

Tennessee Regional Roadmaps Projects
Tennessee Institute of Public Health at
East Tennessee State University's College of Public Health
2013-2017

Regional Roadmap 1 for a Healthier Appalachian Tennessee
Phase 1

November 2013 - March 2015

**Funded by the Appalachian Regional Commission, BlueCross BlueShield of Tennessee,
Niswonger Foundation and Eastman**

Community Projects (\$2,500)

1. Campbell County – East Tennessee Children's Hospital

Topic: Heart Health Education

Two Cardiac Science AEDs were placed in two Campbell County schools, with the support of the school system and with the understanding that all Campbell County schools will participate in Project ADAM's Heart-Safe School program over a two year period, including CPR/AED training, staff awareness training, and an AED/SPR drill with an AED trainer. Schools have been encouraged to inform their communities of AED placement and signs of Sudden Cardiac Arrest to create a heart-healthy environment.

2. Carter County – Boys and Girls Club of Elizabethton/Carter County

Topic: Healthy Habits

Throughout the 2015 summer program, 239 BGCECC members were engaged in physical activity sessions and 205 members in social recreation sessions, more than double the number of kids involved in physical activity and social recreation the previous year. Using the SPARK P.E. curriculum allowed members to spend more time actively engaged because its activities keep kids moving. The summer food service program provided 3009 breakfasts, 4783 lunches, and 4710 snacks to over 250 young people to ensure better eating habits.

3. Cocke County – Cocke County Partnership

Topic: Health Promotion

Cocke County held 2 forums in 2014, one of which featured a presentation by the University of Wisconsin Population Health Institute's County Health Rankings & Roadmaps team funded by the Robert Wood Johnson Foundation. The other forum held in June of 2014 featured Dr. Randy Wykoff, Dean of the ETSU College of Public Health and explored the reasons behind Cocke County's poor public health rankings. Multi-sector community leaders attended the forum, and featured top state officials representing the Tennessee Departments of Health and Economic & Community Development.

4. Greene County – Rural Resources, Inc.

Topic: 5-2-1-0 model for Greene County

Rural Resources developed, printed, and distributed copies of an informational brochure as well as a poster, website, Facebook page, and other forms of media to promote and explain the 5-2-1-0 message. The program with the Town of Greeneville focused on a core theme of the 5-2-1-0 campaign. Employees received points for attending workshops, which saved health insurance premium costs. This program was well attended with great reviews from the HR personnel and staff of the Town of Greeneville. Replication in other businesses will unfold over the course of the next two to three years.

5. Grundy County - The Grundy County Health Council

Topic: Healthy Lifestyle Habits

The old Grundy County High School gymnasium was repaired, painted, and cleaned to offer exercise programs and provide access to physical activity opportunities. The Health Council sponsored a Zumba boot camp with an average nightly attendance of 80 women who lost 178 pounds and continue physical activity after the boot camp was completed. Leaders of the project agree that the culture changed in Grundy County because of this event and that health is becoming a priority.

6. Grundy County – Beersheba Springs Medical Clinic

Topic: Multi-sector initiative to target obesity

Evidence-based methods were used to motivate individuals to achieve ideal weight through improved nutrition and exercise with Zumba classes. Mutual support groups (Beersheba Springs Fire Department and women and children at the Beersheba Springs Community Center), charted their physical measures before and after the classes.

7. Grundy County – Grundy County Schools Swiss Memorial Elementary School

Topic: School-community garden education

A greenhouse constructed at a garden site at Swiss Memorial School allowed 22 students in grades 4-8 to complete a 12-week garden club and participate in nutrition education, food preservation, food preparation, and garden and greenhouse maintenance that increased physical activity. Community involvement by senior citizens and parents increased at the school. Facebook Page for Swiss Memorial Seeds of Change: <https://www.facebook.com/SwissMemorialSeedsOfChange?fref=ts>

8. Hancock County – Hancock County Arts

Topic: Health, Nutrition and the arts

Hancock County Arts offered summer nutrition and dance camp for children in the county. The CATCH Kids Club after-school student questionnaire showed that physical activity was more likely for children who completed eight weeks of dance camp. By providing a nutritious snack after class, vegetable consumption increased, while sugar consumption decreased. Through the dance camp and a family pool party at the Sneedville Community Center, Hancock County youth had more exposure to recreational facilities and fun family-oriented events.

9. Jefferson County – Boys and Girls Club of Dumplin Valley

Topic: Community outreach nutrition

Jefferson County citizens received invitations to the Farmers' Markets and the Jefferson County Health Council. Weekly 'MyPlate' sessions were given at the Boys & Girls Club units using curricula from the USDA Team Nutrition website (which includes taste testing, food preparation, and gardening activities). Weekly nutrition and gardening sessions were also offered, with an average total attendance of over 60 during the last few sessions increasing access to healthy local foods. Cherry tomato plants at the Jefferson City site were harvested throughout the summer.

10. Johnson County – Johnson County Economic and Community Development

Topic: Community nutrition

At the Community Harvest Dinner, 140 local citizens learned about healthy eating, local farmers, and the Farmers Market, while enjoying a ‘Farm to Table’ meal. Farmers Market vendors saw an increase in visitors and sales after the dinner, showing a positive economic impact.

11. McMinn County – McMinn County Schools

Topic: Increasing reading skills

To improve participants’ literacy skills and increase reading comprehension, struggling readers increased time spent reading with a positive adult role model. Planned activities and therapeutic interventions in the Reading Pals Program varied based on the students’ needs. Students in grades K-5 participated in the Reading at Calhoun School, improving literacy skills at least one grade level. Students who participated in Reading Pals displayed more self-confidence and started to enjoy reading more by the end of the program.

12. Monroe – Monroe County Health Council

Topic: Youth physical fitness Center

The Monroe County Health Council established a running and hiking club with Anytime Fitness and sponsored free sessions of Dancing Spider Youth Yoga. Young people and their parents participated in a day of fitness and education at the Family Fitness Fun Fest at Fort Loudon State Park, and this project helped sponsor the First Annual Zombie Dash in Monroe County.

13. Putnam County – Cookeville Chamber of Commerce

Topic: Neo-Natal Abstinence Syndrome (NAS) awareness

The Cookeville Chamber of Commerce raised awareness about the increase in numbers of babies born with Neo-Natal Abstinence Syndrome. The project produced media materials to be used across multiple outlets in the region, including radio scripts, TV streaming for a local cable channel, a press release for area newspapers, a billboard and interview questions on the local PBS TV station.

14. Putnam County – Putnam County Schools

Topic: Health Fair and health education

All schools had a literacy and math Expo night to encourage family engagement. The local library teamed up with schools to participate in www.tutor.com for free to provide homework help for students in grades 2-12. The Putnam County EMA services visited schools to teach students about community helpers and practice emergency preparedness. Local nutrition experts provided information about preparing healthy meals and snacks. Students were encouraged to participate in healthy activities outside of the school day. Many participants increased physical activity using ‘Go-noodle,’ encouraging students to get up and move.

15. Scott County – Mountain People’s Health Council, Inc.

Topic: Scott County RAM nutrition education

A total of 650 residents received health care at the Remote Area Medical (RAM) clinic to allow the provision of services they would not have otherwise received. Educational services were provided at each station - medical, dental and vision, as well as individual informational and education by Mountain Peoples Health Council and Ridgeview Behavioral Health Services.

16. Scott County – Children’s Center of the Cumberlands

Topic: Multi-sector mental health

High school students participated in a graduation preparation activity. Each youth participant completed a work value activity acknowledging the importance of achievement of independence, healthy lifestyles and recognition of relationships' support and working conditions to identify which suitable occupations plus a career portfolio and mock interview observation.

17. Smith County – Smith County Drug Prevention Coalition

Topic: Workforce access to substance abuse treatment

The Chamber of Commerce and the Drug Prevention Coalition contacted 32 local industries to provide Drug Free Workplace training for supervisors, managers, and employees. Employees were given information on employability, family support, and community health services pertaining to addiction. Resource information for recovery and rehabilitation was distributed.

18. Unicoi County – Joint Economic Development Board of Unicoi County

Topic: Active Living Initiative

The new Unicoi Unites through Fitness website promoted fitness activities in the county: Virtual Appalachian Trail Walk, the Workplace Health and Active Wellness Program, the YMCA-sponsored Healthy Kids Day, and the community fun walk/run. Resources were distributed at Joint Economic Development Board luncheons and Joint Economic Development Board meetings to encourage participation by the local business and industry sector.

19. Unicoi County – Unicoi County Anti-Drug Coalition

Topic: Workforce access to treatment options

Substance abuse materials or recovery/treatment materials for employees or family/friends of employees working in Unicoi County were distributed to employers through human resource departments. Businesses, faith-based organizations, and government entities now have SAMHSA "Drug-Free-Workplace" toolkits and other local resources brochures and displays in their human resource departments for employees in need of services. Community education on tobacco, alcohol, and substance use, misuse and abuse was distributed at community events.

20. Union County – Union County Chamber of Commerce

Topic: Promoting healthy lifestyles, recreation and water activities

A website was created to provide information and communication about the Blueways program. Outreach presentations were made in middle schools to educate youths in kayaking and water sports. Big Ridge State Park Discovery Day featured water safety training, kayaking, disc golf, and an environment discovery activity, and participants received information about paddling equipment and tried out kayaks and paddle boards on Demo Day.

Healthy WEST: Working to Energize and Strengthen Tennessee Phase 2

June 2015 - June 2016

Funded by BlueCross BlueShield of Tennessee

Community Projects (\$2,500)

1. Chester County – Henderson/Chester County Chamber of Commerce

Topic: Healthy Workforce – Healthy Lifestyles

The Chamber of Commerce conducted a “healthy” cooking class where participants learned a new recipe that could be replicated. An industry walking competition called “Step It Up Chester County” took place and featured incentives and prizes for winners. The community was invited to attend a wellness luncheon where the local health council described its activities and how the community at-large can get involved in health and wellness activities.

2. Crockett County – Crockett County Chamber of Commerce

Topic: Healthy Workforce (including school personnel) Fitness Activity

The Crockett County Chamber of Commerce targeted teachers in three county school systems that would not have been able to participate in the May Marathon activity. The benefits of participation were designed to lead to better muscle tone, more energy, more family and personal time, weight loss, reduced stress, and better sleep. Participants suggested that walking helped empower them to be more accountable for their own health. The program provided access to free apps for step counting and other online health tips. The Marathon program received new commitments from local businesses and industries.

3. Dyer County – Ross United Methodist Church

Topic: Faith-based Women’s Health (Health Fair)

The Ross United Methodist Church community nutrition projects underway at the church and supported by this project included the MOPS (Mothers of Pre-Schoolers) nutrition and exercise program, an after-school nutrition, and a senior nutrition project. The December 2015 senior citizens brunch included a nutritionist and a dentist who spoke about dental care for older adults. Regular exercise classes are held three days a week and a daily after-school program is attended by 15-20 children who receive a full meal to supplement the free & reduced breakfast and lunch at school.

4. Gibson County #1 – Trenton Housing Authority

Topic: After-School Nutrition Education (Chronic Diseases)

The Trenton Housing Authority served children on a regular basis in an after-school program that took place during the fall of 2015. The project culminated with the children hosting their families on Parents Night where they presented information about healthy eating. Additionally, these children distributed healthy recipes and demonstrated those through special food tastings.

5. Gibson County #2 – Gibson County Health Department

Topic: Obesity and Chronic Diseases

The local Health Department made improvements to the walking track as part of this project and added walking programs and promotions to encourage walking as a regular fitness activity.

6. Gibson County #3 – Milan Special School District

Topic: Fitness Activity (Walking Track Events)

Milan Special School District worked with the City of Milan to enhance and promote a walking track and fitness stations in the county that benefits the entire community.

7. Haywood County – City of Brownsville

Topic: Healthy Lifestyles (Health Screenings and Physical Activity)

The City of Brownsville hosted three events as part of this project. Those included; the Outreach program, the October Horse Show, and the Mayor’s Walk. Each event featured health screenings, which is of special importance because the county has no hospital, and promoted healthy lifestyles

and physical activity. The Mayor's initiative continued in January and again in March in collaboration with West Tennessee Health Care.

8. **Madison County #1** – City of Jackson

Topic: Student Health (Nutrition and Educational Achievement)

The City of Jackson held a Student Health Fair in 2015, which attracted 700+ parents and children with fifteen exhibitors and vendors and during which four educational sessions were conducted. Another similar event was planned for the spring of 2016.

9. **Madison County #2** – Women's Resource and Rape Assistance Center (WRAP)

Topic: Domestic and Dating Violence (High School Intervention)

The Women's Resource & Rape Assistance Center (WRAP) and the Madison County Health Department conducted a survey of high school students to understand what the students know about rape and violence and what they are experiencing. WRAP held a Bystander training event in the spring in response to their findings.

10. **Obion County** – Obion County Prevention Coalition

Topic: Physical Activity (Making Strides)

The "Making Strides in Obion County" project encouraged folks to walk 100 miles in 100 days. Participants in the community walks included school groups, parents and children from the Boys and Girls Club, and new mothers. Participation included a pre-walk questionnaire, a post-walk questionnaire, and an incentive to offer a reduced price for walking at the Wellness Center during cold and rainy days.

11. **Tipton County** – Drug Free Tipton (anti-drug coalition)

Topic: Youth Alcohol Abuse

Drug Free Tipton's "Be the Wall" campaign asked parents if they were 'being the wall' between youth and alcohol use. Partnering with local alcohol retail stores (16 vendors out of 50+) this project was designed to distribute packets of information. Parents signed 4,200 bricks, pledging to "be the wall." Bricks and literature were offered at fairs, football games, and during the October's Red Ribbon Week. The coalition participated in the Christmas parade with the high school HOSA group. The economic development staff is now part of their coalition and attends meetings with the head of the Chamber of Commerce, which publicizes the family events. A December Safe and Healthy Breakfast was held for members of the business community, state representatives, and the mayor. During a Family Fun Night last fall, a former Harlem Globetrotter spoke about healthy lifestyles.

12. **Weakley County** – Weakley County Prevention Coalition

Topic: Youth Alcohol and Drug Abuse (Physical Activity and Nutrition)

The Weakley County Prevention Coalition's Fall 6-week fitness program incorporated presentations to all freshmen at local high schools and after-school fitness programs open to all students, teachers and parents. Presentations from personal trainers, salsa instructors, and information about nutrition, water, and exercise also touched on alcohol, tobacco and drug use prevention.

Regional Projects (\$5,000)

13. **Regional Project # 1** – Jackson Regional Partnership

Counties: Carroll, Chester, Crockett, Gibson, Hardeman, Haywood, Henderson, Madison and McNairy

Topic: West Tennessee Regional Health Forum/March 31, 2016

Partners: Jackson-Madison County General Hospital, West Tennessee Healthcare Foundation, and the Jackson Regional Partnership

The Jackson Regional Partnership hosted a regional breakfast for multi-sector community leaders from their nine-county service area at the Jackson County General Hospital on March 31, 2016. Dr. Randy Wykoff, Dean of the College of Public Health at East Tennessee State University, was the featured speaker. As an additional dimension to the project, three mini-grants were awarded to non-profit organizations in the region to implement a health-related program/initiative.

14. Regional Project #2 – West Tennessee Healthcare Foundation

Counties: Carroll, Hardeman, Henderson and McNairy

Topic: Heart Disease and Stroke

Partners: Jackson-Madison County General Hospital and the Jackson Regional Partnership.

Health Expo HeartAware screenings for heart disease and stroke were conducted in four counties, including Carroll, Hardeman, Henderson and McNairy. During the initial screening, all individuals took the HeartAware Risk Assessment and received education from the hospital staff. Those individuals who were positive for two risk factors associated with heart disease or stroke received free lab work and follow-up contact with a nurse.

15. Regional Project #3 – Jackson Madison County General Hospital

Counties: Benton, Decatur, Fayette, Hardin, Henry and Lake

Topic: Health Benefits of Breastfeeding

Partners: West Tennessee Healthcare Foundation and the Jackson Regional Partnership

The Jackson – Madison County General Hospital, which records over 3,000 births annually, held three planning meetings with the hospital’s marketing director to promote a free baby-friendly, breastfeeding app to new mothers from six counties in the region who have recently given birth. The free app promotion and education project was implemented beginning in January of 2016.

Roadmap 2: Down the Road to a Healthier Appalachia Phase 3

April 2016 – March 2017

Funded by the Appalachian Regional Commission, BlueCross BlueShield of Tennessee, Niswonger Foundation and Eastman

Community Projects (\$2,500)

1. Anderson County – Anderson County Health Department

Topic: Breast Feeding Support

This project focused on community support for women who are breastfeeding. Over 80 businesses, churches, schools, doctor and lawyer's offices, car dealers, etc. pledged to be welcoming and supportive of women who are breastfeeding. More community buy-in and newspaper articles to

publicize the project and raise awareness were secured. Plaques were given to all participating businesses and organizations.

2. Bledsoe County – City of Pikeville

Topic: Nutrition

This project provided for the City of Pikeville to conduct healthy cooking classes at the new Pikeville Farmers Market in support of healthy nutrition and lifestyle changes.

3. Blount County – Blount Memorial Foundation

Topic: Nutrition, physical activity and tobacco prevention/use

To encourage smart eating and increase fruit and vegetable consumption, the team challenged community members to make small changes by increasing consumption of fruits and vegetables, via social media, workplace initiatives, church initiatives, Small Starts Healthier Tennessee promotion, and through community events and presentations. To increase opportunities and use of resources for physical fitness, the team partnered with local organizations to provide information on local physical fitness activities and a list of local parks and recreation. The team published a Community Resource Guide. The team also promoted opportunities for physical fitness via social media, and through the Small Starts Healthier Tennessee app – which encourages increased activity in daily routines. Tobacco Prevention / Reduction: The team provided tobacco cessation assistance tools, booklets and quit kits to schools and workplaces for the Great American Smokeout.

4. Campbell County - Community Health of East Tennessee

Topic: Drug use prevention

This project implemented Generation Rx, a program for students in grades 3-12 to learn about preventing misuse/abuse of prescription and OTC drugs. Generation Rx presents the dangers of prescription drug abuse and misuse. There were classes and presentations that reached over 4,000 people ranging from 8 to 18 years of age. Pre and post survey results indicated an increased understanding and, hopefully, improved attitudes toward prescription drug abuse and misuse. The project provided for the creation of lesson plan kits, public awareness fliers and visuals, the convening of workshops, and provided incentives. The program grew daily and weekly as it was expanded to college age students and senior adults

5. Carter County – Elizabethton City Schools

Topic: Physical activity

This project led to the creation of a walking club for children at schools in the Elizabethton City School System, which was coordinated with the health department and met twice a month. Group activities included: walking with the children; fitness activities and nutrition classes. The project concluded with a Treasure Walk over spring break.

6. Carter County – Red Legacy Recovery Program

Topic: Addiction recovery

This project partnered the Women’s Recovery Program with the Elizabethton/Carter County Public Library for a two-day clothing drive. What began as a two-day event that included the collection of clothing, sorting by volunteers and proper storage for distribution has become a monthly event. This was a needed service that was not previously available in Elizabethton or Carter County.

7. Greene County – Greene County Sheriff’s Department

Topic: Mental health for inmates

The Correctional Career Pathways: A Journey to Hope project is a workforce development initiative for inmates that began at the Greene County Workhouse in April 2015. This project provided for the addition of equipment that offers mental health counseling via video conferencing for inmates in the workhouse, as well as for interviews for rehabilitation facilities to benefit inmates. The need for mental health and addiction intervention services at the Greene County jail is growing steadily.

8. Greene County – Rural Resources

Topic: Nutrition and healthy lifestyle

The Greene County Health Council has aligned the community's 5-2-1-0 work with the Let's Move Initiative, creating and posting Extra Food Resources, Parks and Places for physical activity on Rural Resource's 5-2-1-0 website. Reaching out to local governments and schools to make sure they had healthy options in vending machines, etc., the Greene County Health Council connected with the Healthier Tennessee initiative to become an official Healthier Tennessee Community.

9. Greene County – Boys and Girls Club of Greeneville/Greene County

Topic: Drug use prevention

This project provided support for the Greene County Youth Summit, a one-day event for 8th grade students in the Greeneville City and Greene County School Systems. The program included an array of speakers and activities that focused on a drug abuse and prevention presentations, including the keynote program, "Success: You Determine Your Journey."

10. Grundy County – Town of Palmer

Topic: Physical activity

This project focused on relationship building during walking sessions and Zumba classes. Other events and activities included an opening ceremony, a special Town of Palmer event, and an event for school-age participants to promote and feature participation within the community.

11. Grundy County - Discover Together

Topic: Physical activity

The South Cumberland Learning and Development Center at the old high school gymnasium was the venue for fitness classes and relevant health education sponsored by the town of Tracy City and the Grundy County Health Council. Over twenty community volunteers helped clean the gymnasium prior to the classes. Participation in activities at the Learning & Development Center also helped to raise money for future health projects to benefit the community.

12. Hamblen County – Stepping Out

Topic: Workplace readiness

A job-readiness pilot project introduced entry level employability skills and promoted behavioral change through life skill education to non-violent offenders during two workshop cohorts. This project's goal was to help increase job skills, works to foster a more positive outlook on life, and has the potential to increase socialization ability with the goal of reducing poor mental health. The Hamblen County Health Department shared information about available services for participants.

13. Hamilton County – Grace Episcopal Church

Topic: Nutrition

The goal of this project was to provide materials and the direction necessary to construct greenhouses, so vendors at the local farmers market could grow fresh produce and sell their products year-round. By providing education and purchasing the materials, including hoops, plastic sheeting,

stakes, straps, seed, fertilizer and frost covering, those new greenhouses were constructed and a hoop house was built to directly sow leafy greens.

14. Hancock County – Hancock County Arts

Topic: Health Promotion

This project at the Hancock County Arts facility in downtown Sneedville was the next step to promote healthy lifestyles, physical activities, dance, arts and other positive initiatives already taking place. The project, led by a community volunteer team, designed the structure and purchased the materials necessary to construct a billboard for placement along a busy street near Hancock County Arts. High school students created and designed public service announcements to promote healthy living and good choices messaging. Volunteers and students hosted a launch party to secure community buy-in and promote the prominent billboard.

15. Hawkins County – Girls on the Run

Topic: Physical activity

This project provided tuition for girls in Hawkins County to attend the Girls on the Run program that teaches life skills and physical activity. The program is an afterschool running project specifically aimed at students in the Hawkins County elementary schools. Two teams of Hawkins County third through sixth grade girls made up the participants.

16. Jackson County – Jackson County Chamber of Commerce

Topic: Nutrition

This project was designed to both teach nutrition and also to raise awareness with the goal of reducing food insecurity. Information was provided at summer and fall carnivals that taught Jackson county children and youth about healthy living and also created a local coalition to support food preservation education.

17. Johnson County – Johnson County Economic and Community Development

Topic: Nutrition

During a 2016 Community Harvest Dinner hosted by the Johnson County Economic Development agency, people from Johnson County and the region were introduced to locally grown and healthy food and the farmer's market. Food demonstrations and preparation was done by a local chef and culinary teacher. Information about ways to increase physical activity though hiking on local trails was shared at the event. Attendance at the 2016 Farmer's Market increased.

18. Lawrence County – City of Lawrenceburg

Topic: Health and wellness promotion

The City of Lawrenceburg added a wellness program for employees to encourage heart health, physical activity and good nutrition. As a result of this project and through the new wellness program, employees of the City of Lawrenceburg and the public were able to participate in 3 carotid artery screenings in conjunction with the annual Health Fair.

19. Meigs County – Meigs County

Topic: Nutrition

This project supported the Cooking Matters program that was designed to increase nutritional knowledge and improve cooking skills. Participants learned to cook healthy/affordable meals, shop smarter, and to make better food choices. The Meigs County Health Council/Meigs Matters, in

partnership with the Meigs County UT Extension Services office, offered the Cooking Matters for Teens curriculum and Cooking Matters for Adults for 6 weeks at the Meigs County High School.

20. Monroe County – Monroe County Health Council

Topic: Physical activity

This project supported the Get Fit Monroe program, which had 3 phases: 1) education on fitness, tobacco cessation, how wellness affects economy; 2) free fitness sessions to local businesses with tobacco prevention; 3) the Get Fit Monroe Expo event. Hosting the lunch-and-learn series at the Chamber of Commerce led to working toward achieving an official Healthier Tennessee Community Designation. The Move Expo was used as a vehicle to highlight all that our community has to offer as well as the kick off for the Healthier Tennessee Community.

21. Polk County – Polk County

Topic: Nutrition

This project included implementation of the Cooking Matters program to increase nutritional knowledge and improve cooking skills. Participants learned through demonstrations and hands-on experience to cook healthy/affordable meals, shop smarter, and make better food choices using fresh ingredients, like parsnips, fennel, and raw beets.

22. Scott County – Appalachian Life Quality Initiative

Topic: Disease prevention

The Remote Area Medical Clinic (RAM clinic) was held at Scott High School in Huntsville, Tennessee for 460 patients who received health care that they would not have otherwise received. Education was provided at each station as well as individual information and education by the Mountain Peoples Health Councils, Inc., Ridgeview Behavioral Health Services, UT Extension Services, LaFollette Housing Authority, and free HEP-C testing services.

23. Smith County – Smith County Drug Prevention Coalition

Topic: Physical activity

This project provides education about fitness opportunities in Smith County by creating a resource list, holding a fitness event, educating citizens about physical activity as a substance prevention tool, holding workshops for physical activity and providing nutrition education. Steering committee meetings were held to plan and implement the fitness event. A community fitness resource list is a work in progress.

24. Sullivan County – Northeast State Technical Community College

Topic: Nutrition

This project led to the creation of edible gardens, cooking demonstrations, dissemination of recipes, and the establishment of a campus-based food co-op, Tennessee Promise students prepared soil for planting seed to grow Swiss chard, bush beans, mustard greens, green peppers, red peppers, kale, okra, tomatoes, and various herbs. A free harvest luncheon was prepared and included a cooking demonstration. Harvested bush beans were donated to Second Harvest Food Bank and piloted the Fresh Café idea.

25. Sullivan County – Greater Kingsport YMCA

Topic: Disease prevention in the workplace

This project was designed to educate local employers about the YMCA Diabetes Prevention program, secure a new direct payer for the program, hold education sessions for employees on diabetes

prevention, and hold two screening events at the employees' workplace. The Greater Kingsport Family YMCA recruited two large employers in the region to agree to cover the cost for eligible employees to participate in the YMCA's Diabetes Prevention Program (YMCA's DPP).

26. Unicoi County – Unicoi County YMCA

Topic: Nutrition

This project aimed to increase the consumption of local fruits and vegetables by the youth of Unicoi County. By creating a garden and teaching young people gardening skills, they were able to determine that the consumption of fresh fruits and vegetables increased every week. During lunch, school-age children (grades 2-3) had the opportunity to choose from a variety of fruits and vegetables to try from the garden. By decreasing the amount of screen time and increasing physical activity in the garden, the children worked as a team to become healthier.

27. Van Buren County – Van Buren/Spencer Chamber of Commerce

Topic: Obesity and physical activity

This project helped sponsor a Spring 2017 Walk-a-Thon activity focused on school-age children (grades 6-8). Activities were included as part of the community event to award educational points about the dangers of smoking, obesity and to encourage physical activity.

28. Washington County – Insight Alliance

Topic: Drug prevention in the workplace

This project supported the implementation of the Facilitate Team Awareness, an evidence-based drug-free workplace support program in Washington and Carter counties for businesses and industries. The program included funding for a stipend to businesses to attend a luncheon training workshop.

29. Washington County – Boys and Girls Club of Johnson City Washington County

Topic: Nutrition

This project led to the creation of a garden and club to coordinate and support activities. The program provided healthy snacks, nutrition education, the Tower Garden project, and an outdoor and indoor hydroponic garden, produced vegetables in the summer and fall of 2016 and is being cleaned and refurbished for spring planting. The garden was part of an 8-week summer class and field trip to a community garden.

Regional Projects (\$5,000)

1. Southeast Tennessee Development District

Counties: Bledsoe, Bradley, Grundy, Hamilton, McMinn, Marion, Meigs, Polk, Rhea, Sequatchie

Topic: Regional Health Forum

Partners: Tennessee Department of Health, Southeast Regional Office and BlueCross Blue Shield of Tennessee

The Development District educated 81 elected officials, community members, and business leaders from the 10-county region about population health and the benefits of a healthy workforce. Strategic opportunities for collaboration between health partners and stakeholders were discussed including health concerns involving economic development, aging populations, inmates, mental health, access to healthcare, hub-and-spoke delivery, and the challenges of the built environment in rural

communities. Innovations and opportunities were introduced at the breakfast meeting by panelists representing community initiatives.

2. East Tennessee Quality Growth

Counties: Campbell, Claiborne, Cocke, Grainger, Morgan, Scott, and Union

Topic: “Geo-tourism” to promote opportunities and livability principles and healthy behaviors

Partners: East Tennessee Tourism Council, Chambers of Commerce, Tourism Councils and Economic Development Councils of Campbell, Claiborne, Morgan, Scott, Union Counties, Cocke County Partnership, Cherokee Lake Users, Carson Newman College, Big Ridge State Park, and Union County YMCA.

For each county there was a regional outcome and a local outcome. Within each county, an event or opportunity was created or promoted to build community and economic sustainability and support efforts to increase participation by both locals and tourists.

Campbell: Increasing miles of bike trails at Norris Dam State Park

Claiborne: Marketing for the 5K Regatta with registrations tracked

Cocke: Grant request from the National Park Service

Grainger: 25E Crossings Byways project and promotion of bike trails in Bean Station

Morgan: Increase miles of trails, promotion of Laurel Festival 5K and planning for a pedestrian-friendly downtown.

Scott: Marketing of Cumberland Trail

Union: Public paddling day and demo day promotion

3. Tennessee Tech University

Counties: Canon, Cumberland, DeKalb, Fentress, Jackson, Mason, Overton, Pickett, Putnam, Smith, Warren, White, Van Buren

Topic: Diabetes education

Tennessee Tech created and marketed a virtual reality simulation for the Oculus Rift as an educational tool for diabetes education. Promotional materials were developed in conversation with key stakeholders and widely distributed throughout the target area.

**Healthy Middle TN:
Meaningful Improvements Designed Through Networks
Phase 4 - NEW**

June 2017 – April 2018

Funded by BlueCross BlueShield of Tennessee

Community Projects (\$2,500)

1. Bedford - Community Clinic of Shelbyville

Topic: Disease prevention

One day diabetic clinic and resources for low-income patients

2. Dickson – Dickson County Schools

Topic: Drug prevention

Drug education course for middle/high school students at alternative school for behavior modification will teach healthy choices.

3. Hickman – Hickman County Health Department

Topic: Obesity and physical activity

Incentive-based "Biggest Mover" community wellness program will promote health lifestyle choices for the county's 8th graders.

4. Maury – Maury County Public Schools

Topic: Nutrition

Cooking classes will be offered for parents and children to learn together using portable kitchens and fresh local foods.

5. Montgomery – Clarksville Association for Down Syndrome

Topic: Obesity and physical education

This 4-week program will support for a *Wellness 21* program for individuals with Down syndrome and their families.

6. Perry – UT Extension of Perry County

Topic: Health and wellness promotion

This one-time for Veterans health initiative will include opportunities and information, jobs counseling, resources and free health screenings.

7. Robertson - Robertson County Health Council

Topic: Health and wellness promotion

An education program will address needs of homeless families in a 4-month essential skills program and include the production of community health resource guide.

8. Rutherford – Domestic Violence and Sexual Assault of Rutherford County

Topic: Community health capacity building

Support for the domestic violence shelter to identify gaps in mental health service delivery and develop plan to close gaps.

9. Stewart – Stewart County Schools

Topic: Health and wellness promotion

"No electronics" health and safety summer camp for Stewart County 5th grade students.

10. Sumner – Sumner County Health Department

Topic: Nutrition and physical activity

This program will teach meal preparation for 20 SNAP families and include 8-week nutrition and physical activity initiative, plus the appointment of 'Health Ambassadors.'

11. Williamson - Williamson County Anti-Drug Coalition

Topic: Drug prevention

The coalition will offer an anti-drug prevention programs for local youth and families.

12. Wilson – Mt. Juliet Bicycle & Pedestrian Advisory Committee

Topic: Literacy and physical activity

Increase literacy and awareness for exercise for the future with Story Walks for all ages with additions to permanent structures and books and events to promote the use of the Walk.

13. Regional – Volunteer State Community College

Topic: Disease prevention

Counties: Macon, Robertson, Sumner and Trousdale

Vol State will incorporate student service learning in rural areas in these counties to help residents understand the need for dental care and where to find dental care.

Regional Projects (\$5,000)

1. Girl Scouts of Middle Tennessee, Inc.

Counties: Bedford, Cheatham, Dickson, Giles, Hickman, Houston, Humphreys, Lincoln, Marshall, Maury, Moore, Montgomery, Perry, Robertson, Rutherford, Stewart, Sumner, Trousdale, Wayne, Williamson, and Wilson

Topic: Physical activity and health promotion

Activities at Girl Scout Entrepreneur Center will include exercise time for about 50 girls and require a public health component for each of the girls' projects.

2. American Red Cross, Nashville Chapter

Counties: Robertson, Williamson, Wilson

Topic: Injury prevention

Volunteers and staff will go door-to-door in low income neighborhoods and schools in 3 counties to implement The Pillowcase Project fire education program and the Red Cross Home Fire Campaign, including a free smoke alarm and fire safety checklist.

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