Success: Prevention and Treatment of Prescription Drug Abuse in Tennessee
- Safe, Affordable Housing for individuals or families with mental illness, substance abuse, or co-occurring
- Numerous mental health, substance abuse outreach programming

## Community Health Needs Assessments Evaluation

- Evaluation based on goals and objectives for each county assessment
- Meeting minutes of monthly and quarterly county health councils, Crisis Providers, Region VI, Pathways Advisory Board will be reviewed for achievement of stated goals, objectives, and implementation strategies.
- Copies of all implementation strategy program or event materials will be maintained in Assessment Notebooks
- Assessment documentation
- Assessments will be updated in 2018

#### **Table of Contents**

Executive Summary					
Final Report					
Introduction	2				
Description of the Hospital and Community	2				
Community Needs Assessment Update	3				
Goals and Objectives	4				
Implementation Strategies	7				
Heart Conditions & High Blood Pressure	9				
Cancer	11				
Obesity (including children)	11				
Diabetes (including children)	12				
Injury Prevention	13				
Evaluation Plan	16				
Conclusion	16				
Tabs					
2015 Data on Size of Health Issues					
2015 Community Resources					
Health Council By-Laws					
Meeting Agendas/Minutes					
Program Materials					

#### Madison County Community Health Needs Assessment Executive Summary

Jackson-Madison County General Hospital partnered with the Madison County Health Council to review and update the Madison County Community Health Needs Assessment 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 Madison County Health Council is organized under the auspices of the State of Tennessee Department of Health Jackson-Madison County Regional Health Department, and is composed of community members who represent diverse spectrums of Madison County as well as staff from the local regional health departments.

Representatives of Jackson-Madison County General Hospital met with the Madison County Health Council on Tuesday May 5, 2015. The mission of the Health Council is to act 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. The Madison County Health Council membership represents the broad interests of the community including health care advocates, non-profit, community agencies, local government officials, local school districts, health care providers, private businesses, labor and workforce representatives. Members of the Madison County Health Council are:

Jackson-Madison County General Hospital presented data on health issues, updated from the initial 2012 community health needs assessment. The priority issues in 2012 were heart conditions, high blood pressure, obesity, diabetes, and cancer. Detailed data were presented on these health issues and several others. The Health Council reviewed these data and a list of community resources available to assist with implementation strategies. The Health Council re-prioritized the health issues through a consensus process. The top identified health issues are:

#### Heart Conditions High Blood Pressure Cancer Obesity (including children) Diabetes (including children) Injury Prevention

Six goals were identified with associated implementation strategies.

**Goal 1:** The Jackson-Madison County General Hospital will work to reduce and control heart disease in Madison County.

**Goal 2:** The Jackson-Madison County General Hospital will work to reduce and control high blood pressure among residents of Madison County.

**Goal 3:** The Jackson-Madison County General Hospital will work to provide early detection and education on cancer throughout Madison County.

Goa 4: The Jackson-Madison County General Hospital will work to reduce obesity in Madison County.

**Goal 5:** The Jackson-Madison County General Hospital will work to reduce and control diabetes in Madison County.

Goal 6: Jackson-Madison County General Hospital will provide education on injury prevention.

- Use of HealthAwares with follow-up for those identified through risk assessment
- Alice and Carl Kirkland Cancer Center Services
- LIFT wellness center and primary care clinic
- Disease management
- Local health screenings
- Local health education classes
- Participation in Tennessee Suicide Network; Traumatic Brain Injury Program

#### Introduction

Jackson-Madison County General Hospital partnered with the Madison County Health Council to review and update the Madison County Community Health Needs Assessment 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 Madison County Health Council is organized under the auspices of the State of Tennessee Department of Health Jackson-Madison County Regional Health Department, and is composed of community members who represent diverse spectrums of Madison County as well as staff from the local regional health departments.

#### **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 635 beds serving patients and their families through seven centers of excellence: Tennessee Heart and Vascular Center, Alice and Carl Kirkland Cancer Center, West Tennessee Rehabilitation Center, West Tennessee Women's Center, Ayers Children's Medical Center, West Tennessee Neuroscience and Spine Center, and Emergency Services. The Jackson-Madison County General Hospital is a public, not-for-profit organization with approximately 3,900 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 2013 estimated population of 98,733, 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 59.9 percent Caucasian, 37.3 percent African American, and 2.8 percent Other races. According to the American Community Survey (2009-2013), 20.0 percent of the population is below the Federal poverty level. The per capita personal income level is \$23,283. The population under 65 years of age represents 85.6 percent while the over age 65 population is 14.4 percent of the total. About 14 percent of the population age 25 and older

does not have a high school diploma or GED; 33.6 percent have a high school diploma; 21.9 percent have some college, and 30.3 percent have an Associate'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 one of two worldwide The Kellogg Company plants for making Pringles potato chips. Approximately 735 individuals are employed at the plant. The Stanley Black & Decker Company employs 570 people to manufacture air compressors, generators, and pressure washers. Delta Faucet Company (780 employees), Pinnacle Food Group (590 employees), TBDN Tennessee Company (386 employees), Gerdau (365 employees), UGN, Inc. (255 employees), and Armstrong Hardwood Flooring (252 employees) are also located in Madison County.

Other major companies in the county are Apria Healthcare (900 employees), Carlisle Transportation (493 employees), Portfolio Recovery Associates (355 employees), ARJ Manufacturing (334 employees), Perseus Distribution Services (264 employees), Owens-Corning (234 employees), and U.S. Farathane (233 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 27 schools and serves approximately 13,000 students.

#### **Community Needs Assessment Update**

Representatives of Jackson-Madison County General Hospital met with the Madison County Health Council on Tuesday May 5, 2015. The mission of the Health Council is to act 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. The Madison County Health Council membership represents the broad interests of the community including health care advocates, non-profit, community agencies, local government officials, local school districts, health care providers, private businesses, labor and workforce representatives. Members of the Madison County Health Council are:

Chelsea Brandon Tina Hernandez Sandy MacDiarmid Amy Elizer Jackson-Madison County Regional Health Department Regional Inter-Faith Association City of Jackson University of Tennessee Extension Service Jocelyn Ross Jackson-Madison County General Hospital
Vicki Lake Jackson-Madison County General Hospital

Amanda Johnson Jackson-Madison County Regional Health Department

Geneve Gibson Jackson Housing Authority

Melissa Walls The LIFT

Lisa Peoples Area Relief Ministries

Rodger Jowers Tennessee Commission on Children and Youth Tammy Hardin Jackson-Madison County General Hospital

Megan Parker Community Anti-Drug Coalition

Annette Wilson Jackson-Madison County School System

Miki Martin The LIFT

Jackson-Madison County General Hospital presented data on health issues, updated from the initial 2012 community health needs assessment. The priority issues in 2012 were heart conditions, high blood pressure, obesity, diabetes, and cancer. Detailed data were presented on these health issues and several others. The Health Council reviewed these data and a list of community resources available to assist with implementation strategies. The Health Council reprioritized the health issues through a consensus process. The top identified health issues are:

#### **Heart Conditions**

#### **High Blood Pressure**

#### Cancer

Obesity (including children)

Diabetes (including children)

#### **Injury Prevention**

#### **Goals and Objectives**

**Goal:** The Jackson-Madison County General Hospital will work to reduce and control heart disease in Madison County.

**Objective 1:** By December 31, 2018, at least 100 adults each year will complete Heart Aware, receive lab work and nurse consultation.

**Objective 2:** By December 31, 2018, at least 500 individuals will receive information about heart health education through community health fairs, "Night of Heart," "Boots and Bling,"

"Wild Game Dinner for Men," "Go Red for Women," "Heart Walk" and other events throughout the year.

**Goal:** The Jackson-Madison County General Hospital will work to reduce and control high blood pressure among residents of Madison County.

**Objective 1:** By December 31, 2018, at least 500 individuals will have their blood pressure checked and receive educational information through health fairs and events throughout the community.

**Objective 2:** By December 31, 2018, at least 100 adults will receive valuable nutrition information from workshops and cooking demonstrations held at the LIFT.

**Goal 3:** The Jackson-Madison County General Hospital will work to provide early detection and education on cancer throughout Madison County.

**Objective 1:** By December 31, 2018, the Jackson-Madison County General Hospital, through the Kirkland Cancer Center, will provide annual colorectal, skin, prostate, and breast cancer screenings and follow-up.

**Objective 2:** By December 31, 2018, the Jackson-Madison County General Hospital, through the Kirkland Cancer Center, will provide education on risk and preventive measures for breast and lung cancer for 100 individuals on an annual basis.

**Goal:** The Jackson-Madison County General Hospital will work to reduce obesity in Madison County.

**Objective 1:** By December 31, 2018 the City of Jackson, Tennessee will decrease adult obesity by three percent (3%), as measured by the University of Wisconsin Population Health Institute and Robert Wood Johnson Foundation *County Health Rankings*. (Metric-Health Impact)

**Objective 2:** By the end of each year the three year period, childhood obesity will be reduced by one percent (1%) or five percent (5%) over the five years, as measured by a BMI of 25 or less for students in grades Pre-K, K, 2,4,6,8, and lifetime wellness classes in high schools in the Jackson-Madison County School System.

**Goal:** The Jackson-Madison County General Hospital will work to reduce and control diabetes in Madison County.

**Objective 1:** By December 31, 2018, at least 100 adults each year will complete Diabetes Aware, receive lab work and nurse consultation.

**Objective 2**: By December 31, 2018, unnecessary healthcare utilization amongst the diabetic population in Jackson, Tennessee will be reduced by 3 percent as measured by inpatient readmissions to the Jackson-Madison County General Hospital within 30 days or as measured by a reduction in unnecessary emergency room admissions at Jackson-Madison County General Hospital by 10 percent.

Goal: Jackson-Madison County General Hospital will provide education on injury prevention.

**Objective 1**: Jackson-Madison County General Hospital will partner with Pathways of Tennessee and the Tennessee Suicide Prevention Network to provide education and information to residents of Madison County.

**Objective 2:** Jackson-Madison County General Hospital will address injury prevention through its Traumatic Brain Injury Service Coordination Program.

#### **Implementation Strategies**

The Jackson-Madison County General Hospital has developed a strategy for addressing heart conditions, high blood pressure, cancer, and diabetes that focuses on early detection, risk assessment screening, consultation, referral to physician or healthcare professional, and development of an individualized program plan. This strategy is called HealthAware. The priority health issue of obesity, which relates to heart condition, high blood pressure, cancer, and diabetes, the Jackson-Madison County General Hospital is developing a major comprehensive wellness initiative for the Jackson-Madison County Community. This initiative is described below.

HealthAware creates a transformational experience that compels unknowing victims of heart disease, diabetes, or hypertension 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 public, individual by individual, making them conscious of their risk for heart disease, diabetes, hypertension or cancer. 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 HealthAwares, Jackson-Madison County General Hospital is a resource for wellness not just sickness. Figure 1 contains an example of a personalized risk assessment report from the HeartAware Program. As shown in Figure 1, the risk assessment indicates the low, medium, high, or critical rating for cardiac risk factors of smoking, weight, blood pressure, cholesterol, diabetes, and family history. After the risk assessment is completed, the risk assessment report is generated. When risk is determined through the assessment, lab work and a nurse consultation is scheduled. Figure 2 contains a page from the consultation report reviewed by the nurse.

Figure 1

### Risk Assessment Report

(Available to <u>everyone</u> that takes the online assessment)

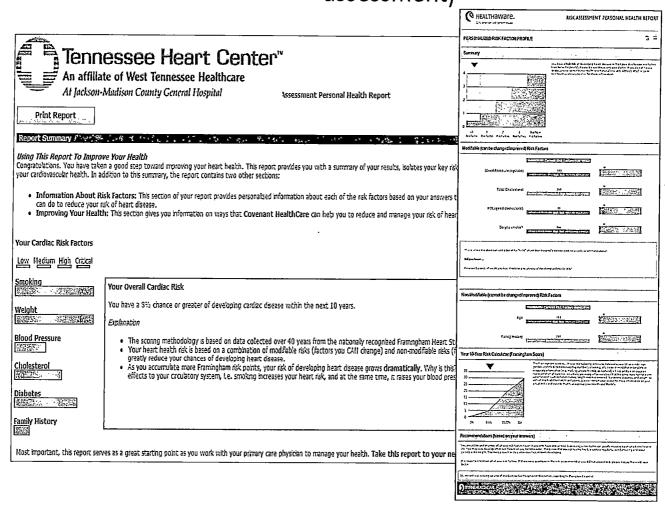
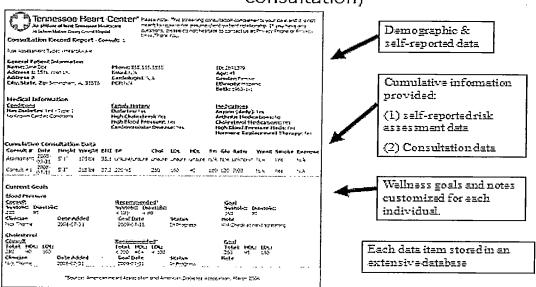


Figure 2

#### Consultation Report

(Available to <u>everyone</u> that comes in for a consultation)



More specific information on HealthAwares programs for health conditions, high blood pressure (hypertension), diabetes and cancer are described below.

#### **Heart Conditions and High Blood Pressure**

The Tennessee Heart and Vascular Center at Jackson-Madison County General Hospital has developed 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, <a href="www.wth.org">www.wth.org</a>, 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 Aware office. A follow-up call is made close to one month past the appointment to assess progress towards specific goals.

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. During 2009, almost 4,000 people around West Tennessee took the free health risk assessment. Over 2,100 individuals discovered they had potential for heart disease, heart attack or stroke. Nearly 600 of those at-risk, took advantage of the free heart health screening.

Attachment F1 contains complete examples of personalized risk profiles and lab results for HeartAware and StrokeAware.

The Tennessee Heart and Vascular Center provides numerous blood pressure checks and access to HeartAware throughout the community especially during Heart Month each February.

#### Cancer

The Alice and Carl Kirkland Cancer Center of the Jackson-Madison County General Hospital offers treatment and diagnostic services that include medical, surgical, and radiation oncology, tumor registry, and Hospice. The Center also provides cancer conferences for physicians and other healthcare professionals, social services, outreach clinics, public education, and various support groups such as Camp Bluebird. The Alice and Carl Kirkland Cancer Center provides free online or paper risk assessment for breast cancer, prostate cancer, lung cancer, and colon cancer termed CancerAwares. The risk assessment takes minutes to complete and a personalized report identifying risk factors with explanations is provided to the participant. A free telephone or face-to-face consultation with a staff member from the Kirkland Cancer Center is provided that concentrates on preventive lifestyle options relative to their Personalized Risk Factor Report.

Education on preventive measures focuses on screening and early detection while encouraging follow-up with a physician or healthcare provider. Participants are provided a variety of educational materials on the benefits of healthy nutrition, physical activity, and smoking cessation.

Beyond the Cancer Awares risk assessments, the Alice and Carl Kirkland Cancer Center provides many screenings throughout the community on an annual basis. Breast cancer screenings and education sessions are provided at various locations during Breast Cancer Awareness Month each October. Other screenings that are provided include colorectal, skin, and prostate. The Cancer Center participates in numerous healthcare, industry, and faith-based health fairs throughout the county. The Kirkland Cancer Center also partners with the Tennessee Cancer Coalition's initiatives to reduce cancer incidence, mortality, morbidity, and improve the quality of life for those affected by cancer.

Attachments F2-F5 contain the risk assessment questions for the CancerAwares: Breast Cancer (F2), Prostate Cancer (F3), Lung Cancer (F4), and Colon Cancer (F5).

#### Obesity

In efforts to address obesity, promote healthy lifestyles and improve health and wellness among the residents of Jackson-Madison County, the Hospital developed a new 82,000 square foot state-of-the-art wellness facility, LIFT (Living Fit in Tennessee) in the JacksonWalk development in downtown Jackson. The wellness center features a first-class fitness club and classes, physical therapy and occupational therapy, a primary care clinic, occupational

medicine, disease management, and healthy living education. With the philosophy "exercise is medicine," the wellness center will serve as a healthy social and community destination.

The primary care clinic has a maximum of four physicians and 16 examinations 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, backs, necks, and orthopedic problems. The therapy area offers treatments 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 congestive heart failure.

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

The Jackson-Madison County General Hospital has also developed and recently opened (November 28, 2011) 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.

A Downtown Fitness Connect Walking Trail that is 1.5 miles in length with exercise stations has been added in downtown Jackson. Numerous weekly and monthly walks utilize the fitness trail.

The Hospital also coordinates with the Madison County Health Council and Jackson-Madison County School System for Coordinated School Health. The obesity among school-age youngsters will be monitored through the Coordinated School Health program.

#### Diabetes

The Tennessee Heart and Vascular Center at Jackson-Madison County General Hospital has developed 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, <u>www.wth.org</u>, 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.

Attachment F6 contains the questions on the DiabetesAware Risk Assessment.

#### Injury Prevention

The Jackson-Madison County General Hospital will partner with Pathways of Tennessee and the and other mental health and substance abuse providers on the Tennessee Suicide Prevention Network. The Tennessee Suicide Prevention Network is the statewide public-private

organization responsible for implementing the Tennessee Strategy for Suicide Prevention as defined by the 2001 National Strategy for Suicide Prevention.

It is a grass-roots association which includes counselors, mental health professionals, physicians, clergy, journalists, social workers, and law enforcement personnel, as well as survivors of suicide and suicide attempts. The Network works across the state to eliminate the stigma of suicide and educate communities about the warning signs of suicide, with the ultimate intention of reducing suicide rates in the state of Tennessee.

The Network seeks to achieve these objectives through organizing and promoting regular regional activities, providing suicide prevention and crisis intervention training to community organizations, and conducting postvention sessions for schools and organizations after suicides occur.

The Tennessee Strategy for Suicide Prevention builds upon the goals published in "National Strategy for Suicide Prevention: Goals and Objectives for Action" printed by the Department of Health and Human Services, United States Public Health Service, Rockville, MD, in 2001, and revised in 2012.

#### The Preamble to the Tennessee Strategy for Suicide Prevention

Suicide prevention must recognize and affirm the cultural diversity, value, dignity and importance of each person.

Suicide is not solely the result of illness or inner conditions. The feelings of hopelessness that contribute to suicide can stem from societal conditions and attitudes. Therefore, everyone concerned with suicide prevention shares a responsibility to help change attitudes and eliminate conditions of oppression, racism, homophobia, discrimination, and prejudice.

Suicide prevention strategies must be evidenced based and clinically sound. They must address diverse populations that are disproportionately affected by societal conditions and are at greater risk for suicide.

Individuals, communities, organizations, and leaders at all levels should collaborate in the promotion of suicide prevention.

The success of this strategy ultimately rests with the individuals and communities across the State of Tennessee.

#### **Tennessee Strategy for Suicide Prevention**

- 1. Develop broad-based support for suicide prevention.
- 2. Promote awareness that suicide is a public health problem that is preventable.

- 3. Increase knowledge of the factors that offer protection from suicidal behaviors and that promote wellness and recovery.
- 4. Promote responsible media reporting of suicide, accurate portrayals of suicide and mental illnesses in the entertainment industry, and the safety of online content related to suicide.
- 5. Provide care and support to individuals affected by suicide deaths and attempts to promote healing and implement community strategies to help prevent further suicides.
- 6. Increase the timeliness, viability, and scope of statewide surveillance systems relevant to suicide prevention and improve the ability to collect, analyze, and use this information for action.1. Develop broad-based support for suicide prevention.
- 7. Promote and support research on suicide and suicide prevention.
- 8. Evaluate the impact and effectiveness of suicide prevention interventions and systems and synthesize and disseminate findings.
- 9. Develop, implement, and monitor effective programs that promote suicide prevention and general wellness.
- 10. Promote efforts to reduce access to lethal means of suicide and methods of self-harm among individuals with identified suicide risk.
- 11. Encourage effective clinical and professional practices regarding suicide prevention for community and clinical service providers.
- 12. Promote the assessment and treatment of people at risk for suicide as a core component of health care services.
- 13. Promote and implement effective clinical and professional practices for assessing and treating those identified as being at risk for suicidal behaviors.

In rural West Tennessee the Tennessee Suicide Prevention Network meeting is the third Wednesday of each month at 10:30 a.m. at Behavioral Health Initiatives.

Jackson-Madison County General Hospital provides Traumatic Brain Injury program service coordination in efforts to address injury prevention. The Hospital operates a Family Support Center that:

- Provides information on traumatic brain injury,
- Refers clients to qualified services such as Centers for Independent living, local traumatic brain injury rehabilitation facilities, Vocational Rehabilitation, traumatic brain

- injury professionals (social workers, psychologists, physicians), and other community resource agencies,
- Assists clients in applying for and accessing services such as SSI/SSDI, Medicare, TennCare, food stamps, vocational rehabilitation, housing and transportation,
- Advocates for individual/client rights and benefits,
- Develops support groups, and
- Assists or consults in the development of new programs and activities.

#### **Evaluation Plan**

The Madison County Health Council meets on a quarterly basis to review current and future implementation strategies to address identified health issues. Jackson-Madison County General Hospital has representation on the Health Council. Progress on the goals and objectives will be monitored through information provided at the Health Council meetings. Agendas and meeting minutes will be maintained as records of progress toward the goals and objectives.

#### Conclusion

The Madison County Community Health Needs Assessment 2015 update was presented and approved by the West Tennessee Healthcare Board of Trustees on October 27, 2015. The Plan will be updated in 2018.

#### Madison County Community Health Assessment Update of Size of Health issues 2015 Prioritization of Health Issues

#### Influenza in Madison County

Sentinel Provider Influenza-Like Illness Surveillance Data

	# Patients
CY2011	991
CY2012	414
CY2013	288
CY2014-November	257

#### Sexually Transmitted Diseases in Madison County

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

Year	Madison	TN
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: Tennessee Commission on Children and Youth: KIDS COUNT: The State

of the Child in Tennessee.

#### Emphysema

2010 COPD is the 3rd leading cause of death in the United States

2011 12.7 million U.S. adults have COPD

4.7 million U.S. adults have emphysema.

#### **Heart Conditions in Madison County**

Death from Diseases of the Heart Per 100,000

Madison	TN	
Total White Black Total	White	Black
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
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.

#### **Heart Conditions continued**

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

	Madison	TN	
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	TN	
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		TN		
	Total	White	Black	Total	White	Black
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

Source: Tennessee Department of Health.

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

	Madison	TN
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

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

#### All Cancers

#### Deaths from Malignant Neoplasms Per 100,000

		Madison		TN		
	Total	White	Black	Total	White	Black
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

Source: Tennessee Department of Health.

#### Mental Iliness

Mental illness affects 1 in 5 families in the United States.

18.6 percent of Americans age 18 and older suffer from a diagnsed mental illness.

1 in 17 live with serious and persistent mental illness.

Mental illness is the leading disability for individuals ages 15-44 in the United States.

13 percent of adults received treatment for a mental illness

(includes inpatient, outpatient, medication management).

Major depression disorder-6.9 percent of adults had an episode in 2012.

Bi-polar disorder-2.6 percent of adults-median age is 25.

Schizophrenia-1.1 percent of adults

Panic disorder -2.7 percent of adults-median age 24

Post traumatic stress disorder-3.5 percent of adults-on set at age 23.

Source: National Institute of Mental Health.

#### Average Number of Mentally Unhealthy Days Reported in Last 30 Days

	Madison	TN
2014	3.1	3.4
2013	3.0	3.3
2012	2.8	3.4
2011	2.9	3.4
2010	2.8	3.3

Source: Robert Wood Johnson Foundation and University of Wisconsin

Population Health Institute.

#### Mental Illness continued

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

	Madison		TN
	Number	Percent	Percent
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		TN
·	Number	Percent	Percent
2010-2012	15,462	20.71	20.56
2008-2010	4,508	22.59	22.15

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

	Madison		TN	
	Number	Percent	Percent	
Fy2014	615	14.3	13.8	
Fy2013	601	52.1	13.6	
Fy2012	596	51.7	12.9	

Source: Tennessee Department of Mental Health and Substance Abuse Services. Tennessee Behavioral Health County Data Book 2014

#### Arthritis

	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
	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
- 1			

Source: Centers for Disease Control and Prevention.

#### Arthritis continued

Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia? (percent)

	Madison	TN .
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.

#### Obesity

Adults who have a body mass index greater than 25-overweight or obese (percent)

	Madison	TN
2012	66.8	65.4
2011	71.6	66.5
2010	71.9	67.8
2009	72.1	69.0
2008	70.4	68.0
2007	67.3	67.4
2006	64.8	65.3
2005	69.0	62.3

Adults who have a body mass index greater than 30-obese (percent)

	Madison	TN
2012	36.2	31.1
2011	37.1	29.2
2010	33.7	31.7

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

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

	Madison	TN
2014	36	32
2013	34	32
2012	34	32
2011	32	31
2010	31	31

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

#### Asthma

Asthma in Tennessee 6 percent in adults; 9.5 percent in Children-2010

2002-2007 childhood hospitalizations for Asthma Ages 10-17 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 in Madison County	2004-06	2008-10
Inpatient hospitalizations per 100,000	126	119.4
Emergency Room visits per 100,000	725	855

Madison County TennCare Population Prevalence of asthma 9.6 percent

Source: Tennessee Department of Health.

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

	Madison	TN
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.

#### Diabetes

Deaths from Diabetes per 100,000

		Madison		TN		
	Total	White	Black	Total	White	Black
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
ource: Tennessee	Department of	f Health.				•

#### Diabetes continued

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

	Madison	TN
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

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

	Madison	TN
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. Behavioral Risk Factor Surveillance System.

#### Dementia/Alzheimer's Disease

Deaths from Alzheimers per 100,000

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

Source: Tennessee Department of Health.

Over 5 million Americans are living with Alzheimers Disease-110,000 in Tennessee

Tennessee in 2014 16,000 adults ages 65-74 living with Alzheimers

Tennessee in 2014 47,000 adults ages 75-84 living with Alzheimers

Tennessee in 2014 41,000 adults ages 85+ living with Alzheimers

Alzheimers is the 5th leading cause of death in the United States.

138 percent increase in Alzheimers deaths since 2000

#### Alcohol/Drug Abuse

Binge/Excessive Drinking-Percent who report in the past 30 days

	Madison	TN
2014	10	9
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, wne, malt beverage, liquor? (percent)

	Madison	TN
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 ocassion (5 for women;4 for men)(percent)?

Madison	TN
5.3	11.3
10.9	10.0
9.2	6.6
10.8	6.8
7.5	10.5
7.1	9.0
7.2	8.6
, <b>7.4</b>	8.6
	5.3 10.9 9.2 10.8 7.5 7.1 7.2

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

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

#### Alcohol/Drug Abuse continued

Drug related arrests for adults age 18 and older and arrests as percentage of population older than age 18.

	Madison	TN	
Cy2013	813/1.09	1.10	
Cy2013 Cy2012	798/1.07	1.04	
Cy2011	703/3.52	1.00	

Source: Tennessee Department of Mental Health and Substance Abuse

Services. Tennessee Behavioral Health County Data Book 2014

#### Teen Pregnancy

Pregnancies Age 10-14 Per 1,000 Females

	Madison		TN			
	Total	White	Black	Total	White	Black
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	8.0	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

#### Pregnancies Age 10-17 per 1,000 Females

	Madison		TN			
	Total	White	Black	Total	White	Black
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			TN		
	Total	White	Black	Total	White	Black
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

#### Lack of Financial Resources for Healthare

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

	Madison	TN
2013	16.7	17.6
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

Children in Poverty-Percent of children under 18 in poverty

Madison		TN
2014	27	26
2013	32	27
2012	30	26
2011	22	22
2010	24	23

Uninsured Adults-Percent Population Under Age 65 without health insurance

	Madison	TN
2014	21	21
2013	20	21
2012	20	20
2011	18	19
2010	13	15

Percent Children Linving in Single-Parent households

	Madison	TN
2014	42	35
2013	46	35
2012	45	35
2011	40	34

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

All People in Poverty-Percent

Madison		TN	
2009-2013	20.0	17.6	

I	Lack of Financial Resources continued			
Unemployment				
ı		Madison	TN	US
ı	Oct-14	6.5	7.1	5.8
ı	Sep-14	6.6	7.3	5.9
ı	Oct-13	8.4	8.1	7.2

Source: Tennessee Department of Labor & Workforce Development

#### Tobacco Use

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

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

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

Are you a current smoker?

	Madison	TN
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: Tennessee Department of Health. Behavioral Risk Factor Surveillance System.

#### **Injury Prevention**

Leading cause of death among children and young adults
Injuries include unintentional and acts of violence

Leads to many hospitalizations and emergency departmetn visits

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 beign hospitalized

Caucasians more at risk of death from drug overdose and motor vehicle accidents

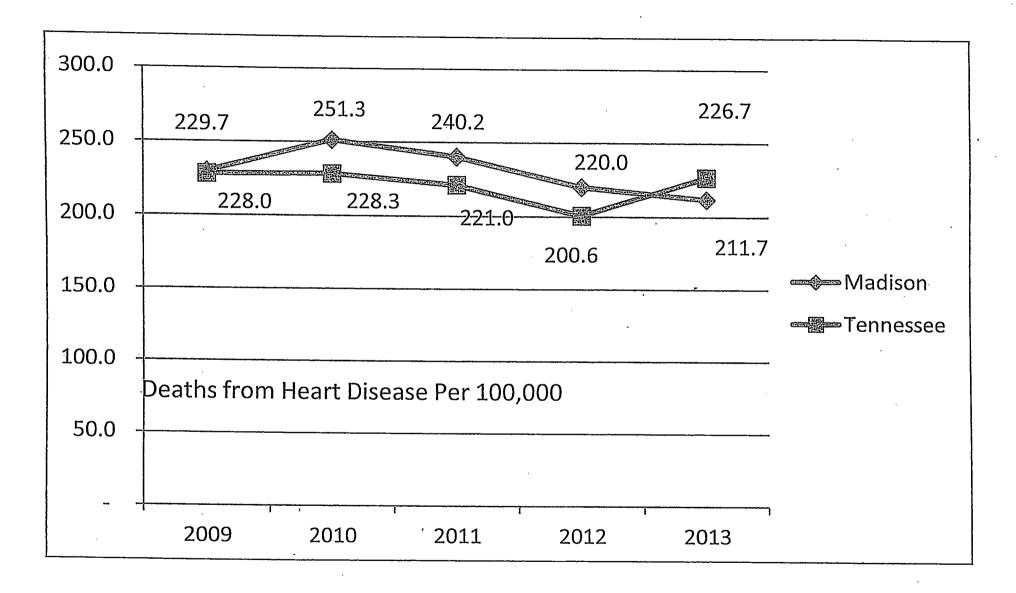
African American more at risk of death from a firearm or homicide

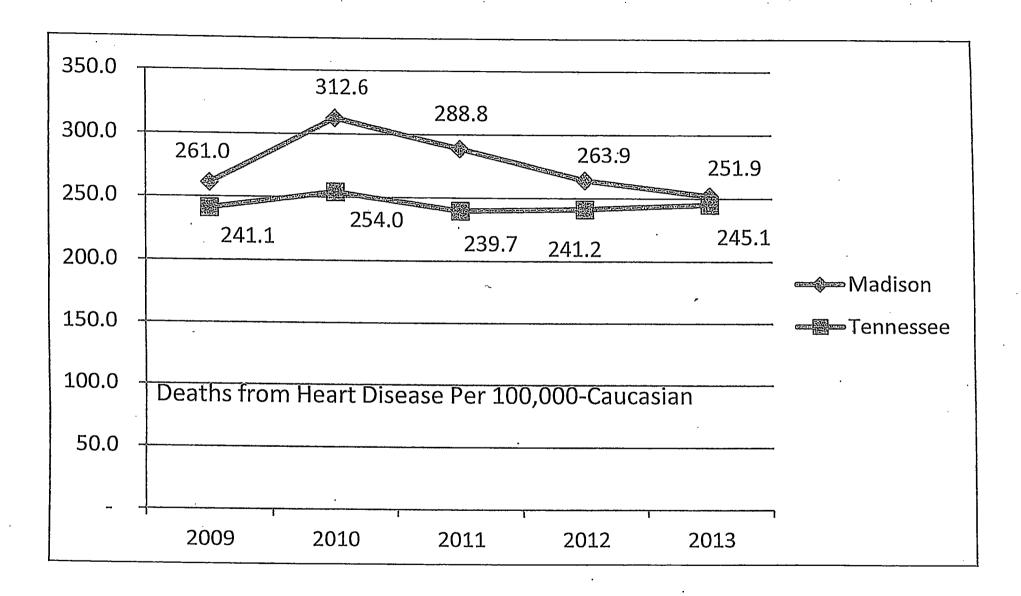
Injury Death rateper 100,000 for Madison County 2012 is 57.6 compared to 77.0 for TN

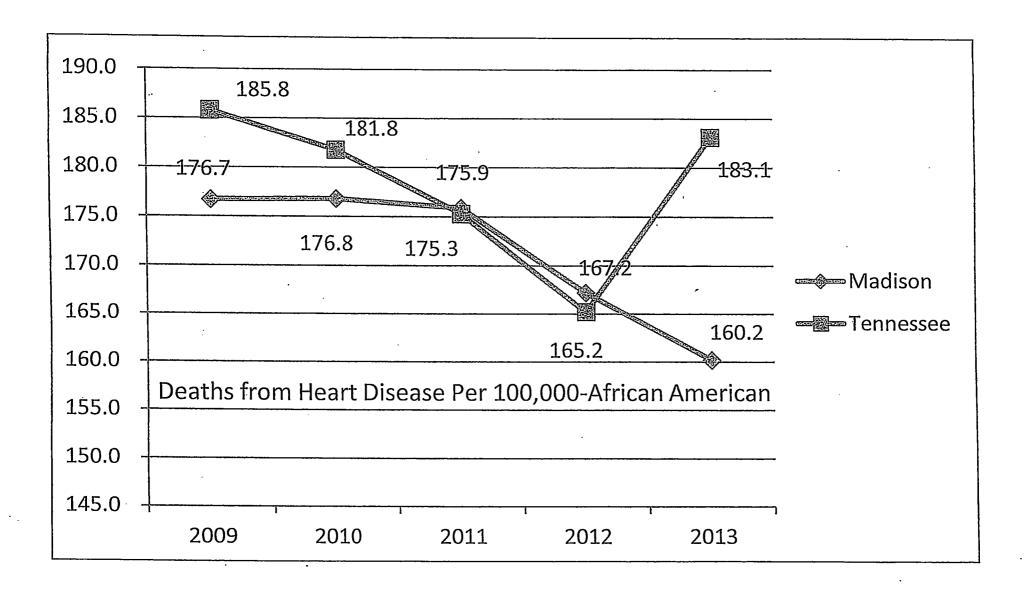
Non-fatal hospitalization rate per 100,000 for Madison County is 573.9 compard to 558.2 for TN

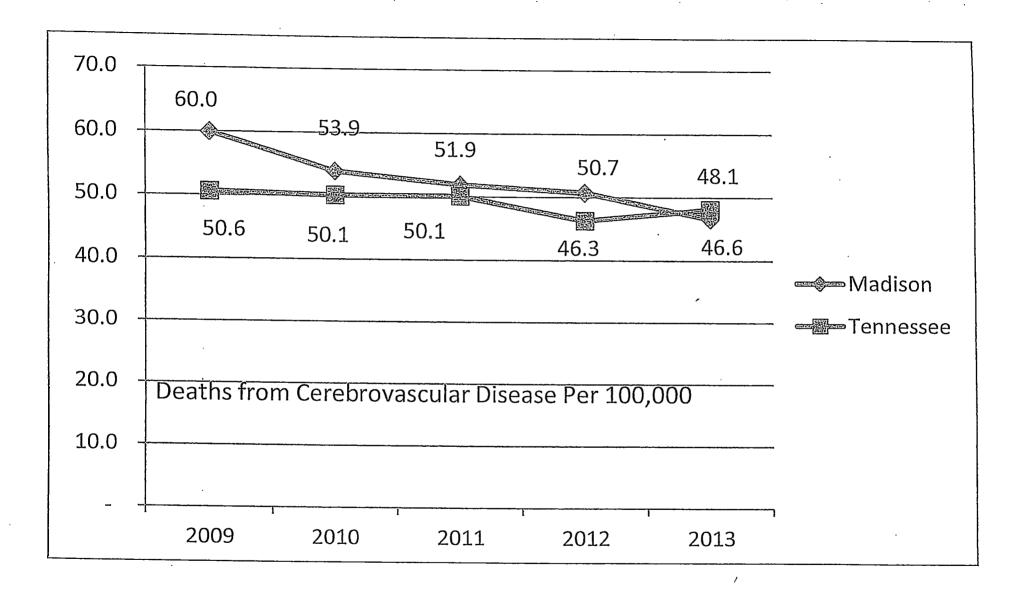
Traumatic Brain Injuries mainly caused by firearms and unintentional falls

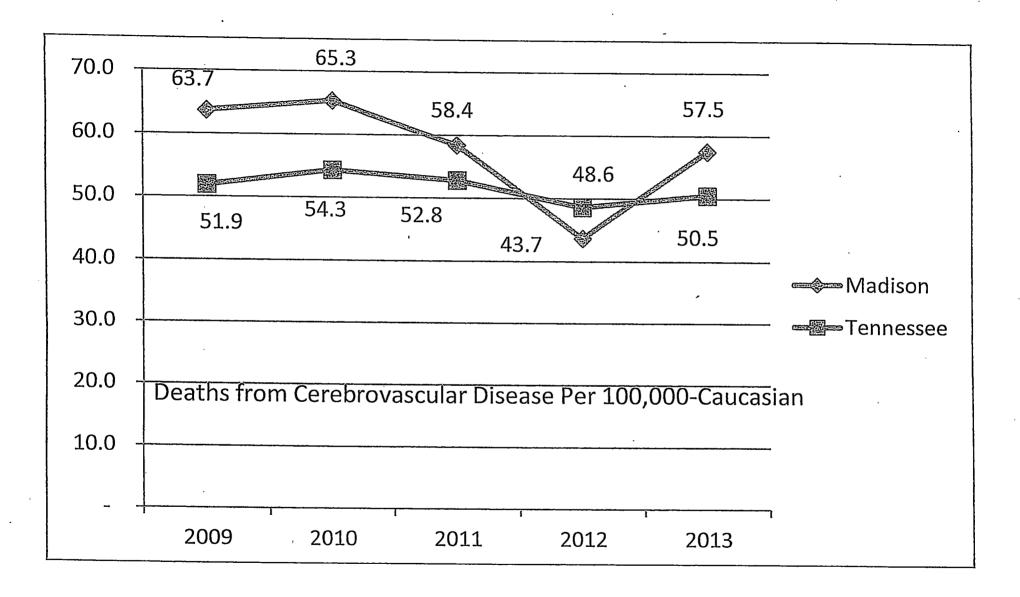
Source: Tennessee Departmenrt of Health. Injury Annual Report October 2014
Tennessee Department of Health. Traumatic Brain Injury 2012

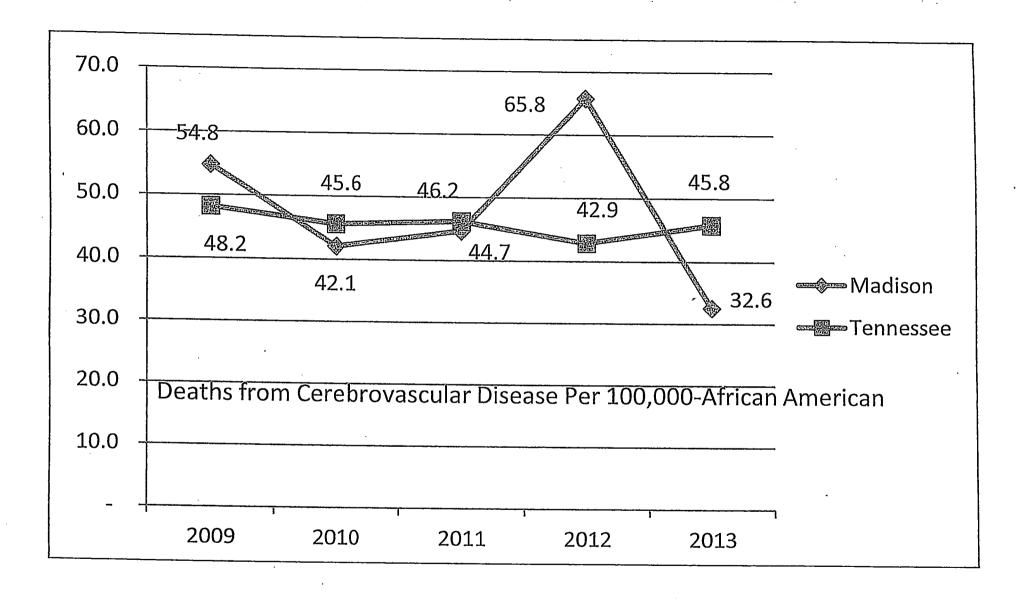


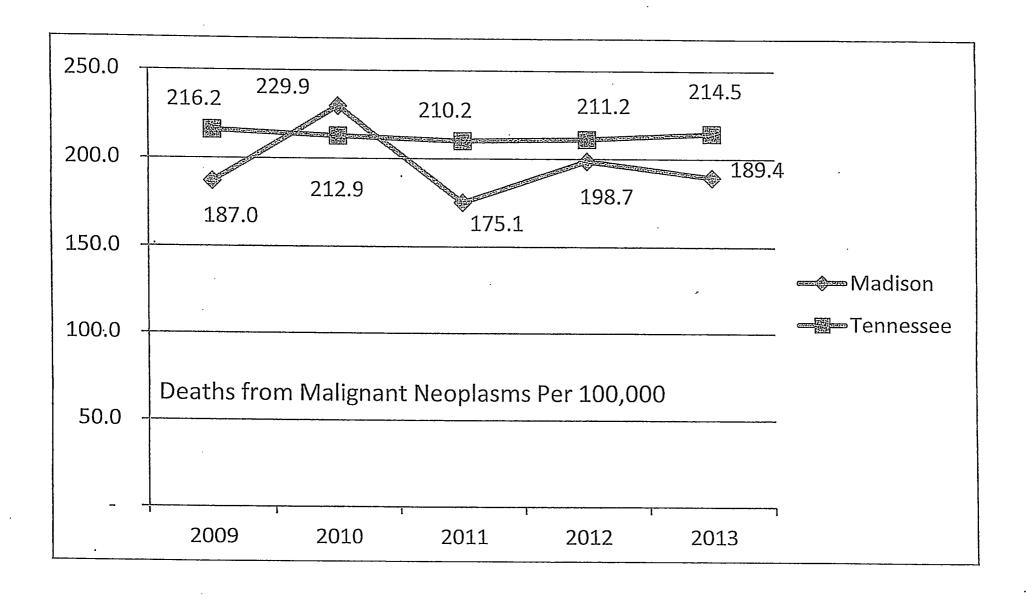


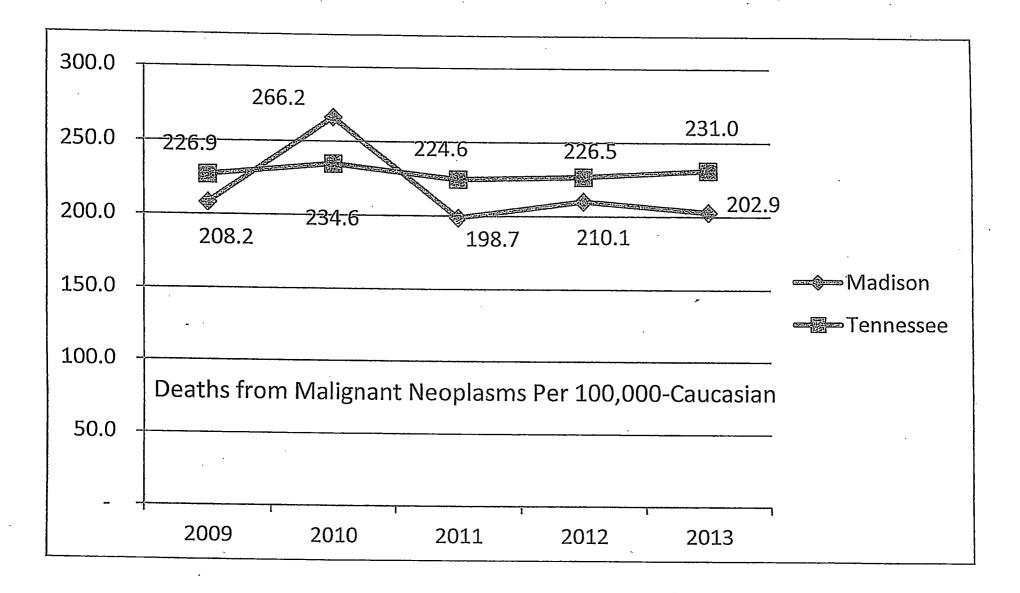


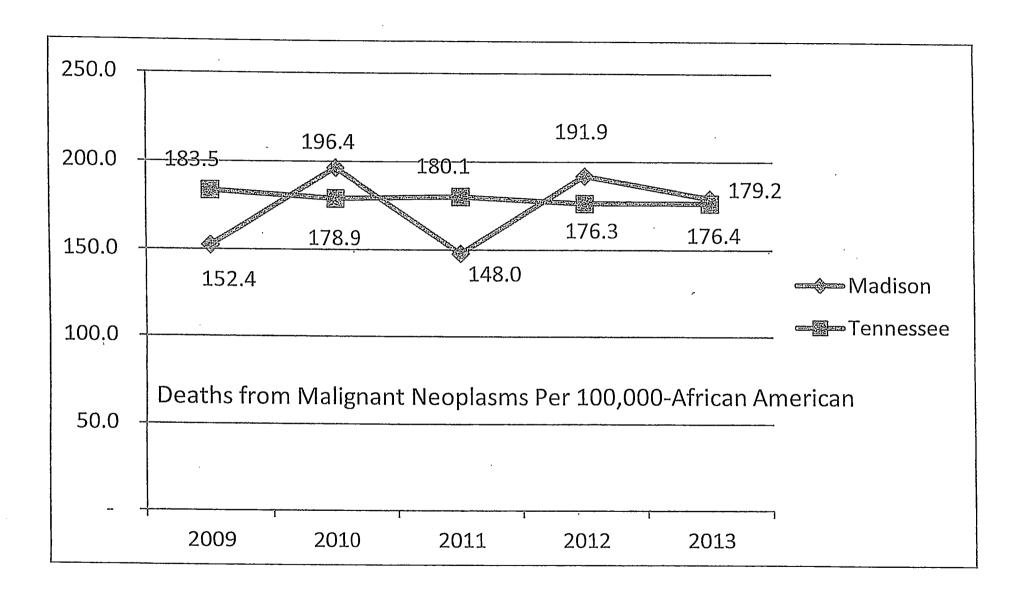


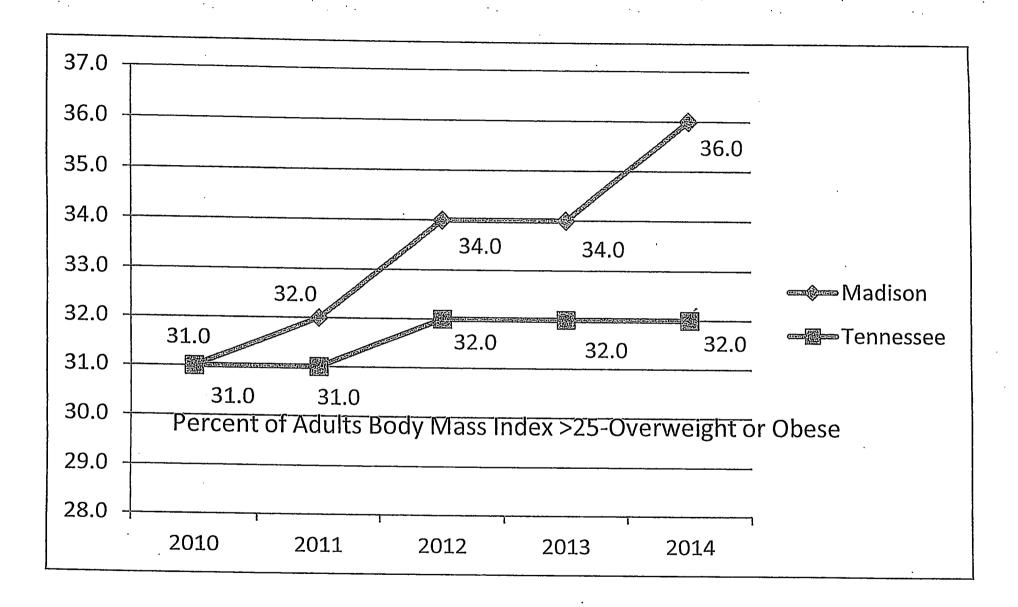


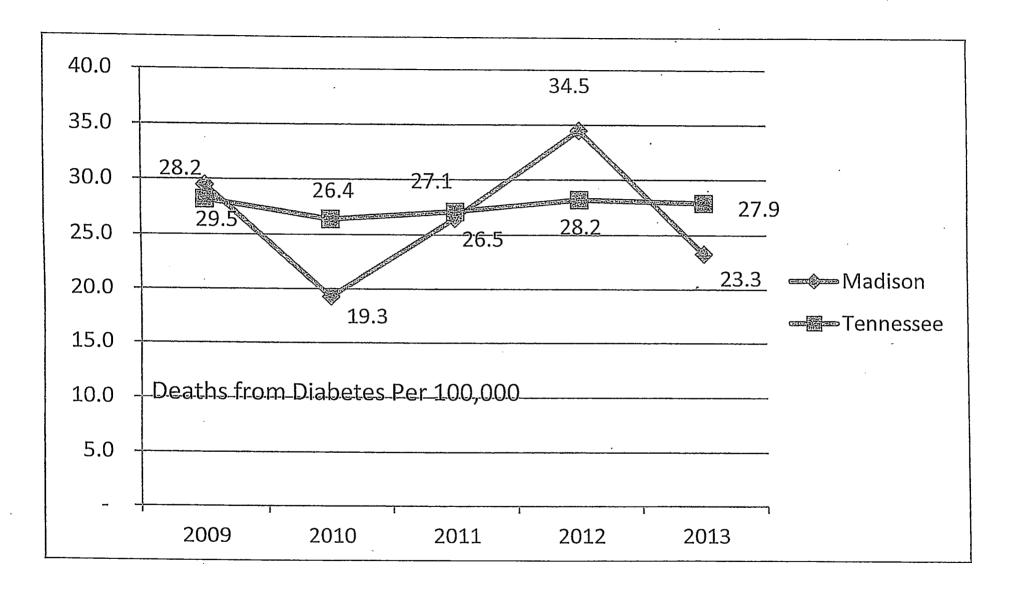


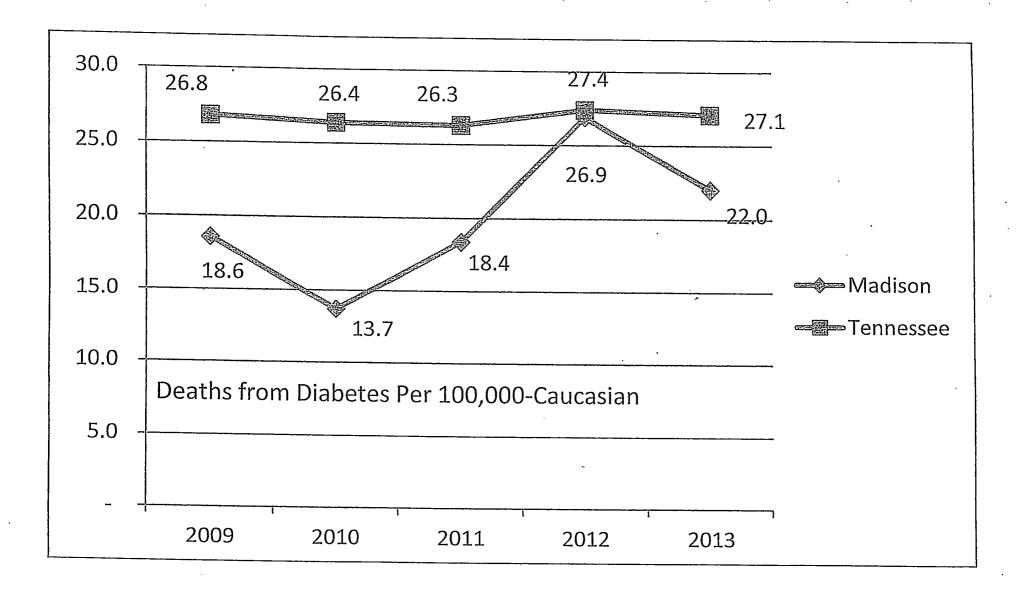


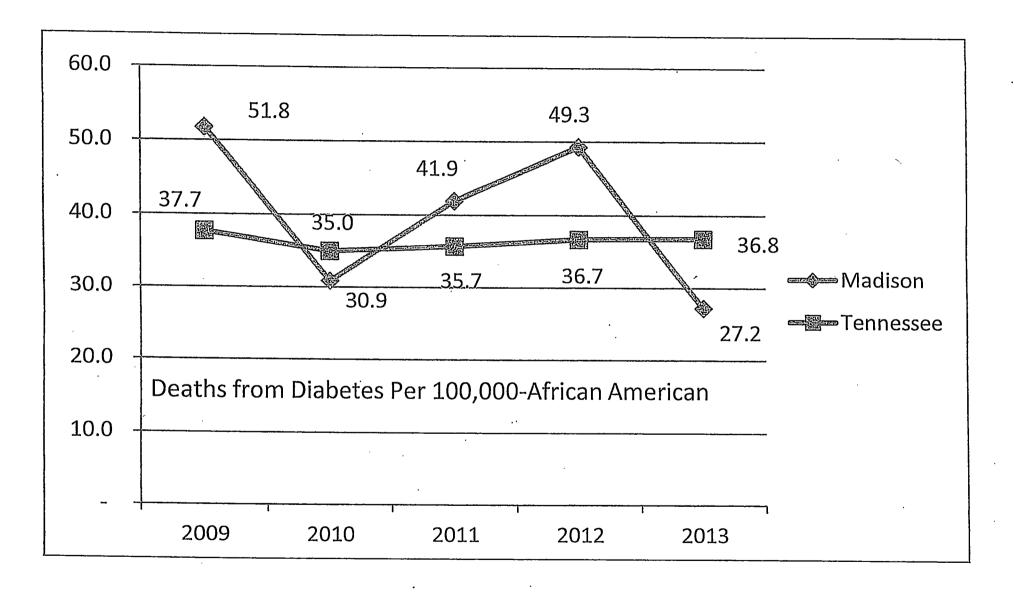












## Madison County Community Needs Assessment Community Resources

The following is a list of community resources for each health issue. The list contains community agencies and public entities that can specifically work with a particular health issue.

#### Influenza

Jackson-Madison County Regional Health Department Physician Clinics Jackson-Madison County School System Community and Senior Citizen Centers Local Churches

#### **Sexually Transmitted Diseases**

Jackson-Madison County Regional health Department Jackson-Madison County School System Phsyician Clinics Afterschool Programs

Operation Hope
Boys & Girls Club
Jackson Family YMCA
Local Churches
Keep My Hood Good
RIFA Roar
The Salvation Army
City of Jackson

#### **Emphysema**

American Lung Association Assisted Living and Nursing Homes Senior and Community Centers

#### **Heart Conditions**

American Heart Association
Physician Clinics
Local Churches
Senior and Community Centers
Civic Clubs
American Association of Retired Persons

#### **High Blood Pressure**

American Heart Association American Stroke Association Physician Clinics Community and Senior Centers
Civic Clubs

#### All Cancers

American Cancer Society
Physician Clinics
Local Churches
Community and Senior Centers
American Association of Retired Persons

#### Mental Illness

National Association of Mental Illness (NAMI) Local Chapter
Jackson City Mental Health Court
Aspell Recovery Center (dual diagnosed)
Jackson Police Department
Madison County Sheriff's Office
Tennessee Department of Human Services Adult Protective Services
Area Relief Ministries
Regional InterFaith Association
Tennessee Homeless Solutions
Salvation Army
Jackson Area Council on Alcoholism and Drug Dependency
Behavioral Health initiatives
Quinco Community Mental Health Centers
Crisis Intervention Team Training
Tennessee Suicide Prevention Network

#### **Arthritis**

Arthritis Foundation
Physician Clinics
Union University
American Association of Retired Persons
Civic Clubs

#### **Obesity**

American Heart Association
American Diabetes Association
American Stroke Association
Physician Clinics
Civic Clubs
Jackson-Madison County School System
RoadRunners
Solus Foundation
Community and Senior Centers

Jackson Recreation and Parks Department
Madison County Parks Department
Local Health and Fitness Clubs
Afterschool Programs
Local Churches
Local Retirement and Nursing Homes
Local Cycling Clubs

#### **Asthma**

Jackson-Madison County School System Physician Clinics

#### **Diabetes**

American Diabetes Association Physician Clinics Jackson-Madison County School System Community and Senior Centers Local Churches

#### Dementia/Alzheimer's

Assisted Living and Nursing Homes Senior and Community Centers Local Churches Alzheimer's Association Physician Clinics

#### **Alcohol and Drug Abuse**

Jackson Drug Court
Aspell Recovery Center
Jackson Area Council on Alcoholism and Drug Dependency
Madison County Drug Court
Metro Narcotics Unit
Jackson-Madison County School System
Madison County Juvenile Court Services
Jackson Police Department
Madison County Sheriff's Office
Jackson-Madison County Community Anti-Drug Coalition
Community Corrections
Tennessee Correctional Services
State of Tennessee Probation and Parole

#### **Teen Pregnancy**

Jackson-Madison County Regional Health Department Jackson-Madison County School System

Madison County Juvenile Court Services
Local afterschool programs
BirthChoice
Tennessee Department of Children's Services
Local Churches

#### Lack of Financial Resources for Healthcare

American Red Cross
Regional InterFaith Association
Area Relief Ministries
Salvation Army
Jackson-Madison County Regional Health Department
Jackson-Madison County School System
Tennessee Department of Human Services
Southwest Human Resource Agency
West Tennessee Legal Services
TennCare
United States and Tennessee Veterans Affairs
Social Security Administration

#### **Tobacco Use**

American Cancer Society
Jackson-Madison County School System
Local Colleges and Universities
City and County Government
Physician Clinics
Jackson-Madison County Community Anti-Drug Coalition

#### **Injury Prevention**

Tennessee Suicide Prevention Network
Tennessee Highway patrol
Jackson Fire Department
Madison County Fire Department
Physician Clinics
Alcohol and Drug Treatment Centers
American Red Cross
Jackson Police Department
Madison County Sheriff's Office
The STAR Center
National Center for Injury Prevention
Tennessee Disability Coalition
Jackson-Madison County Regional Health Department

### BY-LAWS MADISON COUNTY HEALTH COUNCIL

#### ARTICLE I. NAME

The name of this council shall be Madison County Health Council.

This body shall be known as the Madison County Health Council
(Hereafter referred to as "COUNCIL") and will exist within the geographic boundaries of Madison County, Tennessee. The council shall exist as a non-incorporated not-for-profit voluntary membership community service organization.

#### ARTICLE II. MISSION

The Madison County 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.

#### ARTICLE III. PURPOSE AND GOALS

The overall mission of the Council is to assist the Department of Health in assessing the present and future health care needs of the Madison County community by:

- 1. Developing a county health plan, which includes identifying health problems and assisting with need identification;
- 2. Developing goals, objectives, and action plans;
- 3. Securing resources to address identified needs;
- 4. Establishing priorities for all identified health problems.
- 5. Identifying work teams and committees as deemed appropriate in respect to each health problem.
- 6. Promoting and supporting the importance of reducing the health problems in the community.

#### ARTICLE IV. AUTHORITY

- The Council shall exist solely for the purposes stated herein and shall not be
  vested with any legal authority ascribed to the Tennessee Department of Health,
  the State of Tennessee or any of its subdivisions. Recommendations of the
  Council will not be binding upon the Department of Health and the Council is not
  granted authority to act on behalf of the Department of Health without specific
  prior written authorization.
- 2. Unless legally constituted as a not-for-profit 501(C)3 corporation in the State of Tennessee, the Council shall not have the authority to generate, or otherwise receive funds or property on its behalf. Further, the Council shall not generate or receive any monies or property on behalf of the Tennessee Department of Health.

#### ARTICLE V. MEMBERSHIP

**Section 1. Composition.** Membership in the Council shall consist of volunteers who have been identified by council members or who have been recommended by Health Department staff. The Council shall consist of an adequate number of voting members as to be effectively representative of all segments of the community. Leaders in the areas of health care, finance, business, industry, civic organizations, social welfare organizations, advocacy groups, faith based organizations and government may be invited to serve. The Council shall also invite the membership of health care consumer representatives from diverse socioeconomic backgrounds.

**Section 2. Number.** The council shall consist of no less than 10 members and no more than 40 members. A vacancy shall not prevent the Council from conducting business. Membership will be restricted to residents of Madison County or individuals who are employed in Madison County. The Council shall consist of an adequate number of voting members so as to be effectively representative of all segments of the community.

Section 3. Appointment and Removal. Future members and/or members to fill vacancies of the Council shall be appointed by the Council. The Council shall have the right to remove Council members for good cause shown after notice and a hearing before Council as a whole. A two-thirds (2/3) majority is required for removal. Automatic removal results when a member misses 3 consecutive meetings without notifying the health educator.

**Section 5. Resignation of Membership.** Any member may resign by filing a written resignation with the Chair or county based agent of the Department of Health.

**Section 6. Records of Membership.** Jackson-Madison County Regional Health Department staff shall keep a list or record of all members which shall be evidence of membership for any purpose.

#### ARTICLE VI. CONFLICT OF INTEREST

Any member of the Health Council having a direct or indirect interest, beyond being a Council member, in any issue before the Health Council or any of its committees, shall disclose the interest and shall refrain from voting on the issue and shall not be counted in determining the quorum for voting on the issue. In any matter where a conflict of interest is disclosed, the names and voting preference of members shall be recorded. Discussion from any member of the Health Council having a direct or indirect interest shall be permitted.

#### **ARTICLE VII. COMMITTEES**

The Council may establish such standing or special committees as deemed appropriate for the conduct of its business. Committee membership will be assigned by the Chair and may consist of both council members and other concerned individuals who are not members of the council. The council may also invite the membership of healthcare consumer representatives from diverse socioeconomic backgrounds.

#### ARTICLE VIII. OFFICERS

**Section 1. Officers:** The officers of the Council shall consist of the Chair, and Vice-Chair, and Secretary.

**Section 2. Chair:** The Chair will be elected by majority vote of the Council from nominees among its members. The Chair will preside over all meetings of the Council and will set the agenda for each meeting.

**Section 3. Vice-Chair:** The Vice-Chair will be elected by majority vote of the Council from nominees among its members. The Vice-Chair will preside in the absence of the Chair and assume duties assigned by the Chair. The vice-Chair will automatically assume the office of Chair at the end of the current Chair's tenure, leaving the Vice-Chair office vacant and to be filled as outlined in the By-Laws.

**Section 4. Secretary:** The secretary will be selected by majority vote of the Council for nominees among its members. The secretary will record the business conducted at meetings of the council in the form of minutes, and will perform such duties assigned by the Council.

**Section 5. Term of Office:** Appointment composition will be evaluated annually to assure organizational capacity. All members will serve  $\underline{1}$  year. Members may be appointed for a maximum of  $\underline{3}$  years.

**Section 6. Removal:** Any officer may be removed from the office by a two-thirds majority vote of members present at any regular or special meeting of the council.

**Section 7. Vacancies:** Any vacancy caused by the resignation, removal, or death of an office will be filled by action of the council for the unexpired term of the office.

#### **ARTICLE IX. MEETINGS**

**Section 1**: Regular Meetings. The Council will conduct regularly scheduled meetings, no less than 6 times per year. Meetings are to be held at a time and place specified by the council Chair. Written notice of the time and place and information

about the actions on the agenda of each meeting shall be sent by West Tennessee Regional staff at least 10 days in advance of the meeting.

**Section 2. Special Meetings.** The Council Chair may call a special meeting as deemed appropriate.

**Section 3. Quorum.** A quorum shall consist of a simple majority of voting members present at the council meeting.

**Section 4. Voting.** All issues before the Council shall be decided by majority vote of those members entitled to vote and present in person at the meeting. Each member shall be entitled to one (1) vote.

**Section 5. Public Character of Meetings** (SUNSHINE NOTICES) All council meetings will be open to the public and will be held in a public location which is available to all community residents who might seek health care services. All meetings will be appropriately announced for public notice.

**Section 6. Parliamentary Procedure.** The latest published edition of <u>Robert's Rules of Order</u> shall be the authority for questions pertaining to the conduct of Council business.

#### ARTICLE XI. APPROVAL AND AMENDMENTS

These Bylaws will become effective upon approval by a majority vote of the membership of the Council. Thereafter, these Bylaws may be amended or repealed at any regular or special meeting called for the purpose by a majority vote of the voting members present, provided that the proposal additions, deletions or changes have been submitted in writing to all Council members not less than thirty days prior to the meeting at which formal action on such amendments are sought.

#### ARTICLE XII. ADOPTION

These by-laws, together with any appended rules and regulations, if adopted at any regular meeting of the Council shall replace any previous bylaws, rules and regulations and shall become effective when approved by the council.

#### ADOPTED BY THE MADISON COUNTY HEALTH COUNCIL

This isDay of	, 2015.	,
Chair	Date	
Vice-Chair	 Date	

#### Madison County Health Council November 3, 2015 Minutes

The Madison County Health Council met on November 3<sup>rd</sup> at JMCRHD with the following members present:

Amanda Johnson	JMCRHD	Carrie Mann	WTLS
Chelsea Brandon	JMCRHD	Teresa Cook	WTLS
Rachel Thomas	JMCRHD	Hilda Little	CADC of JMC
Sarah Yarbrough	JMCRHD	Lindsey Carr	CADC of JMC
Juanita Jones	KMHG	Melissa Walls	WTH-Lift
Renee Hoyos	TNCWN	Jan Williams	WTH-Lift
Laruen Williams	JMCRHD	Tracie Kemp	WTLS
Peggy Donaldson	Tennova Healthcare	Jocelyn Rose	WTH
Ryan Porter	Jackson Camber	Tammy Hardee	WTH
Tony White	Madison County	Rochelle Harris	Health, Hope, Healing
Janice Brown	JMCRHD	Kim Tedford	JMCRHD
Carolyn Lawhorn	Parish Nurse	Rodger Jowers	TCCY
Amy Elizer	UT Extension	Wendi Johnson	FHS
Kaley Humphrey	ACS	Tiffany Boyett	JMCRHD
Annette Wilson	JMCSS	Sabrina Anderson	Boys & Girls Club
Shanna Shearon	JMCRHD		-

Chelsea Brandon served as facilitator and Amanda Johnson served as recorder. Meeting was called to order at 11:39am with welcome and introductions (see above).

Minutes from the October meeting were voted on and accepted.

#### **TDH Reports**

- > STD (Janice Brown): Getting the Linkage to Care Information Packs together for the community.
- ➤ TennCare Kids (Rachel Thomas): Sponsoring a Happy 1<sup>st</sup> Birthday Celebration to celebrate their 1<sup>st</sup> year milestone. It will be taking place at the JMCRHD and open to children 10-18 months welcome please call to register 731-927-8546 or 731-927-8534.
- ➤ Child Death Review PPI (Shanna): Reported on the project Safe Sleep PPI that they just had at Royal Arm's Apt. Contact with 130 children and 23 mothers were made. They fed and had education materials on safe sleep, immunization, secondhand smoke, and KidsCentral. Partnered with the Child Fatality Review Committee and others in community for this project.

#### A TAD Free Youth/Keep My Hood Good (Juanita Jones)

➤ InterCity Youth M-R (3-6) @TR White still doing programming with the children there. TAD Free is at East Elementary been there going on 3 weeks teaching in the ISS class on every Friday. They will be signing the tobacco free agreements 11/6/15.

#### Community Anti-Drug Coalition (Hilda Little/ Lindsey Carr)

> Beer board selling to minors, 25 different business to come before the board for selling

#### Healthier TN Communities (Amy Elizer/Chelsea Brandon)

➤ The Healthier TN Communities application process is being discussed on a city/county effort. Jackson-Madison County and the City of Jackson have both applied for the grant as different application. What we are wanting is for Jackson-Madison County to be seen as a whole instead of two separate entities for this process. The JMCRHD Director, Kim Tedford, spoke up to inform the group that most regions were being applied for through the health councils or Department of Health. Chelsea then stated that she would contact Vicki to see how we can work together to apply as one.

#### **ACEs Trainings**

- > ACE trainings that was held on 9/4/15 had a total 76 people in attendance
- ➤ The 10/23/15 training had 172 participants
- ➤ We will offer another ACEs training on Feb. 13<sup>th</sup> at JMCGH, we will also offer an E-Cigarette Update Workshop as well that day.

#### Community Health Needs Assessment:

- > The council voted to develop a Madison County Community Health Assessment Fact Sheet like the sample that was provided at the meeting.
- Discussion took place on adding Adverse Childhood Experience to our Health Council Priorities.

#### Agency Announcements:

- > TNCWN (Renee)
  - o Ribbon cutting today at 3-4 at the Farmers Market
  - o Film festival 6-8 pm

#### ➤ UT Extension(Amy)

 Zero Weight Challenge coming up; please help promote this program it is one that works. If you want to know more please email Amy. This program can be an induvial or a group effort..

#### ➤ BGC (Sabrina)

o Glow Run- Thursday November 5<sup>th</sup> register at 6 pm and Run starts at 7 pm(funds go to the BGC at Liberty)

#### TCCY (Rodger)

- Dec 4<sup>th</sup>(Martin)Stress Workshop- Lisa Smart is the keynote speaker 8:15-11:30 need to register for event on Eventbrite
- o Dec 11<sup>th</sup> Annual Book Camp from 9-12 at the Lowell Thomas State Building in Jackson

#### > JMCSS (Annette)

- o Family Night at the Lift 11/5/15 5-7 pm fun, games, and education, hope to do these in the fall and spring
- o Diabetes Forum "Maneuvering the Hallways with Diabetes" Nov 10<sup>th</sup> 6-7 at the Health Department, for children and parents dealing with diabetes in the JMCSS

#### > Health, Hope, Healing (Rochelle)

- o Nov 16-Diabetes Cooking
- o Dec 7<sup>th</sup>-Depression
- Please come and support these people in the work that they are doing in educating the public about different health topics. Rochelle asked the some people from the health council come to support

#### > WTH Lift (Melissa)

- o Kick the Habit every Thursday Night
- o Free Diabetes Workshop at Lift 10-3 Nov 10<sup>th</sup>
- > Happy Frist Birthday Party November 7, 2015 10A-1PM
- ➤ World AIDS Day at Lane College December 1, 2015 5PM-8PM
- ➤ Dec 19<sup>th</sup> Basketball torment from 10-1 pm at Oman Arena

Meeting was adjourned at 12:45 pm

Next meeting will be Tuesday, January 5, 2016 at 11:30AM at the JMCRHD.

#### Lake, Vicki

From: Sent:

Chelsea Brandon [cbrandon@jmchd.com] Monday, November 23, 2015 2:51 PM

To:

Rodger Jowers; Richard Barber; Cynthia Baker; Megan Payton; Kim Tedford; Linda Brice; amoore; Alred, David; Tiffany Boyett; Rachel Thomas; Tara Rogers; Norrie Bryant; Janice Brown; Shanna Shearon; Kris Moore; Little, Hilda; Sabrina Anderson; saralarsen414 @aol.com; Sandy MacDiarmid; Tarsha Hubbard; Hardee, Tammy; Amanda Johnson; Amy Hastings Elizer; jjones truemarine; Ross, Jocelyn; Susan B. Johnson; teresa@wtls.org; tkcrouse@jmcss.org; Carrie Mann; Sharon Cole; Cothern, Katherine; Gracie Kemp; Geneva Gibson; Geneva Williams; Annette E. Wilson; Sarah Yarbrough; Walls, Melissa; Martin, Miki; Muse, Emily; Lake, Vicki; Ryan Porter; Lois Manley; Carolyn Lawhorn; Karen Grace; Carolyn

Lawhorn; Ryan Porter; Tony White

Subject: Attachments: MCH November 2015 Min MCH Min Nov 2015 pdf

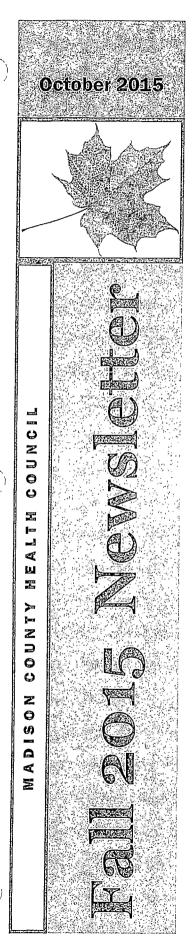
#### Good Afternoon All,

Attached you will find a copy of our Madison County Health Council November minutes. Just a reminder that we will not meet in December. The next meeting will be January 5th @ 11:30. I want to wish everyone a Happy Thanksgiving and as always thank you for all that you do to make Jackson-Madison County a healthier community.

Thanks, Chelsea Brandon, BS CHDC Jackson Madison County Regional Health Department 804 North Parkway Jackson, TN 38305 Phone:731.927.8534,

Cell:731.616.8199 Fax: 731.927.8600

Email:cbrandon@jmchd.com



## Madison County Health Council

Madison County, Tennessee

The Madison County 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. The overall focus of the Council is to assist the Department of Health in assessing the present and future health care needs of the Madison County community by:

- 1. Developing a county health plan, which includes identifying health problems and assisting with need identification.
- 2. Developing goals, objectives, and action plans;
- 3. Securing resources to address identified needs;
- 4. Establishing priorities for all identified health problems.
- 5. Identifying work teams and committees as deemed appropriate in respect to each health problem.
- 6. Promoting and supporting the importance of reducing the health problems in the community.

Mission: To enhance the quality of life in Madison County, TN through assessment of needs, planning and prioritizing, and coordinating of efforts to meet those needs.

Vision: To attain measurable and sustainable improvement of health for all community members. We envision a diverse, active and competent Health Council that serves as a catalyst and resource for improving quality of life in Madison County.

#### **Health Priorities**

## Obesity 1 Chronic Diseases/Diabetes 2 Substance Abuse 3 Tobacco 4 Violence/injury Prevention 5

#### **National Health Observance**

tranesto vinence restrictes	remonat Dental Hygiene	
National Bullying Prevention	National Down Syndrome	
Sudden Infant Death Syndrome (SIDS) Award	ness National Breast Cancer Awarene	5-5
4 - 10 Mental Illness Awareness Week	7 International Walk to School Day	
13 Metastatic Breast Cancer Awareness Day	15 National Latino AIDS Awareness Da	ıy.
16 World Food Day	18 - 24 International Infection Prevention	n Week
19 - 23 National Health Education Week	19 World Pediatric Bone and Joint Day	
23 - 31 Red Ribban Week	25 - 31 Resourators Core Woods	



#### **Madison County** Health Council

#### **NOVEMBER 2015 HEALTH OBSERVANCES**

- American Diabetes Month
- COPD Awareness Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness
- National Alzheimer's Disease Awareness
- National Family Caregivers Month-
- National Healthy Skin Month
- National Hospice Palliative Care Month.
- National Stomach Cancer Awareness
- 19 Great American Smokeout
- 22 International Survivors of Suicide Day
- 23 29 Gastroesophageal Reflux Disease Awareness Week
- 26 National Family Health History Day



#### Madison County Community Fitness Calendar

Lane College 5K walk/run Thursday, October 15, 2015 9:00 a.m.

J.F. Lane Gymnasium - Lane College

Augustine School Race Day Saturday, October 17 Augustine School, 1171 Old Humboldt Rd. Certified 5K and Extreme Obstacle Course http://racedayataugustine.info

Making Strides Against Breast Cancer Saturday, October 24, 2015 Registration is 9am - Walk is 10am Jackson Generals Park FREE event http://main.acsevents.org/site/TR/M akingStridesAgainstBreastCancer/MS ABCCY15MS?pg=entry&fr id=70111

Rockabilly Riot Urban Challenge

Childhood Experiences (ACEs) and the risk of developing health and social problems in adulthood. This workshop presented information on ACE data specific to Tennessee, the impacts of ACEs, and what organizations and individuals can do to build resilience in our community. There were 76 participants and we received re-

Adverse Childhood Experience in Tennessee

The Madison County Health Council sponsored an ACEs workshop

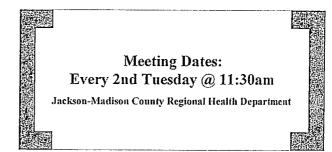
on September 4th; which demonstrated the link between Adverse

sponses from 55participants (72%) response rate, which confirmed overall positive experience. A copy of the survey results is available upon request. There will be another Madison County Health

Council sponsored training on February 12, 2016 (tentative); Ad-

verse Childhood Experiences and Electronic Cigarettes will be the

health issues focused on.



4-mile obstacle course Saturday, October 31, 2015 Register by 8 am Waves begin at 9 am Downtown https://rockabillyriot.racesonline.com

Leadership Jackson Impact Glow Run Thursday, November 5, 2015 Liberty Park on Channing Way http://racesonline.com/events/leader ship-jackson-impact-glow-run-5k

#### **November**

Star Center's Veterans 5K/10K Race Saturday, November 7, 2015 Jackson Walk Plaza Registrations from \$20 if paid by 10/23/15 http://racesonline.com/events/starcenter-s-veterans-5k-10k-

#### race/participants

Donut Run 5K – benefitting Make-A-Wish Mid-South Saturday, November 7, 2015 Union University Bell Tower Registration 8 am - Run at 9 am

Jingle Bell Run/Walk Saturday, November 14, 2015 Jackson Generals Park Registration is 8am - Race is 9am Registration fee of \$30 pre-reg or \$35 day of www.jbr.org/jacksontn

Turkey Day 5K-Golds Gym for RIFA Thursday, November 26, 2015 Registration \$25 Race Day registration 6:30 to 7:45 am -Race at 8 am http://racesonline.com/events/10thannual-turkey-day-5k-jackson

## Madison County Health Council October 6, 2015 Minutes

The Madison County Health Council met on 10/6/15 at JMCRHD with the following members present:

· ·		• •	
Amanda Johnson	JMCHD	Kathie Cothern	CCR&R
Tarsha Hubbard	Ameri group	Melissa Walls	WTH
Syrena Flowers	Healthier TN	Jan Williams	WTH
Amy Elizer	<b>UT Extension</b>	Sabrina Anderson	BGC
Jocelyn Rose	WTHC	Rachel Thomas	TennCare Kids
Kris Moore	BHC-M	Lois Manley	TennCare Kids
Norrie Bryant	JMCHD	Megan Payton	TennCare Kids
Tiffany Boyett	JMCHD	Sarah Yarbrough	TennCare Kids
Rodger Jowers	TCCY		
Juanita Jones	KMHG		

Chelsea Brandon served as facilitator and Amanda Johnson served as recorder. Meeting was called to order at 11:35 am with welcome and introductions (see above)

Minutes from August and September meetings were voted on and accepted.

#### Updates:

- > Tobacco Settlement:- Getting Secondhand and Third hand smoke information out to public, billboards are also running through the county.
- > Chronic Disease- Diabetes and Chronic Disease classes will be starting up again, will be making contacts to get more partners to let us teach classes in other places.
- Primary Prevention Initiatives- ACE'S training went well looking at having another training in February (34 persons that were on waiting list that didn't get to attend) Roger compiled the data and gave that out the results. White Out Day was September 18<sup>th</sup>. Chelsea gave out the numbers for White Out Day in West TN.
- ➤ A TAD Free/ Keep My Hood Good- Juanita spoke with the school board in August JCM-

Liberty-

- Middle school are really wanting these programs in their schools.
- ➤ Healthier Tennessee-This program launched in March or this year in 3 counties. Wanting this regional and state wide.
- MCHC Structure Regroup- We are going to restructure the council, Amy Elizer will be the new Co chair(voted on by group)

Agency Announcement:

Happy Frist Birthday Party- November 7th at the Health Department More venders needed to set up.

At Lift-Smoking Classes start up in November (be held quarterly)

Diabetes Awareness Month- November 10<sup>th</sup> (keynote speaker at this event)

Needs to be more of a push with education on E-Cigs and the second and third hand smoke information out there also.

ACE'S Training/ E-Cig - 2/12/16 (This would be an all-day training that will touch on different subjects) can have training here at the health department or J Walker Barns at the hospital. Talked about having food trucks for lunch

Grand Opening( Safe House) 10/21/15 AT 10:00 AM Wrap Conference 10/23/15
Summit in Nashville November 12<sup>th</sup>

Next Meeting: November3rd at 11:30 am at Health Department

#### **Madison County Health Council**

#### November 3, 2015 Agenda

Welcome and Introductions

Chelsea Brandon

Minutes of the last meeting:

October

**TDH Program Updates** 

JMCRHD Staff

- ✓ Tobacco Settlement
- ✓ Chronic Disease
  - Ready Connect Eat App
- ✓ Primary Health Improvement Plan
- ✓ TennCare Kids

A TAD Free/ Keep My Hood Good Update

Juanita Jones

**Healthier Tennessee** 

Chelsea/Amy Elizer

E-Cig/ ACEs Training February 12<sup>th</sup> 2016 (tentative date)

**MCHC Social Media Pages** 

**Agency Announcements** 

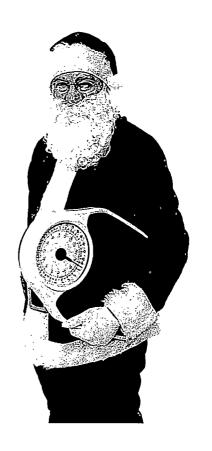
Adjourn

Next Meeting: TBA

Will you be naughty or nice this holiday season?

Avoid weight gain!

# Join the Zero Weight Gain Challenge



Weekly encouragement to maintain your weight for six weeks spanning Thanksgiving to New Years.

When: Monday, November 23, 2015 - Sunday, January 3, 2016

How it works: During the challenge, you'll receive weekly emailed encouragement and tips. You don't reveal your weight - just whether you maintained your weight (or gained or lost).

Register by emailing Amy Elizer - aelizer@utk.edu - Scan for email address \_\_



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.

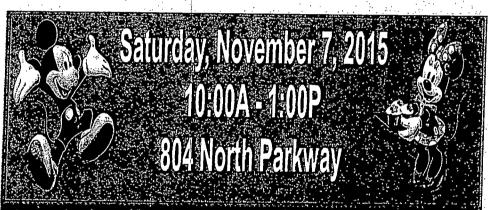




## You are invited to the Happy 1st Birthday Clubhouse Celebration: Your Child's Health Matters

Birthday party is open to children 10 months to 15 months of age. Please present this at the registration table for entrance





DON'T POISON US!!

A day of Food, Fun, Education, Awareness and PRIZES!!

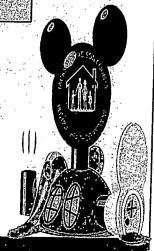
Please RSVP to (731) 927-8546 or (731) 927-8534



TennCare Kids









## Tobacco Cessation Program "Kick the Habit"

A <u>4 week</u> course that provides motivation, education, and support to help reach the goal of tobacco cessation.

- Each week features different aspects of Tobacco Cessation.
- ◆ A Registered Nurse leads the program and also includes Dietitian, Exercise Specialist, Pharmacist, & Voya Rep to discuss savings potential.
- ◆ Support group setting

Next Set of 4 Classes: November 5, 12, 19 and 23, 2015

- <u>Time</u>: 5:30-6:30 p.m.
- Location: Lift Wellness Center Education Center
- Register: call 731-425-6956

or email

Mandy.Griggs@wth.org or Pam. Forsythe@wth.org





Disease Management

# FREE SERVICES AT BELLEGISTER

# **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)

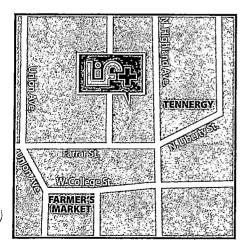
# **Diabetes Education Clinics**

(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



For the services listed above call 425-6956



# DIABETES WELLNESS SEMINAR

# Tuesday, November 10, 2015 10.00 AM-3.00 PM

**LIFT Wellness Center** 101 Jackson Walk Plaza Jackson, TN 38301

This seminar is for all diabetics, including pre-diabetics, who need encouragement in managing, controlling, or delaying diabetes. This will be a day full of education and advice to provide the diabetic with

KNOWLEDGE and POWER to CONTROL

the health of those with diabetes.

# **SPEAKERS:**

Registered Nurses **Certified Diabetes Educator Pharmacist Eye Doctor Wound Care Specialist Exercise Specialist** 

FREE Neuropathy testing will be available!

A lunch will be provided for \$5.00 per person.

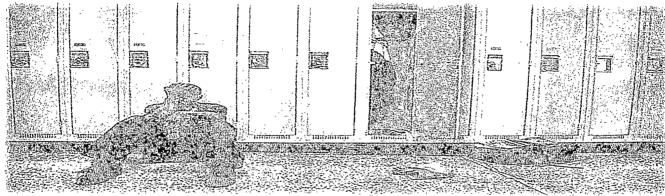
Questions or to RSVP please call

731-425-6956



Sponsored by: Disease Management

# Maneuvering the Hallways with Diabetes



A diabetes forum for parents with children living with this chronic condition.

Tuesday, November 10, 2015 6:00PM-7:00PM

Jackson-Madison County Regional Health Department 804 North Parkway, Jackson, TN

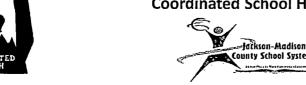
Registration begins at 5:00PM, snacks will be available until 6:00 PM.

For more information: Amanda Johnson, Health Educator 731-423-3020

Sponsored By: ext 62143

Jackson-Madison County Regional Health Department
And

Jackson- Madison County School System /
Coordinated School Health









# HEALTHY LIFESTYLES

Ensuring that environments are conducive to healthy eating and active living can help reduce the risk of obesity and in turn reduce the risk of obesity-related diseases such as diabetes and hypertension. For those with chronic diseases, a healthy lifestyle means management - staying in control and adherent - to reduce the risk of complications.

SHELBY COUNTY QUICK FACTS FROM COMMUNITY HEALTH ASSESSMENT



Nearly 7 put of 10 residents are overweight or obese.

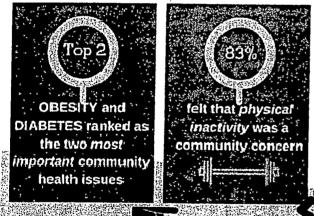


The death rate among persons with diabetes is 29 per 100,000 for Shelby County-higher than TN and US.

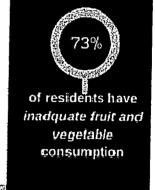


· III stages

There are 20 Grocery Stores per 100,000 people vs 73 Fast Food restaurants per 100,000 people.







# Local Public Health System Factors

- Strengths in informing, educating, and empowering the community about health issues
- Strengths in diagnosing, investigating, and evaluating
- Lack of coordinated action

# **Forces of Change**

- Obesity declared a disease by AMA
- Emphasis on local food and food access
- Aging population—> increase in diabetes rates
- Having "sugar" is seen as a norm in South
   Ads and marketing of unhealthy foods



# **November 5th** 5 to 7 pm LIFT Wellness Center

HEALTHY HABITS

HIGHER SCORES







Filhess Activities

Literacy: Show What You Nutrition Know!

Good

For students & their parents/guardians All students must be accompanied by an adult





101 Jackson Walk Plaza Jackson, TN · 731.427.7048



# Madison County Health Council

October 6, 2015 Agenda

₩Welcome and Introductions

Chelsea Brandon

\*Minutes of the last meeting:

August & September

**†**TDH Program Updates

JMCRHD Staff

□ Tobacco Settlement

& Chronic Disease

Primary Prevention Initiatives

«- ACEs Training Evaluation

- "White Out" Day

\*A TAD Free/ Keep My Hood Good Update

Juanita Jones

\*Healthier Tennessee

Syrena Flowers

**¥MCHC Structure Regroup** 

Chelsea Brandon

\*Agency Announcements

\*Adjourn

Next Meeting: November 3<sup>rd</sup> @ 11:30A



### **ABOUT FRESH SAVINGS**

The Fre\$h Savings program, encourages SNAP recipients to purchase more fresh fruits and vegetables with their SNAP benefits through a variety of incentives.

Fre\$h Savings is a new program of AARP Foundation and is made possible by a \$3.3 million grant from USDA to implement and evaluate a \$6.6 million SNAP incentive program with Kroger Stores and farmers markets in Tennessee and Mississippi. United Healthcare Community and State has provided \$1 million in matching funds in support of the program.

The program – which includes an extensive research and evaluation component - holds the potential to be replicable in communities across the nation and is a **very exciting endeavor for AARP Foundation**.

## WHERE & WHEN WILL FRE\$H SAVINGS BE OFFERED?

Fre\$h Savings will roll out Tennessee and Mississippi starting in mid September 2015.

At participating **Kroger Stores**, it will be available **year round** – including many stores in the greater Memphis area. (Store locations and launch dates will be made available very soon.)

At participating farmers markets, it will be available seasonally - including four markets in Memphis, listed below. (Launch dates will be made available very soon.)

MIFA/Church Health Center Farmers Market at 1115 Union Ave Tuesdays 10am-2pm through October

Overton Park Farmers Market at 389 E. Parkway N.

Thursdays 2pm-6pm through October

Memphis Farmers Market at the corner of Front St. & W GE Patterson Ave.

Saturdays 7am-1pm through October

Cooper-Young Community Farmers Market at 1000 Cooper St.

Saturdays 8am-1pm through November

### WHAT CAN I DO TO HELP?

**SPREAD THE WORD.** If you or someone you know could benefit from this program, please learn more and spread the word. Brochures will be available and widely distributed starting in September.

**VOLUNTEER**. We are looking for friendly, caring people to help implement Fre\$h Savings in stores and markets. Volunteers are asked to help at least two shifts per month. To learn more about volunteering, ontact Maria Parham in Memphis. <a href="mailto:mparham@aarp.org">mparham@aarp.org</a>

For more information, visit us online at www.aarpfoundation.org/freshsavings (Website will be up and running in early September.)

# Suicide Prevention Awareness Month/ "White Out" Day Campaign

The Jackson-Madison County Regional Health Department, West TN Regional Health Department and Tennessee Suicide Prevention Network took a stand against the silence and stigma surrounding suicide across West Tennessee. On September 18, we partnered to sponsor a West TN wide "White Out" Day for Suicide Prevention Awareness. In conjunction with wearing white, purple, or turquoise/teal for awareness; we also provided Suicide Prevention Ribbons, magazine and billboard ads which raised awareness & served as a reminder that suicide is an issue we need to talk about. We reach every county in West TN & the Jackson-Madison County Regions. We gave out awareness t-shirts, ran 3 digital billboard ads, and 2 ads in the *Hey Ya'll* magazine that reached all West TN counties. WBBJ news also ran a segment in recognition of "White Out" Day. Below is a breakdown of the number of people reached through the various outlets.

"White Out" Social Media (#endsuicide2015): 8	,759
"White Out" Awareness T-shirts handed out: 1	,050
Suicide Awareness Ribbons handed out:	500
Hey Ya'll Magazine: 22	2,000
WBBJ (8/27): 27	,000
WBBJ (9/17): 144	,000

# Digital Billboards:

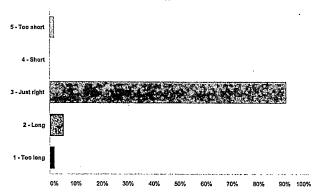
1,148,036

Location	Weekly/Impressions 4
1957 F.E. WRIGHT DRIVE	14,598
3141 HWY 45 BYPASS	73,363
720 SOUTH HIGHLAND S/F	37,312
1996 NORTH HIGHLAND AVE N/F	105,631
548 AIRWAYS BLVD	37,635
1044 Old Hickory	18,470

"White Out" Day & Suicide Prevention Month Total # reached: 1,351,300

# Q1 How would you rate the length of Ms. Lucinski's presentation?

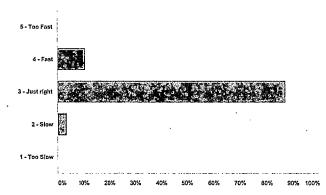
Answered: 55 Skipped: 0



Answer Choices	Responses	
5 - Too short	1.82%	1
4 - Short	0.00%	0
3 - Just right	90.91%	50
2 - Long	5.45%	3
1 - Too long	1.82%	1
Total Respondents: 55		

### Adverse Childhood Experiences in Tennessee

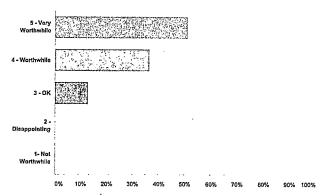
# Q2 How would you rate the pace of the presentation by Ms. Lucinski?



swar Chalcas	Responses	
5 - Too Fast	0.00%	0
4 - Fast	10.91%	6
3 - Just right	87.27%	48
2 - Slow	3.54%	2
1 - Too Slow	0.00%	0
tal Respondents; 55		

# Q3 How would you rate the overall presentation by Ms. Lucinski?

Answered: 55 Skipped: 0

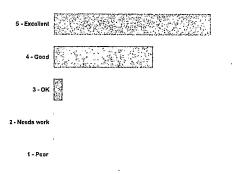


Answer Choices	Responses	
5 - Very Worthwhile	50.91%	28
4 - Worthwhile	36.36%	20
3 - OK	12.73%	7
2 - Disappointing	0.00%	0
1- Not Worthwhile	0.00%	0
Total Respondents: 55		

### Adverse Childhood Experiences in Tennessee

# Q4 How would you rate Ms. Lucinski's skill as a presenter?

Answered: 55 Skipped: 0

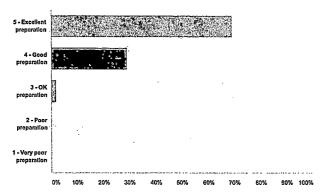


0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Answer Choices	Responses	
5 - Excellent	60.00%	33
4 - Good	38,18%	21
3-OK	3.64%	2
2 - Needs work	0.00%	0
1 - Poor	0.00%	0
Total Respondents: 55	red a compression of the compres	

# Q5 How would you rate how well Ms. Lucinski prepared for the presentation?

Answered: 55 Skipped: 0

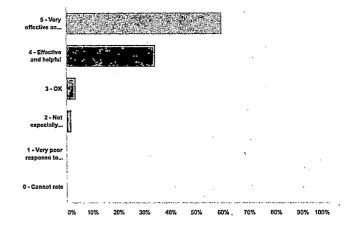


Answer Choices	Responses	
5 - Excellent preparation	69.09%	38
4 - Good preparation	29.09%	16
3 - OK preparation	1.82%	1
2 - Poor preparation	0.00%	0
1 - Very poor preparation	0.00%	0
Total Respondents: 55		

### Adverse Childhood Experiences in Tennessee

# Q6 How would you rate the manner that Ms. Lucinski responded to questions?

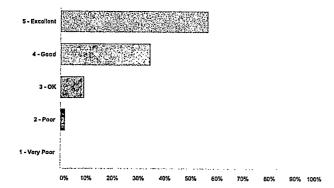
Answered: 55 Skipped: 0



nswer Choices	ran i d	e-	 Responses	<u> 1271 .</u>
5 - Very effective and helpful			60.00%	33
4 - Effective and helpful			 34.55%	19
3-OK			3.64%	2
2 - Not especially effective or helpful			 1.82%	1
1 - Very poor response to questions			 0.00%	0
0 - Cannot rate			 0.00%	0
olai Respondents: 55				

# Q7 How would you rate the audiovisuals used by Ms. Lucinski during the presentation?

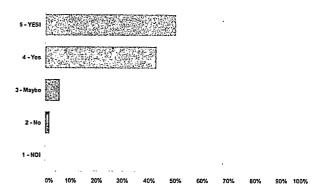
Answered: 55 Skipped: 0



Answer Chalces	Responses	
5 - Excellent	56.35% 31	
4 - Good	34.55% , 19	
3 - OK	9.09% 5	
2 - Poor	1.82% 1	
1 - Very Poor	0.00% 0	
Total Respondents: 55	1	

### Adverse Childhood Experiences in Tennessee

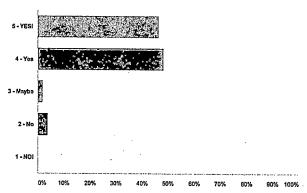
# Q8 Considering today's workshop... Did the content address your needs and interests?



Answer Cholcos	Rosponsos	
5-YESI	50.00%	27
4-Yes	42.59%	23
3 - Maybe	5.56%	3
2 - Na	1.85%	1
1 - NOI	0.00%	0
Total Respondents: 54		

# Q9 Considering today's workshop... Did it meet your expectations for the workshop?

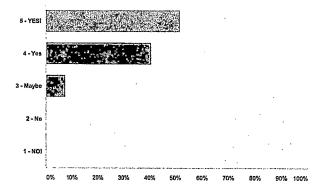




nswor Choicos	Responsos
5 - YESI	46.30% 25
4 - Yes	48.15% 26
3 - Maybe	1.85%
2 - No .	3.70% 2
1 - NOI	0.00% 0
otal Respondents: 54	

### Adverse Childhood Experiences in Tennessee

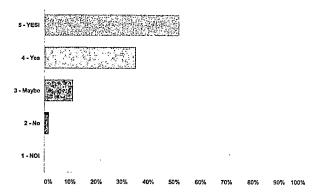
# Q10 Considering today's workshop... Did your learn something new and useful?



Answer Choices	1,				Responses	·
5-YESI		***************************************			51.85%	28
4 - Yes					40.74%	22
3 - Maybe					7.41%	4
2 - No					0.00%	0
1 - NO!					0.00%	0
Total Respondents: 54	. ,	***	···	1		

# Q11 Considering today's workshop... Was the workshop beneficial to you?

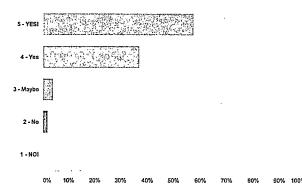
Answered: 54 Skipped: 1



Answer Cholcos	Responses
5-YESI	51.85% 28
4 • Yes	35,19% 19
3 - Maybe	11.11% 6
2 - No	1.85% 1
1 - NOI	0.00% G
Total Respondents: 54	A CONTRACTOR OF THE PROPERTY O

### Adverse Childhood Experiences in Tennessee

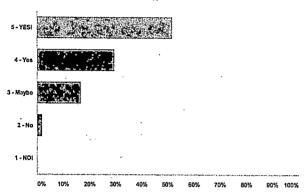
### Q12 Would you recommend the "Adverse Childhood Experiences in Tennessee" workshop to others?



Answer Cholcos	Responses
5-YES1	57,41% 31
4 - 185	37.04% 20
3 - Maybo	3.70% 2
2 - No	1.85%
1-NO!	0.00%
Total Respondents; 54	s' a siam a na massa massa massa massa massa a massa - agus agus agus

# Q13 Would you like to attend additional training events about Adverse Childhood Experiences?

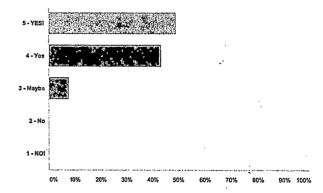
Answered: 54 Skipped: 1



Answer Choices		Responses	
5 - YESI		51.85%	28
4 - Yes		29.63%	16
3 - Maybe		16.67%	9
2 - No		 1.85%	1
1 - NOI		0.00%	0
Total Respondents; 54	2 × 4.7 × 1.7		

### Adverse Childhood Experiences in Tennessee

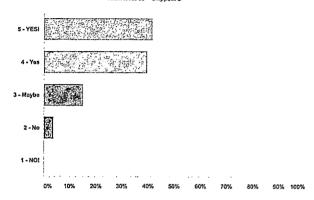
# Q14 Would you like to attend additional training events about the effects of trauma on children?



nswer Choices	Responses	
5 - YESI	49.06%	26
4 • Yes	43.40%	23
3 - Maybe	7,55%	4
2-No	0.00%	0
1 - NO!	0.00%	0
otal Respondents: 53		, .

# Q15 Would you like to attend additional training events about early childhood brain development?

Answered: 53 Skipped: 2



Answer Cholces	Rosponses	•
5-YESI	41.51% 2	-
4 - Yes	39.62% 2	11
3 - Maybe	15.09%	8
2 - No	3.77%	2
1 - NOI	0.00%	0
Total Respondents: 53		

Adverse Childhood Experiences in Tennessee

Q16 Please give us your ideas for training topics or other events related to Adverse Childhood Experiences:

Q17 Please give us your ideas for training topics or other events about the effects of trauma on children:

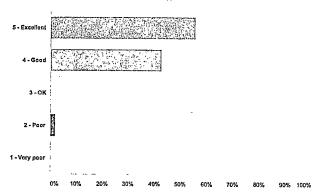
Answered: 14 Skipped: 41

Adverse Childhood Experiences in Tennessee

Q18 Please give us your ideas for training topics or other events about early childhood brain development:

# Q19 How would you rate the overall event today?

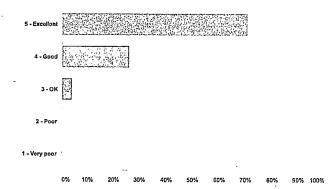
### Answered: 54 Skipped: 1



Answer Choices		Rosponsos	
5 - Excellent	•	55.56%	30
4 - Good		42.59%	23
3 - OK		0.00%	0
2 - Poor	- code :	1.85%	1
1 - Very poor		0,00%	0
Total Respondents: 54			

### Adverse Childhood Experiences in Tennessee

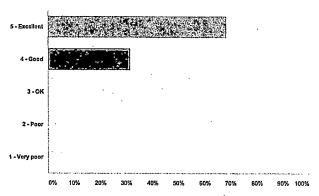
# Q20 How would you rate the organization and preparation for the event?



Answer Cholcos	Rosponses
5 - Excellent	70.37% 38
4-Good ,	25.93% 14
3-OK	3.70% 2
2 - Poor	0.00%
1 - Very poor	0.00%
Table Described to P.	

# Q21 How would you rate the online registration for today's event?

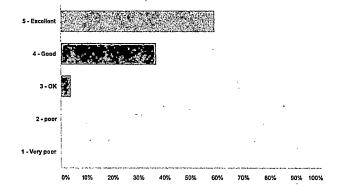
Answered: 54 Skipped: 1



Answer Cholces	Responses	. ,
5 - Excellent	68.52%	37
4 - Good	31,48%	17
3 - OK	0.00%	0
2 - Poor	0.00%	0
1 - Very poor	0.00%	0
Total Respondents: 54		

### Adverse Childhood Experiences in Tennessee

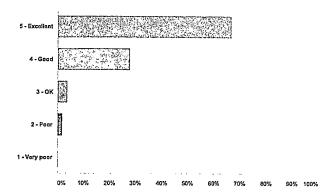
# Q22 How would you rate the announcements and promotion of today's event?



Answer Chalcos	Responses	
5 - Excellent	59.26%	32
4 - Good	37.04%	20
3-0K	3.70%	2
2 - poor	0.00%	0
1 - Very poor	0.00%	0
Total Respondents: 54		

# Q23 How would you rate the facilities and location of today's event?

Answered: 54 Skipped: 1



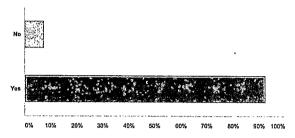
Answer Choices		Responses	** ************************************
5 - Excellent		66.67%	36
4 - Good		27.78%	15
3 - OK	The second secon	3.70%	2
2 - Poor		1.85%	1
1 - Very poor	The second section of the second section of the second section of the second section of the second section sec	0.00%	0
Total Respondents: 54			*

Adverse Childhood Experiences in Tennessee

# Q24 Do you have any other comments or suggestions about today's event?

# Q25 Would you like to receive a certificate of attendance for today's workshop?

Answered: 53 Skipped: 2



Answer Choices	Responses	
No	7.55%	4
Yes	92.45%	49
Total Respondents: 53		

### Adverse Childhood Experiences in Tennessee

# Q26 If yes, what is your name and email address

Answer Choices	Responses		·.	
Name:	100.00%	x		50
Email:	100.00%			50

# Q16 Please give us your ideas for training topics or other events related to Adverse Childhood Experiences:

Answered: 18 Skipped: 37

#	Rosponsos	Dato
1	None. The training was great	9/9/2015 10:09 AM
2	Adoption of children with ACES, Children in DCS with ACES.	9/9/2015 8:17 AM
3	Children that are now adults after childhood adversity.	9/8/2015 4:23 PM
4	Incorporating ACEs into the treatment model currently used by providers that are providing family therapy for children and families for working towards reunification.	9/8/2015 11:54 AM
5	Trainings designed to provide practical tips and quick WINS for families once the ACE has been identifed.	9/8/2015 10:42 AM
6	, NA	9/8/2015 10:09 AM
7	It would be interesting to see the effects based on the age of the trauma, whether or was prolonged or not, etc. Not sure this has been studied or quantified.	9/8/2015 9:38 AM
8	N/A	9/8/2015 8:42 AM
9	Signs & symptoms of sexual abuse	9/8/2015 8:08 AM
10	Go more indepth. How can other agencies help clients with ACES become more productive?	9/8/2015 7:06 AM
11	programs that work	9/7/2015 11:33 AM
12	heart disease, diabetes, obesity in adults I would love an all-day workshop	9/7/2015 11:02 AM
13	This is a new topic for me so any information is welcome.	9/5/2015 3:27 PM
14	I would love to see a presentation on the prevalence of aces with those who die by suicide.	9/5/2015 9:59 AM
15	How to heal from high ACE scores/ treatments, theraples.	9/4/2015 6:49 PM
16	It would be really great to learn how to work with people who have experienced toxic stress/ACEs when they are teenagers or in adulthood. Treatment strategles, effective tools to use, etc.	9/4/2015 6:09 PM
17	I would've liked for her to have a microphone so she didn't have to talk so foud but she did a great job!!!! She flowed aND I was envious of her public speaking skills!	9/4/2015 6:02 PM
18	Instead of a comprehensive overview, you could focus in on one facet of ACE's. Such a just focusing on sexual abuse and how it affects children, how we respond, resources, etc.	9/4/2015 5:39 PM

### Adverse Childhood Experiences in Tennessee

# Q17 Please give us your ideas for training topics or other events about the effects of trauma on children:

#	Responses	Date
1	Establishment of a differential diagnosis: Example: Differentiating- ADHD/R.A.D./ICD-NOS/ODD/IED,etc.	9/17/2015 8:04 AM
2	None. The training was great!	9/9/2015 10:09 AM
3	Adoptive children with ACES and the sign to look for,	9/9/2015 8:17 AM
4	Resources to help build resilence for traumatized children when they become adults.	9/8/2015 4:23 PM
5	Trauma for one child or family member changes the entire family dynamics. Treatment for children must include the caregiver's assessment for reaching a stable family.	9/8/2015 11:54 AM
6	Teenage Mom and Dads would be relevant for today's population to provide the information and education to staff and others to better equip these parents.	9/8/2015 10:42 AM
7	NA	9/8/2015 10:09 AM
8	Some way to provide the training to all leachers and other school staff in the state.	9/8/2015 9:59 AM
9	N/A	9/8/2015 8:42 AM
10	Signs & symptoms of physical abuse	9/8/2015 8:08 AM
11	As we learned in the presentation, brain development starts early. We often don't get these people until adulthood; how can we help create change at that point?	9/8/2015 7:06 AM
12	pevention solutions	9/7/2015 11:33 AM
13	Sexually reactive behaviors and the effects of sexual abuse on children, especially boys.	9/4/2015 6:49 PM
14	I would like to know how we as direct care professionals can use this with the kilds we see daily.	9/4/2015 6:02 PM

# Q18 Please give us your ideas for training topics or other events about early childhood brain development:

Answered: 14 Skipped: 41

#	Responses	Date
1	Revisit ADHD. While there were many programs on this topic throughout the 80's and 90's, it is like the research slood still. There is much to learn about redefining this complex disorder.	9/17/2015 8:04 AM
2	None. The training was great!	9/9/2015 10:09 AM
3	The affect on children who have parents with ACES even though the are raised by some else.	9/9/2015 8:17 AM
4	nonwal this time.	9/8/2015 4:23 PM
5	Identifying the common behaviors that might be manifested when early childhood brain development goes undetected.	9/8/2015 11:54 AM
6	NA ·	9/8/2015 10:09 AM
7	How to get parents to listen	9/8/2015 9:59 AM
8	N/A	9/8/2015 8:42 AM
9	A simple explanation (that we could share with our families)about how brain development in the womb and during the first five years effects the infant/child.	9/8/2015 8:08 AM
10	More education regarding how to stimulate brain development, especially in trouble populations.	9/8/2015 7:06 AM
11	case studies	9/7/2015 11:33 AM
12	Reactive attachment disorder has been suggested by health council members as a primary cause of behavior problems in school children. More home visiting is a need in McNatry County, I believe.	9/5/2015 3:27 PM
13	How substance use, specifically, effects in-utero development as well as early child development.	9/4/2015 6:09 PM
14	Resolution of the problem or helpful resources.	9/4/2015 6:02 PM

### Adverse Childhood Experiences in Tennessee

# Q24 Do you have any other comments or suggestions about today's event?

#	Rosponses	Date
ı	Correction: On the slide about P.E.T. or S.P.E.C.T. scans they are not electrical like an E.E.G. as described by the presenter. They measure glucose metabolism/brain arousal or oxygenation. Most of the slides in the handouts were too small to read.	9/17/2015 8:08 AM
2	None,	9/9/2015 10:10 AM
3	None	9/9/2015 8:17 AM
4	Continous training to obtain new information that may be unavailable for Social Workers and Case Managers for children.	9/8/2015 4:26 PM
5	No	9/8/2015 11:55 AM
6	Really enjoyed the training experience,	9/8/2015 10:43 AM
7	NA .	9/8/2015 10:11 AM
8	would not mind a lunch training, participants could pay for their lunch in advance.	9/8/2015 10:01 AM
9	This workshop was very informative and useful. Thank youl	9/8/2015 9:35 AM
10	NO	9/8/2015 8:43 AM
11	Very good event for professionals in the field of early child dovelopment.	9/8/2015 8:10 AM
12	conference detailed very important topic, helpful to know how common ace are and the long term associations, pregnant mothers should be educated about ace and community should support efforts to minimize	9/7/2015 11:35 AM
13	I appreciate the opportunity to attend this excellent training, I am very encouraged that the Dept. of Health is putting time and resources into training professionals on this topic. I think it would be interesting to have members of the General Assembly calculate their own ACES score.	9/7/2015 11:07 AM
14	Perhaps this is the way it has to be, but too much celiphones/texting, etc. during the program to suit me.	9/5/2015 11:07 PM
15	I certainly enjoyed the presentation and the valuable information. I hope that Tennessee can be a leader in this area.	9/5/2015 3:28 PM
16	I'd love to see something on medical trauma in youth and how that impacts those individuals throughout the lifespan.	9/5/2015 10:00 AM
17	The information was excellent, it was obvious there was much research and preparation for this presentation. It's such a broad topic, to reality gain and grow from the information it would be nice to have the broad overview but also have future lectures that were more specific to certain facets of ACE. I left with a feeling of what to do with the information I learned. I guess that's up to me, but some more practical steps would have been reality helpful. Overall very great presentation!	9/4/2015 5:42 PM

# Madison County Health Council August 4, 2015 Minutes

The Madison County Health Council met on August 4<sup>th</sup> at JMCRHD with the following members present:

Carrie Mann	WTLS	Melissa Walls	WTH
Chelsea Brandon	JMCRHD	Megan Parker	CADC
	JMCRHD	Jocelyn Ross	WTH
Norrie Bryant		Roger Jowers	TCCY
Emily Muse	WTH	<b>J</b>	KMHG
Miki Martin	WTH	Juanita Jones	
Tammy Hardee	WTWC	Kathie Cothern	CCR&R

Chelsea Brandon served as facilitator and Amanda Johnson served as recorder. Meeting was called to order at 11:33 am with welcome and introductions (see above)

Minutes from June meeting were voted on and accepted.

# TDH Program Updates (Tobacco Settlement, Chronic Disease, ACEs Update)

- > ACE training will be Sept 4<sup>th</sup> from 1-4, flyers will go out as soon as very thing is confirmed. Roger will take care of registration.
- > If you need Farmer's Market Materials contact Health Dept.
- > "White Out" Day for Suicide Prevention Month will be September 18<sup>th</sup>.

### **New Business**

Committees within the Health Council: Membership and Business (we asked who would like to head these committees) **Tammy Hardee** will have topic approval and **Tiffany Boyett** will have membership.

We also discussed newsletters and when they should come out. The newsletter will be Quarterly, everything will be sent into Chelsea Brandon for approval

### **Fitness Calendar**

Nothing really at this time.

### **General Announcements**

- > Oct 3<sup>rd</sup>-International Food and Arts Festival at the fairgrounds from 10-4. There will be 50 different cultures there.
- > August 20<sup>th</sup> is the next West TN Consortium and Community Planning Group Meeting here are the health dept at 11 am.
- > Suicide Prevention Walk in Lexington on August 8<sup>th</sup>
- ➤ White Out Day for Suicide Prevention Awareness Sept. 18<sup>th</sup>
- ➢ Dec 5<sup>th</sup> Downtown Jackson will have Pop Up Shops

# Madison County Health Council September 1<sup>st</sup>, 2015 Minutes

The Madison County Health Council met on September 1<sup>st</sup> at JMCRHD with the following members present:

**Roger Jowers** 

TCCY

Juanita Jones

**KMHG** 

Chelsea Brandon

**JMCRHD** 

Kathie Cothern

CCR&R

Tarsha Hubbard

Amerigroup

Chelsea Brandon served as facilitator and Amanda Johnson served as recorder. Meeting was called to order at 11:40 am with welcome and introductions (see above)

## TDH Program Updates (Tobacco Settlement, Chronic Disease, ACEs Update)

- > ACE training will be Sept 4<sup>th</sup> from 1-4, flyers will go out as soon as very thing is confirmed. Roger will take care of registration.
- > "White Out" Day for Suicide Prevention Month will be September 18<sup>th</sup>.

This month's meeting was short due to the MCH ACEs training being held on Sept 4<sup>th</sup>.

### **General Announcements**

- Oct 3<sup>rd</sup>-International Food and Arts Festival at the fairgrounds from 10-4. There will be 50 different cultures there.
- White Out Day for Suicide Prevention Awareness Sept. 18<sup>th</sup>
- > Dec 5<sup>th</sup> Downtown Jackson will have Pop Up Shops
- > The Lift is still having different classes (Kick the Habit, Diabetes/ Heart, Diabetes Support Classes)

# Madison County Health Council August 4, 2015

# Agenda

Welcome and Introductions

Chelsea Brandon

· Minutes of the last meeting:

**TDH Program Updates** 

JMCRHD Staff

Tobacco Settlement

Chronic Disease

ACEs Update

Fitness Calendar

Rochelle Harris

**New Business** 

A TAD Free/ Keep My Hood Good

Tennessee Safety Net

Committees

Newsletters

**Agency Announcements** 

Adjourn

Next Meeting: September 1st 2015 @ 11:30A

# Madison County Health Council July 7, 2015 Minutes

The Madison County Health Council met on July 7<sup>th</sup> at JMCRHD with the following members present:

Amanda Johnson	JMCRHD	Teresa Crouse	JMCSS
Teresa Cook	WTLS	Melissa Walls	WTH
Chelsea Brandon	JMCRHD	Megan Parker	CADC
Norrie Bryant	JMCRHD	Jocelyn Ross	WTH
Taylore Batchlor	Intern	Roger Jowers	TCCY
Tiffany Boyett	JMCRHD	Juanita Jones	KMHG
Sabrina Anderson	BGCJMC	Tammy Hardee	WTWC
Kathie Cothern	CCR&R	Rochelle Harris	Maranatha
Susan Johnson	IMCSS		•

Chelsea Brandon served as facilitator and Amanda Johnson served as recorder. Meeting was called to order at 11:33 am with welcome and introductions (see above)

Minutes from June meeting were voted on and accepted.

### TDH Program Updates (Tobacco Settlement, Chronic Disease, ACEs Update)

- > We have formed teen youth health council, they went to a camp where they learned how to talk about different subjects with their peers (they will start meeting in August) Megan Parker said something about a partnership with the Anti-Drug Coalition.
- ➤ Lane College is now smoke free campus as of July 1<sup>st</sup>. The signs are going up around campus, we are passing out pamphlets, quite kits and other materials.
- Chronic disease classes last time we didn't have a big turnout. We will look at the times classes are offered, If any places that would like these different classes please let the health dept. know
- > ACE training will be Sept 4<sup>th</sup> from 1-4, flyers will go out as soon as very thing is confirmed. Roger will take care of registration.
- If you need Farmer's Market Materials contact Health Dept.
- > Immunizations Carnival will be on July 8<sup>th</sup> at 9-7 here at the Health Dept, we will be handing out school supplies when they get shots, Please bring shot recorders with you.
- ➤ Suicide Prevention Training to be held at Health Dept on July 23<sup>rd</sup> from 9-11 with keynote speaker Pat Taylor

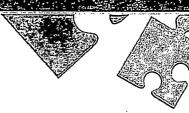
### **Agency Announcement**

- JMCSS (Susan Johnson and Teresa Crouse)
  - They are working on the fresh fruits and veggies program. They will be using the smarter lunchroom materials this year while also using the teens teaching tots program long with partnering with Health Dept to teach lessons.



LET US HELP YOU...

put the pieces together!



DIABETES
Support Group

Hosted by

LIFT Disease Management Diabetes Clinic

> Stress Reduction

Nutrition

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:

Daniel Carroll, RN · Diabetes Education

FOR MORE INFORMATION and to make a reservation, call

1.731.425.6956

Education

**Tood Labels** 





"Parents are the ultimate
role models for children.
Every word, movement and
action has an effect. No
other person or outside
force has a greater influence
on a child than the parent."
Bob Keeshan

# A DV ERSE CHILDHO O D EXPERIEN CES in Tennessee

# Friday, September 4th

1:00PM - 400PM Jackson-Madison County Re

Jackson-Madison County Regional Health Department

Stressful childhood experiences, such as abuse and neglect, impact adult health later on. Come learn about the ACE Study, which demonstrates the link between Adverse Childhood Experiences (ACEs) and the risk of developing health and social problems in adulthood. This workshop will present information on ACE data specific to Tennessee, the impacts of ACEs, and what organizations and individuals can do to build resilience in their communities.

# Presented by Loraine Lucinski,

Administrator of Early Childhood Initiatives, TN Dept. Of Health







Register at mchc-aces.eventbrite.com

### Lake, Vicki

From:

Chelsea Brandon [cbrandon@jmchd.com]

Sent:

Tuesday, August 04, 2015 2:13 PM

To:

Carrie Mann; Hardee, Tammy; Rodger Jowers; Parker, Megan; Amy Dolinky; Cothern, Katherine; Walls, Melissa; Muse, Emily; jjones truemarine; Amanda Johnson; Ross, Jocelyn; Lake, Vicki; Martin, Miki; Rachel Thomas; Tiffany Boyett; Tara Rogers; Jennifer Diffee; Kim Mays; Annette E. Wilson; Sabrina Anderson; Shanna Shearon; Jaclyn Franks; Chanda Freeman; Chris Ellis; Little, Hilda; Susan B. Johnson; tkcrouse@imcss.org; teresa@wtls.org

Kim Tedford

Cc: Subject:

MCHC- ACEs Training

Attachments:

ADVERSE CHILDHOOD EXPERIENCES.pdf

### Good Afternoon All,

The Madison County Health Council's ACEs Training is set for September 4th from 1:00PM-4:00PM; the registration web site is now open through Eventbrite. You can register by going to mchc-aces.eventbrite.com.

Thanks,
Chelsea Brandon, BS
CHDC
Jackson Madison County
Regional Health Department
804 North Parkway
Jackson, TN 38305
Phone:731.927.8534,

Cell:731.616.8199 Fax: 731.927.8600

Èmail:cbrandon@jmchd.com

# 

FUNDRAISER

Pedal to raise money for the West
Tennessee Foundation Employee Fund
to help employees in need! Funds
raised go to assist families who have
experienced a death in the family, fire,
cancer and other overwhelming events.



# Friday · August 28th · 2015

8 pm to € 11 pm



LIFT Wellness Center 101 Jackson Walk Jackson, TN

7 pm • Check-in & Regstration pick-up starts

Teams of 6



REGISTER O ONLY 16 BIKES TO FILL QUICK!

PRIZES for costumes & most money raised

# REGISTER

Please register by Friday, July 31st to receive a t-shirt Call Tiffany Forbis to register or for any questions:

7/31/4/25/6049







7811.427.77048 www.llftjackson.com



5:30 to 6:30 pm Sign up is required, call 731.425.6964 Deadline for sign up is Sept. 24th, 5pm.

28th

# CHILD HEALTH WEEK FESTIVAL

5:00 to 7:00 pm Games, Giveaways & Educational Booths tuesday

29th

5:30 to 6:00 pm

Falcon Ridge Farms will show what farming is all about Sign up is required, call 731.425.6964 Deadline for sign up is Sept. 24th, 5pm.

thursday

1 st

4:00 to 8:00 pm

Come climb on the Rock Wall (must weigh 25lbs. +) Sign up is required, call 731.427.7048

friday

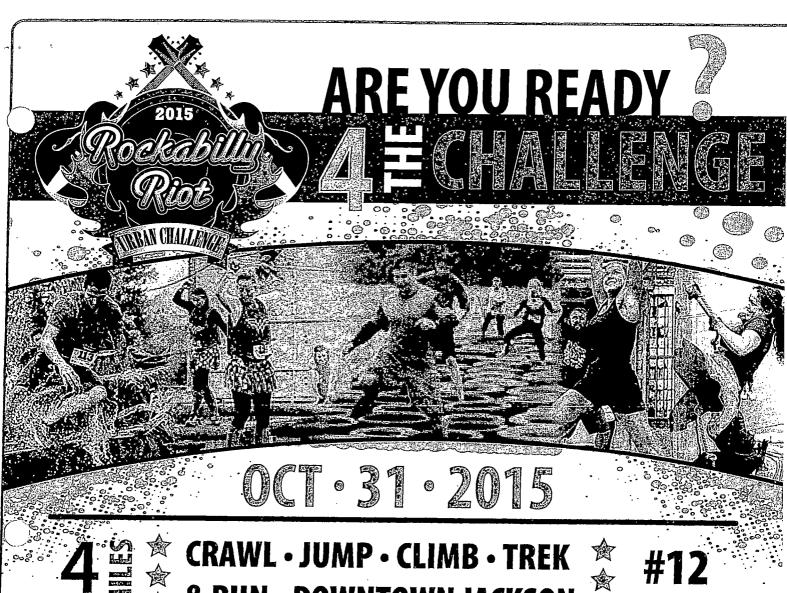
2nd

Parent or Guardian must be present with child at all events.











& RUN - DOWNTOWN JACKSON





FIRST WAVE STARTS AT:

you must check in 1 hour prior to your wave time

REGISTER ONLINE:

WWW.ROCKABILLYRIOT.RACESONLINE.COM







CHECK US OUT: facebook.com/rockabillyriotuc



COSTUMES ARE WELCOMED



101 Jackson Walk Plaza · Jackson, TN 731.427.7048 · www.liftjackson.com "Parents are the ultimate role models for children.
Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than the parent."
Bob Keeshan

# ADVERSE CHILDHOOD EXPERIENCES in Tennessee

# Friday, September 4th

1:00PM - 400PM

Jackson-Madison County Regional Health Department

Stressful childhood experiences, such as abuse and neglect, impact adult health later on. Come learn about the ACE Study, which demonstrates the link between Adverse Childhood Experiences (ACEs) and the risk of developing health and social problems in adulthood. This workshop will present information on ACE data specific to Tennessee, the impacts of ACEs, and what organizations and individuals can do to build resilience in their communities.

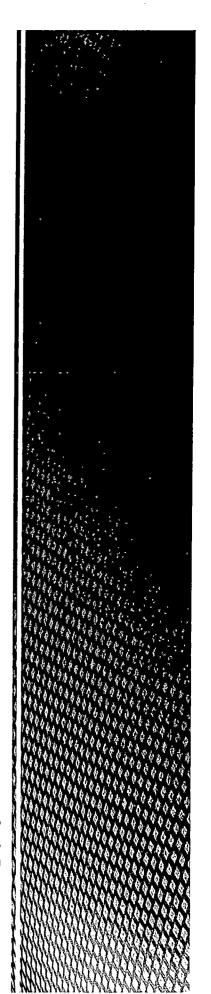
# Presented by Loraine Lucinski,

Administrator of Early Childhood Initiatives, TN Dept. Of Health



Sponsored by the Madison County Health Council





# Madison County Health Council July 7, 2015 Agenda

Welcome and Introductions

Chelsea Brandon

Minutes of the last meeting:

TDH Program Updates

JMCRHD Staff

Tobacco Settlement

Chronic Disease

ACEs Update

Fitness Calendar

Rochelle Harris

New Business

Committees

Newsletters

**Agency Announcements** 

Adjourn

Next Meeting: August 4<sup>th</sup> 2015 @ 11:30A

# Madison County Health Council June 2<sup>nd</sup> 2015 Minutes

The Madison County Health Council met on June 2<sup>nd</sup> at JMCRHD with the following members present:

Jocelyn Ross	WTH	Amanda Johnson	<b>JMCRHD</b>
Chelsea Brandon	JMCRHD	Rachel Thomas	JMCRHD
Tiffany Boyett	<b>JMCRHD</b>	Miki Martin	The Lift
Annette Wilson	JMCSS	Carrie Mann	WTLS
Sabrina Anderson	BGCJMC	Rodger Jowers	TCCY
Teresa Cook	WTLS	Norrie Bryant	JMCRHD
Susan Johnson	JMCSS	Rochelle Harris	Maranatha

Chelsea Brandon served as facilitator and Amanda Johnson served as recorder. Meeting was called to order at 11:36am with welcome and introductions (see above).

Minutes from the March meeting were voted on and accepted.

# TDH Reports (Chelsea Brandon)

- Tobacco Settlement Grant Update: Lane College Smoke Free Campus kick-off will begin July 1, 2015. Signs and cessation packets were provided by the JMCRHD.
- Chronic Disease Grant: Classes for Living Well with Diabetes and the Living Well with Chronic Disease are being held at the JMCRHD June 9<sup>th</sup> and offered out in the community as requested.
- Marketing Campaigns: 2 Immunization Awareness, 2 Farmer's Market and 4 antitobacco billboards
- ACEs training will be a ½ day tentative 1P-4P

# TENNderCare /Tenncare Kids (Rachel Thomas/Tiffany Boyett)

- Provided a brief update about their program
- This year they have made 18,000 contacts and the JMCRHD program ranks 2<sup>nd</sup> in the State of TN, 1<sup>st</sup> among the Metro Health Departments.

### Fitness Calendar:

- Looking at possibly getting one developed for our community and run it in the Jackson Sun and WBBJ
- Rochelle Harris will work on gathering events for the fitness calendar for the months ahead

### JumpStart Jackson- (Annette Wilson)

- Looking at possible project for funding Annette and Vickie are looking into this matter, if anyone has ideas contact Annette. Healthy West and Shape the State grants are some of the ones being considered.

#### Coordinated School Health/School Nurse Program (Annette Wilson)

- JMCSS has 13 FT school nurses with 3 contracts
- 79 students returned to classroom after visit
- 34 students have Type I and 17 students have Type II Diabetes
- A copy of the CHS report with the rest of the information was provided

#### Faith-Based Initiatives (Rochelle Harris)

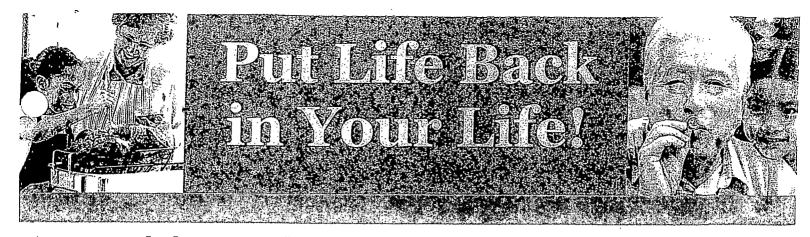
Suggested to provide life-style changes and training for faith based community was Miki would check in with this topic with possible Lift aid.

#### Agency Announcements:

- Running 101 Class The Lift
- June 4th Boys & Girls Club Fundraiser \$125/ticket
- June 11<sup>th</sup> West TN HIV/AIDS Consortium Meeting @ WTLS 5:30PM July 8<sup>th</sup> JMCRHD Immunization Fair 9A-7P
- July 10<sup>th</sup> City/County Ballpark Game Night
- ACEs Sept 4<sup>th</sup>

Meeting was adjourned at 12:00 pm

Next meeting will be Tuesday, July 7, 2015 at 11:30AM at the JMCRHD.



# Living Well with Chronic Conditions

Learning to be a Self-Manager of Your Health Condition

#### **SESSION OUTLINE**

#### Week 1:

- Introduction to Workshop
- Group Introductions
- The Mind-Body Connection/Distraction
- Getting a Good Night's Sleep
- Introduction to Action Plans

#### Week 2:

- Feedback/Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity and Exercise
- Preventing Falls and Improving Balance
- Making an Action Plan

#### Week 3:

- Feedback
- Making Decisions
- Pain and Fatigue Management
- Endurance Exercise
- Relaxation: Body Scan
- Making an Action Plan

#### Week 4:

- Feedback
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

#### Week 5:

- Feedback
- Making Healthy Food Choices
- Medication Usage
- Making Informed Treatment Decisions
- Depression Management
- Positive Thinking
- Making an Action Plan

#### Week 6:

- Feedback/Problem-Solving
- Working with Your Health Care Professional and the Health Care System
- Weight Management
- Looking Back and Planning for the Future

Insert Leader Contact Information

PHONE: 731-927-8534 FAX: 731-927-8600 CELL: 731-431-3561



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20585 NT, MOUNDAL, YEARSON, TN 38305

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# Madison County Health Council May 5, 2015 Minutes

The Madison County Health Council met on May 5<sup>th</sup> at JMCRHD with the following members present:

Vicki Lake	WTH	Amanda Johnson	<b>JMCRHD</b>
Chelsea Brandon	JMCRHD	Rachel Thomas	<b>JMCRHD</b>
Tiffany Boyett	JMCRHD	Melissa Walls	The Lift
Annette Wilson	JMCSS	Megan Parker	CADC
Sabrina Anderson	BGCJMC	Rodger Jowers	TCCY
Jocelyn Ross	WTH	Norrie Bryant	<b>JMCRHD</b>
Tammy Hardee	WTWC	Miki Martin	The Lift
Rochelle Harris	Maranatha		

Chelsea Brandon served as facilitator and Amanda Johnson served as recorder. Meeting was called to order at 11:35am with welcome and introductions (see above).

Minutes from the March meeting were voted on and accepted.

#### TDH Reports (Chelsea Brandon)

- Tobacco Settlement Grant Update: Lane College Smoke Free Campus kick-off July 1, 2015. St. Mary's Manor & Wesley Housing will start providing tobacco cessation programs to their residents.
- Chronic Disease Grant: Classes for Living Well with Diabetes and the Living Well with Chronic Disease are being held at the JMCRHD and offered out in the community. Ready-Connect-Eat App was introduced to the group. The soft launch is currently being held the full kickoff available late summer.
- Marketing Campaigns: 2 Immunization Awareness, 2 Farmer's Market and 4 antitobacco billboards

# Community Health Needs Assessment: (Vicki Lake)

- Copies of the Madison County Needs Assessment 2015 Update of the 2012 Plan were distributed to the new members in attendance.
- Discussion took place on adding childhood cancer to our health priorities. Cancer, Obesity, Cardiovascular Health, Diabetes, and Tobacco are the priorities in discussion.

#### Fitness Calendar:

- A copy of the Commercial Appeal's Fitness Calendar for the community was given out.
- Looking at possibly getting one developed for our community and run it in the Jackson Sun and WBBJ
- Rochelle Harris will work on gathering events for the fitness calendar.

- Faith-Based Initiatives: Office of Minority Health granted two recipients from the JMC area Bethlehem Missionary Baptist Church and Hope and Faith Church. The health focuses for these two churches are violence prevention and obesity.

#### Bylaws/Conflicts of Interest (Chelsea Brandon)

- Copies were passed out and the members that were present

#### Agency Announcements:

- Kick the Habit 4 week tobacco cessation will start up again in May on Thursdays from 5:30-6:30. Cost \$50
- May 18<sup>th</sup> Stroke Awareness
- May 21<sup>st</sup> Senior Women Conference: 50+yrs @ Union
- May 28<sup>th</sup> Cooking Demos
- May 30<sup>th</sup> Ballpark Game Night

Meeting was adjourned at 12:15 pm

Next meeting will be Tuesday, June 2, 2015 at 11:30AM at the JMCRHD.

# Madison County Community Health Needs Assessment

2015 Update of 2012 Plan

Updated Data
Community Resources
2012 Community Needs
Implementation Strategies

### Madison County Community Health Assessment Update of Size of Health issues 2015 Prioritization of Health Issues

Influenza in Madison Sentinel Provider Infl	•	rveillance Data
	# Patients	
CY2011	991	
CY2012	414	
CY2013	288	
CY2014-November	257	

Sexually Transmitted Diseases in Madison County
Ages 15-17 diagnosed with chlamydia, gonorrhea, or syphilis

Year	Madison	TN
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: Tennessee Commission on Children and Youth: KIDS COUNT: The State of the Child in Tennessee.

#### Emphysema

2010 COPD is the 3rd leading cause of death in the United States 2011 12.7 million U.S. adults have COPD 4.7 million U.S. adults have emphysema.

#### Heart Conditions in Madison County

Death from Diseases of the Heart Per 100,000

		Madison			TN	
	Total	White	Black	Total	White	Black
· 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
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.

## Heart Conditions continued

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

	Madison	TN	
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	TN	
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			TN	
		· Total	White	Black	Total	White	Black
~. <u>,</u>	2013	46.6	57.5	32.6	48.1	50.5	45.8
(ب	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
٠.	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	<b>57.</b> 9	52.5

Source: Tennessee Department of Health.

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

	Madison	TN
2012	37.0	39.7
2011	39.7	38.7
2010	40.0	35.4
2009	25.6	32.6
2007	34 <b>.</b> 9	33.8
2005	27.4	30.2

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

#### All Cancers

Deaths from Malignant Neoplasms Per 100,000

٠		Madison			TN		
	Total	White	Black	Total	White	Black	
2013	189	9.4 202.9	179.2	214.5	231.0	176.4	
2012	198	3.7 210.1	191.9	211.2	226.5	176.3	
2011	175	5.1 198.7	148.0	210.2	224.6	180.1	
2010	229	9.9 266.2	196.4	212.9	234.6	178.9	
2009	187	7.0 208.2	152.4	216.2	226.9	183.5	
. 2008	191	L.8 200.2	181.8	213.3	225.0	174.6	
2007	· 182	2.1 201.5	146.4	215.3	226.1	180.1	

Source: Tennessee Department of Health.

#### Mental Iliness

Mental illness affects 1 in 5 families in the United States.

18.6 percent of Americans age 18 and older suffer from a diagnsed mental illness.

1 in 17 live with serious and persistent mental illness.

Mental illness is the leading disability for individuals ages 15-44 in the United States.

13 percent of adults received treatment for a mental illness

(includes inpatient, outpatient, medication management).

Major depression disorder-6.9 percent of adults had an episode in 2012.

Bi-polar disorder-2.6 percent of adults-median age is 25.

Schizophrenia-1.1 percent of adults

Panic disorder -2.7 percent of adults-median age 24

Post traumatic stress disorder-3.5 percent of adults-on set at age 23.

Source: National Institute of Mental Health.

Average Number of Mentally Unhealthy Days Reported in Last 30 Days

	Madison	TN	
2014	3.1	3.4	
2013	3.0	3.3	
2012	2.8	3.4	
2011	2.9	3.4	
2010	2.8	3.3	

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

# Mental Illness continued

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

	Madison		TN
	Number	Percent	Percent
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		TN
	Number	Percent	Percent
2010-2012	15,462	20.71	20.56
2008-2010	4,508	22.59	22.15

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

<u> </u>	Madison		TN	
1	Number	Percent	Percent	
2014	615	14.3	13.8	
1	601	52.1	13.6	
y2013 Fy2012	596	51.7	12.9	

Source: Tennessee Department of Mental Health and Substance Abuse Services. Tennessee Behavioral Health County Data Book 2014

#### Arthritis

Tennessee	2011	2013
Adults with Arthritis Adults limited by arthritis Percent with arthritis Percent women/men with arthritis Percent age 18-44 with arthritis Percent age 45-64 with arthritis Percent age 65 and older with arthritis Percent with arthritis who are inactive Percent arthritis among adults with diabetes Percent arthritis among adults with hypertension rcent arthritis among adults who are obese	1,250,000 594,000 26 .31/21 10 34 50 55 53 42 37	160,000 68,000 25 27/23 8 32 52 33 49 42 34

Source: Centers for Disease Control and Prevention.

#### Arthritis continued

Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia? (percent)

	Madison	TN
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.

#### Obesity

Adults who have a body mass index greater than 25-overweight or obese (percent)

	Madison	TN
2012	66.8	65.4
2011	71.6	66.5
2010	71.9	67.8
2009	72.1	69.0
2008	70.4	68.0
2007	67.3	67.4
2006	64.8	65.3
2005	69.0	62.3

Adults who have a body mass index greater than 30-obese (percent)

	Madison	TN
2012	36.2	31.1
2011	37.1	29.2
2010	33.7	31.7

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

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

	Madison	TN	
2014	36	32	
2013	. 34	. 32	
2012	34	32	
2011	32	31	
2010	31	31	

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

#### Asthma

thma in Tennessee 6 percent in adults; 9.5 percent in Children-2010

2002-2007 childhood hospitalizations for Asthma Ages 10-17 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 in Madison County	2004-06	2008-10
Inpatient hospitalizations per 100,000	126	119.4
Emergency Room visits per 100,000	725	855

Madison County TennCare Population Prevalence of asthma 9.6 percent

Source: Tennessee Department of Health.

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

	Madison	TN .
2012	4.2	11.0
2011	6.9	10.4
2010	10.1	9.3
2009	<b>8.9</b>	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.

#### Diabetes

Deaths from Diabetes per 100,000

	•		Madison			TN	
		Total	White ·	Black	Total	White	Black
·	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
<b>}</b>	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
l	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
Sour	rce: Tennes	see Department of	Health.				

#### Diabetes continued

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

•	Madison	TN
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

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

	Madison	TN
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. Behavioral Risk Factor Surveillance System.

#### Dementia/Alzheimer's Disease

Deaths from Alzheimers per 100,000

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

Source: Tennessee Department of Health.

Over 5 million Americans are living with Alzheimers Disease-110,000 in Tennessee

Tennessee in 2014 16,000 adults ages 65-74 living with Alzheimers

Tennessee in 2014 47,000 adults ages 75-84 living with Alzheimers

Tennessee in 2014 41,000 adults ages 85+ living with Alzheimers

Alzheimers is the 5th leading cause of death in the United States.

138 percent increase in Alzheimers deaths since 2000

# Alcohol/Drug Abuse

nge/Excessive Drinking-Percent who report in the past 30 days

	Madison	TN
2014	10	9
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, wne, malt beverage, liquor? (percent)

	Madison	TN
2012	29.5	38.6
. 2011	30.6	37 <b>.</b> 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 ocassion (5 for women;4 for men)(percent)?

	Madison	TN
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.

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

, <b>i</b>	Madison	TN
z010-2012	5,906/7.91	8.20
2008-2010	1,577/7.90	8.04
2006-2008	1,530/7.85	8.86

## Alcohol/Drug Abuse continued

Drug related arrests for adults age 18 and older and arrests as percentage of population older than age 18.

	Madison	TN
Cy2013	813/1.09	1.10
Cy2013 Cy2012 Cy2011	798/1.07	1.04
Cy2011	703/3.52	1.00

Source: Tennessee Department of Mental Health and Substance Abuse

Services. Tennessee Behavioral Health County Data Book 2014

Teen Pregnancy	regnancy
----------------	----------

Pregnancies Age 10-14 Per 1,000 Females

	Madison			TN		
. •	Total	White	Black	Total	White	Black
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

#### Pregnancies Age 10-17 per 1,000 Females

	Madison			TN		
	Total	White	Black	Total ·	White	Black
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			TN		
Total	White	Black	Total	White	Black
19.0	11.1	28.7	21.2	18.1	33.9
22.3	18.9	27.1	22.4	18.9	36.5
24.5	14.1	36.1	24.8	21.1	42.1
37.1	15.0	62.6	29.6	22.4	55.5
43.6	27.6	64.0	33.6	25.9	63.0
41.8	24.2	65.3	34.3	26.9	62.6
	Total 19.0 22.3 24.5 37.1 43.6	Total White 19.0 11.1 22.3 18.9 24.5 14.1 37.1 15.0 43.6 27.6	Total       White       Black         19.0       11.1       28.7         22.3       18.9       27.1         24.5       14.1       36.1         37.1       15.0       62.6         43.6       27.6       64.0	Total         White         Black         Total           19.0         11.1         28.7         21.2           22.3         18.9         27.1         22.4           24.5         14.1         36.1         24.8           37.1         15.0         62.6         29.6           43.6         27.6         64.0         33.6	Total         White         Black         Total         White           19.0         11.1         28.7         21.2         18.1           22.3         18.9         27.1         22.4         18.9           24.5         14.1         36.1         24.8         21.1           37.1         15.0         62.6         29.6         22.4           43.6         27.6         64.0         33.6         25.9

# k of Financial Resources for Healthare

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

CODE: (Paranti		
	Madison	TN
2013	16.7	17.6
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

Children in Poverty-Percent of children under 18 in poverty

		Madison	TN
•	2014	27	26
	2013	32	27
	2012	30	26
`\	2011	22	22
	2010	24	23

Uninsured Adults-Percent Population Under Age 65 without health insurance

Madison	TN
21	21
20	21
20	20
18	19
13	15
	21 20 20 18

Percent Children Linving in Single-Parent households

	Madison	TN
2014	42	35
2013	46	35
2012	45	35
. 2011	40	34

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

All People in Poverty-Percent

	Madison	TN
2009-2013	20.0	17.6

Lack of Financial Resources continued			
Unemployment			
	Madison	TN ·	US
Oct-14	6.5	7.1	5.8
Sep-14	6.6	7.3	5.9
Oct-13	8.4	8.1	7.2

Source: Tennessee Department of Labor & Workforce Development

#### Tobacco Use

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

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

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

Are you a current smoker?

	Madison	TN
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: Tennessee Department of Health. Behavioral Risk Factor Surveillance System.

# Madison County Community Health Needs Assessment Effectiveness of Interventions-Community Resources

The following is a list of community resources for each health issue identified by the community committee. The list contains community agencies and public entities that specifically work with a particular health issue as well as potential agencies that can become partners with Madison County for specific health issues.

#### Influenza

Jackson-Madison County Regional Health Department Physician Clinics Jackson-Madison County School System Community and Senior Citizen Centers Local Churches

# Sexually Transmitted Diseases

Jackson-Madison County Regional Health Department Jackson-Madison County School System Physician Clinics Afterschool Programs

Operation Hope
Boys & Girls Club
Jackson Family YMCA
Local Churches
Keep My Hood Good
RIFA ROAR Project
Summer ROAR
The Salvation Army

#### Emphysema

American Lung Association

#### Heart Conditions

American Heart Association
Physician Clinics
Local Churches
Senior and Community Centers
Civic Clubs
American Association of Retired Persons

#### High Blood Pressure

American Heart Association
American Stroke Association
Physician Clinics
Community and Senior Centers
Civic Clubs

#### All Cancers

American Cancer Society

Physician Clinics

· Local Churches

Pharmacies

Community and Senior Centers

American Association of Retired Persons

#### Mental Illness

National Association of Mental Illness (NAMI) Local Chapter

Jackson Mental Health Court

Aspell Recovery Center (Dual diagnosed)

Jackson Police Department

Madison County Sheriff's Office

Tennessee Department of Human Services/Adult Protective Services

Area Relief Ministries

Regional InterFaith Association

Tennessee Homeless Solutions

Salvation Army

Jackson Area Council on Alcohol and Drug Dependency (co-occurring disorders)

Behavioral Health Initiatives

**Quinco Community Mental Health Centers** 

Crisis Intervention team (CIT) Training

#### Arthritis

Arthritis Foundation

Physician Clinics

American Association of Retired Persons

Civic Clubs

Union University

#### Obesity

American Heart Association

American Diabetes Association

American Stroke Association

Physician Clinics

Civic Clubs

Jackson-Madison County School System

Solus Foundation

Community and Senior Centers

Jackson Recreation and Parks Department

Madison County Recreation and Parks Department

Local Health and Fitness Clubs

Afterschool Programs

Local Churches

# Local Retirement Homes

#### <u>Asthma</u>

Jackson-Madison County School System Physician Clinics

#### **Diabetes**

American Diabetes Association
Physician Clinics
Jackson-Madison County School System
Community and Senior Centers
Local Churches

# Dementia/Alzheimer's

Assisted Living and Nursing Homes Senior and Community Centers Local Churches Alzheimer's Association Physician Clinics

# Alcohol and Drug Abuse

Jackson Drug Court Aspell Recovery Center JACOA

Metro Narcotics Unit
Madison County Drug Court
Madison County Juvenile Court Services
Jackson Police Department
Madison County Sheriff's Office
Jackson-Madison County Community Anti-Drug Coalition
Community Corrections
Tennessee Corrections Service
State of Tennessee Probation and Parole

#### Teen Pregnancy

Jackson-Madison County Regional Health Department
Jackson-Madison County School System
Madison County Juvenile Court Services
Local Afterschool Programs
BirthChoice
Tennessee Department of Children's Services
Local Churches

#### Lack of Financial Resources for Healthcare

American Red Cross Regional InterFaith Association Area Relief Ministries Salvation Army Jackson-Madison County Regional Health Department Jackson-Madison County School System Tennessee Department of Human Services Southwest Human Resource Agency West Tennessee Legal Services

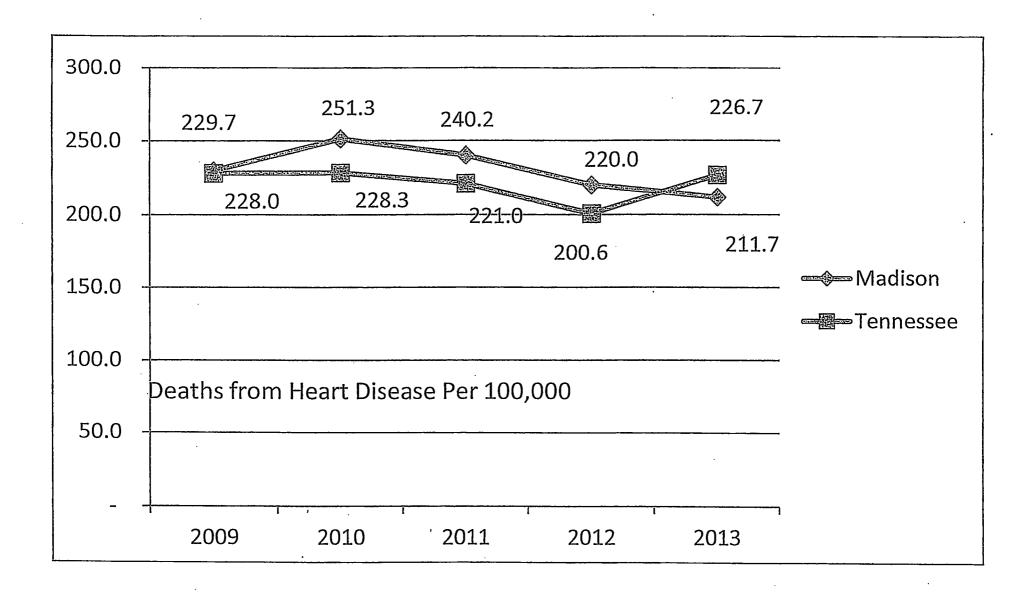
TennCare

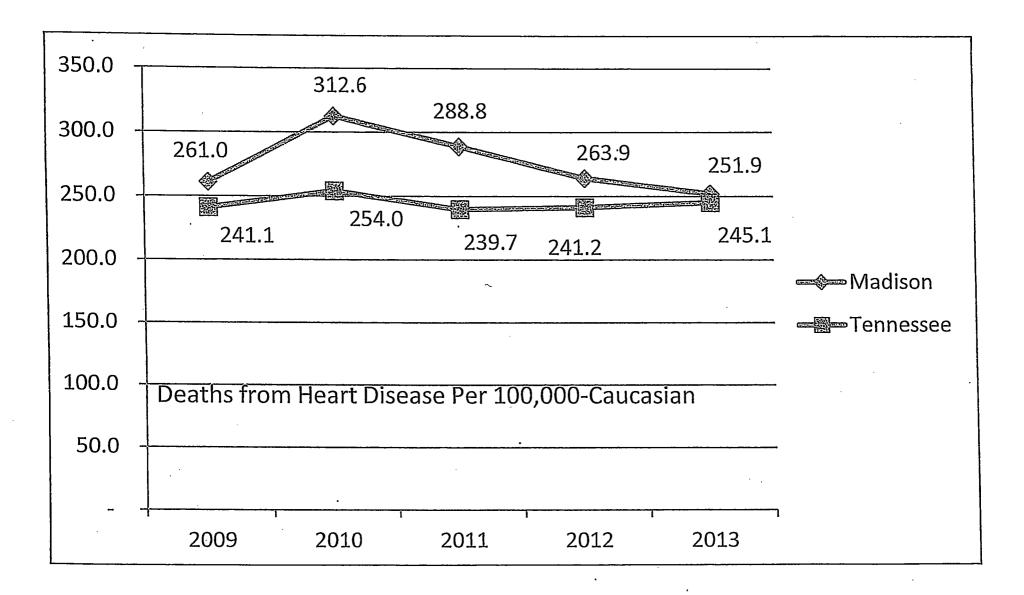
United States and Tennessee Veterans Affairs

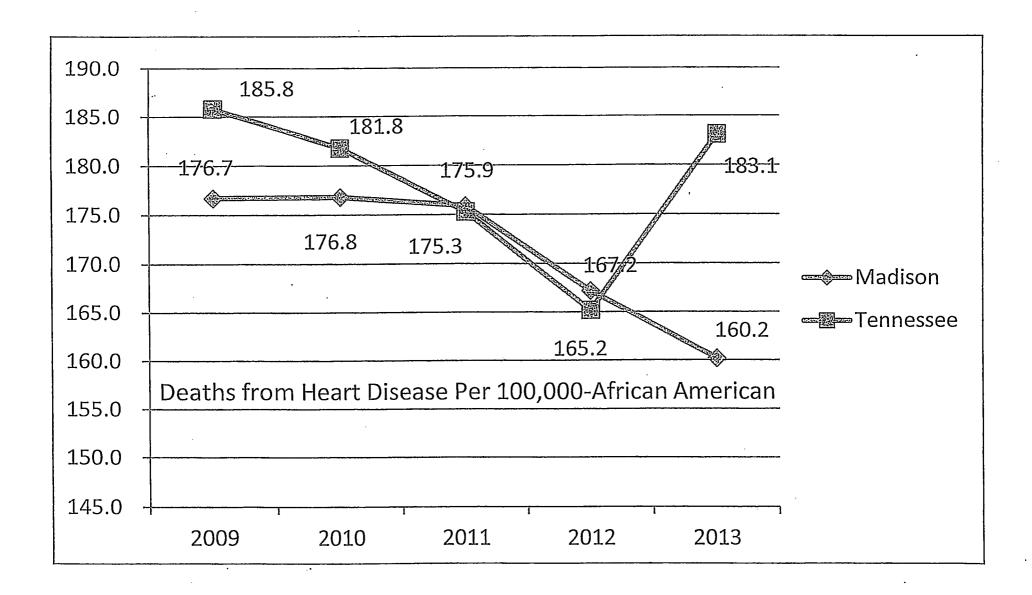
· Social Security Administration

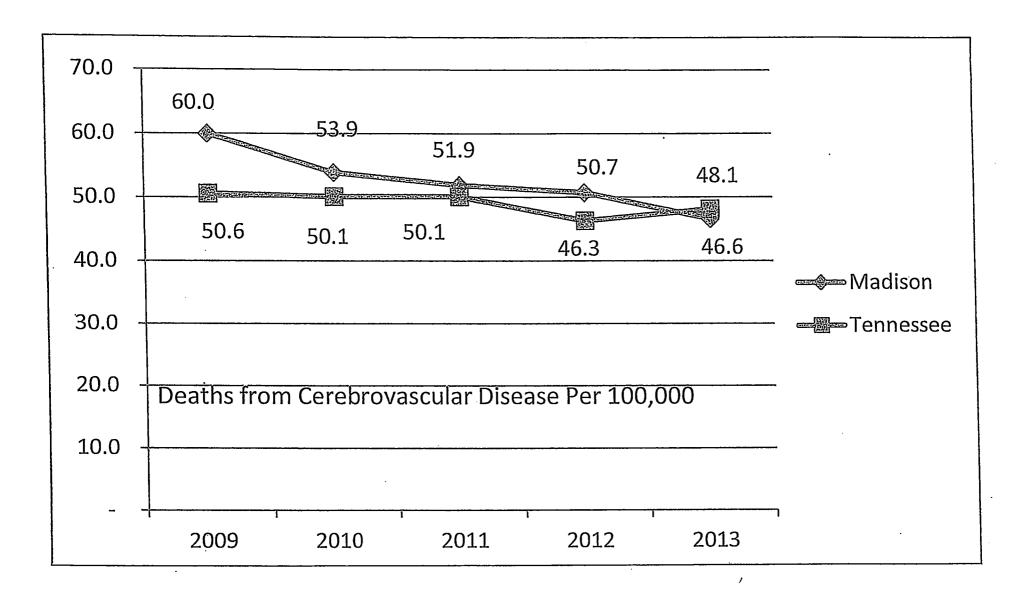
# Tobacco Use

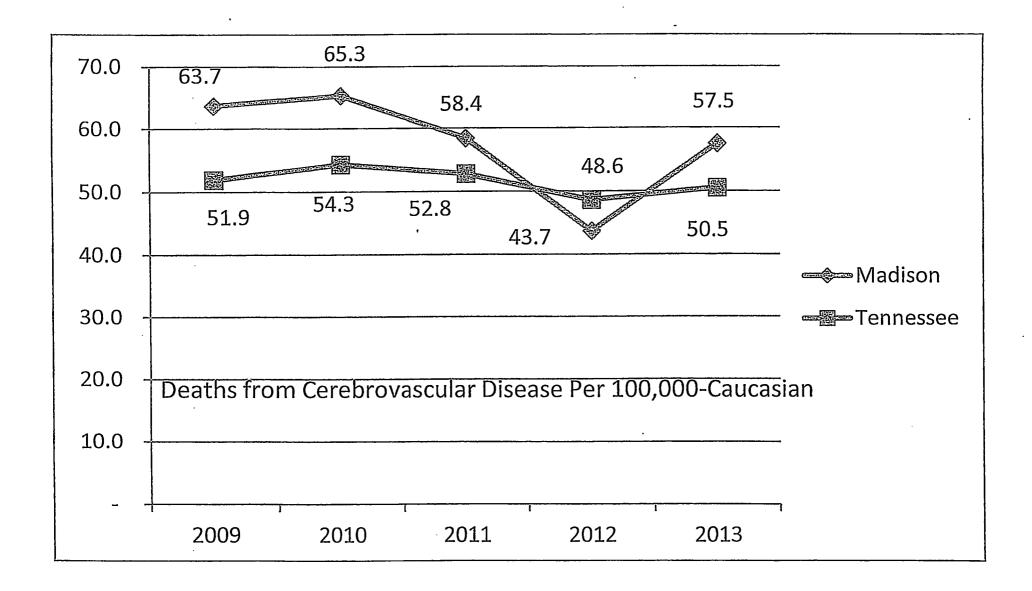
American Cancer Society Jackson-Madison County School System Local Colleges and Universities City and County Government Jackson-Madison County Community Anti-Drug Coalition Physician Clinics

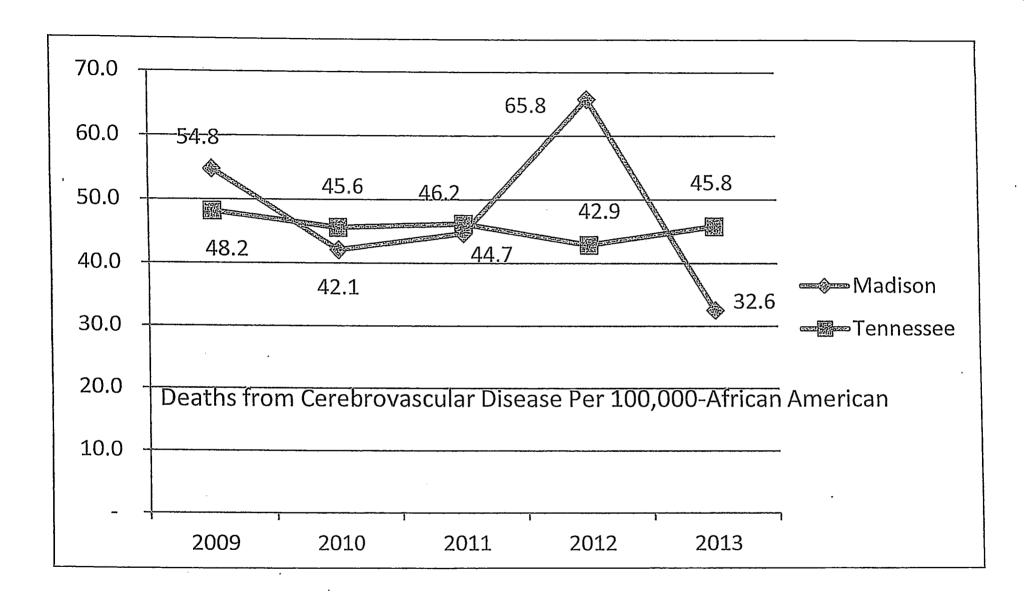


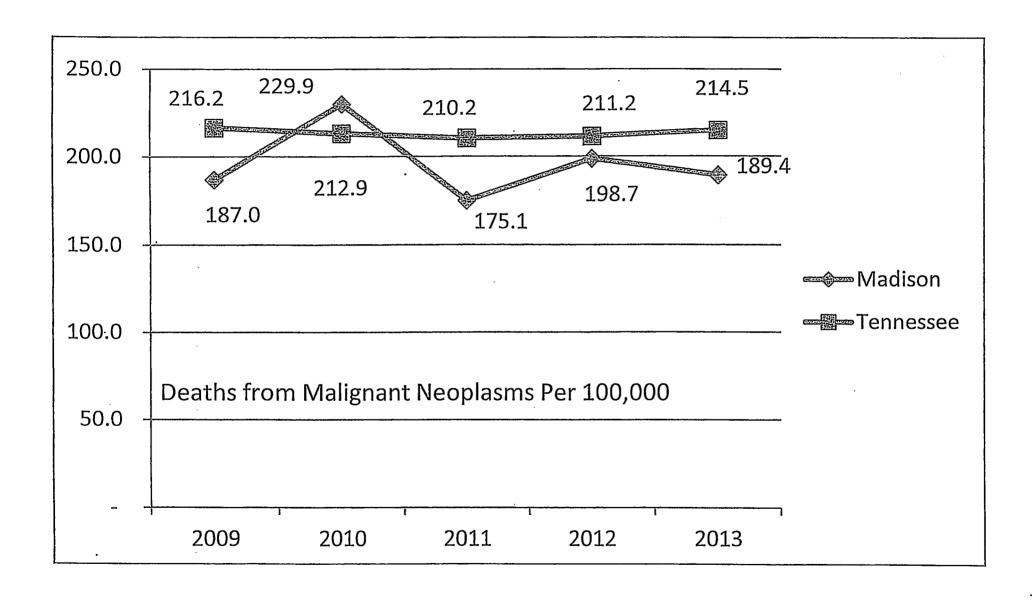


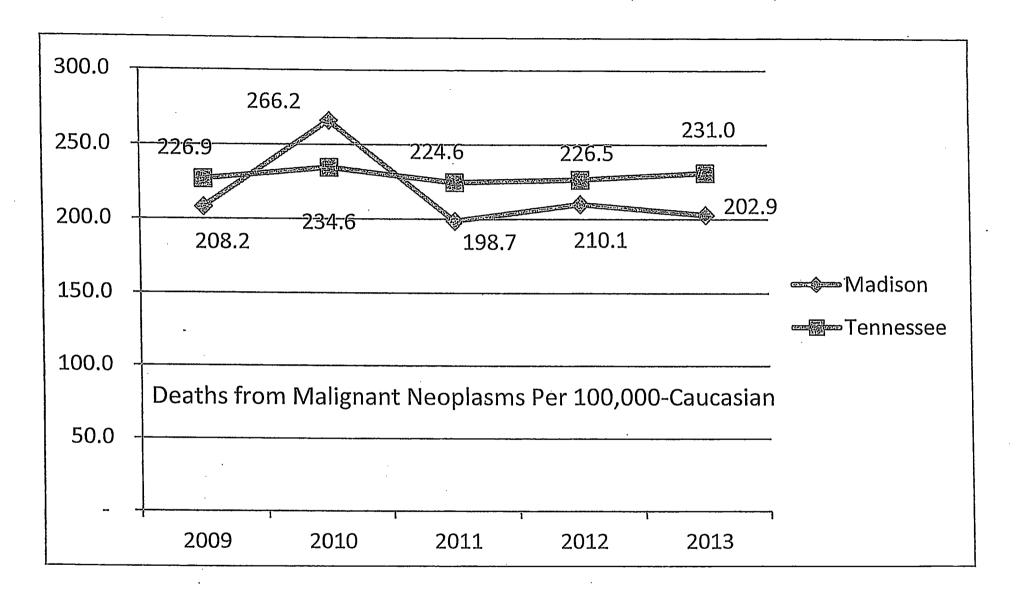


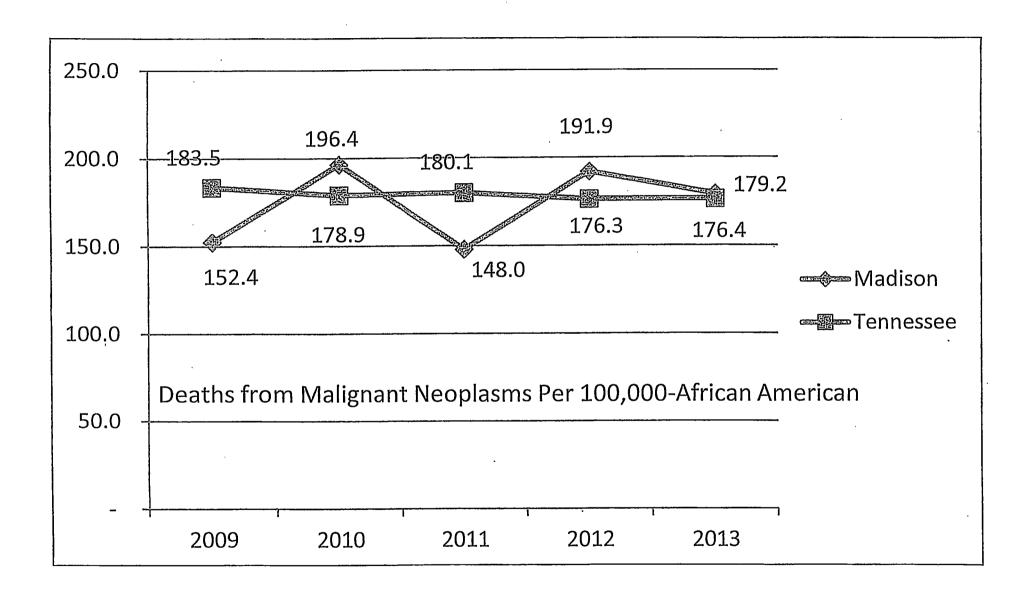


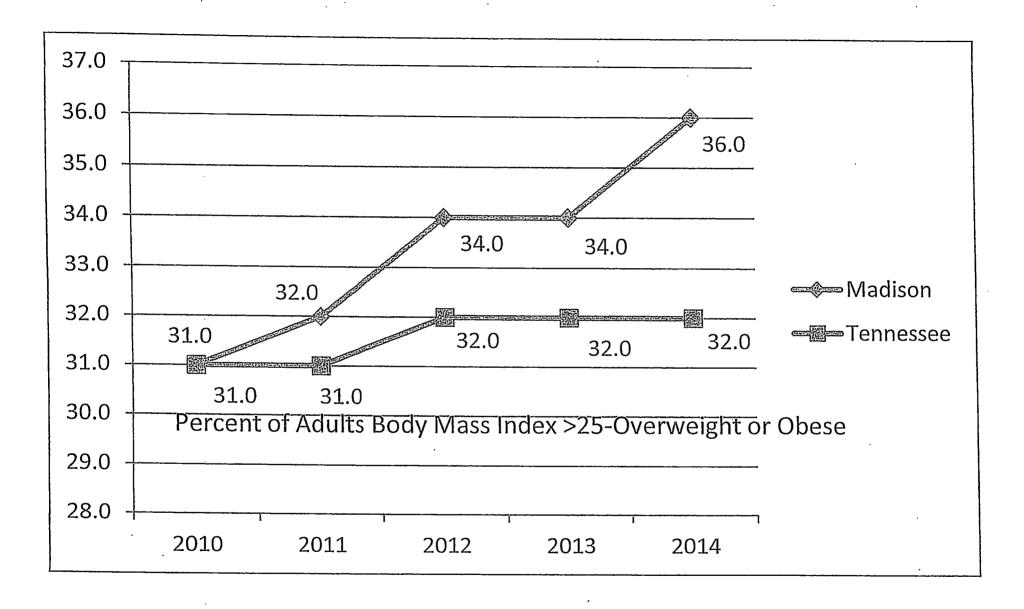


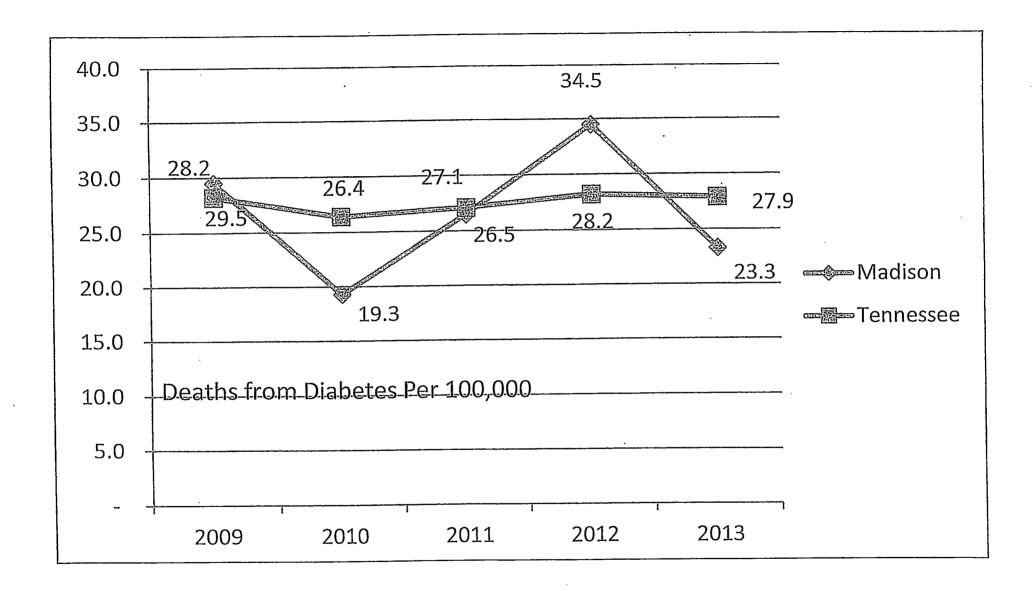


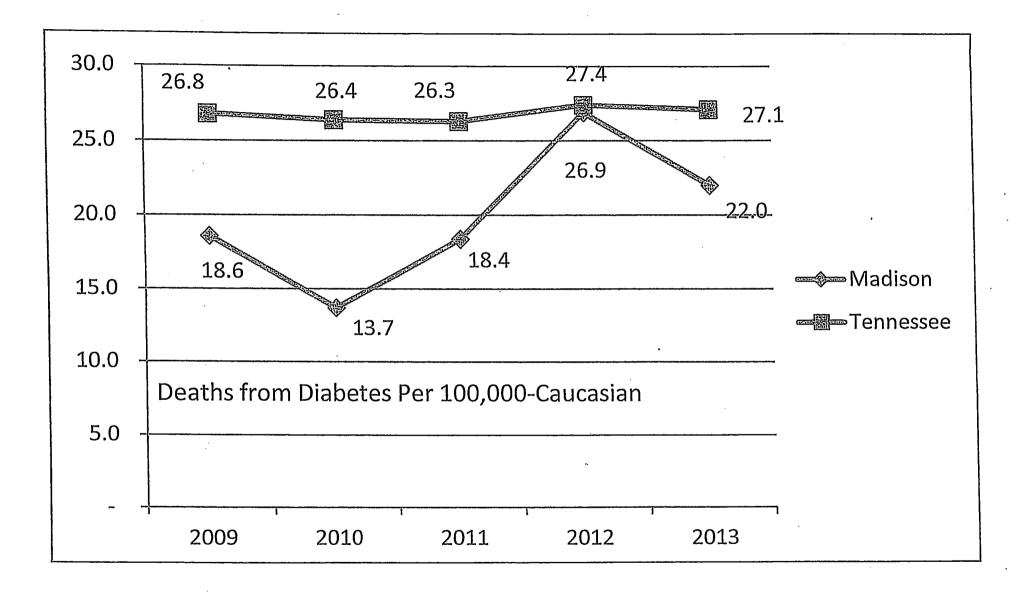


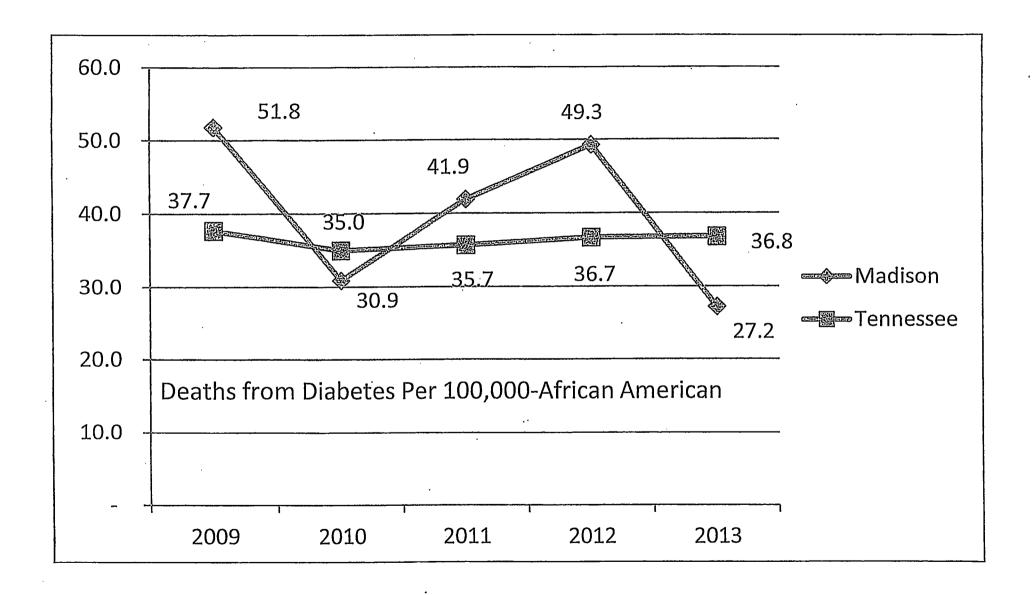












# Implementation Strategies

The Jackson-Madison County General Hospital has developed a strategy for addressing heart conditions, high blood pressure, cancer, and diabetes that focuses on early detection, risk assessment screening, consultation, referral to physician or healthcare professional, and development of an individualized program plan. This strategy is called HealthAware. The priority health issue of obesity, which relates to heart condition, high blood pressure, cancer, and diabetes, the Jackson-Madison County General Hospital is developing a major comprehensive wellness initiative for the Jackson-Madison County Community. This initiative is described below.

HealthAware creates a transformational experience that compels unknowing victims of heart disease, diabetes, or hypertension 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 public, individual by individual, making them conscious of their risk for heart disease, diabetes, hypertension or cancer. 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 HealthAwares, Jackson-Madison County General Hospital is a resource for wellness not just sickness. Figure 1 contains an example of a personalized risk assessment report from the HeartAware Program. As shown in Figure 1, the risk assessment indicates the low, medium, high, or critical rating for cardiac risk factors of smoking, weight, blood pressure, cholesterol, diabetes, and family history. After the risk assessment is completed, the risk assessment report is generated. When risk is determined through the assessment, lab work and a nurse consultation is scheduled. Figure 2 contains a page from the consultation report reviewed by the nurse.

Figure 1

# Risk Assessment Report

(Available to <u>everyone</u> that takes the online assessment)

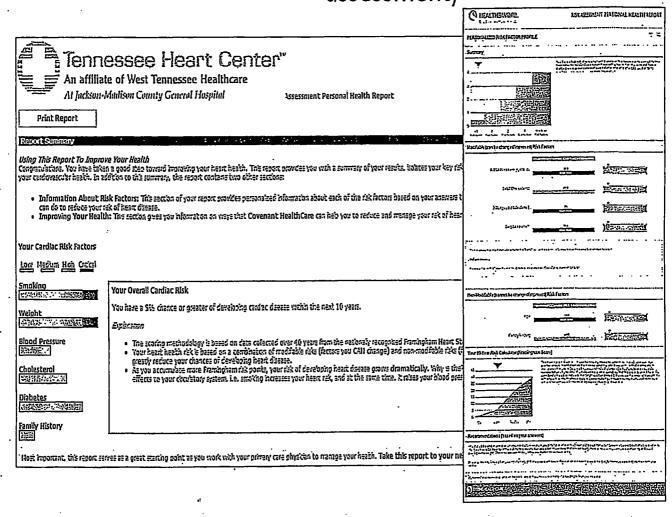
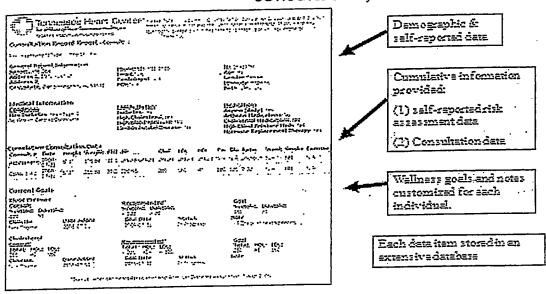


Figure 2

## Consultation Report

(Available to <u>everyone</u> that comes in for a consultation)



More specific information on HealthAwares programs for health conditions, high blood pressure (hypertension), diabetes and cancer are described below.

#### Heart Conditions and High Blood Pressure

The Tennessee Heart and Vascular Center at Jackson-Madison County General Hospital has developed 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, <a href="www.wth.org">www.wth.org</a>, 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, eight, 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 Aware office. A follow-up call is made close to one month past the appointment to assess progress towards specific goals.

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. During 2009, almost 4,000 people around West Tennessee took the free health risk assessment. Over 2,100 individuals discovered they had potential for heart disease, heart attack or stroke. Nearly 600 of those at-risk, took advantage of the free heart health screening.

Attachment F1 contains complete examples of personalized risk profiles and lab results for HeartAware and StrokeAware.

The Tennessee Heart and Vascular Center provides numerous blood pressure checks and access to HeartAware throughout the community especially during Heart Month each February.

#### Cancer

The Alice and Carl Kirkland Cancer Center of the Jackson-Madison County General Hospital offers treatment and diagnostic services that include medical, surgical, and radiation oncology, tumor registry, and Hospice. The Center also provides cancer conferences for physicians and other healthcare professionals, social services, outreach clinics, public education, and various support groups such as Camp Bluebird. The Alice and Carl Kirkland Cancer Center provides free online or paper risk assessment for breast cancer, prostate cancer, lung cancer, and colon cancer termed CancerAwares. The risk assessment takes minutes to complete and a personalized report identifying risk factors with explanations is provided to the participant. A free telephone or face-to-face consultation with a staff member from the Kirkland Cancer Center is provided that concentrates on preventive lifestyle options relative to their Personalized Risk Factor Report.

Education on preventive measures focuses on screening and early detection while encouraging follow-up with a physician or healthcare provider. Participants are provided a variety of educational materials on the benefits of healthy nutrition, physical activity, and smoking cessation.

Beyond the CancerAwares risk assessments, the Alice and Carl Kirkland Cancer Center provides many screenings throughout the community on an annual basis. Breast cancer screenings and education sessions are provided at various locations during Breast Cancer Awareness Month each October.

Attachments F2-F5 contain the risk assessment questions for the CancerAwares: Breast Cancer (F2), Prostate Cancer (F3), Lung Cancer (F4), and Colon Cancer (F5).

#### Obesity

In efforts to address obesity, promote healthy lifestyles and improve health and wellness among the residents of Jackson-Madison County, the Hospital is developing a new 80,000 square foot state-of-the-art wellness facility, LIFT (Living Fit in Tennessee) in the City Walk development in downtown Jackson. The planned completion date is January 2013. The wellness center will feature 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 will serve as a healthy social and community destination.

The primary care clinic will have a maximum of four physicians and 16 examinations rooms. The clinic will be open to the public and have a separate entrance in the wellness facility. The physical therapy area will offer physical, occupational, and speech therapy clinics to help treat neurological problems, sports injuries, work related injuries, tendonitis, backs, necks, and orthopedic problems. The therapy area will offer treatments for seriously injured people who have had motor vehicle, spinal cord, head injuries, and strokes.

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

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

The Jackson-Madison County General Hospital has also developed and recently opened (November 28, 2011) 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.

#### **Diabetes**

The Tennessee Heart and Vascular Center at Jackson-Madison County General Hospital has developed 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, <a href="www.wth.org">www.wth.org</a>, 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.

There were 54 DiabetesAware venues from January 2011- August 2011.

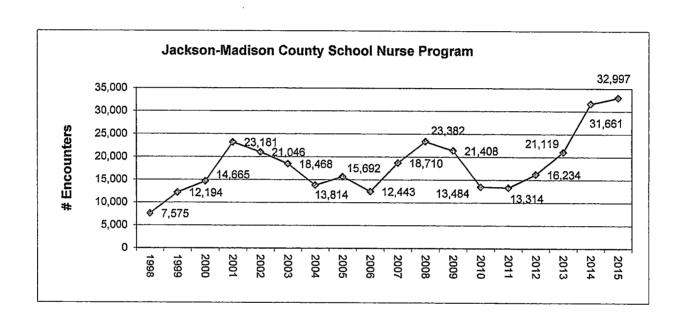
The Jackson-Madison County General Hospital also offers community diabetes education classes that are available to individuals once a diagnosis of diabetes has been made. The classes must be prescribed by a healthcare provider and are facilitated by a Certified Diabetic Educator.

· Attachment F6 contains the questions on the DiabetesAware Risk Assessment.

#### Conclusion

The Madison County Community Health Needs Assessment was presented to the West Tennessee Healthcare Quality Council on July 3, 2012. The document was approved for submission to the West Tennessee Healthcare Board of Trustees. A presentation was made to the Board of Trustees on September 25, 2012, and the Madison County Community Health Needs Assessment was approved on this date. The Plan will be updated every three years.

1998	7,575
1999	12,194
2000	14,665
2001	23,181
2002	21,046
2003	18,468
2004	13,814
2005	15,692
2006	12,443
2007	18,710
2008	23,382
2009	21,408
2010	13,484
2011	13,314
2012	16,234
2013	21,119
2014	31,661
2015	32,997



#### CSH Overview 2014-15

#### **Health Screens & School Nursing Data**

5,138 students screened resulting in 523 vision referrals, 131 hearing referrals, 16 blood pressure referrals, and 136 body mass index (BMI) referrals.

The BMI data for the 2014-15 year is pending, but the 2013-14 data reveals we have 41.5 % of students considered to be either overweight or obese. When CSH began to gather BMI data in 2008 the total was 46.6%.

32,997 visits to the school nurses resulting in 79% returning to class.

We had 34 Type 1 and 17 Type 2 diabetics this school year. These students range in grades Pre-K through 11<sup>th</sup> grade at 13 schools.

14,684 doses of daily medications and 1740 doses of as needed (PRN) medications for a total of 16,424 doses were administered this school year. Students are assisted with their medications by either the nurses or trained staff at each school.

There are 778 students with an Asthma Action Plan on file and we provided asthma education to 138 school staff. There are 107 students who have a prescription for an Epi-pen while at school. We have a total of 1,526 students with documented severe allergies. This year we provided stock Epi-pens at each school with staff trained at each facility.

#### Accomplishments

We have 387 staff currently trained in CPR. We added 6 additional AED's this school year for a total of 16 units system wide. We plan to continue our partnership with the Kiwanis Club of Jackson until every school has a unit.

12 schools received the Healthier US Challenge (HUSSC) awards this school year and JMCSS was the only school system in the state to receive national recognition. We are awaiting results from applications for recognition with the Alliance for a Healthier Generation for 12 of our schools.

Local partnerships resulted in an in-kind total of \$1.3 million in services, volunteers and direct funds donated to our school district. Almost \$1 million of this total was in services/resources provided in the school health component. JMCSS is very fortunate to have strong partnerships with WTHC (including our School Health Clinic, School Nurse Program, Sports Plus, Lift Wellness) and the JMC Regional Health Department (including the School Based Dental Program, Health Promotions and Tenndercare). The grant totals awarded this year were \$223,000.



# Healthy WEST:



Working to Energize & Strengthen Tennessee

#### The Project

The Tennessee Institute of Public Health (TNIPH) at East Tennessee State University (ETSU) is pleased to announce the Healthy WEST: Working to Energize and Strengthen Tennessee project funded by the BlueCross BlueShield of Tennessee Health Foundation. The project will establish and enhance local and regional health initiatives that link economic development and business with health and human service organizations and community stakeholders.

#### The Benefits

Community grant programs should encourage multi-sector

- Health promotion and prevention strategies;
- Healthy habits to meet serious health challenges;
- Community groups forming lasting partnerships;
- Linkages between health, economic development and education;
- Improvement in health factors and economic outcomes.

### Mark your Calendar

Historic Pack

- LETTER OF INTENT June 15, 2015
- APPLICANT WORKSHOP June 19: 2015
- APPLICATION DEADLINE: July 10, 2015



This project is sponsored by the of Tennessee

BlueCross BlueShield of Tennessee

Undation Health Foundation.

#### The Mini-Grants

Healthy WEST will offer grant opportunities at two levels to improve health in twenty (20) West Tennessee counties.\* Successful community applicants will establish multi-sector health initiatives to directly link Health with Economic Development and Education. This competitive grant program provides training, technical assistance and funding.

- \$2,500 grants to support local health projects
- \$5,000 grants to support regional health projects

Eligible applicants from the West Tennessee counties below must submit a letter of intent by June 15, 2015, that:

- Describes local health concerns that impact economic development (include any local supporting data)
- Provides a brief preliminary outline of your proposed health initiative that impacts the health of the community
- Lists your community coalition partners (Include at least one health partner (e.g. county health council) and one economic or business sector partner

\$5,000 award must include more than one county and have a regional goal to impact economic development and health.

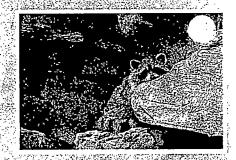
\* Target area - Benton, Carroll, Chester, Crockett, Decatur, Dyer, Fayette, Gibson, Hardeman, Hardin, Haywood, Henderson, Henry, Lake, Lauderdale, Madison, McNairy, Obion, Tipton, and Weakley

Walls

5)373

#### **Target Audience**

This project's target audience includes community coalitions led by chambers of commerce, economic development entities, health councils, city and county governments, faith-based organizations, businesses and industries, schools, colleges and universities, hospitals, health departments, advocacy groups, civic organizations and/or others with proven leadership in multi-sector collaboration.



#### **Major Partners**

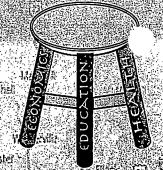
The BlueCross BlueShield of Tennessee Health Foundation funded this project in partnership with the Tennessee Institute of Public Health at East Tennessee State University's College of Public Health.

#### **Acknowledgments**

Other contributors to the project include the University of Wisconsin Population Health Institute, Robert Wood Johnson Foundation, Tennessee Department of Economic and Community Development, Tennessee Department of Health, Northwest Tennessee Development District, Southwest Tennessee Development District and Jackson Chamber of Commerce.

#### Guide to the County Health Rankings & Roadmaps

The Robert Wood Johnson Foundation collaborates with the University of Wisconsin Population Health Institute to bring the *County Health Rankings and Roadmaps* to counties and states across the nation. You can learn what others are doing to improve population health by visiting www.countyhealthrankings.org to learn more.



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Linking health, education, and economic development.

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TNIPH is a state-mandated convener of organizations, agencies and groups established to build and foster the collaborations necessary to improve the public's health across Tennessee.

www.etsu.edu/tniph





For More Information Ginny Kidwell, Director 423-439 51

Tennessee Institute of Public Health
Visit our website at www.etsu.edu/tniph
Email: KIDWELL@ETSU.EDU

# Jackson Madison county calender of Events June 2015 thru July 2015

#### June 2

8:00 am - 5:00 pm

### **Art Exhibit - "Work of Heart"**

#### **Event details**

Disabilities. The UT Martin Jackson Center is located at 3031 Highway 45 Bypass in Jackson. For more information, contact the UT Martin Jackson Center at 731-425-9277.

- See more at:

http://jacksontn.com/tourism/programs\_events/community\_calendar/detail/jackson-arts-

council/oemmvolviuu2pfvarhqq8co5lo\_20150602T130000Z/#sthash.iP34AqXq.dpuf

Artists from the STAR Center, Inc., will feature their work in an exhibition titled "Work of Heart," hosted at the University of Tennessee at Martin Jackson Center, May 1-June 23. The artists will display their work personally during a special event from 5-7 p.m., May 7. The gallery is open to the public from 8 a.m.-5 p.m. on weekdays. All the artwork is for sale and proceeds will benefit the STAR Center. The artwork featured was created in creative arts therapy groups and Arts-4-Autism summer camps and weekly programs. The STAR Center serves children and adults with disabilities, focusing on individuals with Autism Spectrum Disorder. Services are provided not only for clients, but also for siblings, families and professional assistants working with those living with

# **Community Calendar of Events**

June 3

4:30 pm - 7:30 pm

# West Tennessee Healthcare Sportsplex Softball / Billy Scherivner West TN High School All Star Classic

**Event details** 

The Southeast's premier youth baseball and softball facility located in the heart of West Tennessee halfway between Memphis and Nashville on Interstate 40.

With 17 lighted and immaculately groomed fields sitting on 70 acres, the Sportsplex welcomed over 1800 travel teams with nearly a 40 tournament schedule during its seventh straight season. 731.425.8640.the Sportsplex is next door to the Jackson Generals, the Double A affiliate of the Seattle Mariners. To learn more about Jackson visit http://jacksontn.com/tourism/. To learn more about the Sportsplex visit http://www.jacksonsportsplex.com or call 731.425.8640.

# **Community Calendar of Events**

June 6

9:00 am - 12:00 pm

## Splash & Dash

#### **Event details**

Who: Therapy & Learning Center What: Splash & Dash 5K and Fun Run When: June 6, 2015, 9 a.m.

Where: Therapy & Learning Center - 32 Garland Drive, Jackson, TN 38305

Event Details: Whether you run the 5k or walk the 1Mile Fun Run, as you DASH your way to the finish line, be prepared to be SPLASHED with Colored Powder, Washable Paint, Silly String, JFD Truck Spray, Beach Balls, and more! This race is less about RUNNING and more about THE EXPERIENCE! As you are having the time of your life, you will be helping children & adults with special needs and disabilities in their race of life! All proceeds go towards the services provided by the Therapy & Learning Center who serve over 2,000 individuals in West Tennessee each year.

The cost to participate in the 5K Race is \$30 (\$35 after June 1). The cost to participate in the Fun Run is \$20 (\$25 after June 1). To register for the event or get more information visit, www.splashanddash.org. For more information, please contact Ellen Neely, 731-668-3322 or ellen.neely@wth.org.

About the Therapy & Learning Center:

The Therapy & Learning Center helps individuals with all types of disabilities celebrate and develop their unique gifts. Efforts are directed at monitoring the special needs of our clients during therapy, learning and care while also extending support to their families. Whether early intervention programs, classroom instruction or therapeutic services, we work with each person and family to provide a support system upon which he can grow and develop successfully.

#### About West Tennessee Healthcare:

West Tennessee Healthcare is a public, not-for-profit healthcare system with locations throughout 18 counties in West Tennessee. 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://jacksontn.com/tourism/programs\_events/community\_calendar/detail/sports/jj7e63grdi4d66v2g vlbk356fo/#sthash.DJxu7nCZ.dpuf

<sup>-</sup> See more at:

## **Community Calendar of Events**

June 6

9:30 am - 11:30 am

# National Trails Day- Pinson Mounds Event details

Pinson Mounds will host a National Trails Day Hike on Saturday, June 6.

The hike will start at 9:30 am at the museum. The hike will showcase the beautiful cypress swamp along the Forked Deer River. The hike will last approx. 1 hour 15 min.

\*\*Please wear sturdy shoes and bring water.\*\*

For more information, call the park at 731-988-5614.

Meet at: Museum

- See more at: <a href="http://jacksontn.com/tourism/programs">http://jacksontn.com/tourism/programs</a> events/community calendar/detail/history--civil-war-events/qg98vb877g99noj1qrpj1pbhbk/#sthash.oBUAsBIO.dpuf

## **Community Calendar of Events**

June 6

10:00 am - 2:00 pm

# Chipping for a Cure Golf Tournament Event details

4 man scramble Golf Tournament to benefit St Jude and the Ronald McDonald House of Memphis. Food and prizes will be provided. \$300 a team entry fee.

For more information call: 731.803.3477 or email: ronbark73@

- See more at

http://jacksontn.com/tourism/programs\_events/community\_calendar/detail/sports/4jdaf4phkkqqmeu9u0gtsncf8c/#sthash.ZLKYtAol.dpuf

# **Community Calendar of Events**

June 6

8:00 am - 12:00 pm

# JCIL Fishing Rodeo Event details

Come Out and Join us for a Day filled of fishing, food, and fun for all ages. O'Neal Lake in Brownsville is wheelchair accessible and Everyone is Welcome.

- See more at: <a href="http://jacksontn.com/chamber/programs">http://jacksontn.com/chamber/programs</a> events/community calendar/detail/member-events/0f73ejb41jajb9maihc91p340k/#sthash.0lluk3iH.dpuf

# **Community Calendar of Events**

June 5

7:30 pm - 9:00 pm

# Laugh Out Loud, Clean comedy event Event details

Come enjoy good, clean comedy and help out Jackson's Empowerment and Enrichment Complex.

Admission is \$10.00.

For more information, call Nadine at 731-736-1569.

view event in calendar

- See more at: <a href="http://jacksontn.com/chamber/programs">http://jacksontn.com/chamber/programs</a> events/community calendar/detail/member-events/4v9gce86ugnmakr18ijkb933pk/#sthash.NlxFOsZQ.dpuf

http://www.jacksonrecandparks.com/media/leagues/3046/graphics/activitiesguide.pdf

Go to the above site for much more on Activites in Jackson Parks and Recreations dept

Wellness Basketball Shootout Game Ages: 6-12 @ Oman Arena Come cheer your athletes from all the various summer camps and community leaders as they compete in our annual citywide Wellness Basketball Shootout Tournament. Cheerleaders will cheer teams on to victory. If you are a community leader, a summer camp or cheerleading squad that would like to participate, please call Bridgett Parham at 425-8398. This is a "Fit for Life" program. Fri, June 26, 9:00 AM-1:00 PM Fee: Free.

Citywide Summer Youth Olympics Ages: 6–12 @ Oman Arena Come cheer your junior athletes from all over Jackson as they compete in the annual citywide Olympic Track & Field Events. Children can get "Fit for Life" this summer as they train and compete in this fun event. Summer day camps wishing to participate can contact Bridgett Parham at 425-8398. Wed, July 1, 9:00 AM–12:00 Noon Fee: Free



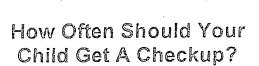


health

TENNOERCARE is a free program of checkups and health care services for children from birth to age 21 who are TennCare eligible. These services make sure babies, children, teens, and young adults receive the health care they need.

## What does TENNderCare Provide?

- Free medical and dental checkups
- Free medical and dental and services
- Behavioral health services





Every Year: Ages 3-20



Contact your health plan or your local TENNderCare staff.



- Health history
- Complete physical
- Lab tests (as appropriate)
- Immunizations
- Vision/hearing screening
- Developmental/behavioral screening (as appropriate)
- Advice on how to keep your child healthy

Jackson-Madison County Regional Health Department 804 North Parkway Jackson, TN 38305







731-423-3020

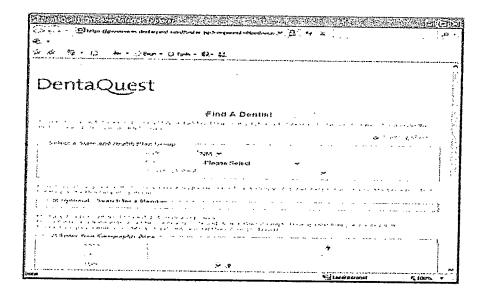


### How to Find a Dentist Using DentaQuest Website:

Visit our website at www.DentaQuest.com choose "Find a Dentist" on the top line.

Then follow directions for one of the options below:

- 1. You may choose to do a quick search by zip code by entering the state you live in, your zip code and the program in the top box labeled "Your Information". This will produce a list of all dentists participating in the program that are accepting new patients within 30 miles based on zip code and criteria chosen. If you would like a list of only general dentists please choose that option under provider specialty.
- 2. Or you may choose to do a detailed search by entering the state you live in, your zip code and the program in the top box labeled "Your Information". You may then choose other options such as special needs, handicap accessible, accepting new patients, provider specialty and office language spoken.



#### Tennessee Customer Service Numbers

TennCare<sup>SM</sup> 1-855-418-1622

CoverKids 1-888-291-3766

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# Madison County Health Council June 2<sup>nd</sup> 2015 Agenda

Welcome and Introductions

Chelsea Brandon

Minutes of the last meeting:

**TDH Program Updates** 

JMCRHD Staff

Tobacco Settlement

Chronic Disease

**TENNder Care** 

Fitness Calendar

Rochelle Harris

**ACEs Training Update** 

**Upcoming Grant Opportunities** 

Chelsea Brandon :/

TNIPH - Healthy West

**Agency Announcements** 

Adjourn

Next Meeting: July 7<sup>th</sup> @ 11:30A

# Madison County Health Council May 5<sup>th</sup> 2015

Agenda

Welcome and Introductions

Chelsea Brandon

Minutes of the last meeting:

**TDH Grant Updates** 

Chelsea Brandon

Healthier Tennessee Community Steps

Tocelyn Ross - O

Fitness Calendar

Vicki Lake

Meeting Schedule

Chelsea Brandon

Agency Announcements

Adjourn

June 2nd 11:30 mm.

# Madison County Health Council May 5, 2015 Minutes

The Madison County Health Council met on May 5<sup>th</sup> at JMCRHD with the following members present:

Vicki Lake Chelsea Brandon	WTH JMCRHD	Amanda Johnson Rachel Thomas	JMCRHD JMCRHD
Tiffany Boyett	JMCRHD	Melissa Walls	The Lift
Annette Wilson			
	JMCSS	Megan Parker	CADC
Sabrina Anderson	BGCJMC	Rodger Jowers	TCCY
Jocelyn Ross	WTH	Norrie Bryant	JMCRHD
Tammy Hardee	WTWC	Miki Martin	The Lift
Rochelle Harris	Maranatha		

Chelsea Brandon served as facilitator and Amanda Johnson served as recorder. Meeting was called to order at 11:35am with welcome and introductions (see above).

Minutes from the March meeting were voted on and accepted.

#### TDH Reports (Chelsea Brandon)

- Tobacco Settlement Grant Update: Lane College Smoke Free Campus kick-off July 1, 2015. St. Mary's Manor & Wesley Housing will start providing tobacco cessation programs to their residents.
- Chronic Disease Grant: Classes for Living Well with Diabetes and the Living Well with Chronic Disease are being held at the JMCRHD and offered out in the community. Ready-Connect-Eat App was introduced to the group. The soft launch is currently being held the full kickoff available late summer.
- Marketing Campaigns: 2 Immunization Awareness, 2 Farmer's Market and 4 antitobacco billboards

#### Community Health Needs Assessment: (Vicki Lake)

- Copies of the Madison County Needs Assessment 2015 Update of the 2012 Plan were distributed to the new members in attendance.
- Discussion took place on adding childhood cancer to our health priorities. Cancer, Obesity, Cardiovascular Health, Diabetes, and Tobacco are the priorities in discussion.

#### Fitness Calendar:

- A copy of the Commercial Appeal's Fitness Calendar for the community was given out.
- Looking at possibly getting one developed for our community and run it in the Jackson Sun and WBBJ
- Rochelle Harris will work on gathering events for the fitness calendar.

Faith-Based Initiatives: Office of Minority Health granted two recipients from the JMC area Bethlehem Missionary Baptist Church and Hope and Faith Church. The health focuses for these two churches are violence prevention and obesity.

#### Bylaws/Conflicts of Interest (Chelsea Brandon)

Copies were passed out and the members that were present

#### Agency Announcements:

- Kick the Habit 4 week tobacco cessation will start up again in May on Thursdays from 5:30-6:30. Cost \$50
  May 18<sup>th</sup> Stroke Awareness
  May 21<sup>st</sup> Senior Women Conference: 50+yrs @ Union
  May 28<sup>th</sup> Cooking Demos
  May 30<sup>th</sup> Ballpark Game Night

Meeting was adjourned at 12:15 pm

Next meeting will be Tuesday, June 2, 2015 at 11:30AM at the JMCRHD.

#### Ross, Jocelyn

From:

Chelsea Brandon [cbrandon@jmchd.com]

ent:

Tuesday, May 26, 2015 1:45 PM

To:

cathryncoutee@gmail.com; Amanda Johnson; Rachel Thomas; Tiffany Boyett; Ross, Jocelyn; Susan B. Johnson; Susan Veale; Annette E. Wilson; amoore@lanecollege.edu; Amy Hastings Elizer; Norrie Bryant; Hardee, Tammy; Martin, Miki; Lake, Vicki; Lynn Mooney; Walls, Melissa;

Parker, Megan; rodger jowers; Barry Cooper; Geneva Gibson; Ryan Porter; Itillman;

rmm@newgenmin.org; Carrie Mann; Gracie Kemp

Cc:

""""Kim Tedford""""

Subject:

Health Council Meeting Reminder

Attachments:

MCH Min May 2015.doc

#### Good Afternoon All,

Attached are the minutes from the May meeting. Please let me know if any there are any corrections needed. I have spoken with Loraine Lucinski, MPH she is the Administrator of Early Childhood Initiatives with the Tennessee Department of Health and she has agreed to be the speaker for the ACEs training we are wanting to sponsor in September. We will discuss further details at our next Health Council meeting which will be on Tuesday, June 2nd at 11:30AM at the JMCRHD. Lunch will be provided. RSVP if you will be in attendance.

Thanks,
Chelsea Brandon, BS
CHDC
Jackson Madison County
Regional Health Department
804 North Parkway
ackson, TN 38305

Phone:731.927.8534, Cell:731.616.8199 Fax: 731.927.8600

Email:cbrandon@jmchd.com

# Madison County Health Council March 30, 2015 Minutes

The Madison County Health Council met on March 30<sup>th</sup> at JMCRHD with the following members present:

Vicki Lake Chelsea Brandon Tina Hernandez Sandy MacDiarmid	WTH JMCRHD RIFA City of Jackson	Amanda Johnson Genève Gibson Melissa Walls Lisa Peoples	JMCRHD JHA The Lift ARM
Amy Elizer	UT Extension	Rodger Jowers	TCCY
Jocelyn Ross	WTH		

Chelsea Brandon served as facilitator and Amanda Johnson served as recorder. Meeting was called to order at 3:15pm with welcome and introductions (see above).

This was the first official meeting of the 2015-2016 Madison County Health Council.

#### Community Health Needs Assessment: (Vicki Lake)

- Copies of the Madison County Needs Assessment 2015 Update of the 2012 Plan were distributed to the council. Updated data, community resources, 2012 community health needs and implementation strategies are included in the updated plan. This plan needs to be updated every 3 years.

#### Healthier Tennessee Community Steps: (Jocelyn Ross)

- Copies for Healthier Tennessee Communities were given out which focuses on the "Next Steps for Becoming a Health Tennessee Community"

#### Fitness Calendar: (Vicki Lake)

- A copy of the Commercial Appeal's Fitness Calendar for the community was given out.
- Looking at possibly getting one developed for our community and run it in the Jackson Sun and WBBJ

#### TDH Reports (Chelsea Brandon)

- Tobacco Settlement Grant: SMART Moms Campaign and Secondhand Smoke Exposure are the focus for the 2015-2016 FY. This grant will end July 2016
- Chronic Disease Grant: Classes for Living Well with Diabetes and the Living Well with Chronic Disease are being held at the JMCRHD and offered out in the community.
- Faith-Based Initiatives: Office of Minority Health granted two recipients from the JMC area Bethlehem Missionary Baptist Church and Hope and Faith Church. The health focuses for these two churches are violence prevention and obesity.

#### Conflicts of Interest (Chelsea Brandon)

- Copies were passed out and the members that were present signed & returned the forms.

#### Agency Announcements:

- Rodger Jowers announced the ACE's training that will available of April 24<sup>th</sup>
- Sandy MacDiarmid mentioned the Governor's Program
- Amy Elizer announced the Walk Across TN Competition will run April 6<sup>th</sup> May 16<sup>th</sup> with walk/run team formations.

Meeting was adjourned at 4:15 pm

Next meeting will be Tuesday, May 05, 2015 at 11:30AM at the JMCRHD.

# BY-LAWS MADISON COUNTY HEALTH COUNCIL

#### ARTICLE I. NAME

The name of this council shall be Madison County Health Council.

This body shall be known as the Madison County Health Council
(Hereafter referred to as "COUNCIL") and will exist within the geographic boundaries of Madison County, Tennessee. The council shall exist as a non-incorporated not-for-profit voluntary membership community service organization.

#### ARTICLE II. MISSION

The Madison County 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.

#### ARTICLE III. PURPOSE AND GOALS

The overall mission of the Council is to assist the Department of Health in assessing the present and future health care needs of the Madison County community by:

- 1. Developing a county health plan, which includes identifying health problems and assisting with need identification;
- 2. Developing goals, objectives, and action plans;
- 3. Securing resources to address identified needs;
- 4. Establishing priorities for all identified health problems.
- 5. Identifying work teams and committees as deemed appropriate in respect to each health problem.
- 6. Promoting and supporting the importance of reducing the health problems in the community.

#### ARTICLE IV. AUTHORITY

- 1. The Council shall exist solely for the purposes stated herein and shall not be vested with any legal authority ascribed to the Tennessee Department of Health, the State of Tennessee or any of its subdivisions. Recommendations of the Council will not be binding upon the Department of Health and the Council is not granted authority to act on behalf of the Department of Health without specific prior written authorization.
- 2. Unless legally constituted as a not-for-profit 501(C)3 corporation in the State of Tennessee, the Council shall not have the authority to generate, or otherwise receive funds or property on its behalf. Further, the Council shall not generate or receive any monies or property on behalf of the Tennessee Department of Health.

#### ARTICLE V. MEMBERSHIP

**Section 1. Composition.** Membership in the Council shall consist of volunteers who have been identified by council members or who have been recommended by Health Department staff. The Council shall consist of an adequate number of voting members as to be effectively representative of all segments of the community. Leaders in the areas of health care, finance, business, industry, civic organizations, social welfare organizations, advocacy groups, faith based organizations and government may be invited to serve. The Council shall also invite the membership of health care consumer representatives from diverse socioeconomic backgrounds.

**Section 2. Number.** The council shall consist of no less than 10 members and no more than 40 members. A vacancy shall not prevent the Council from conducting business. Membership will be restricted to residents of Madison County or individuals who are employed in Madison County. The Council shall consist of an adequate number of voting members so as to be effectively representative of all segments of the community.

**Section 3. Appointment and Removal.** Future members and/or members to fill vacancies of the Council shall be appointed by the Council. The Council shall have the right to remove Council members for good cause shown after notice and a hearing before Council as a whole. A two-thirds (2/3) majority is required for removal. Automatic removal results when a member misses 3 consecutive meetings without notifying the health educator.

**Section 5. Resignation of Membership.** Any member may resign by filing a written resignation with the Chair or county based agent of the Department of Health.

**Section 6. Records of Membership.** Jackson-Madison County Regional Health Department staff shall keep a list or record of all members which shall be evidence of membership for any purpose.

#### ARTICLE VI. CONFLICT OF INTEREST

Any member of the Health Council having a direct or indirect interest, beyond being a Council member, in any issue before the Health Council or any of its committees, shall disclose the interest and shall refrain from voting on the issue and shall not be counted in determining the quorum for voting on the issue. In any matter where a conflict of interest is disclosed, the names and voting preference of members shall be recorded. Discussion from any member of the Health Council having a direct or indirect interest shall be permitted.

#### **ARTICLE VII. COMMITTEES**

The Council may establish such standing or special committees as deemed appropriate for the conduct of its business. Committee membership will be assigned by the Chair and may consist of both council members and other concerned individuals who are not members of the council. The council may also invite the membership of healthcare consumer representatives from diverse socioeconomic backgrounds.

#### ARTICLE VIII. OFFICERS

**Section 1. Officers:** The officers of the Council shall consist of the Chair, and Vice-Chair, and Secretary.

**Section 2. Chair:** The Chair will be elected by majority vote of the Council from nominees among its members. The Chair will preside over all meetings of the Council and will set the agenda for each meeting.

**Section 3. Vice-Chair:** The Vice-Chair will be elected by majority vote of the Council from nominees among its members. The Vice-Chair will preside in the absence of the Chair and assume duties assigned by the Chair. The vice-Chair will automatically assume the office of Chair at the end of the current Chair's tenure, leaving the Vice-Chair office vacant and to be filled as outlined in the By-Laws.

**Section 4. Secretary:** The secretary will be selected by majority vote of the Council for nominees among its members. The secretary will record the business conducted at meetings of the council in the form of minutes, and will perform such duties assigned by the Council.

**Section 5. Term of Office:** Appointment composition will be evaluated annually to assure organizational capacity. All members will serve  $\underline{1}$  year. Members may be appointed for a maximum of  $\underline{3}$  years.

**Section 6. Removal:** Any officer may be removed from the office by a two-thirds majority vote of members present at any regular or special meeting of the council.

**Section 7. Vacancies:** Any vacancy caused by the resignation, removal, or death of an office will be filled by action of the council for the unexpired term of the office.

#### **ARTICLE IX. MEETINGS**

**Section 1:** Regular Meetings. The Council will conduct regularly scheduled meetings, no less than 6 times per year. Meetings are to be held at a time and place specified by the council Chair. Written notice of the time and place and information

about the actions on the agenda of each meeting shall be sent by West Tennessee Regional staff at least 10 days in advance of the meeting.

**Section 2. Special Meetings.** The Council Chair may call a special meeting as deemed appropriate.

**Section 3. Quorum.** A quorum shall consist of a simple majority of voting members present at the council meeting.

**Section 4. Voting.** All issues before the Council shall be decided by majority vote of those members entitled to vote and present in person at the meeting. Each member shall be entitled to one (1) vote.

**Section 5. Public Character of Meetings** (SUNSHINE NOTICES) All council meetings will be open to the public and will be held in a public location which is available to all community residents who might seek health care services. All meetings will be appropriately announced for public notice.

**Section 6. Parliamentary Procedure.** The latest published edition of <u>Robert's Rules of Order</u> shall be the authority for questions pertaining to the conduct of Council business.

#### ARTICLE XI. APPROVAL AND AMENDMENTS

These Bylaws will become effective upon approval by a majority vote of the membership of the Council. Thereafter, these Bylaws may be amended or repealed at any regular or special meeting called for the purpose by a majority vote of the voting members present, provided that the proposal additions, deletions or changes have been submitted in writing to all Council members not less than thirty days prior to the meeting at which formal action on such amendments are sought.

#### ARTICLE XII. ADOPTION

These by-laws, together with any appended rules and regulations, if adopted at any regular meeting of the Council shall replace any previous bylaws, rules and regulations and shall become effective when approved by the council.

#### ADOPTED BY THE MADISON COUNTY HEALTH COUNCIL.

This isDay of	, 2015.	
Chair	 Date	
Vice-Chair	 Date	



## Next Steps for Becoming a Healthier Tennessee Community

Make the place you live better by helping to make it healthier

### **Engage community leadership**

Share your enthusiasm and get others involved! A diverse group of community leaders can better mobilize and sustain community-wide activities.

#### Create a wellness council

Designate a group to be responsible for designing, implementing and communicating the initiative. The council should include a diverse group from the community, including representation from the Chamber of Commerce, United Way, schools, businesses, hospitals, healthcare providers, service clubs and organizations and faith communities. Additionally, look for people with enthusiasm for wellness and the ability to positively influence fellow members. They'll help drive engagement in activities and rally participation.

#### Name a wellness champion

Designate an individual responsible for implementing, communicating and advocating for the initiative. The key attribute to look for is enthusiasm for community wellness and the ability to positively influence fellow residents! He or she will help drive engagement in the activities and rally others to participate.

#### Rally around physical activity

Initiate at least three sustained communitywide activities or events that get your neighbors on their feet and out into your community. Some examples:

- . Host a series of 5-K Walks or Runs.
- Encourage exercising with a buddy.
- Implement GoNoodle in all elementary schools.
- Encourage the Walking School Bus program and / or Safe Routes to Schools.
- Incorporate physical activity in the planning and design of all city improvements, both structurally and indoors (e.g., incorporate pedestrian and bike lanes, as well as sidewalks, into street planning).

#### Meet up for healthier eating

Initiate at least three sustained communitywide activities or events that identify and promote what it means to eat healthy. Some examples:

- Offer a complimentary "healthy food prep" or "how to shop healthy for less" class.
- Host a Farmer's Market.
- Recognize businesses that offer healthy foods.
- Sponsor a community-wide healthy recipe swap.
- Plant a community garden.

# Come together for tobacco abstinence

Initiate at least one no-tobacco communitywide initiative. Some examples:

- Participate in the Great American Smoke-Out, or designate your own tobacco-free day. On this day, make it a true event by providing a venue for the disposal of tobacco products.
- Promote the Tennessee Tobacco Quitline:1-800-QUIT-NOW

#### Create a healthier environment

Promote physical activity, healthier eating and tobacco abstinence through workplaces and faith-based organizations in your community.

- Create a campaign to sign up your community's workplaces for the Small Starts @ Work program, or encourage them to implement a wellness program on their own.
- Create a campaign to sign up faith-based organizations for the Small Starts @ Worship program, or encourage them to implement a wellness program on their own.

#### Measure and recognize

Create concrete goals for your community wellness program and track your accomplishments. Be sure to gauge what's working and what's not. Collect success stories from residents and community members that can be shared out with the community at large.



## Earn Recognition as an official Healthier Tennessee Community

When your community completes the steps below, it will be evaluated as an official Healthier Tennessee Community.

# Step One: Register your community on healthiertn.com/communities

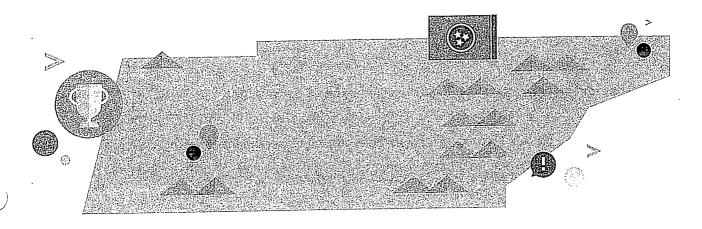
Show that you're committed to your community's health by registering with Healthier Tennessee. Once you've signed-up, your community will receive:

- A letter from the Governor's Foundation recognizing your intent.
- A template press release to announce your efforts.
- Assistance with media promotion.

# Step Two: Receive recognition approval

Complete seven or more events or activities as listed in the Next Steps at the top of this page within twelve months. Share your accomplishment with Healthier Tennessee and your community may be eligible to receive:

- A recognition plaque from the Governor.
- An official proclamation of your Healthier
   Tennessee Community status by the Governor.
- An insignia denoting your official status that can be used on websites, newsletters, marketing materials, email signatures, etc.
- Recognition on the HealthierTennessee.com website.
- Assistance with the promotion of your designation, including a press release template.



#### Lake, Vicki

From:

Annette E. Wilson [aewilson@jmcss.org] Wednesday, March 11, 2015 3:34 PM

Sent:

Lake, Vicki; Sandy MacDiarmid

Subject:

FW: Governor Haslam Launches Healthier Tennessee Communities

Please read below. We are right on target to get engaged with this project. Our school district is already a Healthier TN workplace and also the Lift.

#### Sincerely,

Annette E. Wilson JMCSS Coordinated School Health Administrator 310 N. Parkway Jackson, TN. 38305 Phone # 731-664-2516 Fax# 731-664-2589

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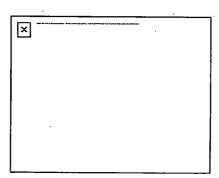
Tennessee

Sent: Wednesday, March 11, 2015 1:41 PM

To: Annette E. Wilson

Subject: Governor Haslam Launches Healthier Tennessee Communities

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#### Governor Haslam Launches Healthier Tennessee Communities

Tennessee Gov. Bill Haslam and Governor's Foundation for Health and Wellness CEO Rick Johnson, backed by representatives from nine cities and counties across the state, today launched Healthier Tennessee Communities, a coordinated initiative supporting physical activity, healthy eating and tobacco abstinence at the local community level.

"Encouraging and recognizing community-led change is a critical part of improving the health and lives of Tennesseans," Haslam said. "The foundation has worked with businesses, schools and faith organizations, and this program brings together leaders at the local level in a coordinated way to support Tennesseans making healthier choices."

In Tennessee, one in four adults smokes, and one in five high school students uses tobacco. The rate of obesity has risen to almost 34 percent from only 10 percent in 1988. Type-2 diabetes and high blood pressure are at epidemic levels.

"Research has shown that we are much more likely to change our health-related behavior and establish healthy habits when we are encouraged and supported by others – when we are in community," Johnson said. "That's why making health and wellness an integral part of life where you live – and with the people who surround you – can make such a positive difference."

As part of Healthier Tennessee Communities, the foundation will provide guidance and regionally-based support, and cities, towns, counties, or neighborhoods interested in becoming a Healthier Tennessee Community will be required to:

- identify local wellness champions to lead the effort,
- create a local wellness council that engages people in workplaces, schools and faith organizations,
- initiate and sustain community-wide events and activities that support physical activity, healthy eating and tobacco abstinence,
- and track and measure outputs and accomplishments of the program.

Decatur, Dyer, Loudon, McMinn and Rhea counties along with the cities of Franklin, Germantown, Kingsport and Tullahoma are currently piloting the Healthier Tennessee Communities program.

Cities and counties interested in becoming a Healthier Tennessee Community should contact the Governor's Foundation for Health and Wellness at <a href="mailto:tennessee@healthierstate.org">tennessee@healthierstate.org</a> or (615) 610-1880. For more information on the program and other Healthier Tennessee initiatives, please visit <a href="https://www.healthiertn.com">www.healthiertn.com</a>.

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