Community Health Needs Assessment

Madison County, Tennessee

Conducted by:

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

Dawn Harris and Victoria S. Lake

Update: September 2018

In fulfillment of the requirements of the Patient Protection and Affordable Care Act Pub.L. No.111-148, 124 Stat. 119, enacted March 23, 2010
RESOLUTION OF THE BOARD OF TRUSTEES
OF
JACKSON-MADISON COUNTY GENERAL HOSPITAL DISTRICT
AND
CAMDEN GENERAL HOSPITAL, INC.
AND
BOLIVAR GENERAL HOSPITAL, INC.
AND
MILAN GENERAL HOSPITAL, INC.
AND
DYERSBURG HEALTH
AND
MARTIN HEALTH
AND
PATHWAYS OF TENNESSEE, INC.

COMMUNITY HEALTH NEEDS ASSESSMENT APPROVAL

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

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

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

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

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

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

DANNY WHEELER, CHAIRMAN

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Madison County Community Health Needs Assessment
2018 Update

Executive Summary

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

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

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

The Committee reviewed the list of 31 health issues and ranked them based on the size, seriousness, and available community resources utilizing the Hanlon Method.
After, the committee reviewed secondary data from a variety of sources (BRFSS, TN Prism, TN Department of Mental Health & Substance Abuse, TN Department of Health, NIBRS, County Data Book, TBI, and Kids Count). Through analysis of the two data sets, the committee identified the top six health priorities for Madison County.

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

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

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

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

Description of the Hospital and Community

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

The Private Act, 1949 specified that the Jackson-Madison County General Hospital District was “created and established for and in behalf of the City of Jackson, Tennessee, and Madison County, Tennessee. The designated “community” for the needs assessment is Madison County, Tennessee. With a 2017 population of 97,643, Madison County is located in the center of rural West Tennessee approximately 85 miles East of Memphis and 125 miles West of Nashville. The population is 59.1 percent Caucasian, 37.8 percent African American, and 3.1 other races. According to the Tennessee
Department of Economic & Community Development (2018), 19 percent of the population is below the Federal poverty level. The per capita personal income level is $23,724. The population under 65 years of age represents 83.4 percent while the over 65 population is 16.6 percent of the total. About 11.5 percent of the population age 25 and older does not have a high school diploma or GED; 88.5 percent have a high school and 25.5 percent have a Bachelor’s degree or higher.

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

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

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

**Description of the Community Health Needs Assessment Update Process**

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

The Community Health Needs Assessment had ten (10) organizational goals.
1. To form alliances between Jackson-Madison County General Hospital, non-profit organizations, and the community at large to assess, improve, and promote the community health of Jackson-Madison County, Tennessee.

2. To identify internal resources already available to assist in improving community health.

3. To assist in identifying available community health resources.

4. To define "health" as it pertains to Jackson-Madison County, Tennessee.

5. To identify collaborative partners.

6. To educate and gain formal support of the West Tennessee Healthcare leadership team, the Board of Trustees, community leaders, and others.

7. To assist in establishing baseline health status assessment of Jackson-Madison County by collecting and reviewing available data and statistics on residents’ perceptions of health issues facing the community and secondary data on such health issues.

8. To assist in determining the standards against which to measure the current and future health status of the community.

9. To assist in the communitywide establishment of health priorities and in facilitating collaborative planning, actions, and direction to improve the community health status and quality of life.

10. To promote the need for ongoing evaluation of the community health assessment process to learn results, establish new goals and encourage further community action and involvement.

The first stage of the Update process involved gathering secondary data from multiple sources including the Tennessee Department of Health, County Health Rankings and Roadmaps, Tennessee Department of Economic & Community Development, Behavioral Health County and Region Services Data Book, NIBRS, TN PRISM, Traumatic Brain Injury Program, and the National Institute of Mental Health. These data are presented in Appendix A.
The second step in the Community Health Needs Assessment Update process consisted of identifying an internal committee from the Jackson-Madison County Health Council to organize the process, facilitate data collection, and review and analyze the results. Members of the committee were:

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

**Community Health Needs Assessment Update Prioritization Process**

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

The survey instrument included questions on the health issues respondents experience, their access to health resources, Adverse Childhood Experiences, and demographics of age, race, education level, insurance, and area of residence. Respondents were asked on the survey to indicate “if you yourself have experienced the health concern/issue by selecting Yes or No”. A section relative to Adverse Childhood Experiences was also included and asked the respondents if “Prior to your 18th birthday, did you experience any of the following”. Answer selections were “Yes” or “No”.
The survey instrument was finalized and distributed by hand throughout the Jackson-Madison County community. Attachment B contains a copy of the survey instrument. Figure 1 illustrates the location, date, and number of returned surveys from the survey process.

Figure 1: Survey Distribution

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

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

Health issue ranking is illustrated in Figure 2 according to prevalence among respondents.
Survey Respondent Demographics

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

Education

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than high school</td>
<td>5</td>
</tr>
<tr>
<td>High school or GED</td>
<td>40</td>
</tr>
<tr>
<td>Some college</td>
<td>50</td>
</tr>
<tr>
<td>Associate degree</td>
<td>10</td>
</tr>
<tr>
<td>Bachelor degree</td>
<td>7</td>
</tr>
<tr>
<td>Advanced degree</td>
<td>30</td>
</tr>
<tr>
<td>No response</td>
<td>2</td>
</tr>
</tbody>
</table>

Figure 3: Health insurance coverage

Health Insurance Coverage

<table>
<thead>
<tr>
<th>Insurance Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicare</td>
<td>90</td>
</tr>
<tr>
<td>None</td>
<td>10</td>
</tr>
<tr>
<td>Obamacare (Affordable Care)</td>
<td>5</td>
</tr>
<tr>
<td>Private</td>
<td>90</td>
</tr>
<tr>
<td>TennCare</td>
<td>10</td>
</tr>
<tr>
<td>Other</td>
<td>0</td>
</tr>
</tbody>
</table>
Figure 4: Employment status

Employment Status

- Full time
- Part time
- Homemaker
- Acute illness
- Permanent disability
- Retired
- Student full time
- Student part time
- No response

Figure 5: Gender

Gender

- Male: 34%
- Female: 66%
Identifying Health Priorities

After reviewing the survey results, the committee used a mathematical algorithm called the Hanlon Method, developed by Felix, Burdine and Associates, to assign numerical values in order to prioritize the health concerns. The Hanlon Method uses a numerical value system to rate the size and seriousness of a health issue, and the effectiveness of available interventions. The Hanlon Method algorithm is shown in Figure 3.
Opportunity = (A + 2B)C

A = size of the identified health problem
B = seriousness of the identified health problem
C = effectiveness of available interventions for the identified health problem

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

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

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

<table>
<thead>
<tr>
<th>How serious</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Serious</td>
<td>9-10</td>
</tr>
<tr>
<td>Serious</td>
<td>6-8</td>
</tr>
<tr>
<td>Moderately Serious</td>
<td>3-5</td>
</tr>
<tr>
<td>Not Serious</td>
<td>0-2</td>
</tr>
</tbody>
</table>

C = Effectiveness of Available Interventions
Effectiveness of available interventions is defined by the “best real world” expectations for Jackson-Madison County General Hospital to be effective in addressing a health issue based on, in part, available community resources. The numerical scoring for effectiveness of available interventions is:
Effectiveness | Score
--- | ---
Very Effective (80%+) | 10
Relatively Effective (60-79%) | 8-9
Effective (40-59%) | 6-7
Moderately Effective (20-39%) | 4-5
Relatively Ineffective (<20%) | 0-3

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

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

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

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

**Stroke:** The committee selected high blood pressure as a health priority but did not select stroke. It was determined that high blood pressure addresses stroke through a preventative and “prior to experiencing” methodology. For this reason High Blood Pressure was selected as a health issue priority and stroke was not.
Heart disease: Multiple community events for heart disease awareness occur on an annual basis and are very well attended including Boots and Bling, Tennessee Heart Walk, Rhythm Run, Go Red, and numerous disease prevention and health promotion talks. For this reason, the committee did not select heart disease as a priority health issue.

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

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

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

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

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

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

HealthAware

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

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

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

HealthAware assesses the community, individual by individual, making them conscious of their diabetes, hypertension, and other health issue risks. From the assessment a determination is made on the need to engage the participant’s primary care physician. Goals are set to modify controllable risks. HealthAware provides an opportunity to treat the disease (as an episode) before an uncontrolled, catastrophic event occurs. Through HealthAware assessments, Jackson-Madison County General Hospital is a resource for wellness not simply sickness. Figure 4 contains an example of a personalized...
risk assessment report from the HeartAware Program for high blood pressure assessment and Figure 5 contains a page from the consultation report reviewed by the nurse.

Figure 4: Sample Assessment

Risk Assessment Report
(Available to everyone that takes the online assessment)
Consultation Report
(Available to everyone that comes in for a consultation)

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

High Blood Pressure
(Assessed through Heart Disease and Stroke assessments)

West Tennessee Heart and Vascular and Lift Disease Management offer proactive assessment processes for identifying individuals in the community at risk of heart disease and stroke. HeartAware and StrokeAware are free online or paper risk assessments that can be completed by an individual either through the West Tennessee Healthcare website, www.wth.org, or at a community event or health fair. Completing HeartAware or StrokeAware takes five to seven minutes. Persons age 34 or younger who present with four risk factors and persons over the age of 35 who present with two risk factors are eligible for free lab work including glucose and cholesterol blood tests and a one hour
consultation with a registered nurse. Risk factors include age, gender, presence of diabetes, weight, physical activity, presence of high blood pressure, cholesterol, family history and tobacco use. A free personalized risk factor profile is created for each person completing the risk assessment.

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

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

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

Also offered is a Disease Management Clinic that is free and open to community members. It covers 4 disease states: Congestive Heart Failure, Diabetes, Chronic Obstructive Pulmonary Disease (COPD) and Asthma. It is open 2 days per week at the LIFT and offers multi-disciplinary team approach.
HeartAware and StrokeAware are utilized extensively at health fairs, church events, in conjunction with the Mature Advantage Club, and events throughout the Jackson-Madison County area. Industry, employee wellness, and physician offices are also sites for conducting these risk assessments. In 2017, 3,433 people around West Tennessee took the free health risk assessment. Over 2,244 individuals discovered they had potential for heart disease, heart attack or stroke. Nearly 217 of those at-risk utilized the free heart health screening. **Attachment F** contains a sample patient HeartAware report.

**Chronic Disease and Health Promotion programs**

**Diabetes**

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

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

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

Education begins with a discussion of lifestyle choices to reduce risk of developing diabetes or avoid complications. A cumulative report of the visit is given to facilitate understanding for the follow-up
physician. There are no specific listings of doctors for individuals who do not currently have a relationship with one, but contact information for local providers, clinics, or the Department of Health are available. Educational methods include verbal instruction, written materials, online resources, and open discussion. The patient is provided with the Aware contact information. A follow-up call takes place a month after the appointment to evaluate goals.

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

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

**Obesity**

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

Exercise is Medicine.

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

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

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

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

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

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

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

Arthritis

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

Asthma

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

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

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

Survey results showed

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

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

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

Allergies

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


Arthritis, Rheumatoid Arthritis, Gout, Lupus, or Fibromyalgia

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

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<thead>
<tr>
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</thead>
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<td>34.0</td>
</tr>
<tr>
<td>2005</td>
<td>27.0</td>
<td>29.7</td>
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</table>


Tennessee

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Adults with Arthritis</td>
<td>1,250,000</td>
<td>160,000</td>
</tr>
<tr>
<td>* Adults limited by arthritis</td>
<td>594,000</td>
<td>68,000</td>
</tr>
<tr>
<td>* Percent with arthritis</td>
<td>26</td>
<td>25</td>
</tr>
<tr>
<td>* Percent women/men with arthritis</td>
<td>31/21</td>
<td>27/23</td>
</tr>
<tr>
<td>* Percent age 18-44 with arthritis</td>
<td>10</td>
<td>8</td>
</tr>
<tr>
<td>* Percent age 45-64 with arthritis</td>
<td>34</td>
<td>32</td>
</tr>
</tbody>
</table>
MADISON COUNTY 2018

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

Asthma

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

<table>
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<tr>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
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<td>2013</td>
<td>10.4</td>
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<td>2012</td>
<td>4.2</td>
</tr>
<tr>
<td>2011</td>
<td>6.9</td>
</tr>
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<td>2010</td>
<td>10.1</td>
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<td>2009</td>
<td>8.9</td>
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<td>2007</td>
<td>11.1</td>
</tr>
<tr>
<td>2006</td>
<td>8.3</td>
</tr>
<tr>
<td>2005</td>
<td>7.8</td>
</tr>
</tbody>
</table>


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

Childhood hospitalizations for Asthma Ages 10-17
### MADISON COUNTY 2018

#### Adult Asthma

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
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</thead>
<tbody>
<tr>
<td>2002-07</td>
<td></td>
</tr>
<tr>
<td>Inpatient hospitalizations per 100,000</td>
<td>146</td>
</tr>
<tr>
<td>Emergency Room visits per 100,000</td>
<td>1,090</td>
</tr>
<tr>
<td>Average inpatient charges per stay</td>
<td>$4,800</td>
</tr>
<tr>
<td>Average Outpatient charge per visit</td>
<td>$710</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
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</thead>
<tbody>
<tr>
<td>2004-06</td>
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</tr>
<tr>
<td>Inpatient hospitalizations per 100,000</td>
<td>126</td>
</tr>
<tr>
<td>Emergency Room visits per 100,000</td>
<td>725</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008-10</td>
<td></td>
</tr>
<tr>
<td>Inpatient hospitalizations per 100,000</td>
<td>119.4</td>
</tr>
<tr>
<td>Emergency Room visits per 100,000</td>
<td>855</td>
</tr>
</tbody>
</table>

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

### Cancer

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>White</td>
</tr>
<tr>
<td>2016</td>
<td>236.5</td>
<td>279.7</td>
</tr>
<tr>
<td>2015</td>
<td>197.7</td>
<td>226.5</td>
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<tr>
<td>2014</td>
<td>227.1</td>
<td>247.1</td>
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<tr>
<td>2013</td>
<td>189.4</td>
<td>202.9</td>
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<tr>
<td>2012</td>
<td>198.7</td>
<td>210.1</td>
</tr>
<tr>
<td>2011</td>
<td>175.1</td>
<td>198.7</td>
</tr>
<tr>
<td>2010</td>
<td>229.9</td>
<td>266.2</td>
</tr>
<tr>
<td>2009</td>
<td>187.0</td>
<td>208.2</td>
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<tr>
<td>2008</td>
<td>191.8</td>
<td>200.2</td>
</tr>
<tr>
<td>2007</td>
<td>182.1</td>
<td>201.5</td>
</tr>
</tbody>
</table>

#### Rates of SKIN Cancer

<table>
<thead>
<tr>
<th>Year</th>
<th>Rates of OTHER Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
</tr>
<tr>
<td>2016</td>
<td>7.4</td>
</tr>
<tr>
<td>2015</td>
<td>7.5</td>
</tr>
<tr>
<td>2014</td>
<td>6.8</td>
</tr>
</tbody>
</table>
### COPD, Emphysema, or Chronic Bronchitis

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

<table>
<thead>
<tr>
<th></th>
<th>TN</th>
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</thead>
<tbody>
<tr>
<td>2016</td>
<td>10.1</td>
</tr>
<tr>
<td>2015</td>
<td>9.6</td>
</tr>
<tr>
<td>2014</td>
<td>10.7</td>
</tr>
</tbody>
</table>

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

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

**Source:** CDC, 2018.

### Dementia/Alzheimer's Disease

Deaths from Alzheimer's per 100,000

<table>
<thead>
<tr>
<th></th>
<th>Madison</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>White</td>
</tr>
<tr>
<td>2013</td>
<td>44.6</td>
<td>65.9</td>
</tr>
</tbody>
</table>

- *Alzheimer’s disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.*
- *Alzheimer's disease is currently ranked as the sixth leading cause of death in the United States, but recent estimates indicate that the disorder may rank third, just behind heart disease and cancer, as a cause of death for older people.*
- *Over 5 million Americans are living with Alzheimer's Disease 110,000 in Tennessee.*
- *By 2050, this number is projected to rise to 14 million people, a nearly three-fold increase.*
- *Tennessee in 2014: 16,000 adults ages 65-74 living with Alzheimer's.*
- *Tennessee in 2014: 47,000 adults ages 75-84 living with Alzheimer's.*
- *Tennessee in 2014: 41,000 adults ages 85+ living with Alzheimer’s.*

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

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

<table>
<thead>
<tr>
<th></th>
<th>TN</th>
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</thead>
<tbody>
<tr>
<td>2016</td>
<td>59.1</td>
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<tr>
<td>2015</td>
<td>58.5</td>
</tr>
<tr>
<td>2014</td>
<td>58.3</td>
</tr>
</tbody>
</table>


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

Source: TennCare (2016)

### Diabetes

Deaths from Diabetes per 100,000

<table>
<thead>
<tr>
<th></th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>White</td>
</tr>
<tr>
<td>2016</td>
<td>33.8</td>
<td>31.1</td>
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<tr>
<td>2015</td>
<td>50.2</td>
<td>51.5</td>
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<td>2014</td>
<td>38.7</td>
<td>35.8</td>
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<td>2013</td>
<td>23.3</td>
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<td>2012</td>
<td>34.5</td>
<td>26.9</td>
</tr>
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<td>18.4</td>
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<td>2008</td>
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<td>25.0</td>
</tr>
<tr>
<td>2007</td>
<td>33.1</td>
<td>22.0</td>
</tr>
</tbody>
</table>

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

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

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<tbody>
<tr>
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<td>12</td>
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<tr>
<td>2015</td>
<td>no data</td>
<td>12.7</td>
</tr>
<tr>
<td>2014</td>
<td>no data</td>
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</tbody>
</table>
### Percentage of Population Diagnosed with Diabetes

<table>
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<tr>
<th></th>
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<tbody>
<tr>
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<tr>
<td>2017</td>
<td>14</td>
<td>13</td>
</tr>
<tr>
<td>2016</td>
<td>13</td>
<td>12</td>
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</table>

*Source: County Health Rankings and Roadmaps 2016-2018.*

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

<table>
<thead>
<tr>
<th></th>
<th>Madison County</th>
<th>TN</th>
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</thead>
<tbody>
<tr>
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<td>28.1</td>
<td>16.8</td>
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<td>2011</td>
<td>20.8</td>
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<td>2010</td>
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<td>2007</td>
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<td>2006</td>
<td>9.6</td>
<td>18.6</td>
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<tr>
<td>2005</td>
<td>14.7</td>
<td>20.1</td>
</tr>
</tbody>
</table>

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

### Financial Resources

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

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<td>2014</td>
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<td>15.5</td>
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<td>2013</td>
<td>16.7</td>
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### MADISON COUNTY 2018

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<td>22</td>
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<tr>
<td>2010</td>
<td>24</td>
<td>23</td>
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</table>

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

### Uninsured Adults-Percent Population Under Age 65 without health insurance

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<th>Madison County</th>
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</tr>
</thead>
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<tr>
<td>2010</td>
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</table>

### Percent Children Living in Single-Parent households

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</thead>
<tbody>
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<tr>
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<tr>
<td>2015</td>
<td>43</td>
<td>36</td>
</tr>
<tr>
<td>2015</td>
<td>44</td>
<td>36</td>
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</table>
### All People in Poverty-Percent

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</thead>
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<td>2010-2014</td>
<td>20.9</td>
<td>18.3</td>
</tr>
<tr>
<td>2009-2013</td>
<td>20.0</td>
<td>17.6</td>
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</table>

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

### Unemployment

<table>
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</tr>
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<tbody>
<tr>
<td>2018</td>
<td>5</td>
<td>4.8</td>
</tr>
<tr>
<td>2017</td>
<td>6.1</td>
<td>5.8</td>
</tr>
<tr>
<td>2016</td>
<td>6.9</td>
<td>6.7</td>
</tr>
<tr>
<td>10/1/2014</td>
<td>6.5</td>
<td>7.1</td>
</tr>
<tr>
<td>9/1/2014</td>
<td>6.6</td>
<td>7.3</td>
</tr>
<tr>
<td>10/1/2013</td>
<td>8.4</td>
<td>8.1</td>
</tr>
</tbody>
</table>

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

### Heart Conditions

#### Death from Diseases of the Heart Per 100,000 Rate

<table>
<thead>
<tr>
<th></th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>White</td>
</tr>
<tr>
<td>2016</td>
<td>252.9</td>
<td>302.2</td>
</tr>
<tr>
<td>2015</td>
<td>271.5</td>
<td>293.4</td>
</tr>
<tr>
<td>2014</td>
<td>223.1</td>
<td>269.2</td>
</tr>
<tr>
<td>2013</td>
<td>211.7</td>
<td>251.9</td>
</tr>
<tr>
<td>2012</td>
<td>222.0</td>
<td>263.9</td>
</tr>
<tr>
<td>2011</td>
<td>240.2</td>
<td>288.8</td>
</tr>
<tr>
<td>2010</td>
<td>251.3</td>
<td>312.6</td>
</tr>
<tr>
<td>2009</td>
<td>229.7</td>
<td>261.0</td>
</tr>
</tbody>
</table>
MADISON COUNTY 2018

<table>
<thead>
<tr>
<th>Year</th>
<th>Total</th>
<th>White</th>
<th>Black</th>
<th>Total</th>
<th>White</th>
<th>Black</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>224.6</td>
<td>245.6</td>
<td>188.0</td>
<td>238.2</td>
<td>250.4</td>
<td>199.9</td>
</tr>
<tr>
<td>2007</td>
<td>213.1</td>
<td>223.6</td>
<td>196.3</td>
<td>233.2</td>
<td>244.1</td>
<td>201.0</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>no data</td>
<td>5.6</td>
</tr>
<tr>
<td>2015</td>
<td>no data</td>
<td>6</td>
</tr>
<tr>
<td>2014</td>
<td>no data</td>
<td>5.7</td>
</tr>
<tr>
<td>2013</td>
<td>6</td>
<td>6.9</td>
</tr>
<tr>
<td>2012</td>
<td>5.4</td>
<td>6.7</td>
</tr>
<tr>
<td>2011</td>
<td>4.6</td>
<td>5.2</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>no data</td>
<td>5.4</td>
</tr>
<tr>
<td>2015</td>
<td>no data</td>
<td>4.9</td>
</tr>
<tr>
<td>2014</td>
<td>no data</td>
<td>5.6</td>
</tr>
<tr>
<td>2013</td>
<td>11</td>
<td>6.3</td>
</tr>
<tr>
<td>2012</td>
<td>5.6</td>
<td>7.2</td>
</tr>
<tr>
<td>2011</td>
<td>6.3</td>
<td>5.0</td>
</tr>
</tbody>
</table>


High Blood Pressure
Deaths from Cerebrovascular Disease per 100,000

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>Total</td>
<td></td>
</tr>
<tr>
<td></td>
<td>59.4</td>
<td>67.3</td>
</tr>
<tr>
<td>2015</td>
<td>46.6</td>
<td>57.5</td>
</tr>
<tr>
<td>2014</td>
<td>44.8</td>
<td>51.1</td>
</tr>
<tr>
<td>2013</td>
<td>46.6</td>
<td>57.5</td>
</tr>
<tr>
<td>2012</td>
<td>50.7</td>
<td>43.7</td>
</tr>
<tr>
<td>2011</td>
<td>51.9</td>
<td>58.4</td>
</tr>
<tr>
<td>2010</td>
<td>53.9</td>
<td>65.3</td>
</tr>
<tr>
<td>2009</td>
<td>60.0</td>
<td>63.7</td>
</tr>
<tr>
<td>2008</td>
<td>74.9</td>
<td>67.3</td>
</tr>
<tr>
<td>2007</td>
<td>60.0</td>
<td>59.8</td>
</tr>
</tbody>
</table>
Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure? (percent)

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>no data</td>
<td>41.8</td>
</tr>
<tr>
<td>2015</td>
<td>no data</td>
<td>38.5</td>
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<tr>
<td>2013</td>
<td>44.7</td>
<td>38.8</td>
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<tr>
<td>2012</td>
<td>37.0</td>
<td>39.7</td>
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<tr>
<td>2011</td>
<td>39.7</td>
<td>38.7</td>
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<tr>
<td>2010</td>
<td>40.0</td>
<td>35.4</td>
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<tr>
<td>2009</td>
<td>25.6</td>
<td>32.6</td>
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<tr>
<td>2007</td>
<td>34.9</td>
<td>33.8</td>
</tr>
<tr>
<td>2005</td>
<td>27.4</td>
<td>30.2</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>84.55</td>
</tr>
</tbody>
</table>

Influenza in Madison County

Sentinel Provider Influenza-Like Illness Surveillance Data

<table>
<thead>
<tr>
<th>Year</th>
<th># Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>2020</td>
</tr>
<tr>
<td>2015</td>
<td>230</td>
</tr>
<tr>
<td>2014</td>
<td>262</td>
</tr>
<tr>
<td>2013</td>
<td>288</td>
</tr>
<tr>
<td>2012</td>
<td>414</td>
</tr>
<tr>
<td>2011</td>
<td>991</td>
</tr>
</tbody>
</table>

Injury Prevention

* Drowning is leading case of injury death for children ages one to four and the leading cause of death among children and young adults.
* Injuries include intentional and unintentional acts of violence.
* Leads to many hospitalizations and emergency department visits.
**MADISON COUNTY 2018**

- For age groups 1-14 and 15-24 leading cause of death is motor vehicle accidents.
- For age groups 25-34, 35-44, and 45-64 leading cause of death is poisoning.
- For ages 65+ leading cause of death is falls.
- Males at higher risk for dying and being hospitalized.
- Caucasians more at risk of death from drug overdose and motor vehicle accidents.
- African American more at risk of death from a firearm or homicide.
- Injury death rate per 100,000 for Madison County in 2012 is 57.6 compared to 77.0 for TN.

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

**Source:** Tennessee Department of Health. Injury Annual Report October 2014.

**Source:** Tennessee Department of Health. Traumatic Brain Injury 2012.

### Mental Illness

- Mental illness affected 1 in 5 adults in the United States in 2016.

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

**Source:** National Institute of Mental Health (2018).

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

<table>
<thead>
<tr>
<th></th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>4.5</td>
<td>4.5</td>
</tr>
<tr>
<td>2017</td>
<td>4.4</td>
<td>4.4</td>
</tr>
<tr>
<td>2016</td>
<td>4.5</td>
<td>4.9</td>
</tr>
<tr>
<td>2015</td>
<td>3.1</td>
<td>3.4</td>
</tr>
<tr>
<td>2014</td>
<td>3.1</td>
<td>3.4</td>
</tr>
<tr>
<td>2013</td>
<td>3.0</td>
<td>3.3</td>
</tr>
<tr>
<td>2012</td>
<td>2.8</td>
<td>3.4</td>
</tr>
<tr>
<td>2011</td>
<td>2.9</td>
<td>3.4</td>
</tr>
</tbody>
</table>
## Estimated number and percent of people over the age of 18 with serious mental illness in the past year.

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>#</td>
<td>Percent</td>
</tr>
<tr>
<td>2015-2016</td>
<td>no data</td>
<td>no data</td>
</tr>
<tr>
<td>2014-2015</td>
<td>no data</td>
<td>no data</td>
</tr>
<tr>
<td>2013-2014</td>
<td>no data</td>
<td>no data</td>
</tr>
<tr>
<td>2010-2012</td>
<td>4,315</td>
<td>5.78</td>
</tr>
<tr>
<td>2008-2010</td>
<td>1,154</td>
<td>5.78</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>#</td>
<td>Percent</td>
</tr>
<tr>
<td>2015-2016</td>
<td>no data</td>
<td>no data</td>
</tr>
<tr>
<td>2014-2015</td>
<td>no data</td>
<td>no data</td>
</tr>
<tr>
<td>2013-2014</td>
<td>no data</td>
<td>no data</td>
</tr>
<tr>
<td>2010-2012</td>
<td>15,462</td>
<td>20.71</td>
</tr>
<tr>
<td>2008-2010</td>
<td>4,508</td>
<td>22.59</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>#</td>
<td>Percent</td>
</tr>
<tr>
<td>2017</td>
<td>480</td>
<td>3.4</td>
</tr>
<tr>
<td>2016</td>
<td>476</td>
<td>3.4</td>
</tr>
<tr>
<td>2015</td>
<td>1,559</td>
<td>3.9</td>
</tr>
<tr>
<td>Fy2015</td>
<td>546</td>
<td>4.4</td>
</tr>
<tr>
<td>Fy2014</td>
<td>615</td>
<td>14.3</td>
</tr>
<tr>
<td>Fy2013</td>
<td>601</td>
<td>52.1</td>
</tr>
<tr>
<td>Fy2012</td>
<td>596</td>
<td>51.7</td>
</tr>
</tbody>
</table>


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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>35</td>
<td>32</td>
</tr>
<tr>
<td>2017</td>
<td>34</td>
<td>32</td>
</tr>
<tr>
<td>2016</td>
<td>36</td>
<td>32</td>
</tr>
<tr>
<td>2015</td>
<td>37</td>
<td>32</td>
</tr>
<tr>
<td>2014</td>
<td>36</td>
<td>32</td>
</tr>
<tr>
<td>2013</td>
<td>34</td>
<td>32</td>
</tr>
<tr>
<td>2012</td>
<td>34</td>
<td>32</td>
</tr>
<tr>
<td>2011</td>
<td>32</td>
<td>31</td>
</tr>
<tr>
<td>2010</td>
<td>31</td>
<td>31</td>
</tr>
</tbody>
</table>

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

## Sexually Transmitted Diseases

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>981</td>
<td>4081</td>
</tr>
<tr>
<td>2015</td>
<td>1036</td>
<td>3830</td>
</tr>
<tr>
<td>2014</td>
<td>941</td>
<td>3988</td>
</tr>
<tr>
<td>2012</td>
<td>30.9</td>
<td>20.3</td>
</tr>
<tr>
<td>2010</td>
<td>24.3</td>
<td>18.9</td>
</tr>
<tr>
<td>2009</td>
<td>33.9</td>
<td>21.2</td>
</tr>
<tr>
<td>2008</td>
<td>46.4</td>
<td>21.2</td>
</tr>
<tr>
<td>2007</td>
<td>43.2</td>
<td>22.5</td>
</tr>
<tr>
<td>2006</td>
<td>42.7</td>
<td>21.2</td>
</tr>
<tr>
<td>2005</td>
<td>42.0</td>
<td>20.0</td>
</tr>
</tbody>
</table>


## Substance Use

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>no data</td>
<td>5.6</td>
</tr>
<tr>
<td>2015</td>
<td>no data</td>
<td>4.7</td>
</tr>
<tr>
<td>2014</td>
<td>no data</td>
<td>4.1</td>
</tr>
</tbody>
</table>
## Binge drinkers: (Males having five or more drinks on one occasion and females having four or more drinks on one occasion) (percent)

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>no data</td>
<td>13.1</td>
</tr>
<tr>
<td>2015</td>
<td>no data</td>
<td>10.3</td>
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<tr>
<td>2014</td>
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<td>10.6</td>
</tr>
<tr>
<td>2013</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>2012</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>2011</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>2010</td>
<td>7</td>
<td>9</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>28.3</td>
<td>37.5</td>
</tr>
<tr>
<td>2012</td>
<td>29.5</td>
<td>38.6</td>
</tr>
<tr>
<td>2011</td>
<td>30.6</td>
<td>37.5</td>
</tr>
<tr>
<td>2010</td>
<td>24.8</td>
<td>28.2</td>
</tr>
<tr>
<td>2009</td>
<td>23.2</td>
<td>25.1</td>
</tr>
<tr>
<td>2008</td>
<td>30.3</td>
<td>33.6</td>
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<tr>
<td>2007</td>
<td>31.2</td>
<td>32.9</td>
</tr>
<tr>
<td>2006</td>
<td>27.8</td>
<td>29.5</td>
</tr>
<tr>
<td>2005</td>
<td>37.4</td>
<td>34.7</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>5.1</td>
<td>9.6</td>
</tr>
<tr>
<td>2012</td>
<td>5.3</td>
<td>11.3</td>
</tr>
<tr>
<td>2011</td>
<td>10.9</td>
<td>10.0</td>
</tr>
<tr>
<td>2010</td>
<td>9.2</td>
<td>6.6</td>
</tr>
<tr>
<td>2009</td>
<td>10.8</td>
<td>6.8</td>
</tr>
<tr>
<td>2008</td>
<td>7.5</td>
<td>10.5</td>
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<tr>
<td>2007</td>
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<td>9.0</td>
</tr>
<tr>
<td>2006</td>
<td>7.2</td>
<td>8.6</td>
</tr>
<tr>
<td>2005</td>
<td>7.4</td>
<td>8.6</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010-2012</td>
<td>5,906/7.91</td>
<td>8.20</td>
</tr>
<tr>
<td>2008-2010</td>
<td>1,577/7.90</td>
<td>8.04</td>
</tr>
<tr>
<td>2006-2008</td>
<td>1,530/7.85</td>
<td>8.86</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>209/51.7</td>
<td>5,894/42.1</td>
</tr>
<tr>
<td>2015</td>
<td>223/54.9</td>
<td>6,004/44.7</td>
</tr>
<tr>
<td>2014</td>
<td>250/57.3</td>
<td>6,213/45.9</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Region 6</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>274/17.1</td>
<td>2,614/18.7</td>
</tr>
<tr>
<td>2015</td>
<td>328/20</td>
<td>2,634/19.6</td>
</tr>
<tr>
<td>2014</td>
<td>340/20.1</td>
<td>2,722/20.1</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Region 6</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>138/8.6</td>
<td>1,518/10.8</td>
</tr>
<tr>
<td>2015</td>
<td>87/5.3</td>
<td>1,069/8</td>
</tr>
<tr>
<td>2014</td>
<td>52/3.1</td>
<td>721/5.3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>162/40.1</td>
<td>5,327/38</td>
</tr>
<tr>
<td>2015</td>
<td>165/40.6</td>
<td>5,206/38.7</td>
</tr>
<tr>
<td>2014</td>
<td>196/45</td>
<td>5,362/39.6</td>
</tr>
</tbody>
</table>

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

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### MADISON COUNTY 2018

<table>
<thead>
<tr>
<th></th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>72/17.8</td>
<td>2,869/20.5</td>
</tr>
<tr>
<td>2015</td>
<td>63/15.5</td>
<td>2,089/15.5</td>
</tr>
<tr>
<td>2014</td>
<td>46/10.6</td>
<td>1,849/13.7</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Region 6</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>25/59.5</td>
<td>5,792/41.4</td>
</tr>
<tr>
<td>2015</td>
<td>15/*</td>
<td>5,907/43.9</td>
</tr>
<tr>
<td>2014</td>
<td>19/*</td>
<td>5,859/43.3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Region 6</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>16/*</td>
<td>208/1.5</td>
</tr>
<tr>
<td>2015</td>
<td>15/*</td>
<td>281/2.1</td>
</tr>
<tr>
<td>2014</td>
<td>20/1.2</td>
<td>300/2.2</td>
</tr>
</tbody>
</table>

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

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

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>2017</td>
<td>301</td>
</tr>
<tr>
<td>2016</td>
<td>300</td>
</tr>
<tr>
<td>2015</td>
<td>150</td>
</tr>
</tbody>
</table>

*Source: NIBRS, 2015-2017.*

### Teenage Pregnancy

#### Pregnancies Age 10-14 Per 1,000 Females

<table>
<thead>
<tr>
<th></th>
<th>Madison</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>White</td>
</tr>
<tr>
<td>2013</td>
<td>0.6</td>
<td>1.4</td>
</tr>
<tr>
<td>2012</td>
<td>1.3</td>
<td>1.4</td>
</tr>
<tr>
<td>2011</td>
<td>1.6</td>
<td>1.0</td>
</tr>
<tr>
<td>2010</td>
<td>2.2</td>
<td>0.0</td>
</tr>
<tr>
<td>2009</td>
<td>2.2</td>
<td>1.6</td>
</tr>
<tr>
<td>2008</td>
<td>2.5</td>
<td>1.0</td>
</tr>
<tr>
<td>2007</td>
<td>2.8</td>
<td>0.5</td>
</tr>
</tbody>
</table>
### Pregnancies Age 10-17 per 1,000 Females

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>White</td>
<td>Black</td>
<td>Total</td>
</tr>
<tr>
<td>2016</td>
<td>5</td>
<td>3.7</td>
<td>6.8</td>
<td>5.4</td>
</tr>
<tr>
<td>2015</td>
<td>7.8</td>
<td>3.8</td>
<td>12.1</td>
<td>6</td>
</tr>
<tr>
<td>2014</td>
<td>6.2</td>
<td>4.6</td>
<td>8.5</td>
<td>6.3</td>
</tr>
<tr>
<td>2013</td>
<td>8.8</td>
<td>6.2</td>
<td>12.5</td>
<td>7.2</td>
</tr>
<tr>
<td>2012</td>
<td>8.6</td>
<td>4.5</td>
<td>13.7</td>
<td>8.3</td>
</tr>
<tr>
<td>2011</td>
<td>10.4</td>
<td>7.8</td>
<td>14.0</td>
<td>8.9</td>
</tr>
<tr>
<td>2010</td>
<td>10.8</td>
<td>5.3</td>
<td>17.4</td>
<td>10.0</td>
</tr>
<tr>
<td>2009</td>
<td>15.1</td>
<td>6.5</td>
<td>25.8</td>
<td>12.0</td>
</tr>
<tr>
<td>2008</td>
<td>17.6</td>
<td>10.0</td>
<td>27.7</td>
<td>13.6</td>
</tr>
<tr>
<td>2007</td>
<td>16.9</td>
<td>9.1</td>
<td>27.8</td>
<td>13.9</td>
</tr>
</tbody>
</table>

### Pregnancies Age 15-17 Per 1,000 Females

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>White</td>
<td>Black</td>
<td>Total</td>
</tr>
<tr>
<td>2016</td>
<td>12.1</td>
<td>9.2</td>
<td>16</td>
<td>13.7</td>
</tr>
<tr>
<td>2015</td>
<td>17.6</td>
<td>9.4</td>
<td>25.6</td>
<td>15.2</td>
</tr>
<tr>
<td>2014</td>
<td>13.3</td>
<td>11.3</td>
<td>16.3</td>
<td>16.1</td>
</tr>
<tr>
<td>2013</td>
<td>20.8</td>
<td>15.1</td>
<td>28.1</td>
<td>18.2</td>
</tr>
<tr>
<td>2012</td>
<td>19.0</td>
<td>11.1</td>
<td>28.7</td>
<td>21.2</td>
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<tr>
<td>2011</td>
<td>22.3</td>
<td>18.9</td>
<td>27.1</td>
<td>22.4</td>
</tr>
<tr>
<td>2010</td>
<td>24.5</td>
<td>14.1</td>
<td>36.1</td>
<td>24.8</td>
</tr>
<tr>
<td>2009</td>
<td>37.1</td>
<td>15.0</td>
<td>62.6</td>
<td>29.6</td>
</tr>
<tr>
<td>2008</td>
<td>43.6</td>
<td>27.6</td>
<td>64.0</td>
<td>33.6</td>
</tr>
<tr>
<td>2007</td>
<td>41.8</td>
<td>24.2</td>
<td>65.3</td>
<td>34.3</td>
</tr>
</tbody>
</table>

Source: Tennessee Department of Health.

### Tobacco Use

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>22</td>
<td>24</td>
</tr>
<tr>
<td>2015</td>
<td>20</td>
<td>23</td>
</tr>
<tr>
<td>2014</td>
<td>20</td>
<td>23</td>
</tr>
<tr>
<td>2013</td>
<td>21</td>
<td>23</td>
</tr>
<tr>
<td>2012</td>
<td>19</td>
<td>24</td>
</tr>
<tr>
<td>2011</td>
<td>19</td>
<td>24</td>
</tr>
<tr>
<td>2010</td>
<td>20</td>
<td>25</td>
</tr>
</tbody>
</table>
### Are you a current smoker?

<table>
<thead>
<tr>
<th>Year</th>
<th>Madison County</th>
<th>TN</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>19</td>
<td>22</td>
</tr>
<tr>
<td>2017</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>2016</td>
<td>22</td>
<td>24</td>
</tr>
<tr>
<td>2013</td>
<td>21.5</td>
<td>24.3</td>
</tr>
<tr>
<td>2012</td>
<td>20.3</td>
<td>24.9</td>
</tr>
<tr>
<td>2011</td>
<td>21.8</td>
<td>23.0</td>
</tr>
<tr>
<td>2010</td>
<td>17.4</td>
<td>20.1</td>
</tr>
<tr>
<td>2009</td>
<td>16.9</td>
<td>22.0</td>
</tr>
<tr>
<td>2008</td>
<td>18.1</td>
<td>23.1</td>
</tr>
<tr>
<td>2007</td>
<td>21.4</td>
<td>24.3</td>
</tr>
<tr>
<td>2006</td>
<td>17.0</td>
<td>22.6</td>
</tr>
<tr>
<td>2005</td>
<td>26.6</td>
<td>26.7</td>
</tr>
</tbody>
</table>

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

### Traumatic Brain Injury

<table>
<thead>
<tr>
<th>Madison County</th>
<th>TBI related fatality count</th>
<th>Relative Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12</td>
<td>1.17</td>
</tr>
</tbody>
</table>

**Key findings**

* A total of 11,334 unique patients were reported to the TBI Registry during 2016. Of these, 7,458 presented with a TBI-related hospitalization (length of stay > 24 hours) and 843 were deceased.

* 54% of all TBIs were in the senior population (over 55 years).

* Overall, 58% of TBI patients were males. The number of male TBI patients exceeded females in each age group except in patients over 75 years.

* Falls were the leading cause of TBI in Tennessee, followed by motor vehicle accidents.

* Over 10% of concussion-related hospitalizations in 2016 were sports-related, but overall, sports-related concussions are likely underestimated.

* The age-adjusted TBI hospitalization rate for Tennesseans in 2016 was 84.17 per 100,000, while the age-adjusted death rate was 9.11 per 100,000 residents.

* 2,282 Emergency Department visits 2009-2013.

* 39 percent for accidental falls.

* 22 percent for motor vehicle crashes

* 40 percent other.

* 438 hospitalizations during 2009-2013.

* 44 percent accidental falls.
<table>
<thead>
<tr>
<th>Event Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor vehicle crashes</td>
<td>24%</td>
</tr>
<tr>
<td>Other</td>
<td>32%</td>
</tr>
<tr>
<td>Deaths during 2009-2013</td>
<td>99%</td>
</tr>
<tr>
<td>Falls</td>
<td>16%</td>
</tr>
<tr>
<td>Motor vehicle crashes</td>
<td>33%</td>
</tr>
<tr>
<td>Firearms</td>
<td>36%</td>
</tr>
<tr>
<td>Other</td>
<td>14%</td>
</tr>
<tr>
<td>Total TBI-related cases</td>
<td>7 out of 1,000 resident treated or hospitalized because of TBI concussions were 30% of all TBI-related cases during 2013.</td>
</tr>
</tbody>
</table>

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

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

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

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

1. Age:
   □ 18-27  □ 28-37  □ 38-47  □ 48-57  □ 58-67  □ 68 and older

2. Education.
   □ Less than high school  □ High school graduate/GED  □ Some college
   □ Associate degree  □ Bachelor degree  □ Advanced degree

3. Employment Status:
   □ Employed full time  □ Employed part time
   □ Homemaker full time  □ Not working because of acute illness or injury
   □ Permanently disabled  □ Retired
   □ Student full time  □ Student part time

4. Gender:
   □ Female  □ No insurance
   □ Male  □ Private insurance
   □ Trans Female (Male to Female)  □ Other
   □ Trans Male (Female to Male)
   □ Gender Non-conforming (i.e. not exclusively male or female)

5. Insurance:
   □ Medicare  □ TennCare
   □ Obamacare (Affordable Healthcare)  □ No insurance
   □ Private insurance

6. In what area of Madison County do you live?
   □ East Madison County  □ Mid-Town Area  □ North Madison County
   □ South Madison County  □ West Madison County  □ I live outside of Madison
7. **Race (Check all that apply):**
   - ☐ African/American
   - ☐ Asian
   - ☐ Hispanic/Latino
   - ☐ Middle Eastern
   - ☐ Other
   - ☐ American Indian/Alaskan Native
   - ☐ Caucasian
   - ☐ Indian (from India or parents from India)
   - ☐ Pacific Islander/Polynesian

8. **Weight (Do you consider your weight):**
   - ☐ Just right
   - ☐ Obese
   - ☐ Overweight
   - ☐ Underweight

   **For the following questions, please indicate if you yourself have experienced the health concern/issue by selecting **Yes or No**.
25. Have you had a Stroke? ....................................................... Y N O O

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

26. Dental care ........................................................................ Y N O O
27. Medical care ....................................................................... Y N O O
28. Medications ........................................................................ Y N O O

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

29. Dental care ........................................................................ Y N O O
30. Medical care ....................................................................... Y N O O
31. Medications ........................................................................ Y N O O

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

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

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

35. Do you have access to Child Care/Adult Care?
   ○ Yes
   ○ No
   ○ Doesn't apply

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

Prior to your 18th birthday, did you experience any of the following:
<table>
<thead>
<tr>
<th>Sample Size of Survey Distribution</th>
<th>Spring Health Fair</th>
<th>Health Dept 74</th>
<th>Redeemed [church] 49</th>
<th>DST Health Fair</th>
<th>Rotary 24</th>
<th>Health Council 14</th>
<th>Faith Health Center 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18-27</td>
<td>5,7%</td>
<td>0,0%</td>
<td>1,3%</td>
<td>8,33%</td>
<td>1,5%</td>
<td>2,14%</td>
<td>2,20%</td>
</tr>
<tr>
<td>28-37</td>
<td>7,9%</td>
<td>6,12%</td>
<td>2,5%</td>
<td>5,21%</td>
<td>1,5%</td>
<td>2,14%</td>
<td>1,10%</td>
</tr>
<tr>
<td>38-47</td>
<td>12,16%</td>
<td>9,18%</td>
<td>1,3%</td>
<td>4,21%</td>
<td>1,7%</td>
<td>2,20%</td>
<td></td>
</tr>
<tr>
<td>48-57</td>
<td>21,28%</td>
<td>14,29%</td>
<td>12,31%</td>
<td>6,25%</td>
<td>2,11%</td>
<td>5,36%</td>
<td>1,10%</td>
</tr>
<tr>
<td>58-67</td>
<td>18,24%</td>
<td>15,31%</td>
<td>12,31%</td>
<td>2,8%</td>
<td>4,21%</td>
<td>3,21%</td>
<td>4,40%</td>
</tr>
<tr>
<td>68 and older</td>
<td>11,15%</td>
<td>5,10%</td>
<td>11,28%</td>
<td>2,8%</td>
<td>7,37%</td>
<td>1,7%</td>
<td></td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than high school</td>
<td>5,7%</td>
<td>0,0%</td>
<td>3,8%</td>
<td>2,9%</td>
<td>0,0%</td>
<td>0,0%</td>
<td>0,0%</td>
</tr>
<tr>
<td>High school graduate/GED</td>
<td>27,37%</td>
<td>12,24%</td>
<td>9,23%</td>
<td>9,39%</td>
<td>0,0%</td>
<td>1,7%</td>
<td>2,20%</td>
</tr>
<tr>
<td>Some college</td>
<td>22,30%</td>
<td>14,29%</td>
<td>12,31%</td>
<td>3,13%</td>
<td>0,0%</td>
<td>3,21%</td>
<td>4,40%</td>
</tr>
<tr>
<td>Associate degree</td>
<td>8,11%</td>
<td>5,10%</td>
<td>1,3%</td>
<td>4,17%</td>
<td>0,0%</td>
<td>1,7%</td>
<td>1,10%</td>
</tr>
<tr>
<td>Bachelor degree</td>
<td>6,8%</td>
<td>8,16%</td>
<td>7,18%</td>
<td>4,17%</td>
<td>8,42%</td>
<td>4,29%</td>
<td>2,20%</td>
</tr>
<tr>
<td>Advanced degree</td>
<td>5,7%</td>
<td>10,20%</td>
<td>7,18%</td>
<td>1,4%</td>
<td>11,58%</td>
<td>5,36%</td>
<td>1,10%</td>
</tr>
<tr>
<td><strong>Employment Status</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employed full time</td>
<td>27,38%</td>
<td>38,78%</td>
<td>19,49%</td>
<td>14,58%</td>
<td>15,75%</td>
<td>11,85%</td>
<td>8,80%</td>
</tr>
<tr>
<td>Employed part time</td>
<td>5,7%</td>
<td>2,4%</td>
<td>3,8%</td>
<td>4,17%</td>
<td>0,0%</td>
<td>0,0%</td>
<td>1,10%</td>
</tr>
<tr>
<td>Homemaker full time</td>
<td>3,4%</td>
<td>1,2%</td>
<td>1,3%</td>
<td>1,4%</td>
<td>0,0%</td>
<td>0,0%</td>
<td></td>
</tr>
<tr>
<td>Not working because of acute</td>
<td>10,14%</td>
<td>0,0%</td>
<td>0,0%</td>
<td>0,0%</td>
<td>0,0%</td>
<td>0,0%</td>
<td></td>
</tr>
<tr>
<td>Permanently disabled</td>
<td>7,10%</td>
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<tr>
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<tr>
<td>Pacific Islander/Polynesian</td>
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</tbody>
</table>

| Health Concerns/Issue    | Yes  | 35, 49% | 23, 47% | 23, 61% | 8, 33%  | 8, 40%  | 7, 50% | 4, 40% |
|                         | No   | 37, 51% | 26, 53% | 15, 39% | 16, 67% | 12, 60% | 7, 50% | 6, 60% |

| Arthritis               | Yes  | 43, 60% | 19, 39% | 20, 51% | 2, 8%   | 6, 30%  | 3, 21% | 3, 30% |
|                        | No   | 29, 40% | 30, 61% | 19, 49% | 22, 92% | 14, 70% | 11, 79%| 7, 70% |

| Asthma                  | Yes  | 14, 19% | 6, 12%  | 5, 13%  | 5, 21%  | 1, 5%   | 1, 7%  | 0, 0%  |
|                        | No   | 58, 81% | 43, 88% | 34, 87% | 19, 79% | 19, 95% | 13, 93%| 10, 100% |

<p>| Autoimmune Disease      | Yes  | 2, 3%   | 3, 6%   | 0, 0%   | 2, 8%   | 2, 10%  | 3, 21% | 0, 0%  |
|                        | No   | 70, 97% | 46, 94% | 39, 100%| 22, 92% | 18, 90% | 11, 79%| 10, 100% |</p>
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<th>2, 14%</th>
<th>1, 10%</th>
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<tr>
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Lack of financial resources

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<th>2, 4%</th>
<th>6, 15%</th>
<th>11, 46%</th>
<th>0, 0%</th>
<th>0, 0%</th>
<th>3, 30%</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>42, 58%</td>
<td>47, 96%</td>
<td>33, 85%</td>
<td>13, 54%</td>
<td>20, 100%</td>
<td>14, 100%</td>
<td>7, 70%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medications</th>
<th>Yes 25, 35%</th>
<th>0, 0%</th>
<th>7, 18%</th>
<th>10, 42%</th>
<th>0, 0%</th>
<th>0, 0%</th>
<th>3, 30%</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>47, 65%</td>
<td>49, 100%</td>
<td>32, 82%</td>
<td>14, 58%</td>
<td>20, 100%</td>
<td>14, 100%</td>
<td>7, 70%</td>
</tr>
</tbody>
</table>

Lack of transportation/access

<table>
<thead>
<tr>
<th>Dental</th>
<th>Yes 17, 24%</th>
<th>0, 0%</th>
<th>3, 8%</th>
<th>10, 42%</th>
<th>0, 0%</th>
<th>0, 0%</th>
<th>0, 0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>55, 76%</td>
<td>49, 100%</td>
<td>36, 92%</td>
<td>14, 58%</td>
<td>20, 100%</td>
<td>14, 100%</td>
<td>10, 100%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medical</th>
<th>Yes 20, 28%</th>
<th>0, 0%</th>
<th>2, 5%</th>
<th>9, 38%</th>
<th>1, 5%</th>
<th>0, 0%</th>
<th>0, 0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>52, 72%</td>
<td>49, 100%</td>
<td>37, 95%</td>
<td>15, 67%</td>
<td>19, 95%</td>
<td>14, 100%</td>
<td>10, 100%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medications</th>
<th>Yes 17, 24%</th>
<th>0, 0%</th>
<th>2, 5%</th>
<th>9, 38%</th>
<th>0, 0%</th>
<th>0, 0%</th>
<th>0, 0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>55, 76%</td>
<td>49, 100%</td>
<td>37, 95%</td>
<td>15, 62%</td>
<td>20, 100%</td>
<td>14, 100%</td>
<td>10, 100%</td>
</tr>
</tbody>
</table>

Access to healthy food

| Yes 62, 87% | 40, 85% | 35, 90% | 17, 74% | 20, 100% | 12, 86% | 10, 100% |
| No         | 9, 13%   | 7, 15%  | 4, 10%  | 6, 26%   | 0, 0%    | 2, 14%   | 0, 0% |

Health information/education

| Yes 56, 78% | 42, 89% | 31, 79% | 16, 70% | 20, 100% | 12, 86% | 9, 90% |
| No          | 16, 22%  | 5, 11%  | 8, 21%  | 7, 30%   | 0, 0%    | 2, 14%   | 1, 10% |

Facilities/places for physical activity

| Yes 50, 69% | 41, 87% | 36, 92% | 16, 70% | 19, 95% | 12, 86% | 9, 90% |
| No          | 22, 31%  | 6, 13%  | 3, 8%   | 7, 30%   | 1, 5%    | 2, 14%   | 1, 10% |

Child care/Adult care

| Yes 13, 18% | 14, 29% | 7, 18% | 8, 33% | 6, 30% | 5, 36% | 2, 20% |
| No          | 16, 22%  | 5, 10%  | 3, 8%  | 1, 4%   | 0, 0%   | 0, 0%   | 1, 10% |
| Doesn't apply | 43, 60% | 29, 60% | 29, 74% | 15, 62% | 14, 70% | 9, 64% | 7, 70% |

ACEs

<table>
<thead>
<tr>
<th>Spring Health Fair</th>
<th>Health Dept</th>
<th>Redeemed Church</th>
<th>DST Health Fair</th>
<th>Rotary</th>
<th>Health Council</th>
<th>Faith Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>74</td>
<td>49</td>
<td>39</td>
<td>24</td>
<td>20</td>
<td>14</td>
<td>10</td>
</tr>
</tbody>
</table>

(21% did not complete ACEs portion of survey)

Question 1 (verbal abuse/fear)

<p>| Yes 13, 23% | 4, 8% | 5, 13% | 12, 50% | 1, 5% | 1, 7% | 1, 10% |
| No          | 44, 77% | 44, 92% | 33, 87% | 12, 50% | 19, 95% | 13, 93% | 9, 90% |</p>
<table>
<thead>
<tr>
<th>Question 2 (physical abuse)</th>
<th>Yes</th>
<th>8, 14%</th>
<th>4, 8%</th>
<th>4, 11%</th>
<th>8, 33%</th>
<th>0, 0%</th>
<th>1, 7%</th>
<th>0, 0%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No</td>
<td>49, 86%</td>
<td>44, 92%</td>
<td>34, 89%</td>
<td>16, 67%</td>
<td>20, 100%</td>
<td>13, 93%</td>
<td>10, 100%</td>
</tr>
<tr>
<td>Question 3 (sexual abuse)</td>
<td>Yes</td>
<td>7, 12%</td>
<td>3, 6%</td>
<td>7, 18%</td>
<td>2, 8%</td>
<td>1, 5%</td>
<td>4, 29%</td>
<td>0, 0%</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>50, 88%</td>
<td>45, 94%</td>
<td>31, 82%</td>
<td>22, 92%</td>
<td>19, 95%</td>
<td>10, 71%</td>
<td>10, 100%</td>
</tr>
<tr>
<td>Question 4 (valued/loved)</td>
<td>Yes</td>
<td>9, 16%</td>
<td>3, 6%</td>
<td>7, 18%</td>
<td>3, 12%</td>
<td>0, 0%</td>
<td>0, 0%</td>
<td>0, 0%</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>48, 84%</td>
<td>45, 94%</td>
<td>31, 82%</td>
<td>21, 88%</td>
<td>20, 100%</td>
<td>14, 100%</td>
<td>10, 100%</td>
</tr>
<tr>
<td>Question 5 (needs met)</td>
<td>Yes</td>
<td>5, 9%</td>
<td>1, 2%</td>
<td>3, 8%</td>
<td>3, 12%</td>
<td>1, 5%</td>
<td>0, 0%</td>
<td>0, 0%</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>52, 91%</td>
<td>47, 98%</td>
<td>34, 92%</td>
<td>21, 88%</td>
<td>19, 95%</td>
<td>14, 100%</td>
<td>10, 100%</td>
</tr>
<tr>
<td>Question 6 (separated/divorced)</td>
<td>Yes</td>
<td>27, 47%</td>
<td>15, 31%</td>
<td>17, 45%</td>
<td>4, 17%</td>
<td>7, 35%</td>
<td>3, 21%</td>
<td>1, 10%</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>30, 53%</td>
<td>33, 69%</td>
<td>21, 55%</td>
<td>20, 83%</td>
<td>13, 65%</td>
<td>11, 79%</td>
<td>9, 90%</td>
</tr>
<tr>
<td>Question 7 (mother physical abuse)</td>
<td>Yes</td>
<td>4, 7%</td>
<td>3, 6%</td>
<td>6, 16%</td>
<td>2, 8%</td>
<td>1, 5%</td>
<td>0, 0%</td>
<td>0, 0%</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>53, 93%</td>
<td>45, 94%</td>
<td>32, 84%</td>
<td>22, 92%</td>
<td>19, 95%</td>
<td>14, 100%</td>
<td>10, 100%</td>
</tr>
<tr>
<td>Question 8 (substance abuse)</td>
<td>Yes</td>
<td>20, 35%</td>
<td>9, 19%</td>
<td>12, 32%</td>
<td>5, 21%</td>
<td>5, 25%</td>
<td>0, 0%</td>
<td>2, 20%</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>37, 65%</td>
<td>39, 81%</td>
<td>26, 68%</td>
<td>19, 79%</td>
<td>15, 75%</td>
<td>14, 100%</td>
<td>8, 80%</td>
</tr>
<tr>
<td>Question 9 (mental illness)</td>
<td>Yes</td>
<td>15, 26%</td>
<td>4, 8%</td>
<td>5, 13%</td>
<td>5, 21%</td>
<td>3, 15%</td>
<td>2, 14%</td>
<td>2, 20%</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>42, 74%</td>
<td>44, 92%</td>
<td>33, 87%</td>
<td>19, 79%</td>
<td>17, 85%</td>
<td>12, 86%</td>
<td>8, 80%</td>
</tr>
<tr>
<td>Question 10 (prison)</td>
<td>Yes</td>
<td>7, 12%</td>
<td>4, 8%</td>
<td>6, 16%</td>
<td>5, 21%</td>
<td>0, 0%</td>
<td>1, 7%</td>
<td>0, 0%</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>50, 88%</td>
<td>44, 92%</td>
<td>32, 84%</td>
<td>19, 79%</td>
<td>19, 100%</td>
<td>13, 93%</td>
<td>10, 100%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>201</td>
<td>102</td>
<td>190</td>
<td>203</td>
<td>95</td>
<td>85</td>
<td>60</td>
</tr>
</tbody>
</table>
Spring into Health
Health Fair
Spring Into Health!

MARCH 24TH

"SPRING INTO HEALTH"

A Community Health Fair Event

Oman Arena
179 Lane Avenue
Jackson, TN
10:00 a.m. – 2:00 p.m.
March 24th
Call 731-736-4005
Get More Information

FREE Oral Health Screenings
FREE Vision Health Screenings
FREE Health Screenings
Food Truck
Vendors Booths
Giveaways
Kid’s Activities
CHNA 2018 Update  
Spring Health Fair

Creation Date: 6/12/2018  
Time Interval: 6/12/2018 to 6/12/2018  
Total Respondents: 74

1. Age:

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Responses</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-27</td>
<td>5</td>
<td>7%</td>
</tr>
<tr>
<td>28-37</td>
<td>7</td>
<td>9%</td>
</tr>
<tr>
<td>38-47</td>
<td>12</td>
<td>16%</td>
</tr>
<tr>
<td>48-57</td>
<td>21</td>
<td>28%</td>
</tr>
<tr>
<td>58-67</td>
<td>18</td>
<td>24%</td>
</tr>
<tr>
<td>68 and older</td>
<td>11</td>
<td>15%</td>
</tr>
<tr>
<td>Total</td>
<td>74</td>
<td></td>
</tr>
</tbody>
</table>

2. Education:

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Responses</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than high school</td>
<td>5</td>
<td>7%</td>
</tr>
<tr>
<td>High school graduate/GED</td>
<td>27</td>
<td>37%</td>
</tr>
<tr>
<td>Some college</td>
<td>22</td>
<td>30%</td>
</tr>
<tr>
<td>Associate degree</td>
<td>8</td>
<td>11%</td>
</tr>
<tr>
<td>Bachelor degree</td>
<td>6</td>
<td>8%</td>
</tr>
<tr>
<td>Advanced degree</td>
<td>5</td>
<td>7%</td>
</tr>
<tr>
<td>Total</td>
<td>73</td>
<td></td>
</tr>
</tbody>
</table>

3. Employment Status:

<table>
<thead>
<tr>
<th>Employment Status</th>
<th>Responses</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employed full time</td>
<td>27</td>
<td>38%</td>
</tr>
<tr>
<td>Employed part time</td>
<td>5</td>
<td>7%</td>
</tr>
<tr>
<td>Homemaker full time</td>
<td>3</td>
<td>4%</td>
</tr>
<tr>
<td>Not working because of acute illness or injury</td>
<td>10</td>
<td>14%</td>
</tr>
<tr>
<td>Permanently disabled</td>
<td>7</td>
<td>10%</td>
</tr>
<tr>
<td>Retired</td>
<td>18</td>
<td>25%</td>
</tr>
<tr>
<td>Student full time</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Student part time</td>
<td>1</td>
<td>1%</td>
</tr>
<tr>
<td>Total</td>
<td>71</td>
<td></td>
</tr>
</tbody>
</table>
CHNA 2018 Update
Spring Health Fair

4. Gender:

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

5. Insurance:

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

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

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

7. Race (Check all that apply):

1. African/American 56 81%
2. American Indian/Alaskan Native 1 1%
3. Asian 1 1%
4. Caucasian 10 14%
5. Hispanic/Latino 1 1%
6. Indian (from India or parents from India) 0 0%
7. Middle Eastern 0 0%
8. Pacific Islander/Polynesian 0 0%
9. Other 0 0%
   Total Responses: 69
CHNA 2018 Update
Spring Health Fair

8. Weight (Do you consider your weight):

1. Just right
2. Obese
3. Overweight
4. Underweight
Total Responses:

<p>| | | | |</p>
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<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>25</td>
<td>36%</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>9</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>32</td>
<td>46%</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>3</td>
<td>4%</td>
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</table>

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

1. Yes
2. No
Total Responses:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>35</td>
</tr>
<tr>
<td>2</td>
<td>37</td>
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<td></td>
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</tr>
</tbody>
</table>

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

1. Yes
2. No
Total Responses:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>43</td>
</tr>
<tr>
<td>2</td>
<td>29</td>
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<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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

1. Yes
2. No
Total Responses:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>14</td>
</tr>
<tr>
<td>2</td>
<td>58</td>
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<td></td>
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</tr>
</tbody>
</table>
12. Have you had (or do you currently have) an Autoimmune Disease?
1. Yes 2. No
Total Responses: 72
Mean: 1.97 Standard Deviation: 0.17

13. Have you experienced (or are you currently experiencing) Bullying?
1. Yes 2. No
Total Responses: 72
Mean: 1.83 Standard Deviation: 0.38

14. Have you had (or do you currently have) Chronic Pain?
1. Yes 2. No
Total Responses: 72
Mean: 1.82 Standard Deviation: 0.49

15. Have you had (or do you currently have) Dementia/Alzheimers?
1. Yes 2. No
Total Responses: 72
Mean: 1.97 Standard Deviation: 0.17
16. Have you had (or do you currently have) Diabetes?

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

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

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

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

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

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

1. Yes 16 22%
2. No 56 78%
Total Responses: 72
Mean: 1.78  Standard Deviation: 0.42
20. Have you had (or do you currently have) **Hearing Loss/Deafness**?

- Yes: 13 (18%)
- No: 59 (82%)

Total Responses: 72
Mean: 1.82, Standard Deviation: 0.39

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

- Yes: 12 (17%)
- No: 60 (83%)

Total Responses: 72
Mean: 1.83, Standard Deviation: 0.38

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

- Yes: 40 (56%)
- No: 32 (44%)

Total Responses: 72
Mean: 1.44, Standard Deviation: 0.50

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

- Yes: 5 (7%)
- No: 67 (93%)

Total Responses: 72
Mean: 1.93, Standard Deviation: 0.26
CHNA 2018 Update
Spring Health Fair

24. Have you experienced (or are you currently experiencing) high levels of Stress?
1. Yes 30 42%
2. No 42 58%
Total Responses: 72
Mean: 1.58 Standard Deviation: 0.50

25. Have you had a Stroke?
1. Yes 3 4%
2. No 69 96%
Total Responses: 72
Mean: 1.96 Standard Deviation: 0.20

26. Dental care
1. Yes 37 61%
2. No 35 49%
Total Responses: 72
Mean: 1.49 Standard Deviation: 0.50

27. Medical care
1. Yes 30 42%
2. No 42 58%
Total Responses: 72
Mean: 1.58 Standard Deviation: 0.50
28. Medications

1. Yes  25  35%
2. No    47  65%
Total Responses: 72
Mean: 1.65  Standard Deviation: 0.48

29. Dental care

1. Yes  17  24%
2. No    55  76%
Total Responses: 72
Mean: 1.78  Standard Deviation: 0.43

30. Medical care

1. Yes  20  28%
2. No    52  72%
Total Responses: 72
Mean: 1.72  Standard Deviation: 0.45

31. Medications

1. Yes  17  24%
2. No    55  76%
Total Responses: 72
Mean: 1.76  Standard Deviation: 0.43
32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?

- Yes: 62 (87%)
- No: 8 (13%)

Total Responses: 71
Mean: 1.13  Standard Deviation: 0.34

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

- Yes: 56 (78%)
- No: 16 (22%)

Total Responses: 72
Mean: 1.22  Standard Deviation: 0.42

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

- Yes: 50 (69%)
- No: 22 (31%)

Total Responses: 72
Mean: 1.31  Standard Deviation: 0.46

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

- Yes: 13 (18%)
- No: 16 (22%)
- Doesn't apply: 43 (60%)

Total Responses: 72
CHNA 2018 Update
Spring Health Fair

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

1. Yes
2. No
Total Responses:
Mean: 1.77 Standard Deviation: 0.42

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

1. Yes
2. No
Total Responses:
Mean: 1.86 Standard Deviation: 0.35

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

1. Yes
2. No
Total Responses:
Mean: 1.86 Standard Deviation: 0.33
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

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<td>9 16%</td>
<td>48 84%</td>
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<td>Total Responses:</td>
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<tr>
<td>Mean: 1.64</td>
<td>Standard Deviation: 0.37</td>
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40. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

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<td>5 9%</td>
<td>52 91%</td>
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<td>Total Responses:</td>
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<td>Mean: 1.91</td>
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41. Were your parents ever separated or divorced?

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<td>27 47%</td>
<td>30 53%</td>
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<td>Total Responses:</td>
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<td>Mean: 1.53</td>
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42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

- Yes: 4 (7%)
- No: 53 (93%)

Total Responses: 57
Mean: 1.93 Standard Deviation: 0.26

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

- Yes: 20 (35%)
- No: 37 (65%)

Total Responses: 57
Mean: 1.65 Standard Deviation: 0.48

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

- Yes: 15 (26%)
- No: 42 (74%)

Total Responses: 57
Mean: 1.74 Standard Deviation: 0.44

45. Did a household member go to prison?

- Yes: 7 (12%)
- No: 50 (88%)

Total Responses: 57
Mean: 1.86 Standard Deviation: 0.33
CHNA 2018 Update
Health Department

Creation Date: 6/12/2018
Time Interval: 6/11/2018 to 6/12/2018
Total Respondents: 49

1. Age:

- 18-27: 0 (0%)
- 28-37: 6 (12%)
- 38-47: 9 (18%)
- 48-57: 14 (29%)
- 58-67: 15 (31%)
- 68 and older: 5 (10%)

Total Responses: 49

2. Education:

- Less than high school: 0 (0%)
- High school graduate/GED: 12 (24%)
- Some college: 14 (29%)
- Associate degree: 5 (10%)
- Bachelor degree: 8 (16%)
- Advanced degree: 10 (20%)

Total Responses: 49

3. Employment Status:

- Employed full time: 38 (78%)
- Employed part time: 2 (4%)
- Homemaker full time: 1 (2%)
- Not working because of acute illness or injury: 0 (0%)
- Permanently disabled: 0 (0%)
- Retired: 8 (16%)
- Student full time: 0 (0%)
- Student part time: 0 (0%)

Total Responses: 49
8. Weight (Do you consider your weight):

- Just right: 20 (43%)
- Obese: 5 (11%)
- Overweight: 22 (47%)
- Underweight: 0 (0%)

Total Responses: 47

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

- Yes: 23 (47%)
- No: 26 (53%)

Total Responses: 49

Mean: 1.53  Standard Deviation: 0.50

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

- Yes: 19 (39%)
- No: 30 (61%)

Total Responses: 49

Mean: 1.61  Standard Deviation: 0.49

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

- Yes: 6 (12%)
- No: 43 (88%)

Total Responses: 49

Mean: 1.88  Standard Deviation: 0.33
12. Have you had (or do you currently have) an Autoimmune Disease?
   1. Yes 3 6%
   2. No 46 94%
   Total Responses: 49
   Mean: 1.94  Standard Deviation: 0.24

13. Have you experienced (or are you currently experiencing) Bullying?
   1. Yes 5 10%
   2. No 44 90%
   Total Responses: 49
   Mean: 1.90  Standard Deviation: 0.31

14. Have you had (or do you currently have) Chronic Pain?
   1. Yes 13 27%
   2. No 36 73%
   Total Responses: 49
   Mean: 1.73  Standard Deviation: 0.45

15. Have you had (or do you currently have) Dementia/Alzheimers?
   1. Yes 2 4%
   2. No 47 96%
   Total Responses: 49
   Mean: 1.96  Standard Deviation: 0.20
16. Have you had (or do you currently have) Diabetes?

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

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

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

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20. Have you had (or do you currently have) Hearing Loss/Deafness?
   1. Yes
   2. No
   Total Responses:
   Mean: 1.78  Standard Deviation: 0.42

21. Have you had (or do you currently have) a Heart Condition?
   1. Yes
   2. No
   Total Responses:
   Mean: 1.90  Standard Deviation: 0.31

22. Have you had (or do you currently have) High Blood Pressure?
   1. Yes
   2. No
   Total Responses:
   Mean: 1.49  Standard Deviation: 0.51

23. Have you had (or do you currently have) Osteoporosis?
   1. Yes
   2. No
   Total Responses:
   Mean: 1.96  Standard Deviation: 0.20
24. Have you experienced (or are you currently experiencing) high levels of Stress?
1. Yes 18 37%
2. No 31 63%
Total Responses: 49
Mean: 1.63  Standard Deviation: 0.49

25. Have you had a Stroke?
1. Yes 1 2%
2. No 48 98%
Total Responses: 49
Mean: 1.98  Standard Deviation: 0.14

26. Dental care
1. Yes 4 8%
2. No 45 92%
Total Responses: 49
Mean: 1.92  Standard Deviation: 0.28

27. Medical care
1. Yes 2 4%
2. No 47 96%
Total Responses: 49
Mean: 1.96  Standard Deviation: 0.20
28. Medications
1. Yes  0 0%
2. No  49 100%
Total Responses: 49
Mean: 2.00  Standard Deviation: 0.00

29. Dental care
1. Yes  0 0%
2. No  49 100%
Total Responses: 49
Mean: 2.00  Standard Deviation: 0.00

30. Medical care
1. Yes  0 0%
2. No  49 100%
Total Responses: 49
Mean: 2.00  Standard Deviation: 0.00

31. Medications
1. Yes  0 0%
2. No  49 100%
Total Responses: 49
Mean: 2.00  Standard Deviation: 0.00
32. Do you have access to Healthy Food (fresh fruits & vegetables, lean meats, whole grain products, and low-fat milk products)?

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

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

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

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

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

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

1. Yes 14 29%
2. No 5 10%
3. Doesn't apply 29 60%
Total Responses: 48
36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?

- Yes: 4 (8%)
- No: 44 (92%)

Total Responses: 48
Mean: 1.92
Standard Deviation: 0.28

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

- Yes: 4 (8%)
- No: 44 (92%)

Total Responses: 48
Mean: 1.92
Standard Deviation: 0.28

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

- Yes: 3 (6%)
- No: 45 (94%)

Total Responses: 48
Mean: 1.94
Standard Deviation: 0.24
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

- Yes: 3 (6%)
- No: 45 (94%)

Total Responses: 48
Mean: 1.94 Standard Deviation: 0.24

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

- Yes: 1 (2%)
- No: 47 (98%)

Total Responses: 48
Mean: 1.96 Standard Deviation: 0.14

41. Were your parents ever separated or divorced?

- Yes: 15 (31%)
- No: 33 (69%)

Total Responses: 48
Mean: 1.69 Standard Deviation: 0.47
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

1. Yes  
2. No  
Total Responses: 48  
Mean: 1.94  Standard Deviation: 0.24  

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

1. Yes  
2. No  
Total Responses: 48  
Mean: 1.61  Standard Deviation: 0.39  

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

1. Yes  
2. No  
Total Responses: 40  
Mean: 1.92  Standard Deviation: 0.28  

45. Did a household member go to prison?

1. Yes  
2. No  
Total Responses: 48  
Mean: 1.92  Standard Deviation: 0.28
CHNA 2018 Update
Redeemed Christian Center

Creation Date: 6/7/2018
Time Interval: 6/7/2018 to 6/7/2018
Total Respondents: 39

1. Age:

2. Education:

3. Employment Status:

Total Responses:

39

Total Responses:

39

Total Responses:
CHNA 2018 Update
Redeemed Christian Center

4. Gender:
1. Female 30 77%
2. Male 9 23%
3. Trans Female (Male to Female) 0 0%
4. Trans Male (Female to Male) 0 0%
5. Gender Non-conforming (i.e. not exclusively m... 0 0%
Total Responses: 39
Mean: 1.23  Standard Deviation: 0.43

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

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

7. Race (Check all that apply):
1. African/American 38 97%
2. American Indian/Alaskan Native 0 0%
3. Asian 0 0%
4. Caucasian 0 0%
5. Hispanic/Latino 0 0%
6. Indian (from India or parents from India) 0 0%
7. Middle Eastern 1 3%
8. Pacific Islander/Polynesian 0 0%
9. Other 0 0%
Total Responses: 39
8. Weight (Do you consider your weight):

- Just right: 19 (51%)
- Obese: 1 (3%)
- Overweight: 17 (46%)
- Underweight: 0 (0%)

Total Responses: 37

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

- Yes: 23 (61%)
- No: 15 (39%)

Total Responses: 38

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

- Yes: 20 (51%)
- No: 19 (49%)

Total Responses: 39

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

- Yes: 5 (13%)
- No: 34 (87%)

Total Responses: 39
12. Have you had (or do you currently have) an Autoimmune Disease?
1. Yes
2. No
Total Responses: 39
Mean: 2.00  Standard Deviation: 0.00

13. Have you experienced (or are you currently experiencing) Bullying?
1. Yes
2. No
Total Responses: 39
Mean: 1.92  Standard Deviation: 0.27

14. Have you had (or do you currently have) Chronic Pain?
1. Yes
2. No
Total Responses: 39
Mean: 1.04  Standard Deviation: 0.49

15. Have you had (or do you currently have) Dementia/Alzheimers?
1. Yes
2. No
Total Responses: 39
Mean: 2.00  Standard Deviation: 0.00
16. Have you had (or do you currently have) **Diabetes**?

1. Yes
2. No

Total Responses:
Mean: 1.77  Standard Deviation: 0.43

9  23%
30  77%
39

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

1. Yes
2. No

Total Responses:
Mean: 1.97  Standard Deviation: 0.16

1  3%
38  97%
39

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

1. Yes
2. No

Total Responses:
Mean: 1.74  Standard Deviation: 0.44

10  26%
29  74%
39

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

1. Yes
2. No

Total Responses:
Mean: 1.90  Standard Deviation: 0.31

4  10%
35  90%
39
20. Have you had (or do you currently have) Hearing Loss/Deafness?
1. Yes
2. No
Total Responses:
Mean: 1.92  Standard Deviation: 0.27

21. Have you had (or do you currently have) a Heart Condition?
1. Yes
2. No
Total Responses:
Mean: 1.95  Standard Deviation: 0.22

22. Have you had (or do you currently have) High Blood Pressure?
1. Yes
2. No
Total Responses:
Mean: 1.28  Standard Deviation: 0.46

23. Have you had (or do you currently have) Osteoporosis?
1. Yes
2. No
Total Responses:
Mean: 1.87  Standard Deviation: 0.34

Page 6
24. Have you experienced (or are you currently experiencing) high levels of Stress?

1. Yes  
2. No  
Total Responses:
Mean: 1.72  Standard Deviation: 0.46

25. Have you had a Stroke?

1. Yes  
2. No  
Total Responses:
Mean: 1.97  Standard Deviation: 0.16

26. Dental care

1. Yes  
2. No  
Total Responses:
Mean: 1.85  Standard Deviation: 0.37

27. Medical care

1. Yes  
2. No  
Total Responses:
Mean: 1.85  Standard Deviation: 0.37
28. Medications

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

29. Dental care

1. Yes
2. No
Total Responses:
Mean: 1.92  Standard Deviation: 0.27

30. Medical care

1. Yes
2. No
Total Responses:
Mean: 1.95  Standard Deviation: 0.22

31. Medications

1. Yes
2. No
Total Responses:
Mean: 1.95  Standard Deviation: 0.22
32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?

- Yes: 35 (90%)
- No: 4 (10%)

Total Responses: 39
Mean: 1.10  
Standard Deviation: 0.31

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

- Yes: 31 (79%)
- No: 8 (21%)

Total Responses: 39
Mean: 1.21  
Standard Deviation: 0.41

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

- Yes: 36 (92%)
- No: 3 (8%)

Total Responses: 39
Mean: 1.06  
Standard Deviation: 0.27

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

- Yes: 7 (18%)
- No: 3 (8%)
- Doesn't apply: 29 (74%)

Total Responses: 39
36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?

1. Yes
2. No
Total Responses:
Mean: 1.67  Standard Deviation: 0.34

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

1. Yes
2. No
Total Responses:
Mean: 1.69  Standard Deviation: 0.31

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

1. Yes
2. No
Total Responses:
Mean: 1.62  Standard Deviation: 0.39
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

1. Yes 7 18%
2. No 31 82%
Total Responses: 38
Mean: 1.62  Standard Deviation: 0.39

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

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

41. Were your parents ever separated or divorced?

1. Yes 17 45%
2. No 21 55%
Total Responses: 38
Mean: 1.55  Standard Deviation: 0.50
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

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

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

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

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

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

45. Did a household member go to prison?

1. Yes 6 16%
2. No 32 84%
Total Responses: 38
Mean: 1.84 Standard Deviation: 0.37
CHNA 2018 Update
Rotary

Creation Date: 6/11/2018
Total Respondents: 20

1. Age:

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

2. Education:

1. Less than high school 0 0%
2. High school graduate/GED 0 0%
3. Some college 0 0%
4. Associate degree 0 0%
5. Bachelor degree 8 42%
6. Advanced degree 11 56%
Total Responses: 19

3. Employment Status:

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

1. Female 3 15%
2. Male 17 85%
3. Trans Female (Male to Female) 0 0%
4. Trans Male (Female to Male) 0 0%
5. Gender Non-conforming (i.e. not exclusively m...) 0 0%
Total Responses: 20
Mean: 1.85  Standard Deviation: 0.37

5. Insurance:

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

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

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

7. Race (Check all that apply):

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

- Just right: 7 (36%)
- Obese: 0 (0%)
- Overweight: 13 (65%)
- Underweight: 0 (0%)

Total Responses: 20

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

- Yes: 8 (40%)
- No: 12 (60%)

Total Responses: 20
Mean: 1.60 Standard Deviation: 0.50

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

- Yes: 6 (30%)
- No: 14 (70%)

Total Responses: 20
Mean: 1.70 Standard Deviation: 0.47

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

- Yes: 1 (5%)
- No: 19 (95%)

Total Responses: 20
Mean: 1.95 Standard Deviation: 0.22
12. Have you had (or do you currently have) an **Autoimmune Disease**?

1. Yes 2. No

Total Responses: 20
Mean: 1.90  Standard Deviation: 0.31

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

1. Yes 2. No

Total Responses: 20
Mean: 1.90  Standard Deviation: 0.31

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

1. Yes 2. No

Total Responses: 20
Mean: 1.95  Standard Deviation: 0.22

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

1. Yes 2. No

Total Responses: 20
Mean: 2.00  Standard Deviation: 0.00
16. Have you had (or do you currently have) Diabetes?

1. Yes  
   2. No

Total Responses:
Mean: 1.90  Standard Deviation: 0.31

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

1. Yes  
   2. No

Total Responses:
Mean: 1.95  Standard Deviation: 0.22

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

1. Yes  
   2. No

Total Responses:
Mean: 1.80  Standard Deviation: 0.41

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

1. Yes  
   2. No

Total Responses:
Mean: 1.90  Standard Deviation: 0.31
20. Have you had (or do you currently have) **Hearing Loss/Deafness**?

1. Yes
2. No

Total Responses:
Mean: 1.80  Standard Deviation: 0.41

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

1. Yes
2. No

Total Responses:
Mean: 1.90  Standard Deviation: 0.31

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

1. Yes
2. No

Total Responses:
Mean: 1.47  Standard Deviation: 0.51

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

1. Yes
2. No

Total Responses:
Mean: 2.00  Standard Deviation: 0.00
24. Have you experienced (or are you currently experiencing) high levels of Stress?

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

25. Have you had a Stroke?

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

26. Dental care

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

27. Medical care

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

1. Yes  
2. No  

Total Responses:  
Mean: 2.00  Standard Deviation: 0.00

29. Dental care

1. Yes  
2. No  

Total Responses:  
Mean: 2.00  Standard Deviation: 0.00

30. Medical care

1. Yes  
2. No  

Total Responses:  
Mean: 1.95  Standard Deviation: 0.22

31. Medications

1. Yes  
2. No  

Total Responses:  
Mean: 2.00  Standard Deviation: 0.00
32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?

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

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

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

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

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

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

1. Yes 6 30%
2. No 0 0%
3. Doesn't apply 14 70%
Total Responses: 20
CHNA 2018 Update
Rotary

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

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

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

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

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

1. Yes 1 5%
2. No 19 95%
Total Responses: 20
Mean: 1.95  Standard Deviation: 0.22
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?
   1. Yes 0 0%
   2. No 20 100%
   Total Responses: 20
   Mean: 2.00  Standard Deviation: 0.00

40. Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
   1. Yes 1 5%
   2. No 19 95%
   Total Responses: 20
   Mean: 1.95  Standard Deviation: 0.22

41. Were your parents ever separated or divorced?
   1. Yes 7 35%
   2. No 13 65%
   Total Responses: 20
   Mean: 1.65  Standard Deviation: 0.49
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

Total Responses:
Mean: 1.95  Standard Deviation: 0.22

1. Yes  
2. No

1  5%
19 95%
20

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

Total Responses:
Mean: 1.75  Standard Deviation: 0.44

1. Yes  
2. No

5  25%
15 75%
20

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

Total Responses:
Mean: 1.85  Standard Deviation: 0.37

1. Yes  
2. No

3  15%
17 85%
20

45. Did a household member go to prison?

Total Responses:
Mean: 2.00  Standard Deviation: 0.00

1. Yes  
2. No

0  0%
19 100%
19
Delta Sigma Theta
Health Fair
CHNA 2018 Update
DST Community Health Fair

Creation Date: 6/5/2018
Time Interval: 6/5/2018 to 6/5/2018
Total Respondents: 24

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

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

3. Employment Status:
   - Employed full time: 14 (58%)
   - Employed part time: 4 (17%)
   - Homemaker full time: 1 (4%)
   - Not working because of acute illness or injury: 0 (0%)
   - Permanently disabled: 1 (4%)
   - Retired: 2 (8%)
   - Student full time: 1 (4%)
   - Student part time: 1 (4%)
   Total Responses: 24
CHNA 2018 Update
DST Community Health Fair

4. Gender:

1. Female  
2. Male  
3. Trans Female (Male to Female)  
4. Trans Male (Female to Male)  
5. Gender Non-conforming (i.e. not exclusively male or female)  
Total Responses: 24  
Mean: 1.38  Standard Deviation: 0.49

5. Insurance:

1. Medicare  
2. No insurance  
3. Obamacare (Affordable Healthcare)  
4. Private insurance  
5. TennCare  
6. Other  
Total Responses: 24

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

1. East Madison County  
2. Mid-Town Area  
3. North Madison County  
4. South Madison County  
5. West Madison County  
6. I live outside of Madison County  
Total Responses: 24

7. Race (Check all that apply):

1. African/American  
2. American Indian/Alaskan Native  
3. Asian  
4. Caucasian  
5. Hispanic/Latino  
6. Indian (from India or parents from India)  
7. Middle Eastern  
8. Pacific Islander/Polynesian  
9. Other  
Total Responses: 21
8. **Weight** (Do you consider your weight):

1. Just right
   - 16  84%
2. Obese
   - 2  11%
3. Overweight
   - 1  5%
4. Underweight
   - 0  0%

Total Responses: 19

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

1. Yes
   - 8  33%
2. No
   - 16  67%

Total Responses: 24

Mean: 1.67   Standard Deviation: 0.48

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

1. Yes
   - 2  8%
2. No
   - 22  92%

Total Responses: 24

Mean: 1.92   Standard Deviation: 0.29

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

1. Yes
   - 5  21%
2. No
   - 19  79%

Total Responses: 24

Mean: 1.79   Standard Deviation: 0.41
12. Have you had (or do you currently have) an Autoimmune Disease?

1. Yes  
2. No  

Total Responses:
Mean: 1.92  Standard Deviation: 0.28

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

1. Yes  
2. No  

Total Responses:
Mean: 2.00  Standard Deviation: 0.00

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

1. Yes  
2. No  

Total Responses:
Mean: 1.96  Standard Deviation: 0.20

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

1. Yes  
2. No  

Total Responses:
Mean: 2.00  Standard Deviation: 0.00
16. Have you had (or do you currently have) Diabetes?

1. Yes  2. No
Total Responses: 24
Mean: 1.92  Standard Deviation: 0.28

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

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

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

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

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

1. Yes  2. No
Total Responses: 24
Mean: 1.96  Standard Deviation: 0.20
20. Have you had (or do you currently have) **Hearing Loss/Deafness**?

1. Yes
2. No

Total Responses:
Mean: 2.00  Standard Deviation: 0.00

24 100%

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

1. Yes
2. No

Total Responses:
Mean: 1.96  Standard Deviation: 0.20

24

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

1. Yes
2. No

Total Responses:
Mean: 1.83  Standard Deviation: 0.38

24

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

1. Yes
2. No

Total Responses:
Mean: 1.88  Standard Deviation: 0.34

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

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

25. Have you had a Stroke?

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

26. Dental care

1. Yes 14
2. No 10
Total Responses: 24
Mean: 1.42  Standard Deviation: 0.50

27. Medical care

1. Yes 11
2. No 13
Total Responses: 24
Mean: 1.54  Standard Deviation: 0.51
28. Medications

1. Yes
2. No
Total Responses: 24
Mean: 1.58  Standard Deviation: 0.50

29. Dental care

1. Yes
2. No
Total Responses: 24
Mean: 1.58  Standard Deviation: 0.50

30. Medical care

1. Yes
2. No
Total Responses: 24
Mean: 1.62  Standard Deviation: 0.49

31. Medications

1. Yes
2. No
Total Responses: 24
Mean: 1.62  Standard Deviation: 0.49
CHNA 2018 Update
DST Community Health Fair

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

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

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

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

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

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

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

1. Yes 8 33%
2. No 1 4%
3. Doesn't apply 15 62%
Total Responses: 24
36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?

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

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

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

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

1. Yes 2 8%
2. No 22 92%
Total Responses: 24
Mean: 1.92  Standard Deviation: 0.28
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

1. Yes 3 12%
2. No 21 88%

Total Responses: 24
Mean: 1.88 Standard Deviation: 0.34

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

1. Yes 3 12%
2. No 21 88%

Total Responses: 24
Mean: 1.88 Standard Deviation: 0.34

41. Were your parents ever separated or divorced?

1. Yes 4 17%
2. No 20 83%

Total Responses: 24
Mean: 1.83 Standard Deviation: 0.38
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

1. Yes  
2. No  
Total Responses: 24
Mean: 1.92  Standard Deviation: 0.28

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

1. Yes  
2. No  
Total Responses: 24
Mean: 1.79  Standard Deviation: 0.41

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

1. Yes  
2. No  
Total Responses: 24
Mean: 1.79  Standard Deviation: 0.41

45. Did a household member go to prison?

1. Yes  
2. No  
Total Responses: 24
Mean: 1.79  Standard Deviation: 0.41
CHNA 2018 Update
Health Council

Creation Date: 6/8/2018
Time Interval: 6/7/2018 to 6/8/2018
Total Respondents: 14

1. Age:

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

2. Education:

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

3. Employment Status:

- Employed full time: 11 (85%)
- Employed part time: 0 (0%)
- Homemaker full time: 0 (0%)
- Not working because of acute illness or injury: 0 (0%)
- Permanently disabled: 0 (0%)
- Retired: 1 (8%)
- Student full time: 1 (8%)
- Student part time: 0 (0%)
- Total Responses: 13
CHNA 2018 Update
Health Council

4. Gender:

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

5. Insurance:

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

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

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

7. Race (Check all that apply):

1. African/American 7 50%
2. American Indian/Alaskan Native 0 0%
3. Asian 0 0%
4. Caucasian 7 50%
5. Hispanic/Latino 0 0%
6. Indian (from India or parents from India) 0 0%
7. Middle Eastern 0 0%
8. Pacific Islander/Polynesian 0 0%
9. Other 0 0%
Total Responses: 14
CHNA 2018 Update
Health Council

8. Weight (Do you consider your weight):

1. Just right
2. Obese
3. Overweight
4. Underweight
Total Responses:

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<th>Weight</th>
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<td>Overweight</td>
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9. Have you had (or do you currently have) Allergies?

1. Yes
2. No
Total Responses:
Mean: 1.50 Standard Deviation: 0.52

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

1. Yes
2. No
Total Responses:
Mean: 1.79 Standard Deviation: 0.43

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<td>11</td>
<td>79%</td>
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<tr>
<td>Total</td>
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<td>-</td>
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11. Have you had (or do you currently have) Asthma?

1. Yes
2. No
Total Responses:
Mean: 1.93 Standard Deviation: 0.27

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</tr>
<tr>
<td>Total</td>
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<td>-</td>
</tr>
</tbody>
</table>
12. Have you had (or do you currently have) an Autoimmune Disease?
   1. Yes
   2. No
   Total Responses:
   Mean: 1.79  Standard Deviation: 0.43

13. Have you experienced (or are you currently experiencing) Bullying?
   1. Yes
   2. No
   Total Responses:
   Mean: 1.86  Standard Deviation: 0.36

14. Have you had (or do you currently have) Chronic Pain?
   1. Yes
   2. No
   Total Responses:
   Mean: 1.93  Standard Deviation: 0.27

15. Have you had (or do you currently have) Dementia/Alzheimers?
   1. Yes
   2. No
   Total Responses:
   Mean: 2.00  Standard Deviation: 0.00
16. Have you had (or do you currently have) Diabetes?

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

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

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

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

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

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

1. Yes 1 7%
2. No 13 93%
Total Responses: 14
Mean: 1.93  Standard Deviation: 0.27
20. Have you had (or do you currently have) Hearing Loss/Deafness?

1. Yes 1 7%
2. No 13 93%
Total Responses: 14 100%
Mean: 1.93  Standard Deviation: 0.27

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

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

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

1. Yes 8 57%
2. No 6 43%
Total Responses: 14 100%
Mean: 1.43  Standard Deviation: 0.51

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

1. Yes 1 0%
2. No 14 100%
Total Responses: 14 100%
Mean: 2.00  Standard Deviation: 0.00
24. Have you experienced (or are you currently experiencing) high levels of Stress?

1. Yes
2. No

Total Responses:
Mean: 1.50  Standard Deviation: 0.52
7 50%
7 50%
14

25. Have you had a Stroke?

1. Yes
2. No

Total Responses:
Mean: 2.00  Standard Deviation: 0.00
0 0%
14 100%
14

26. Dental care

1. Yes
2. No

Total Responses:
Mean: 1.79  Standard Deviation: 0.43
3 21%
11 79%
14

27. Medical care

1. Yes
2. No

Total Responses:
Mean: 2.00  Standard Deviation: 0.00
0 0%
14 100%
14
CHNA 2018 Update
Health Council

28. Medications

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

29. Dental care

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

30. Medical care

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

31. Medications

1. Yes
2. No
Total Responses:
Mean: 2.00  Standard Deviation: 0.00
32. Do you have access to Healthy Food (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>Total Responses</th>
<th>Mean: 1.14</th>
<th>Standard Deviation: 0.36</th>
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<tr>
<td>Yes</td>
<td>12</td>
<td>0%</td>
<td>2</td>
<td>14%</td>
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<tr>
<td>No</td>
<td>14</td>
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33. Do you have access to Information/Education about health?

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<th>2</th>
<th>Total Responses</th>
<th>Mean: 1.14</th>
<th>Standard Deviation: 0.36</th>
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</thead>
<tbody>
<tr>
<td>Yes</td>
<td>12</td>
<td>86%</td>
<td>2</td>
<td>14%</td>
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<tr>
<td>No</td>
<td>14</td>
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</table>

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

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>Total Responses</th>
<th>Mean: 1.14</th>
<th>Standard Deviation: 0.36</th>
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<tr>
<td>Yes</td>
<td>12</td>
<td>86%</td>
<td>2</td>
<td>14%</td>
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<tr>
<td>No</td>
<td>14</td>
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</tbody>
</table>

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

<table>
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<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>Total Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>5</td>
<td>36%</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>No</td>
<td>9</td>
<td>64%</td>
<td>0</td>
<td>0%</td>
</tr>
</tbody>
</table>
36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?

- Yes: 1 (7%)
- No: 13 (93%)

Total Responses: 14
Mean: 1.93  Standard Deviation: 0.27

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

- Yes: 1 (7%)
- No: 13 (93%)

Total Responses: 14
Mean: 1.93  Standard Deviation: 0.27

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

- Yes: 4 (29%)
- No: 10 (71%)

Total Responses: 14
Mean: 1.71  Standard Deviation: 0.47
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

1. Yes 0 0%
2. No 14 100%

Total Responses: 14
Mean: 2.00  Standard Deviation: 0.00

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

1. Yes 0 0%
2. No 14 100%

Total Responses: 14
Mean: 2.00  Standard Deviation: 0.00

41. Were your parents ever separated or divorced?

1. Yes 3 21%
2. No 11 79%

Total Responses: 14
Mean: 1.79  Standard Deviation: 0.43
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

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

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

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

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

| 1. Yes | 2 14% |
| 2. No  | 12 86% |
| Total Responses: | 14 |
| Mean: 1.66  Standard Deviation: 0.36 |

45. Did a household member go to prison?

| 1. Yes | 1 7% |
| 2. No  | 13 93% |
| Total Responses: | 14 |
| Mean: 1.93  Standard Deviation: 0.27 |
CHNA 2018 Update
Faith Health Center

Creation Date: 6/8/2018
Time Interval: 6/8/2018 to 6/8/2018
Total Respondents: 10

1. Age:
   - 18-27: 2 (20%)
   - 26-37: 1 (10%)
   - 36-47: 2 (20%)
   - 48-57: 1 (10%)
   - 58-67: 4 (40%)
   - 68 and older: 0 (0%)
   Total Responses: 10

2. Education:
   - Less than high school: 0 (0%)
   - High school graduate/GED: 2 (20%)
   - Some college: 4 (40%)
   - Associate degree: 1 (10%)
   - Bachelor degree: 2 (20%)
   - Advanced degree: 1 (10%)
   Total Responses: 10

3. Employment Status:
   - Employed full time: 8 (80%)
   - Employed part time: 1 (10%)
   - Homemaker full time: 0 (0%)
   - Not working because of acute illness or injury: 0 (0%)
   - Permanently disabled: 0 (0%)
   - Retired: 1 (10%)
   - Student full time: 0 (0%)
   - Student part time: 0 (0%)
   Total Responses: 10
4. Gender:

- Female: 9 (90%)
- Male: 1 (10%)
- Trans Female (Male to Female): 0 (0%)
- Trans Male (Female to Male): 0 (0%)
- Gender Non-conforming (i.e. not exclusively male or female): 0 (0%)

Total Responses: 10
Mean: 1.10 Standard Deviation: 0.32

5. Insurance:

- Medicare: 1 (10%)
- No insurance: 0 (0%)
- Obamacare (Affordable Healthcare): 0 (0%)
- Private insurance: 9 (90%)
- TennCare: 0 (0%)
- Other: 0 (0%)

Total Responses: 10

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

- East Madison County: 2 (20%)
- Mid-Town Area: 1 (10%)
- North Madison County: 1 (10%)
- South Madison County: 2 (20%)
- West Madison County: 2 (20%)
- Live outside of Madison County: 2 (20%)

Total Responses: 10

7. Race (Check all that apply):

- African/American: 5 (50%)
- American Indian/Alaskan Native: 0 (0%)
- Asian: 0 (0%)
- Caucasian: 5 (50%)
- Hispanic/Latino: 0 (0%)
- Indian (from India or parents from India): 0 (0%)
- Middle Eastern: 0 (0%)
- Pacific Islander/Polynesian: 0 (0%)
- Other: 0 (0%)

Total Responses: 10
8. Weight (Do you consider your weight):

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

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

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

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

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

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

1. Yes 0 0%
2. No 10 100%
Total Responses: 10
Mean: 2.00 Standard Deviation: 0.00
12. Have you had (or do you currently have) an Autoimmune Disease?
   1. Yes
   2. No
   Total Responses:
   Mean: 2.00  Standard Deviation: 0.00

13. Have you experienced (or are you currently experiencing) Bullying?
   1. Yes
   2. No
   Total Responses:
   Mean: 1.90  Standard Deviation: 0.32

14. Have you had (or do you currently have) Chronic Pain?
   1. Yes
   2. No
   Total Responses:
   Mean: 1.80  Standard Deviation: 0.42

15. Have you had (or do you currently have) Dementia/Alzheimers?
   1. Yes
   2. No
   Total Responses:
   Mean: 2.00  Standard Deviation: 0.00
16. Have you had (or do you currently have) Diabetes?

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

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

1. Yes
2. No
Total Responses:
Mean: 1.90  Standard Deviation: 0.32

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

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

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

1. Yes
2. No
Total Responses:
Mean: 2.00  Standard Deviation: 0.00
20. Have you had (or do you currently have) Hearing Loss/Deafness?

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

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

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

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

1. Yes
2. No
Total Responses: 10
Mean: 1.60  Standard Deviation: 0.52

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

1. Yes
2. No
Total Responses: 10
Mean: 1.90  Standard Deviation: 0.32
24. Have you experienced (or are you currently experiencing) high levels of Stress?

1. Yes
2. No

Total Responses: 10
Mean: 1.50 Standard Deviation: 0.53

5 50%
5 50%

25. Have you had a Stroke?

1. Yes
2. No

Total Responses: 10
Mean: 2.00 Standard Deviation: 0.00

0 0%
10 100%

26. Dental care

1. Yes
2. No

Total Responses: 10
Mean: 1.80 Standard Deviation: 0.42

2 20%
8 80%

27. Medical care

1. Yes
2. No

Total Responses: 10
Mean: 1.70 Standard Deviation: 0.46

3 30%
7 70%
28. Medications

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

29. Dental care

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

30. Medical care

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

31. Medications

1. Yes
2. No
Total Responses:
Mean: 2.00   Standard Deviation: 0.00
0   0%
10  100%
10
32. Do you have access to **Healthy Food** (fresh fruits & vegetables, lean meats, whole grain products, and lowfat milk products)?

1. Yes  
2. No  
Total Responses:  
Mean: 1.00  Standard Deviation: 0.00

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

1. Yes  
2. No  
Total Responses:  
Mean: 1.10  Standard Deviation: 0.32

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

1. Yes  
2. No  
Total Responses:  
Mean: 1.10  Standard Deviation: 0.32

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

1. Yes  
2. No  
3. Doesn't apply  
Total Responses:
36. Did a parent or other adult in the household often or very often: Swear at you, insult you, put you down, or humiliate you or act in a way that made you afraid that you might be physically hurt?

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

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

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

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

1. Yes 0 0%
2. No 10 100%
Total Responses: 10
Mean: 2.00 Standard Deviation: 0.00
39. Did you often or very often feel that: No one in your family loved you or thought you were important or special or your family didn't look out for each other, feel close to each other, or support each other?

1. Yes  
2. No

Total Responses: 10
Mean: 2.00  Standard Deviation: 0.00

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

1. Yes  
2. No

Total Responses: 10
Mean: 2.00  Standard Deviation: 0.00

41. Were your parents ever separated or divorced?

1. Yes  
2. No

Total Responses: 10
Mean: 1.90  Standard Deviation: 0.32
42. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit for at least a few minutes or threatened with a gun or knife?

1. Yes
2. No

Total Responses:
Mean: 2.00  Standard Deviation: 0.00

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

1. Yes
2. No

Total Responses:
Mean: 1.80  Standard Deviation: 0.42

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

1. Yes
2. No

Total Responses:
Mean: 1.80  Standard Deviation: 0.42

45. Did a household member go to prison?

1. Yes
2. No

Total Responses:
Mean: 2.00  Standard Deviation: 0.00
<table>
<thead>
<tr>
<th>HANLON METHOD</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>HANLON SCORE</th>
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<tr>
<td><strong>HEALTH ISSUES</strong></td>
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<tr>
<td>High blood pressure</td>
<td>49%</td>
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<td>10 300</td>
</tr>
<tr>
<td>Diabetes</td>
<td>18%</td>
<td>8</td>
<td>10</td>
<td>10 280</td>
</tr>
<tr>
<td>Obese</td>
<td>8%</td>
<td>6</td>
<td>10</td>
<td>10 260</td>
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<td>Heart condition</td>
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<td>Stroke</td>
<td>2%</td>
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<tr>
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<td>43%</td>
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<td>8</td>
<td>9 234</td>
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<tr>
<td>Asthma</td>
<td>11%</td>
<td>7</td>
<td>10</td>
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<td>Lack of financial - Medication</td>
<td>18%</td>
<td>8</td>
<td>10</td>
<td>6 168</td>
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<td>6 162</td>
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<tr>
<td>Arthritis</td>
<td>34%</td>
<td>9</td>
<td>8</td>
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<td>Alzheimer's &amp; Dementia</td>
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<td>6 144</td>
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<td>7</td>
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<td>6 138</td>
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<td>No access to facilities/places for physical activity</td>
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<td>Autoimmune</td>
<td>7%</td>
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<td>7</td>
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<td>6 120</td>
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<tr>
<td>High stress</td>
<td>36%</td>
<td>9</td>
<td>5</td>
<td>6 114</td>
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<tr>
<td>No access to health information/ education</td>
<td>15%</td>
<td>7</td>
<td>6</td>
<td>6 114</td>
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<tr>
<td>Stroke</td>
<td>53%</td>
<td>10</td>
<td>10</td>
<td>10 300</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>42%</td>
<td>10</td>
<td>10</td>
<td>10 300</td>
</tr>
<tr>
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<td>Diabetes</td>
<td>13%</td>
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<td>34%</td>
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<td>10</td>
<td>9 261</td>
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<td>Heart disease</td>
<td>5%</td>
<td>6</td>
<td>10</td>
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<tr>
<td>Illicit drug/alcohol dependence (26+)</td>
<td>83%</td>
<td>10</td>
<td>10</td>
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<td>16%</td>
<td>7</td>
<td>10</td>
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<td>17%</td>
<td>7</td>
<td>10</td>
<td>8 216</td>
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<tr>
<td>Children in Poverty (Madison Co.)</td>
<td>27%</td>
<td>9</td>
<td>9</td>
<td>8 216</td>
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<tr>
<td>Depressive disorders</td>
<td>21%</td>
<td>8</td>
<td>7</td>
<td>9 198</td>
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<tr>
<td>Poverty</td>
<td>20%</td>
<td>8</td>
<td>8</td>
<td>8 192</td>
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<tr>
<td>Serious mental illness (over 18) Madison Co.</td>
<td>8%</td>
<td>6</td>
<td>8</td>
<td>8 176</td>
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<tr>
<td>Cancer - Skin</td>
<td>7%</td>
<td>6</td>
<td>8</td>
<td>8 176</td>
</tr>
<tr>
<td>Tobacco - current smoker</td>
<td>7%</td>
<td>6</td>
<td>8</td>
<td>8 176</td>
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<tr>
<td>Cancer - Other</td>
<td>7%</td>
<td>6</td>
<td>8</td>
<td>8 176</td>
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<tr>
<td>Alcohol use - heavy drinker</td>
<td>6%</td>
<td>6</td>
<td>8</td>
<td>8 176</td>
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<tr>
<td>Arthritis, Rheumatoid Arthritis, Gout, Lupus, Fibromyalgia</td>
<td>31%</td>
<td>9</td>
<td>9</td>
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<td>7</td>
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<td>Alzheimer's &amp; Dementia</td>
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<td>5</td>
<td>10</td>
<td>6 150</td>
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<tr>
<td>Chronic Pain</td>
<td>20%</td>
<td>8</td>
<td>5</td>
<td>6</td>
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<td>Osteoporosis</td>
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<td>6</td>
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<tr>
<td>Hearing loss/deafness</td>
<td>11%</td>
<td>7</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Eye Condition</td>
<td>14%</td>
<td>7</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Lack of transportation - Dental</td>
<td>11%</td>
<td>7</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Lack of transportation - Medical</td>
<td>11%</td>
<td>7</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Lack of transportation - Medication</td>
<td>10%</td>
<td>7</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>ACEs</td>
<td>13%</td>
<td>7</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Emphysema/ COPD</td>
<td>4%</td>
<td>5</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>No access to child care/ adult care</td>
<td>8%</td>
<td>6</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Underweight</td>
<td>0.01%</td>
<td>1</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Unable to see doctor because of cost</td>
<td>12%</td>
<td>7</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>Dental - Longer than a year since saw a dentist</td>
<td>41%</td>
<td>10</td>
<td>9</td>
<td>4</td>
</tr>
<tr>
<td>Uninsured adults (under 65)</td>
<td>11%</td>
<td>7</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>Children living in single parent homes</td>
<td>43%</td>
<td>10</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Unemployment</td>
<td>3%</td>
<td>5</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>COPD, Emphysema, Chronic Bronchitis</td>
<td>10%</td>
<td>7</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

**Falls**

There were 554 deaths related to falls in Tennessee in 2013. Approximately 86%, or 474, occurred in individuals who were 65 years old and older.

**Autoimmune**

Autoimmune diseases are among the leading causes of death among young and middle-aged women in the United States. Incidence rates vary among the autoimmune diseases, with estimates ranging from less than one newly-diagnosed case of systemic sclerosis to more than 20 cases of adult-onset rheumatoid arthritis per 100,000 person-years.

**Allergies**

Percent with reported respiratory allergies in the past 12 months: 10.3%. Percent with reported food allergies in the past 12 months: 6.2%. Percent with reported skin allergies in the past 12 months: 12.1%.

https://www.cdc.gov/nchs/fastats/allergies.htm

**Lack of $ medicine**

Not measured as a single issue

**No access to healthy food**

Not measured as a single issue
Introduction

Using This Report To Improve Your Health

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

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

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

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

We also have highly-trained clinicians available at West Tennessee Healthcare to discuss this report with you. Please contact us at 866-947-6437 for assistance.

You have the following risk factors:

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

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**Information About Risk Categories**

**Current Risk Categories**

**Diabetes**  **Risk Level: VERY HIGH**

- Along with overweight/obesity, physical inactivity ranks among the top modifiable risk factors for prediabetes and type 2 diabetes. By being physically active for at least 30 minutes a day, you can improve your health and minimize risks for diabetes and cardiovascular disease.
- Smoking is the most important preventable cause of premature death in this country. A person who smokes 16 to 25 cigarettes per day is three times more likely to develop diabetes than a nonsmoker.
- In addition to causing damage to the cardiovascular system, untreated high blood pressure has been linked to the development of diabetes.
About 50 percent of men and 70 percent of women who have diabetes are obese. Your body mass index (BMI) level meant that you have a higher risk of developing diabetes. Losing five to seven percent of your body weight can cut your risk of developing prediabetes in half, and your risk decreases even more as you lose more weight.

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

**Blood Pressure**  
**Risk Level: VERY HIGH**

- Height, hair and eye color run in families — so can high blood pressure. Due to your family history of HBP, you are more likely to develop it, too. You might also pass that risk factor on to your children. That’s why it’s important for children as well as adults to have regular blood pressure checks. You can’t control heredity, but you can take steps to live a healthy life and lower your other risk factors. Lifestyle changes have allowed many people with a strong family history of HBP to avoid it themselves.

- Smoking temporarily raises blood pressure and increases your risk of damaged arteries. The use of tobacco can be devastating to your health, especially if you’re already at risk for high blood pressure. Secondhand smoke — exposure to other people’s smoke — increases the risk of heart disease for nonsmokers.

- High blood pressure, or hypertension, is a disease. Even though it typically has no symptoms, HBP can have deadly health consequences if not treated. 69.4 million U.S. adults have been diagnosed with high blood pressure.

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

**Cholesterol**  
**Risk Level: HIGH**

- Tobacco smoke is one of the six major risk factors of heart disease that you can change or treat. Aside from decreasing your tolerance for physical activity, smoking actually lowers HDL (good) cholesterol levels and increases the tendency for blood to clot.

- Cholesterol is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body’s cells. It’s an important part of a healthy body because it’s used to form cell membranes, some hormones and is needed for other functions. But a high level of cholesterol in the blood — hypercholesterolemia — is a major risk factor for coronary heart disease, which leads to heart attack. Cholesterol and other fats can’t dissolve in the blood. They have to be transported to and from the cells by special carriers called lipoproteins. There are several kinds, but the ones to focus on are low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

- Your total cholesterol level should ideally be lower than 200 mg/dL. You should discuss your cholesterol numbers with your physician who may recommend possible medication treatments and/or lifestyle changes (if you have not already done so).

**Family History**  
**Risk Level: HIGH**
• Having a blood relative with certain health conditions or diseases (like heart disease), can increase your risk for getting those conditions too. It is important to know what specific health conditions and diseases are in your family history so that you can make healthy choices to help reduce your risk for getting those conditions yourself.

• Because of your family history, you are at a greater risk for developing heart disease. Just as you can't control your age, sex and race, you can't control your family history. Therefore, it's even more important to treat and control any other risk factors you have.

• Because of your family history of HBP, you are more likely to develop it. You might also pass that risk factor on to your children. That's why it's important for children as well as adults to have regular blood pressure checks. You can't control your heredity, but you can take steps to live a healthy life and lower your other risk factors. Lifestyle choices have allowed many people with a strong family history of HBP to avoid it themselves.

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**Improving Your Health**

**Overall Cardiac Risk**

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

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

**Discussing Your Results With A Healthcare Provider**

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

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

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

**Learning More About Improving Your Health**

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

**Our Heart and Vascular Services**

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

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

Name: test test
Participant ID#: 1415344
Disease Management

What is Disease Management?

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

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

To take a free online heart health risk assessment, visit HeartAware.

To take a free online diabetes risk assessment, visit DiabetesAware.

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

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

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

How to Contact Us:

Call 731.425.6956 for information.

We are located in the LIFT Wellness Center.

101 Jackson Walk Plaza
Jackson, TN 38301

Hours of Operation:

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

Are you at risk?

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

Provided through

HEALTHaware

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

Health

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

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

Most of our educational classes are provided, free of charge, to our members, with many sessions also open to the community. Check out the Happening Now or Community Calendar section of our website to see what we have planned. Follow us on Facebook to stay connected.
1.4 MILLION AMERICANS ARE DIAGNOSED WITH DIABETES EVERY YEAR ACCORDING TO THE AMERICAN DIABETES ASSOCIATION.

Free Education Clinic Days
Wednesday and Thursday Weekly
8:00 AM-4:30 PM by Appointment

Multi-Disciplinary Team approach includes:
Nurse, Pharmacist, Dietitian, Social Worker, Respiratory Therapist, Nurse Practitioner, and Behavior Health Case Manager

Call for Appointments at 425-6956

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

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

Emphysema, Chronic Bronchitis, Asthma

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

Diabetes Education Classes
4-Part Series every Tuesday from 1-3 p.m.
Week 1: Introduction to Diabetes and how it affects the body
   led by a Registered Nurse
Week 2: Nutrition and Healthy Eating
   led by a Clinical Registered Dietitian
Week 3: Effects of Exercise and Medications with Diabetes led by a
   Certified Exercise Specialist and Pharmacist
Week 4: Diabetes Complications how Diabetes can affect the whole body led by a
   Registered Nurse.
   Call 425-6956 to register.
   (New classes begin the first Tuesday of each month)

Diabetes Education Clinics
(Open every Wednesday from 8-4:30)
Schedule an appointment for a free educational clinic to learn more about
Diabetes and how to take control. The clinic offers a variety of staff that can help you
with all concerns you may have. The staff includes a Dietitian, Pharmacist, Social Worker
and Registered Nurses specializing in Diabetes Education. This clinic is by appointment
only and you may call 425-6956 to schedule. We also offer a telephonic coaching program
for those unable to attend the clinic or for those who live out of town.
Working with your Doctor or Healthcare Provider is key to this educational clinic.

New Diabetes Evening Classes
First two Tuesdays of each month from 5:30-8:30 p.m.

Outpatient Nutrition Consults
Licensed Dietitian available for patients who need
one-on-one nutritional counseling.
Call 425-6964
Hourly rates may apply to this service

Disease Management

For the services listed above call 425-6956
Is your DIABETES puzzling you?

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

DIABETES Support Group

Hosted by
LIFT Disease Management Diabetes Clinic

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

WHEN: First Thursday of Each Month

TIME: 6:00 – 7:00 pm

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

QUESTIONS TO:
Dreama Blake-Doian · Disease Management

FOR MORE INFORMATION and to make a reservation, call

1.731.425.6956

Disease Management
PROGRAM OVERVIEW

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

Diabetes Education Classes
4-Part Series every Tuesday from 1-3 p.m.
Week 1: Introduction to Diabetes and how it affects the body
  led by a Registered Nurse
Week 2: Nutrition and Healthy Eating
  led by a Clinical Registered Dietitian
Week 3: Exercise and Staying Healthy with Diabetes led by a
  Registered Nurse and a Certified Exercise Specialist
Week 4: Diabetes Medications led by a Jackson-Madison County General Pharmacist
  Call 425-6956 to register.
  (New classes begin the first Tuesday of each month)

Diabetes Education Clinics
(Open every Wednesday from 8-4:30)
Schedule an appointment for a free educational clinic to learn more about
Diabetes and how to take control. The clinic offers a variety of staff that can help you
with all concerns you may have. The staff includes a Dietitian, Pharmacist, Social Worker
and Registered Nurses specializing in Diabetes Education. This clinic is by appointment
only and you may call 425-6956 to schedule. We also offer a telephonic coaching program
for those unable to attend the clinic or for those who live out of town.
Working with your Doctor or Healthcare Provider is key to this educational clinic.

Outpatient Nutrition Consults
Licensed Dietitian available for patients who need
one-on-one nutritional counseling.
Call 425-6964
Hourly rates may apply to this service

For the services listed above call 425-6956
Diabetes Prevention: Proven, Possible, and Powerful!

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

Bringing it closer to home here in Madison County:

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

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

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

**Two keys to success:**

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

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

**Free Diabetes Classes**

Tuesday afternoon classes: 1-3pm for four weeks.
Tuesday evening classes: 5:30-8:30pm (First two Tuesdays of the month)

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


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

**New: Diabetes Support Group starting in February**

Join us the first Thursday evening of each month from 6pm-7pm.
Lift Wellness Center Education Suite
Call (731)425-6956 if you are interested in finding out more about this great opportunity.
**Free Nutritional Support**

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

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

**FREE SERVICES AT**

**Diabetes Education Classes**
4-Part Series every Tuesday from 1-3 p.m.
- Week 1: Introduction to Diabetes and how it affects the body led by a Registered Nurse
- Week 2: Nutrition and Healthy Eating led by a Clinical Nutritionist
- Week 3: Exercise and Staying Healthy with Diabetes led by a Registered Nurse and a Certified Exercise Specialist
- Week 4: Outpatient Nutrition Consults scheduled by your Cardiologist or Dietitian

Diabetes Education Clinics
Open every Wednesday from 1-3 p.m.
Schedule an appointment for a free educational clinic to learn more about diabetes and how to take control. The clinic offers a variety of staffed classes that can help you with all aspects of your care. The staff includes a Dietitian, Pharmacists, Social Worker, and Registered Nurses specializing in Diabetes Education. The clinic is by appointment only. To schedule, call 425-6956. We also offer a telephonic coaching program for those unable to attend the clinic or for those who live out of town.

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

Outpatient Nutrition Consults
Licensed Dietitian available to patients who need one-on-one nutritional counseling. Call 425-6956 for an appointment.

**How to Enroll**

1. Call LIFT Disease Management at 731-425-6956. We will work closely with your primary care provider or your cardiologist, and results/prognosis reports will be sent back to this provider.

2. If you and your physician decide this program is right for you, you will be assigned to a nurse case manager and begin the free LIFT Disease Management program.

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

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

TopMenu=What+We+Offer&hMenu-63&Page=Disease%20Management)
The state of Tennessee ranks 42th in the country for overall health status. Our State ranking has improved over previous years; however, we are still near the bottom. There are many reasons for our state’s poor health such as culture, poor health access, poverty, limited education, lack of health insurance and unhealthy But a prevailing reason is low health literacy. Health literacy is the ability of individuals to obtain, interpret and understand basic health information and services appropriate and cost effective decisions that enhance health and health care.

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

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

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

One of the greatest strengths of this community health education program is its capacity to reach large numbers of people in communities across the state with based information and evidence-based community programs. This is done through our statewide community education network of UT Extension educators work Extension offices in all 95 counties. These community educators, trained by the Department of Family and Consumer Sciences faculty with expertise in community education, environmental health, nutrition and pharmacy, implement the program with a vast network of public and private partnerships in communities across the state.

Learn more about why TN ranks 42th in health:

- The Health of Tennessee for 2013
- Annual County Health Snapshots - County Health Rankings
- Tennessee Chronic Disease Health Profile

**Partnership Links**

- Medication Literacy Partnership
- Poison Prevention Education Partnership
- TEAM UP Tennessee
- Tennessee Arthritis Education Partnership
- University of Tennessee Center for Community Health Literacy
Program Links

- Arthritis Foundation Exercise Program
- Be MedWise in Tennessee
- Be Poison Safe Tennessee
- Body & Soul: A Celebration of Healthy Eating and Living
- Breast and Cervical Cancer Education
- Choices for Better Bone Health
- Cooking for a Lifetime
- Dining with Diabetes
- HPV Toolkit
- Latino Health Access Toolkit
- Living Well Cancer Education
- Living Well with Chronic Conditions
- Master Your Body
- Navigating Your Healthcare System
- Protect Your Family’s Health with Immunizations
- Protect the Skin You’re in Toolkit
- Tai Chi
- Take Charge of Your Diabetes
- Walk Across Tennessee
- Walk with Ease

Health Links

- Administration on Aging
- Centers for Disease Control and Prevention
- Food and Drug Administration - Consumer Health Information
- Health Finder
- Health Observances
- Healthier Tennessee Initiative
- Healthy People 2020
- Medline Plus
- National Academy on an Aging Society
- National Institutes of Health
- National Safety Council
- Tennessee Department of Health
- Tennessee Department of Mental Health and Substance Abuse Services
- Tennessee Poison Center
- United States Department of Health and Human Services
- WebMD
Health Department –
Chronic Disease Education
and Health Promotion
Health Department

Jackson-Madison Spay/Neuter Lottery Information

CLICK HERE TO VOLUNTEER!!

Overview
The Jackson-Madison County Regional Health Department is a government entity working to protect and improve the health of the community by providing preventative services, health education, and information to ensure a safe environment, reduce disease, and promote a healthy lifestyle.

The cost of services received is based on the patient’s level of income. Contact us for more information.

Clinic Appointments
Call (731) 423-3020 for more information. After dialing our Health Department number, press "1" for WIC Center appointments and "2" for all other appointments.

Privacy Policy

Riding The Bus?
Chronic Diseases: The Leading Cause of Death and Disability in the United States

Chronic diseases and conditions--such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis--are among the most common, costly, and preventable of all health problems.

- As of 2012, about half of all adults--117 million people--had one or more chronic health conditions. One of four adults had two or more chronic health conditions.

- Seven of the top 10 causes of death in 2010 were chronic diseases. Two of these chronic diseases--heart disease and cancer--together accounted for nearly 48% of all deaths.

- Obesity is a serious health concern. During 2009-2010, more than one-third of adults, or about 78 million people, were obese (defined as body mass index [BMI] ≥ 30 kg/m2). Nearly one of five youths aged 2-19 years was obese (BMI ≥95th percentile).

- Arthritis is the most common cause of disability. Of the 53 million adults with a doctor diagnosis of arthritis, more than 22 million say they have trouble with their usual activities because of arthritis.

- Diabetes is the leading cause of kidney failure, lower-limb amputations other than those caused by injury, and new cases of blindness among adults.
The Jackson-Madison County Health Department has Health Educators certified by Stanford University to conduct training seminars on "Living with Chronic Diseases". These classes can be offered at the Health Department or offsite for locations within Madison County. Please contact Amanda Johnson at 731-927-8531.
Health Promotions

We provide education and resources on health issues to the community in an effort to improve health, fitness, and the quality of life. Resources available to the community include pamphlets, videos and health related statistics. We also offer free educational classes in the following areas not limited to: Nutrition, Diabetes, Chronic Disease, Cardiovascular, Tobacco Prevention, Women's/Men's Health, Health and Hygiene, Puberty, Rape Prevention, Violence Prevention, Healthy Relationships, Good Touch Bad Touch training, Teen Pregnancy, Abstinence, Sexually Transmitted Diseases and Prevention, and Healthy Choices.

To schedule any of these free classes please contact any of the health educators.

Health Promotions Staff:

Quill Brabham
Community Health Program Director
Phone: 731-927-8534
Email Quill Brabham

Amanda Johnson
1305 Grant-Diabetes and Chronic Diseases
Phone: 731-423-3020 ext. 62143
Akila McNeal
Health Educator
Injury and Rape Prevention
Phone: 731-423-3020 ext. 62544
Email Akila McNeal
JMCSS Coordinated School Health

Coordinated School Health is an effective system designed to connect health (physical, emotional and social) with education. This coordinated approach improves students' health and their capacity to learn through the support of families, communities and schools working together. The Office of Coordinated School Health works with many partners download pdf file to address school health priorities.

The Coordinated School Health (CSH) model is a method of connecting health and learning that consists of eight inter-related components. This approach constitutes a systems change by improving students' health and their capacity to learn through personal responsibility, and the support of families, communities and school.

By definition all Coordinated School Health components work together to improve the lives of students and their families. Although these components are listed separately, it is their composite which allows CSH to have significant impact. A list of definitions of each component is available in printable format. Click on each component link below to access additional information.

Run Club
Guilt-free takeout options.

Click to open our Wellness Policy.

Key Benefits of Wellness

- A healthier, happier you, staff, students, and the community.
- Increased productivity.
- Lower healthcare costs.
- Improved attendance.
- Healthy role models for students.
- Decreased absenteeism.
- Improved school climate.
- Increased student engagement.
- Inclusion of families and community partners.

Click the button above to see how Jackson Madison County Schools wellness efforts compare to other districts across our state and the Nation.

Note: The JMCSS Student Wellness Policy was adopted in 2017. If you have questions or suggestions for improvements, please contact Annette Wilson, Coordinator of School Health, at awilson@jmcss.org.
Healthy Living with Type II Diabetes

Wear comfortable shoes and clean, loose-fitting socks.

Wash your feet daily.

Watch for cuts, scratches, redness or swelling. Call your health care provider if a wound doesn't heal. Trim toe nails straight across.

Brush and floss teeth daily.

Have teeth cleaned by a dentist or a dental hygienist every three to six months.

If you notice any problems such as bleeding gums or soresness, tell your dentist.

Have your eyes checked at least once a year.

Tell your eye doctor if you see spots, see poorly in dim light, have eye pain or any eye problem.

Test your blood glucose daily.

Have hemoglobin A1c test done by your doctor.

Write down results each time you test your blood glucose.

Talk to your health care provider if you have difficulty taking diabetes pills or insulin as directed.

Tell your pharmacist that you also take diabetes medication when you buy an over-the-counter medication.

Keep a record of your medications (prescription, over-the-counter, herbs and vitamins) to share with your doctor and pharmacist.

Ask your county Extension office for a UT Med Minder card to help you remember the medications you are taking or print out a copy from the http://bemedwse.tennessee.edu Web site.

For more information on diabetes, diabetes cooking school and medications contact:


a wellness publication written by Barbara (Bobb) P. Clarke, PhD, RD
Professor
Family and Consumer Sciences
Community Health Education

Institute of Agriculture
University of Tennessee
You can protect your health by learning more about diabetes.

Check those health actions you plan to try:

- Frequent urination.
- Extreme thirst.
- Tiredness or drowsiness.
- Unexplained weight loss.
- Blurred vision.

Take a cooking class.
Purchase cookbooks written for people with diabetes.
Call the American Diabetes Association (1-800-232-3472) for their catalog of cookbooks and other resources on diet.
Use a meal plan that is designed to fit your lifestyle and your food likes and dislikes. Develop your meal plan with a registered dietitian.
Review your meal plan regularly and make changes as needed.
Plan ahead. Have food available for meals and snacks.
Eat the same time each day to help keep your blood glucose levels in the normal range.
Get others to know your dietary needs.
Set a healthy weight goal.
Lose weight slowly – no more than 1 pound per week.
Keep a food diary to help you follow your diet plan.
Consider weighing and measuring food to help you with portion sizes.
Drink plenty of water.
Eat slowly.
Include physical activity to help you reach your weight-loss goals.

Choose activities you enjoy.
Carry some form of sugar with you.
Wear clean, natural fiber socks and shoes.
Test your blood sugar before exercising.
Snack during your workouts.
Eat after exercising.
Warm up and cool down.
Stop if you feel pain, nausea, or dizziness.

Talk things out.
Join a diabetes support group.
Walk it out.
Learn to relax.
Pursue a hobby.
Volunteer.
Learn to say "no."
Balance work and family.
Talk to your health care provider if you are depressed.
Taking control of your diabetes can make you feel better and stay healthy. Lowering your blood sugar (also called blood glucose) by any amount lessens your chances of getting diabetes eye, kidney and nerve disease. To control your diabetes, you must know your blood sugar numbers.

There are two different tests to measure your blood sugar:

1. The hemoglobin A1c test (pronounced heime-glo-bin A-one-C) measures your blood sugar control over the last three months. It is the best way to know if your blood sugar is under control.

2. A finger-stick test you do yourself using a blood glucose meter measures your blood sugar at the time you test.

You need both tests to get a complete picture of your blood sugar control.
Does my insurance pay for self-testing supplies?

Medicare pays for blood glucose meters and test strips for people with diabetes. If you have Medicare insurance, ask your health care provider for details.

**Take Control of Your Blood Sugar**

1. Take this brochure to your health care provider and ask for a hemoglobin A1c test at least twice a year.

2. Test your own blood sugar using a blood glucose meter as often as needed.

3. Talk to your health care provider about your blood sugar goals for the hemoglobin A1c test and the finger-stick test using a blood glucose meter.

4. Eat the right foods, exercise and take prescribed medicines to keep your blood sugar under control.

5. For more information, call 1-800-438-5383.

This publication is produced by the National Diabetes Education Program, a joint program of The National Institutes of Health and The Centers for Disease Control and Prevention.

Distributed by: Bobbi Clarke, Professor
Community Health Education
The University of Tennessee

Visit the UT Extension Web site at
http://www.utextension.utk.edu/
• Request a Pass

Weight Management Program

To learn more or to attend a FREE information session, call us at

(731) 425-6820

or email at HMRLiftCenter@wth.org

Weight Management

AN HMR PROGRAM™
LIFT Weight Management is an official licensee of the HMR Program, a non-surgical, clinic-based diet that U.S. News & World Report has named a “Best Diet for Fast Weight Loss.”

U.S. News' Best Diets 2018 panel of nutrition experts ranked the HMR Program, which LIFT Weight Management licenses, but did not evaluate any products or services of LIFT Weight Management itself.

Weight Loss Program

LIFT Wellness Center offers a weight management program created by HMR Weight Management Services to Jackson and West Tennessee. This highly-structured diet and lifestyle change program aims to help with weight-loss goals whether you are trying to lose 20 pounds or 100 pounds.

HMR has been named a No. 1 “Best Fast Weight-Loss Diet” in the 2017 Best Diets rankings by U.S. News & World Report.

HMR programs achieve fast weight loss in a livable way by encouraging people to eat more and stay satisfied, which makes it easier to stick to the program in the short-term, and over the long haul.

HMR focuses on three skill areas critical for weight-loss and weight maintenance:

1. How to make healthier food choices
2. How to eat more fruits and vegetables
3. How to increase physical activity

Research has shown that practicing these skills may also help reduce the risk factors for the development of heart disease, stroke, diabetes, some types of cancer, and other chronic diseases.
To learn more or to attend a free information session, call us at 731.425.6820 or email at HMRLifecenter@wth.org.

Testimonials

Jenny

Lost 100 lbs. in 10 months using HMR’s Healthy Solutions® clinic plan

Jenny had always been “a larger girl.” She had started and failed on many different diets. It wasn’t until she found the HMR program that she was able to lose 100 lbs. and begin living a healthier lifestyle. She is amazed at how far she has come from a life of watching TV on the couch, to working as a trainer at her gym.

“I thought I could do it on my own, but over many, many diets, I failed. The HMR plan worked because it was so simple.”

Kevin
Lost 75 lbs. in 12 months on HMR’s Healthy Solutions® clinic plan

When Kevin found himself struggling to climb a flight of stairs with his son, he felt humiliated and embarrassed. He knew at that moment that he was going to have to make some lifestyle changes. On the recommendation of his primary care physician, Kevin joined the HMR Program.

“If you do exactly what (HMR) tells you to do, there’s no way you can fail... that’s the great thing about this program.”

Our Staff

Betty Kay Williams – Administrative Manager

Courtney Burton – Health Educator

- Mission & Vision
- Our Facility
- Our Team
- Health
- Therapy
- Disease Management
- Weight Management Program
- Medical Advisory Board
- Success Stories
- Newsletters
- Contact Us
- Careers
- member login
Nutritional Wellness

Eating well can be the most enjoyable way to obtain optimal health. Proper nutrition can prevent the development of chronic diseases as well as provide you with the nutrients needed to support optimal growth and development, stable energy levels, a healthy weight, and a vibrant, healthy life.

Good nutrition has a positive and direct impact on your ability to do well in in everything you do. When your nutritional needs are met, you have the cognitive energy to learn and achieve.

Protein – Choose a variety of foods with lean protein

Protein is an indispensable nutrient and can be found throughout every tissue in our body. Protein is a vital source of energy but the most important function of protein is building and repairing tissue. We also need protein for our immune function, proteins transport vitamins and minerals throughout our body.

Grains – Make half of all the grains you eat whole grains

Eating grains, especially whole grains, provides health benefits. Dietary fiber from whole grains, may help reduce blood cholesterol levels and lower risk of heart disease, obesity, and type 2 diabetes. Grains are important sources of many nutrients, including several B vitamins, magnesium and selenium.

Fruits – Make at least half of your plate fruits and vegetables

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Vegetables – Make at least half of your plate fruits and vegetables

Eating vegetables provides health benefits — people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Dairy – Always choose fat-free or low-fat (1%) milk

Milk and dairy products are especially important to bone health during school aged years, when bone mass is being built. It provides important sources of calcium, potassium and vitamin D, and help to reduce the risk of cardiovascular disease, type 2 diabetes, and help to lower blood pressure in adults.

Follow the links provided to learn more regarding the benefits of proper nutrition.

School Nutrition and Fitness

Academy of Nutrition and Dietetics
Weight Management

Decrease Portion Sizes

The Dietary Guidelines encourage you to enjoy your food, but eat less and to avoid oversized portions.

The amount you eat or drink plays an important role in your energy balance strategy. Most people eat and drink more when served larger portions. Choosing smaller portions can help you lose weight and keep it off.

Portions have increased over time. See examples here. You may be eating more than you realize. Some common food portions can equal the amount that is recommended for the whole day. For example, on a 1600 calorie Daily Food Plan, 5 ounces a day of grains are suggested. Some bagels weigh up to 5 ounces - the entire day’s allotment of grains!

Your Daily Food Plan helps you manage your daily intake by recommending the amount of food you need from each food group.

Your portions at each meal do not need to be any specific amount – but to stay within your energy needs, the total amount you eat each day should match the total amount recommended for each group. For example, 1 regular slice of bread counts as 1 ounce of grains. This doesn’t mean that you have to eat such a sandwich with one piece of bread. It just means that if you eat two slices, you should count them both toward your total grain intake for the day.

Get Started

Get started eating smaller portions:

- Figure out how big your portions really are:
  - Measure how much the bowls, glasses, cups, and plates you usually use hold. Pour your breakfast cereal into your regular bowl. Then, pour it into a measuring cup. How many cups of cereal do you eat each day?
  - Measure a fixed amount of some foods and drinks to see what they look like in your glasses and plates. For example, measure 1 cup of juice to see what 1 cup of liquid looks like in your favorite glass.
    - To see what 1 cup, ½ cup, or 1 ounce of some different foods looks like, visit the food gallery and find some of the foods you eat in each group.
    - Prepare, serve, and eat smaller portions of food. Start by portioning out small amounts to eat and drink. Only go back for more if you are still hungry.
  - Pay attention to feelings of hunger. Stop eating when you are satisfied, not full. If there is still food on your plate or on the table, put it away (or throw it out). Repeat the phrase “a moment on the lips, a year on the hips” as you do this.
- A simple trick to help you eat less is to use a smaller plate, bowl, or glass. One cup of food on a small plate looks like more than the same cup of food on a large plate.
- It is important to think about portion sizes when eating out. Order a smaller size option, when it’s available. Manage larger portions by sharing or taking home part of your meal. When Eating Out, Make Better Choices has lots of tips to help you eat only the amount you need when eating out.
- If you tend to overeat, be aware of the time of day, place, and your mood while eating so you can better control the amount you eat. Some people overeat when stressed or upset. Try walking instead of eating, or snack on a healthier option. For example, instead of eating a bag of chips, crunch on some celery, or instead of eating a bowl of ice cream, enjoy a low-fat yogurt with fresh blueberries. Making healthier choices is better for your weight and can also help you feel better.

**Stumbling Blocks:**

Concerned about eating smaller portion sizes? Here are some common "stumbling blocks" and ideas to help you overcome these barriers:

| "I don't have time to measure out my foods all the time." | Being successful at decreasing portion sizes doesn't mean that you have to measure every meal or snack you eat. Once you've taken the time to measure out a few examples, you will be able to estimate portion sizes better. Plus, just eating or drinking less than you normally would means you are decreasing your portion sizes. |
| "My Daily Food Plan tells me to eat more of some things but also to decrease portion sizes. I don't understand if I should eat more or less." | The recommendation to decrease portion sizes is particularly important for high calorie foods or for foods with a lot of empty calories, such as cakes, cookies, sugary drinks, and pizza. It is important to Focus on Foods You Need. For example, eat a large portion of steamed broccoli (but with only a very small amount of butter or cheese sauce, if any). |
| "I like to eat a big burger every once in a while. Are there other ways to eat less?" | In general, it is a good rule to eat and drink smaller portions. You can occasionally eat or drink foods in larger portions, but not as part of your daily diet. Make that big burger a "once-in-a-while" special treat, and on most days choose the smaller options. |
| "I was always told to clean my plate." | Resign from the "clean your plate" club now. Stop eating when you are satisfied, not when your plate is empty. Start your meal by only eating half of what's on your plate. Stop for a moment and decide if you really want to eat more. Don't forget that you can save some leftovers for another meal or snack. Learn more about keeping food safe to eat. Nothing has to go to waste, and the food will taste better when you are hungry again! |
TENNESSEE Shapes UP

A guide to help you lose weight and keep it off.

Eat Smart

- Eat 5 to 9 servings of fruits and vegetables each day.
- Choose foods from each of the color groups:
  - Red
  - Blue/Purple
  - Yellow/Orange
  - Green
  - White
Use the Healthy Plate Method to control portion sizes.

- Fill ¼ of your plate with non-starchy vegetables.
  - A ½-cup serving of vegetables will fill ¼ of the plate.
- Fill ½ of the plate with a whole-grain starchy food.
- Fill ¼ of the plate with protein (meat, chicken, fish, dry beans or peas).

Choose a colorful fruit for dessert.

Drink low-fat or fat-free milk.

Start the day with a good breakfast.

Eat regular, structured meals.

Drink water or unsweetened beverages instead of sugar-sweetened beverages.
MOVE MORE
Make physical activity a routine part of each day.

- Take the stairs instead of the elevator.
- Park your car in a spot that makes you walk farther.
- Park the car and walk inside instead of using the drive-through window.
- Walk around the yard or office throughout the day.
- Walk around when talking on the phone.
- Have a daily walk with a friend or your dog.
- Just walk whenever you can.

Add steps to your day. *One mile equals about 2,000-2,500 steps.*

- Strive for 10,000 steps per day.

- Join a walking program such as Walk Across Tennessee, or another UT Extension physical activity program. Consider Tai Chi, Master Your Body or the Arthritis Foundation Exercise Program.

- Find out about public facilities for physical activity and use them. (Tennis courts, swimming pools, public parks, nature centers, walking trails, gyms, community centers, recreation centers)

- Keep your children active and moving.
  - Plan fun activities that will keep your children physically active.
  - Keep television sets in common areas of the home; avoid having them in children’s rooms.
TUNE IN to people around you.
Be sure respect is shown to everyone.
- Do not allow criticizing, bullying, name-calling or shaming,
  especially about weight or size.
- Help everyone accept a realistic body image.
Make mealtime a pleasant experience for everyone.
Let family members help in planning and preparing food.
Keep mealtime conversation pleasant.

TUNE IN to your body.
Do you catch yourself nibbling because you are bored,
stressed, frustrated, unhappy, etc.? This is called emotional eating.
Become sensitive to when, what and why you eat throughout the day.
Try to eat based on physical hunger – not emotional cues.

<table>
<thead>
<tr>
<th>Emotional Eating</th>
<th>Physical Hunger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sudden: You want to eat now.</td>
<td>Gradual: Stomach growls.</td>
</tr>
<tr>
<td>Craving: You want a specific food,</td>
<td>Accepting: May have a preference</td>
</tr>
<tr>
<td>but will accept other foods.</td>
<td>Intentional: Are aware of what you</td>
</tr>
<tr>
<td>Absent-minded: May eat without being</td>
<td>are eating.</td>
</tr>
<tr>
<td>aware of what you are eating.</td>
<td>Patient:</td>
</tr>
<tr>
<td>Urgent:</td>
<td>Responds to feelings of fullness.</td>
</tr>
<tr>
<td>Doesn’t notice when full.</td>
<td>Linked to time (4 to 5 hours) from</td>
</tr>
<tr>
<td>May be linked to upsetting situation.</td>
<td>last meal.</td>
</tr>
<tr>
<td>Induces guilt.</td>
<td>Does not induce guilt.</td>
</tr>
</tbody>
</table>

For more information, contact the Tennessee Shapes Up team:
Betty Greer, PhD, RD, Chair; Denise Brandon, PhD; Janie Burney, PhD, RD; Barbara Clark, PhD, RD.

THE UNIVERSITY OF TENNESSEE
INSTITUTE OF AGRICULTURE

Visit the UT Family and Consumer Sciences Web site at:
http://fcs.tennessee.edu

This project was made possible, in part, by a grant from the Tennessee Department of Human Resources.
Family & Consumer Sciences
Nutrition and Food Safety

Cooking

How many times have you thought, "I wish I could prepare foods my family would enjoy eating and, at the same time, are healthy?" Cooking tasty foods that are healthy can make a big difference to your budget if your personal taste is good. Learn more about cooking, and try some new ideas. You can get started by making healthy snacks and learning about healthy eating practices.

Food Preservation

Home food preservation (canning, freezing and drying) is making a comeback. If you decide to preserve your own food, do it safely and use techniques that will preserve the quality. Learn more about canning, freezing and drying.

Food Safety

Food provides the nutrients we need for good health. No one wants to worry about the safety of their food, but surveys suggest most people do. Learn more about foodborne illness and ways it can be prevented.

Food Shopping

Two-thirds of what people purchase in the supermarket, they had no intention of buying. A few simple shopping strategies help you get through the supermarket with what you intended to buy. Using the information on the food label and pricing information you can get the healthiest food for your grocery money.

Healthy Food Choices

Making healthy food choices not only promotes good health and a long life but also helps decrease the risk for chronic disease. When choosing healthy foods the nutrients that are beneficial to eat less, such as sodium, solid fats, and added sugars. There are other food components most people need to eat as fruits, vegetables, whole grains and low-fat dairy.

Healthy Aging

Healthy Aging is a journey and a process. Scientists still don't know how to extend the human life span; but they know a lot about how to stay healthy and energetic. Seventy percent of all age-related disease is associated with lifestyle choices—for example, your eating, activity and drinking habits—and only about 20 percent is driven by your genes. That means you have a lot more power than you think over how well you age. Poor health does not have to be a consequence of aging.
adults who practice healthy behaviors, take advantage of clinical preventive services, and continue to engage with family and friends are more likely to remain alive independently.

Meal Planning

Simple meal planning strategies can take the stress out of getting food on the table without spending a lot of time in the kitchen. It helps save money and help your family healthier meals.

Physical Activity

Being physically active can improve your health. You do not have to be a marathon runner to be physically fit. Physical activity burns fat, builds muscle, lowers eases stress and anxiety, helps your control your weight and promotes restful sleep.

Weight Management

Why should you pay attention to your weight? Because staying at a your best weight is very important for your health by reducing your risk for several chronic such as diabetes, high blood pressure, and heart disease. It helps you live longer, healthier lives. If you weigh more than you should, you can safely lose weigh

Program Links

- Canning College
- Dining with Diabetes
- Expanded Food and Nutrition Education Program (EFNEP)
- eWellness
- Farmers' Market Fresh
- Fresh Plate
- Hands On
- Healthy Steps
- Media Smart Youth
- Pathways to Health
- Power U
- Tennessee Nutrition and Consumer Education Program (TNCEP)

Food Safety Links

- Center for Disease Control and Prevention Food Safety Office
- Fight BAC!
- Food Safety Gateway
- US Department of Agriculture - Food Safety and Inspection Service
- US Environmental Protection Agency
- US Food and Drug Administration

Nutrition Links

- Center for Nutrition Policy and Promotion
- Dietary Guidelines for Americans
- Food and Nutrition Information Center
- ChooseMyPlate.gov
- Nutrition.gov
- USDA National Nutrient Database
- Healthier Tennessee Initiative
February 20 & 21, 2018
8:30 a.m. to 2:00 p.m.

"The Journey"
Featured Speakers:

February 20
Teepa Snow, Occupational Therapist
Fellow of American Occupational Therapy Association

February 21
Melanie Bunn, Gerontological Nurse Practitioner
Dementia Training Specialist

Contact Hours will be awarded by Union University's School of Nursing and School of Social Work.

For information please call 731-541-8757
2 Day Registration fee (includes lunches) $40 per person
Register online at alzwesttn.org/register

Sponsored by:

Alzheimer's Community of West Tennessee
www.westtnalz.org

Senior Services
West Tennessee Neuroscience and Spine Center
An affiliate of West Tennessee Healthcare
Dementia Experience
Are you a caregiver for someone with dementia?

Have you wondered what your loved one is going through each day?

The Dementia Experience provides insight into the world of dementia by simulating the symptoms of dementia, and more specifically, Alzheimer's Disease.

Sponsored by:

Senior Services
West Tennessee Neuroscience and Spine Center

Co-sponsors: Alzheimer's Community of West TN, Americare, Home Instead Senior Care, Tennessee Health Management

Call 731-541-8757 for more information and reservations. Space is limited.
The Dementia Experience

Posted on: 06.26.2018

West Tennessee Healthcare’s Senior Services Department, West Tennessee Neuroscience and Spine Center, along with the Alzheimer’s Community of West Tennessee, Americare, Home Instead Senior Care, and Tennessee Health Management invite the public to attend the Dementia Experience on Thursday evening, August 16, 2018 at 5:30 p.m. at the Jackson-Madison County General Hospital J. W. Barnes Conference Center.

The Dementia Experience provides participants an insight into the world of dementia by simulating the symptoms of dementias, including Alzheimer’s Disease. The program will offer answers to questions often asked by caregivers and family members, including “Why does my loved one with Alzheimer’s Disease act as they do?” “What is my loved one feeling as he or she progresses with Alzheimer’s Disease?” and “What limitations does my loved one face with Alzheimer’s Disease?” The answers to these and other questions will allow caregivers to become more compassionate and understanding as they care for their patient or loved one on a daily basis.

To register for the event, please contact the West Tennessee Healthcare Senior Services office by calling 731-541-8757 or emailing Regina.Smith@wth.org. Registration is required. Space is limited. West Tennessee Healthcare is a public, not-for-profit healthcare system with locations serving 22 counties in West Tennessee and Southeast Missouri. The mission of West Tennessee Healthcare is to improve the health and well-being of the communities we serve while providing exceptional and compassionate care. For more information, visit www.wth.org.
Alzheimer’s Mini Conference
Shifting Gears...Preparing for the Road Ahead

2018 Alzheimer's Mini Conference
Thursday, October 4, 2018 at 6:00 pm
Jackson-Madison County General Hospital

Basics of Alzheimer's
Round Table Discussions
Support
Behaviors
Legal & Financial Information
Caregiver Stress

To make a reservation or for more information, please call West TN Healthcare Senior Services Department
731-541-8757
Reservations required.

West Tennessee Healthcare
Senior Services

Home Instead Senior Care

Alzheimer's Community of West Tennessee

THM

The Foundation
Walk to End Alzheimer’s
2018 Walk to End Alzheimer's - Jackson, TN

Take the first step to a world without Alzheimer's.

📅 29/2018

$21,805.50
WE HAVE RAISED

25% ACHIEVED

$88,000.00
OUR GOAL

41
TEAMS

206
PARTICIPANTS

Event Details

Time:
Registration at 8am
Ceremony at 9am
Walk at 9:30am
Add to calendar

Location:
Union University
1050 Union University Dr

Contact:
Bailey Jones
704-249-9324
bejones@als.org

More ev

NEED HELP?
Greetings MAC Club members! We are well into summer with today’s heat index readings over 100 degrees! I don’t know about you - but I’m thinking a little cold weather might not be so bad after all! I hope each of you are staying well hydrated by drinking several glasses of water each day! With your busy schedules, you must keep the water flowing!

Speaking of busy – the MAC Club and West Tennessee Healthcare have been very busy. As you know, WTH purchased the Tenova Hospitals and Clinics in West Tennessee. We are excited about the new beginnings with WTH Dyersburg, WTH Volunteer Martin, WTH North Location, and the many clinics in not only the Jackson area, but all over West Tennessee. The addition of new WTH family members has allowed us to employ over 7,000 members of our West Tennessee community.

The new additions also allow our MAC Club to expand to new territories! We are coming to Martin and Dyersburg in the near future to visit with potential MAC Club members. Check your mailbox – you will receive a very special invitation to attend these gatherings!

I look forward to the days ahead with West Tennessee Healthcare and the MAC Club!

See you soon.

Regina
Regina Smith, Senior Services Manager

---

Save the Date!

MAC Girls Night Out
A night just for the girls!!
Let’s meet at 5:00 for a fun Dutch treat dinner!
Tuesday, August 14th at Bando’s
Please call the MAC office for reservations.

MAC on Monday
Monday, August 13, 2018 at 10:00 a.m.
Medical Founders Room A
PAC with MAC 2019 Preview Meeting
Overnight travel opportunities for 2019 will be presented.
Please call the MAC office for reservations.

Milan General Prostate Screenings
September 18, 2018: 3-6 p.m.
Call 731.686.5136 for reservations and more information.

---

2018 Facing Future Choices Conference
Tuesday, October 23, 2018
West Jackson Baptist Church
For Jackson Reservations call 731.668.6419

WTH Jackson MAC Lunch Bunch: 11 a.m.
• Tuesday, July 10th - Olive Garden
• Tuesday, September 11th - Blacksmith (downtown)
For Jackson Reservations call 731.541.8757

WTH Volunteer Martin Lunch & Learn: 11:30 a.m.
• Tuesday, July 17th - Blaylock Center
• Tuesday, August 21st - Blaylock Center
• Tuesday, September 18th - Blaylock Center
For Martin Reservations call 731.588.3351

WTH Milan/Gibson County Lunch Bunch: 11 a.m.
• Tuesday, August 28th - Higg’s Restaurant
• Tuesday, October 23rd - West End Grill in Humboldt
• Tuesday, November 27th - To the Last Drop Tea Room (Trenton)
For Milan Reservations call 731.686.5136

PUBLISHED BY THE MATURE ADVANTAGE CLUB
WWW.WTH.ORG • 620 SKYLINE DRIVE • JACKSON, TN 38301 • 731.541.8757 • EMAIL: REGINA.SMITH@WTH.ORG
Friday Friends
Lunch & Learn Series
Friday, September 14
11:00 a.m.
Jackson Madison County General Hospital
Medical Founders Room A

Special Guest:
Darrell King
Vice President, West Tennessee Medical Group

BIRTHDAY screenings

All MAC members will receive a letter indicating their birthday screening date.
Please follow the instructions in the letter.

Bolivar
• Thursday, July 12
• Thursday, September 13
Please contact Sara Skimmer at 659-0216 for more information.

Camden
• Tuesday, July 10
• Tuesday, September 11
Please contact Robin Collier at 584-0111 for more information.

Gibson County
• Tuesday, July 10
• Tuesday, September 11
Please contact Christine McKinney at 686-5136 for more information.

Jackson
• Thursday, August 9
Please contact Regina Smith at 541-8757 for more information.

Dyersburg & Martin
Birthday Screenings will be announced.

July 19, 2018
Heehaw Tribute, Badgett’s Variety Theater, Grand Rivers, KY
Trip fee of $70 includes performance ticket, charter bus, and buffet lunch at the State Park.
Departure at 8 a.m.

August 23, 2018
Church Basement Ladies, The Renaissance Center’s Gaslight Theater, Dickson.
Trip fee of $55 includes performance, charter bus, and buffet lunch. Departure at 10 a.m.

October 5, 2018
Reelfoot Arts and Crafts Fair & Boyette’s, Tiptonville.
Trip fee of $40 includes charter bus and family-style lunch at Boyette’s. Departure at 8 a.m. Pick up at Dyersburg at 8:45 a.m.
Limited Space Available.

November 15, 2018
Elf the Musical at Chaffin’s Barn, Nashville
Trip fee of $65 includes a late breakfast at Finewood Restaurant, performance tickets, and charter bus. Departure at 7:30 a.m.

December 13, 2018
Variety’s Christmas Spectacular, Badgett Playhouse, Grand Rivers, KY.
Trip fee of $85 includes lunch at Patti’s, performance tickets, and charter bus. Departure at 8:00 a.m. Pick up in Milan at 8:20 a.m. Pick up in Martin at 8:50 a.m. Bus #1 is full.
Please call if you are interested in being placed on a waiting list for the second bus.

December 18, 2018
Vince Gill & Amy Grant Christmas Concert, Nashville.
Departure at 2:00 p.m.

Please call the MAC office at 541-8757 for space availability.
MATURE ADVANTAGE CLUB
A service of West Tennessee Healthcare
Jackson-Madison County General Hospital
620 Skyline Drive, Jackson, TN 38301

Return Service Requested

Word Search

Find and cross out all of the listed words. The words may go horizontally, vertically, diagonally, but not backwards. Ignore spaces, dashes, and diacritics, if any.

AREN A MATCH
BENCH OFFSIDE
BOOTS PENALTY
BOWL PITCH
CAPTAIN PLAYBOOK
CLUB RECEIVER
COACH RED CARD
CODES REFEREE
COIN TOSS RUN
DEFENDER SCORE
DIET SHIN PADS
DRIBBLING SOCCER
ELEVEN SOLO
FEINT STRIKER
FIELD TEAM
FOOT TEE
FOOTBALL THROW-IN
FORMATION TIME
FOUL TIMEOUT
FREE KICK TOURNAMENT
GAME PLAN TRADE
GOAL TRAP
GOALKEEPER VICTORY
GRASS LEAGUE
HALF-BACK MANAGER
Huddle INJURIES
KILL
SPECIAL PROJECTS

Bi-Annual Senior Expo

The Administration on Aging recognizes the accomplishments of older Americans every other year during the month of May. The Senior Expo event always includes lunch, entertainment and vendors — who provide participants with screenings and information regarding health related issues.

The 2018 Senior Expo is May 24 at the Carl Perkins Civic Center in Jackson.

For more information, please contact Dorothy T. Montague at (731) 668-6404.
The Caregiver Health Fair is held every year in November. Booths are available for local providers who supply attendees with information about services offered in the communities.

Additionally, there are speakers who discuss different topics of involving caregivers, door prizes and entertainment. The goal of the Caregiver Health Fair is to help seniors and their caregivers realize that resources are available in their community that they may have previously been unaware exist.

For more information or to register, please contact Holly Knight at (731) 668-0414.
SPECIAL PROJECTS //

| Bi-Annual Senior Expo | Caregiver Health Fair | Future Choices |

The Future Choices Conference is held annually in November and is targeted to seniors, caregivers for seniors, or social workers who assist seniors and their families.

Speakers and Exhibitors provide information on health, social, legal and service issues to assist in making more informed decisions relative to these areas of concern.

For more information, please call Hollee Knight at (731) 668-6414.
and attitude, and increase your energy level. Moderate exercise will reduce further joint damage by keeping the muscles around the joints strong and elastic. Work at getting at least 30 minutes of moderate physical activity three or more days a week.

- Break activities down into smaller tasks that you can manage.
- Keep a daily diary of pain and mood changes and share it with your doctor.
- Use assistive devices (such as cane, walker, splints or braces to support weakened joints) when needed.
- Use the palms of your hands instead of your fingers.
- Use extra thick pens and larger-handled cooking utensils.

- Keep a positive attitude

- Arthritis can make you feel angry, sad, resentful, irritable, helpless, frustrated or afraid. Share these negative feelings with your doctor.
- By learning all you can and using the above self-care tips, you can control your arthritis in a positive way.
- For more information about arthritis or the arthritis education program available in your area, visit the Arthritis Foundation Web site at http://www.Arthritis.org and the University of Tennessee Extension Web site at http://fcs.tennessee.edu/healthsafety/index.htm

For programs and publications on health, contact:

- Contact your local Arthritis Foundation for books and other resources.

- Learn all you can about your arthritis care and treatment

- Attend educational programs in your county conducted by your local Arthritis Foundation and University of Tennessee Extension, such as Tai Chi, Arthritis Self-Help Program and Arthritis Foundation Exercise Program.
- Join an arthritis support group.
- Ask for a referral to a rheumatologist (medical specialist in arthritis treatment).
- Read about arthritis at the library or on the Internet.

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SP526-O 02/10 2010 R12-6810 1-35-029-00 09-0170
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.

Take Charge of Your Joints

Tips for Living with Arthritis

a wellness publication written by Barbara (Bobbi) P. Clarke, PhD, RD
Professor, Community Health Education
Family and Consumer Sciences

THE UNIVERSITY OF TENNESSEE INSTITUTE OF AGRICULTURE
One in three adults has some form of arthritis. You can protect your joints by learning these self-care skills.

☑ Check those self-care actions you plan to try to control your arthritis.

☑ Know what arthritis is

There are many forms of arthritis.

- Osteoarthritis (breakdown of the cushioning tissue, called cartilage, in the joints) is the most common form. It affects the weight-bearing joints of the knees, hips and lower back as well as the hands.
- Fibromyalgia is a pain syndrome involving muscles and muscle attachment areas.
- Gout is a rheumatic disease causing sudden, severe episodes of pain and tenderness, redness, warmth and swelling in the joints.
- Juvenile Rheumatoid Arthritis produces serious complications in severe cases or causes few problems in very mild cases.
- Lupus affects the skin and body tissues and possibly organs such as kidneys, lungs or heart.
- Rheumatoid Arthritis causes inflammation (swelling) of the lining of joint tissue, leading to deformity.

☑ Know the warning signs of arthritis

If you have any of the following symptoms, see your doctor:
- Swelling in one or more joints.
- Morning stiffness lasting 30 minutes or longer.
- Persistent joint pain or tenderness.
- Inability to move a joint in the normal way.
- Redness or warmth in a joint.
- Weight loss, fever or weakness, and joint pain that cannot be explained.

☑ Find out from your doctor which type of arthritis you have

Your doctor will take a detailed medical history of your current and past symptoms and conduct a physical examination, x-rays and blood work to determine the type of arthritis you have.

☑ Talk to your doctor about treatment options

- Medications can reduce pain and tenderness in the joints.
- Physical therapy can teach you new ways to perform daily activities such as dressing, walking, climbing stairs and bathing.
- Heat and cold therapies may ease pain and stiffness by relaxing the muscles.
- A physical therapist, occupational therapist, exercise physiologist or doctor can recommend an exercise program for you.
- Lose weight if overweight. Extra weight puts more pressure on the joints and can aggravate some forms of arthritis.
- In some cases, surgery may be necessary to repair damaged joints.

☑ Use a variety of methods to control your arthritis pain

- Get adequate sleep each night.
- Balance physical activity with rest.
- Take medications (prescribed or over-the-counter) as recommended by your doctor.
- Exercise to keep joints moving, reduce pain and stiffness, improve your mood.
Who Can Participate?
This program is designed specifically for people with arthritis. Anyone who routinely experiences joint pain, stiffness and/or limited range of motion is invited to attend. The program is also appropriate for anyone who wants to learn joint-safe exercises.

Who Leads the Program?
You will learn from Family and Consumer Sciences Extension educators who have successfully completed the Arthritis Foundation Training Program. They are certified and approved by the Arthritis Foundation to teach this program.

The instructors match the class routines to the fitness levels of the participants, so that those needing modified or seated movements are just as welcome as those who desire a more intense routine. The joint-safe exercises are demonstrated by the instructors.

To learn more about this program or about arthritis, visit University of Tennessee Extension’s Health and Safety Web site at http://fcs.tennessee.edu/healthsafety/ashp.htm or the Arthritis Foundation’s Web site at http://www.arthritis.org.

How Do You Sign Up?
Signing up is easy. Complete the registration form and mail it with your check or money order to your county Extension office. Or call the office to register and drop the registration form and fee off at the office.

Where and When is the Next Program?

THE UNIVERSITY OF TENNESSEE
Family and Consumer Sciences

Not all arthritis pain relief comes in a bottle
Can People with Arthritis Exercise?

Yes! For years there has been the myth that people with arthritis should not exercise because it would injure their joints. Today, the medical community agrees that moderate physical activity can improve your health without hurting your joints. Developed by physical therapists specifically for people with arthritis, this program provides low-impact, joint-safe exercises that will keep your joints flexible, muscles strong and help reduce the pain and stiffness associated with your arthritis. With less pain, you will be able to reduce your need for pain medication.

What are the Benefits?
The Arthritis Foundation Exercise Program offers several advantages over generalized community exercise programs. It is designed specifically for persons with arthritis, taking into consideration the pain, fatigue, and decreased strength and motion that often accompany the disease. The program includes accommodations for individual limitations and does not encourage activities that might aggravate, rather than relieve, arthritis symptoms. To assure safe performance of the exercises, instruction about basic principles of arthritis exercise, correct body mechanics and joint protection are included.

Benefits of participating in the program include:
- Reduced pain
- Improved overall health status
- Increased flexibility and range of motion
- Increased energy
- Better, more relaxed sleep
- Improved outlook
- Decreased depression
- Decrease in doctor and emergency room visits

How is the Program Structured?

This exercise program is designed to help you feel better with your arthritis. The 60-minute sessions typically meet one to two times per week. The program includes range of motion, muscle strengthening, and/or endurance exercises, body mechanics lectures and relaxation techniques. The routines can be quickly learned to easily practice at home. The low-impact class may be taken either standing or sitting.

While the Arthritis Foundation Exercise Program provides participants with a fun, safe exercise program to stay fit, it should not replace treatment prescribed by your doctor or physical therapist.

Registration Form

[Fields for registration information]

date ________ fee ________

Mail to:
Events in Your Area

2018 Living Your Yes With RA 101 - Jackson, TN
September 10, 2018
Location: Jackson/Madison County Library
433 E Lafayette St.
Jackson, Tennessee 38301
Contact: Jessica Saad (p) 629-888-0732 (e) jsaad@arthritis.org
Details

2018 Bone Bash - Franklin, TN
October 13, 2018
Location: Factory at Franklin
230 Franklin Rd.
Franklin, Tennessee 37064
Contact: Lauren Clinton (p) 615-317-9875 (e) lclinton@arthritis.org
Details

2018 Bone Bash 5K - Jackson, TN
October 13, 2018
Location: Union University
1035 Union University Drive
Jackson, Tennessee 38305
Contact: Michelle Dooner (p) 901-341-4145 (e) mdooner@arthritis.org
Details

2018 Living Your Yes with RA 101-Nashville, TN
November 15, 2018
Location: Maggiano's Restaurant
3106 West End Avenue
Nashville, Tennessee 37203
Contact: Jessica Saad (p) 629.888.0732 (e) jsaad@arthritis.org
Details

2018 Jingle Bell Run - Memphis, TN
November 17, 2018
Location: Overton Square Courtyard
2101 Madison Ave
Memphis, Tennessee 38104
Contact: Michelle Dooner (p) 901-341-4145 (e) mdooner@arthritis.org
Details

2018 Jingle Bell Run - Franklin, TN
December 1, 2018
Location: Bicentennial Park
400 5th Ave N
Franklin, Tennessee 37064
Contact: Taylor Morrison (p) 615-517-9875 (e) cmorrison@arthritis.org
Details

2018 Jingle Bell Run - Knoxville, TN
December 8, 2018
Location: World's Fair park
525 Hanley Street
Knoxville, Tennessee 37902
Contact: Candice Henry (p) 714-402-9446 (e) cheney@arthritis.org
Details

WE ARE MAKING STRIDES IN ARTHRITIS ADVOCACY - VISIT OUR ADVOCACY PAGE TO LEARN MORE!

About Arthritis
Understanding Arthritis
Types of Arthritis
Where It Hurts

Fighting For You
Advocacy
Path to a Cure

About Us
Mission & Vision
Leadership
News

Press
Store

Social Media

https://www.arthritis.org/tennessee/events-in-your-area/
Join us on October 13, 2018

2018 Bone Bash 5K - Jackson

Saturday, October 13, 2018
Union University

ONE can make a difference

The Arthritis Foundation’s Bone Bash 5K is a fun way to get decked out and be festive, while racing to raise funds and awareness to cure America’s #1 cause of disability. Put on your favorite costume. Bring a team of friends, family and co-workers to run or walk, spread smiles ... and be a Champion of Yes! 100 percent of your registration fee and fundraising efforts go to this great cause.

Arthritis affects more than 56 million Americans, including 380,000 children. They are warriors. They face relentless pain, a frustrating search for a diagnosis, multiple doctor’s visits and treatment, missed work and school, limited mobility, a maze of medical and insurance paperwork, and the desire to live a full life without the limitations that arthritis can create.

Whether you’re an arthritis warrior yourself or care about someone who is, sign up and join us today!

For help or more information about the 2018 Bone Bash 5K of Jackson, contact Michelle Dooner at mdooner@arthritis.org, or call 301-341-4145.

Comments

The Arthritis Foundation is a registered 501(c)(3) nonprofit organization.
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Powered By:
UT Extension &
Arthritis Foundation
Self-help Program
Who Can Participate?
This program is designed specifically for people with arthritis. Anyone who routinely experiences joint pain, stiffness and/or limited range of motion is invited to attend. The program is also appropriate for anyone who wants to learn joint-safe exercises.

Who Leads the Program?
You will learn from Family and Consumer Sciences Extension educators who have successfully completed the Arthritis Foundation Training Program. They are certified and approved by the Arthritis Foundation to teach this program.

The instructors match the class routines to the fitness levels of the participants, so that those needing modified or seated movements are just as welcome as those who desire a more intense routine. The joint-safe exercises are demonstrated by the instructors.

To learn more about this program or about arthritis, visit University of Tennessee Extension's Health and Safety Web site at http://ets.tennessee.edu/healthsafety/ashp.htm or the Arthritis Foundation's Web site at http://www.arthritis.org.

How Do You Sign Up?
Signing up is easy. Complete the registration form and mail it with your check or money order to your county Extension office. Or call the office to register and drop the registration form and fee off at the office.

Where and When is the Next Program?
What Are the Benefits?

Benefits of participating in the program include:
- Reducing pain by 20 percent
- Reducing physician visits by 40 percent
- Increasing knowledge about your arthritis
- Increasing frequency of exercise and relaxation
- Increasing self-confidence to control your arthritis symptoms
- Decreasing depression
- Decreasing medication use

How is the Program Structured?

Developed at Stanford University, this six-session program (two hours each session) teaches knowledge and skills needed to better manage your arthritis. This group education program is designed to complement the professional services provided by your physician and other members of your healthcare team.

Through informal, small-group discussion and easy-to-understand materials, you will learn the basics of joint anatomy and joint protection, the importance of exercise and nutrition, how to take medications properly and communicate better with your doctor. You also learn about self-help devices that can enhance your daily activities and are offered an opportunity to seek answers to questions that are of most concern to you. And, each class offers tips and techniques that can be used right away to better control your arthritis.

Registration Form

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Mail to:
ARE YOU LIVING WITH COPD/ASTHMA?

Chronic Obstructive Pulmonary Disease (COPD) affects almost 24 million people according to the COPD foundation.

COPD is a term used to describe progressive lung diseases, including emphysema and chronic bronchitis.

Symptoms of COPD:
- Breathlessness
- Frequent coughing
- Wheezing
- Tightness in chest

COPD is a serious disease, but it can be successfully managed through the LIFT Disease Management Program in partnership with your Primary Care Provider or Pulmonologist.

DISEASE MANAGEMENT
A LIFESTYLE APPROACH TO HEALTHCARE

Disease Management is an approach to healthcare that teaches you how to manage your chronic disease.

In this free educational clinic, you will learn how to develop a healthy lifestyle to avoid potential problems or worsening of your health condition. Family members and significant others are welcome to attend our disease management clinic.

OUR WEEKLY EDUCATIONAL CLINIC COVERS
A variety of subjects, including:
- Medications
- Correct Inhaler technique
- Dietary modifications/weight control
- Stress management
- Dealing with emotions
- Exercise guidelines
- Smoking cessation support

ENROLLMENT PROCESS

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

AAFA has educational support groups all across the country to offer emotional support and information about asthma and allergies. These groups host guest speakers, events and more. Each group also has a medical advisor. Please click on a state for more information on their local support groups.

International
Please Select

United States
Tennessee
Please Select

Virtual
Please Select

How Can I Start a Support Group?

If you can't find a support group in your area, we'd love to help you start one. Anyone who needs support or wants more information can start a group.

If you are located in an area covered by one of our regional coordinators, contact them for help getting started.

How Can I Affiliatate My Group With AAFA?
The next step for a successful support group is getting it affiliated with AAFA. Affiliation gives you group credibility, it also gives you the support of a national organization. Affiliation with AAFA is free. Here are some of the benefits of affiliation:

- Referrals from AAFA's 1-800-7-ASTHMA
- Your group gets added to our searchable list of support groups
- Free subscription to Leader's Link, AAFA's support group leader/advisor newsletter
- Free educational materials from AAFA and KFA
- Your group's educational or outreach events featured on KFA's events calendar
- Access to ESG Leaders Facebook page (coming soon)
- Free resources and special mailings throughout the year
- Free Kyle Dine allergy awareness video—allergy education for students (in multiple languages)

To affiliate with AAFA, your support group is required to:

- Have a minimum of five members
- Recruit a physician to serve as a medical advisor
- Complete affiliation forms and submit semi-annual reports on the group's activities

For more on how to start a support group and affiliate it with AAFA, read our Support Group Affiliation Guide.

For more information or help, contact supportgroups@aafa.org.

United States

Alabama

AlabamaSAFE, Alabama Supporting Allergic Families through Education
Area Served: Alabama
Audience: All Ages
Focus: Asthma, Allergies, Food Allergies
Meeting Location: various venues
Meetings: Contact for information
Coordinator: Ann Marie Lisko
Medical Advisor: Dr. Sunara Ohabra Argo, MD
Phone Number: 205-730-6180
Fax Number: N/A
E-mail: annmarielisko@alabamasafe.org
Website: https://www.alabamasafe.org/

Alaska

AAFA Alaska Parents of Food Allergic Children (PFAC)
Area Served: Mat-Su Valley, Eagle River and Anchorage
Audience: Parent
Focus: Food Allergy
Meeting Location: Mat-Su Valley, Eagle River and Anchorage
Meetings: Contact for information
Coordinator: Denise Lomenco
Medical Advisor: Melinda Rathkopf, MD
Phone Number: 907-656-4810
Fax Number: N/A
E-mail: aafapfood@igc.net
Website: aafalaska.com

Arizona

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Arkansas

We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Southern

Asthma & Allergy Support Group of West Los Angeles
Area Served: Los Angeles
Audience: Adults
Focus: Asthma and allergies
Meeting Location: 10780 Santa Monica Blvd, Suite 280, Los Angeles, CA 90025

Recommended for you
- New Jersey
- East Coast
- West Coast
- Allergies AFA.org

www.aafa.org
www.aaa.org
Fax Number
E-mail: dana@foodallergyaid.com
Website: foodallergyaid.com

'ahoma
We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Oregon
We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Pennsylvania
Food Allergy Families of Montgomery and Bucks
Area Served: Montgomery and Bucks counties
Audience: All Ages
Focus: Asthma, Allergies, and food allergies
Meeting Location: Indian Valley Public Library, 100 E Church Rd, Telford, PA
Meetings: Contact for information
Coordinator: Denise McSherry and Katie Pietrak
Medical Advisor: Nicholas A. Pawlowski, MD
Phone Number:
Fax Number:
E-mail: foodallergyfamiliesofmontbucksknews@gmail.com
Website: foodallergyfamiliesofmontgomeryandbucks.com

Parents Having Allergic Children Team (PHACT)
Area Served: Chester County
Audience: All Ages
Focus: Food Allergies
Meeting Location: Paoli Hospital, Paoli, PA
Meetings: Contact for information
Coordinator: Janine Lawton
Medical Advisor: Janet Baessolei, MD
Phone Number: N/A
Fax Number: N/A
E-mail: ParentHavingAllergicChildren@yahoo.com
Website: PHACTfoodallergy.com

Rhode Island
We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

South Carolina
We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

South Dakota
We're sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Tennessee
Food Allergy Community of East Tennessee (FACET)
Area Served: East Tennessee
Audience: All Ages
Focus: Allergies, Food Allergy
Meeting Location: East TN Children's Hospital and Blount Memorial Hospital
Meetings: Contact for information
Coordinator: Becky Bazeelone, Amanda Painter
Medical Advisor: Andrew M. Singer, MD
Phone Number: 865-316-4241
Fax Number:
E-mail: jigmncia@yahoo.com
Website: jointfurl.webby.com

Recommended for you

Andrew and Allergy Projects | AAFA.org
Parental, National Allergy, Pediatric, AAFA, Inc.
www.aaal.org
www.aafta.org

FACET
www.foodallergyaid.org
www.facebook.com
Food Allergy Alliance of the MidSouth
Area Served: Memphis Metro Area
Audience: All Ages
Focus: Food Allergy
Contact for information
Coordinator: Kelley Barnett
Medical Advisor: Jay Lieberman, MD
Phone Number: (901) 814-2907
E-mail: contact@faamidsouth.org
Website: faamidsouth.org

Texas
DFW Youth Allergy Support Group
Area Served: Dallas-Fort Worth Metro Area
Audience: All Ages
Focus: Allergies, Food Allergies
Meeting Location: Contact for information
Meetings: Contact for information
Coordinator: Ishuan Manohar
Medical Advisor: Dr. Sangeeta Ethence
Phone Number: 972-353-2318
Fax Number:
E-mail: ishuanmanohar20@gmail.com
Website: N/A

Texas Children’s Food Allergy Network
Area Served: Greater Houston area
Audience: Adolescents, Parents
Focus: Food allergies
Meeting Location: 1102 Bates Ave, Houston, TX 77040
Meetings: Contact for information
Coordinator: Theresa Adeape
Medical Advisor: Carla M. Davis, MD
Phone Number: 832-824-1385
E-mail: mawaidape@texaschildrens.org
Website: texaschildrens.org/departments/food-allergy-program/

Utah
Utah Food Allergy Network (UFAN)
Area Served: Utah
Audience: Adult and Parent
Focus: Food Allergy
Meeting Location: Varies
Meetings: Contact for information
Coordinator: Michelle Fogg
Medical Advisor: Dr. Kay Walker
Phone Number: 801-949-0092
Fax Number: N/A
E-mail: support@utahfoodallergy.com
Website: UtahFoodAllergy.org

Vermont
We’re sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Virginia
We’re sorry, there are not any Educational Support Groups in your area at this time. If you would like to start an AAFA Educational Support Group in your community, please contact AAFA at 800-7-ASTHMA.

Washington
Washington FEAST
Area Served: Greater Seattle area but all from PNW are welcome
Audience: Adolescent, Adult and Parents
Focus: Food Allergy
Meeting Location: Join Yahoogroup for updates

Recommended for you
- Asthma and Allergy Projects [AAFA.org]
- Asthma, Food Allergy [AAFA.org]
WHO WE ARE

Helping Hands of Tennessee is a 501(c)(3) organization headquartered in Jackson, Tennessee. Our mission is to improve healthy outcomes in the West Tennessee area by helping people to live longer, healthier, and more active lives. Since its launch in January 2016, we have saved consumers $1,200,000 in medical expenses by providing healthcare resources with a family-centered approach to low-income families.

Our Family-centered Approach to Healthcare

The vision of our organization is for individuals to have access to medical dental services as well as educational resources to increase healthy outcomes within the communities we serve. Our long-term plan is to serve multiple locations where medical gaps exist to meet the healthcare needs of patients. We collaborate with other organizations to educate families about all available resources that may be beneficial for their health and well-being through our needs assessment intake process. We believe that by supplying these resources at a reduced price or no cost within under-served communities can improve healthy outcomes through our approach.
OUR SERVICES

Our services include an affordable dental clinic, mobile dental services, eyeglass assistance, Medicare counseling, Medicare enrollment and home-buyer workshops.

Dental Care
Our Smiles Across TN Dental Center provides our patients with preventative dental care.

Hearing Services
In addition to hearing exams, we can provide assistance for hearing loss and aide supplies.

Vision Services
Eyeglasses are a high demand for the patients we see. We assist in obtaining corrective lens.

Medicare Programs
Our Medicare programs help patients understand their options and save on healthcare.

HOW WE CAN HELP

Top Notch Advisory
We work with a great team of well-connected Board members with diverse experience who are fully engaged in contributing ideas and services to assist our growth.

High Quality Care
First and foremost, our well-trained medical staff and volunteers are guided by the mission of the organization in providing excellent, patient-centered care.

Health Education
Education is important in promoting wellness in the community. We are prepared to offer workshops to facilitate health and wellness education.
OUR UPCOMING EVENTS

We often partner with other health organizations in Tennessee to make our health services accessible to the communities we serve. Check here for our upcoming clinics that we have scheduled throughout the year.

Join us March 24, 2018 at the Oman Arena in Jackson, Tennessee for a fun day of healthy activities at our Spring Into Health Fair. We will offer dental and vision screenings, food demonstrations, a play area for children and more!

The screenings will be first come, first serve, so please contact us today for pre-registration. Check out our event on Facebook or view the flyer below for more information about our partners and vendors. We will see you soon!

SPRING INTO HEALTH

[Image of flyers and event details]
FREQUENTLY ASKED QUESTIONS

What are the hours of service?
We are open during normal office hours Monday - Thursday, 9 AM - 4 PM, and on Friday, 9 AM - 12 PM.

What financial assistance is offered for denture services?
Patients can apply for a payment plan option for dentures. No additional fees are applicable for the payment plan option.

What is the organization’s service area?
We proudly serve Madison, Haywood, Lauderdale, Tipton, Fayette, and Hardeman counties. Medicare Workshops and Medicare Counseling programs are offered in 20 counties throughout the West Tennessee region.

Are walk-ins accepted or are appointments required for service?
While appointments are recommended, we allow for walk-in assistance at our business location. Home appointments are also allowed within our service area for Medicare beneficiaries.

How can Medicare patients save on costs through your organization?
Make an appointment for our Medicare counseling services offered at cost, or attend one of our educational workshops near you.

What are the qualifications and fees for services?
For those without insurance, we offer sliding scale fee services based on a family’s gross income. There are no fees for Medicare Educational Workshops or Medicare Counseling Services.

GET DIRECTIONS
Click on the map below to get directions to our location.

CONTACT US
Tel: (731) 738-4005
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TRANSLATE THIS PAGE
By English