

# CHHS CHANGES LIVES

MIDDLE  
TENNESSEE  
STATE UNIVERSITY.

CENTER FOR HEALTH AND HUMAN SERVICES

## TENNESSEE HEALTH PROMOTION NETWORK

Building on a community interested in the obesity epidemic in 2017, CHHS took the lead along with the state Department of Health (DOH), Department of Education (DOE) Office of Coordinated School Health, Governor's Foundation for Health and Wellness, YMCA, East Tennessee Children's Hospital, University of Tennessee Extension, and state Department of Environment and Conservation to establish this volunteer-led group of members statewide to network and share information on obesity prevention and healthy living. CHHS provides in-kind administrative and organizational support.

## PROJECT SPARK AND SPARK 2 READ

A collaborative partnership between CHHS, Tennessee DOH, and DOE Office of Coordinated School Health, this grant funded assessment on the impact of an after-school physical activity program in four elementary schools in nine rural Tennessee counties on academics, absenteeism, weight, student attitudes toward physical activity, and family engagement around physical activity. A second year focused on literacy in 16 schools in 10 rural counties.

## MTSU MENTAL HEALTH FIRST AID

This collaborative partnership, funded by the Substance Abuse and Mental Health Services Administration, engages MTSU's CHHS and multiple campus partners to train individuals, first responders, law enforcement, and veterans on how to recognize signs and symptoms of mental disorders—particularly serious mental illness and/or serious emotional disturbance—and to employ de-escalation techniques. The project educates individuals about resources available in the community for anyone with a mental disorder and links with University and/or community-based mental health agencies to refer individuals with signs or symptoms of mental illness. Grant activities promote a culture of mental health awareness to the campus community and work to de-stigmatize mental health. It is estimated that upwards of 900 students, faculty, and staff will participate in training sessions over the three-year grant period.

## DEATH SCENE INVESTIGATION AND SAFE SLEEP

Funded by the state DOH, this initiative partners CHHS with MTSU's University College and Audio-Visual Services, the State Chief Medical Examiner's Office, and Tennessee Health and Children's Services departments to provide a statewide training program for investigating sudden unexpected infant and child death by first responders and on safe sleep practices for public service workers. More than 28,000 professionals have been trained as of 2019.

## BLUE RAIDERS DRINK UP: HEALTHY CHOICES FOR HEALTHY STUDENTS

This is a three-year grant award and proactive effort to help students learn how to make wiser beverage choices and to live healthy lifestyles. This project is funded under an agreement with the State of Tennessee and is part of the Tennessee Department of Health's Project Diabetes initiative, with a purpose of reducing overweight and obesity as risk factors for the development of diabetes through prevention activities as well as to implement policy changes on campus that support healthy living. Planned activities will include cooking classes and counseling sessions with a registered dietitian, health coaching sessions, and 24 educational activities per year. Ten students each academic year will receive scholarships to fund personal training sessions. All students seeking health services will have their body mass index checked and, if appropriate, receive referrals to a registered dietitian, health coach, or personal trainer. Twelve new water refill stations will be installed across campus over a three-year period, and students will receive maps of station locations.

## TENNESSEE CANCER COALITION

From 2004–16, CHHS worked with Tennessee's DOH to facilitate activities specific to the Tennessee Cancer Control Plan and to plan an annual state Summit on Cancer for health care professionals, individuals, and organizations. The state cancer plan outlines specific strategies as determined by the Tennessee Cancer Coalition (TCC), a volunteer group of citizens and organizations dedicated to reducing the burden of cancer statewide. CHHS was instrumental in development of the first state cancer plan, involved in two updates, and helped form six highly-functioning regional cancer coalitions which carry out many of the plan's detailed activities. The program became self-sustaining in 2016.

# CHHS FACILITATES BETTER TRAINED PROVIDERS

## **ALL CHILDREN EXCELLING THROUGH A COMPREHENSIVE NETWORK OF TRAINED PROVIDERS (ACES)**

Funded by the Tennessee Department of Children's Services, this CHHS evidence-informed project also has support from Frameworks Institute, Tennessee State University's Center of Excellence for Learning Sciences, and eight MTSU departments and programs. The program impacts the way professionals in the workplace identify and interact with children and families who present with evidence of suffering from Adverse Childhood Experiences (ACEs). By introducing information on how ACEs impact childhood development (brain architecture, behavioral issues, community impact, and the long-term health effects) before MTSU students graduate and enter the workforce, we can influence how these professions address ACEs and promote a practice of trauma-informed care and resiliency for years to come. The cross-disciplinary curriculum is estimated to reach at least 400 graduates per year. Curriculum can be accessed by faculty via a toolkit at the MTSU CHHS website.

## **HEALTH CARE CAREER MAP**

This electronic and print handbook promoted a well-educated health workforce, with distribution to life science teachers, school counselors, health care employers, academic institutions, and professional organizations across middle Tennessee. An interactive website was developed to promote allied health care opportunities. Funding came from the state Department of Labor and Workforce Development, Tennessee Hospital Association's Center for Health Workforce Development, and MTSU's Adams Chair of Excellence in Health Care Services.

## **ABC123 HEALTHY KIDS IN TENNESSEE: LET'S EAT WELL, PLAY, AND BE AWARE, EVERY DAY**

CHHS collaborates with state and local partners to educate child care providers on healthy living to decrease the risk of developing cancer and other lifestyle-associated diseases and conditions, including obesity, which they use to in turn educate children and parents. This project was funded in part by MTSU's Center for Physical Activity and Health in Youth and with support for the piloted activities from the Tennessee Cancer Coalition. It continues to be implemented in Rutherford County as of 2017 in partnership with the state DOH's Gold Sneaker program. Almost 200 childcare providers and over 900 children have been reached through this program.

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Please visit our website  
at [mtsu.edu/chhs](https://mtsu.edu/chhs) to learn more.

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I AM *true* **BLUE**