

# A PARTNER FOR A HEALTHIER TENNESSEE

RESEARCH, PROGRAM DEVELOPMENT  
AND IMPLEMENTATION, EDUCATION, TRAINING



THE CENTER FOR HEALTH AND HUMAN SERVICES

MIDDLE  
TENNESSEE  
STATE UNIVERSITY.

# A POWERFUL PARTNER . . .

Originally founded by the Adams Chair of Excellence in Health Care Services in 1993, MTSU's Center for Health and Human Services **partners with nonprofits, as well as private and public agencies and organizations along with faculty and students** to improve the health and well-being of Tennesseans. Since 2001, through the Adams Chair, CHHS has received more than \$7 million in grants and contracts to conduct or facilitate research, education, and community and health professional training and workforce development related to Tennessee's health issues. As of late 2015, CHHS continues to build on earlier successes while implementing new projects and programs.

Through our collaborations, CHHS has touched lives in **all 95 counties** in Tennessee. We have a rich history of addressing the unique needs and challenges of both our metropolitan areas and the rural areas that represent 93 percent of our state.

**"All across the state there are organizations, large and small, working to make Tennessee healthier. That's our goal too. We want to partner with these agencies to make their work easier and to support those efforts. We'd like to be part of the solution to the public health challenges our state is facing today."**

**—Cindy Chafin, CHHS interim director**

# . . . IN CHALLENGING TIMES

Now, when Tennessee faces more public health challenges than ever—from adverse childhood experiences and drug addiction, to urban poverty and underserved rural communities, to the need for a well-trained health care workforce—**CHHS is seeking new partnerships** to combat those challenges.

**CHHS adds value to public health programs and partnerships** by doing what we do best: conducting research and facilitating local public health initiatives, including community and professional education and training as well as workforce development. These critical tasks, which nonprofits and government agencies often don't have the time or resources to do, lead to more informed citizens, communities, and health care workers.

# HOW CHHS POWERS A HEALTHIER TENNESSEE

CHHS partners with organizations of all sizes, offering all levels of support and a variety of services, from simple to complex. We can work with projects or training needs that organizations already have in mind, or develop ideas projects and training programs to fit their needs. Learn more at [MTSU.edu/CHHS](https://www.mtsu.edu/CHHS).

## OUR SERVICES

- conducting research and evaluation
- developing outcomes-based community health education programs
- developing and implementing evidence-based and outcomes-focused best practice interventions and programs to address health and health care workforce needs
- writing and partnering on collaborative grant proposals
- providing subject-matter experts from a broad scholarly community
- providing technical assistance and direct support to ensure that grants, contracts, and projects deliver what they promise
- organizing, facilitating, and mobilizing coalitions, task forces, networks, and other groups for a common purpose

## OUR GOALS

- to improve the health and well-being of as many Tennesseans as possible
- to attract funding and visibility for evidence-based public health programs
- to reduce health care costs through preventive, evidence-based methods
- to be a valued resource for public health policy

## OUR PARTNERS

- state, regional, and municipal agencies
- private for-profit and nonprofit organizations
- rural and metropolitan communities throughout the state
- MTSU faculty and students



Please visit our website at [mtsu.edu/chhs](https://mtsu.edu/chhs) to learn more or contact Cynthia Chafin, M.Ed., MCHES, Interim Director, at [cynthia.chafin@mtsu.edu](mailto:cynthia.chafin@mtsu.edu) or 615-898-5493.



**“Our partnership with CHHS has allowed us to work closely on important community health issues such as obesity, physical inactivity, tobacco use, and substance abuse and misuse.”**

**—Dana Garrett, Rutherford County Health Department director**

# TOUCHING LIVES ACROSS TENNESSEE

## Training health care providers and health and community service workers

### Tennessee's first statewide prenatal smoking cessation program: giving Tennessee providers better tools to help pregnant women stop using tobacco

**PROJECT:**  
**Smart Mothers Are Resisting Tobacco (SMART Moms)**

**PARTNERS:**  
**Tennessee Department of Health,  
March of Dimes Tennessee**

SMART Moms was the first statewide prenatal tobacco cessation provider training program implemented in Tennessee. It was designed for and with direct involvement from health department staff serving Women, Infants, and Children supplemental nutrition recipients and was implemented in all 95 Tennessee counties. The program is designed to be low-cost and easy to implement in a busy, clinical setting.

SMART Moms didn't just exceed its own target success rate for smoking-cessation among participants—it also beat the success rate of similar programs. The key was changing the behavior of providers. They began asking moms-to-be about their smoking status at every office visit and offering best-practices cessation counseling.

As a result of this pilot project, 13,000 Tennessee women received one-on-one counseling and nearly a quarter of them stopped smoking, potentially saving lives and millions of dollars in medical costs. Tennessee now has hundreds of professionals who are trained in this effective counseling protocol and who have changed their standards of practice for patient care.

Based on the success of SMART Moms, CHHS has launched an expansion of the SMART Moms project, **Smile SMART**, which trains dental professionals to counsel all patients about tobacco use, including use of electronic nicotine delivery devices (ENDS), as well as secondhand smoke. This project partners with the University of Alabama–Birmingham School of Dentistry as well as numerous local providers. Marshall University's Joan C. Edwards School of Medicine partnered with SMART Moms as the program expanded.

"The SMART Moms program really made me sit down and think of the pros of quitting and the cons of continuing to smoke."

—Rutherford County resident



For more information on both projects, visit [smartabouttobacco.org](http://smartabouttobacco.org).

## Understanding and preventing sudden and unexplained infant death (SUID)

### PROJECT:

**Prevention through Understanding: Investigating Unexpected Child Death**

### PARTNERS:

**Tennessee Department of Health, State Chief Medical Examiner's Office, Tennessee Department of Children's Services, Centers for Disease Control and Prevention, and MTSU's University College**

Since 2004, more than 27,000 firefighters, police officers, and EMTs in Tennessee have been trained to recognize and document the preventable causes of sudden, unexplained infant and child death.

The data helps medical examiners better determine cause of death, state decision-makers identify communities at risk, and local partners shape outreach efforts to prevent future deaths. According to Child Fatality Review Team data, quality has improved significantly as a result of program redesign and improvements. There was a 64 percent completion rate of forms in 2012, with a 98 percent completion rate of forms in 2017 as a result of improvements. CHHS remains committed to ensuring providers are properly trained and that data collection efforts remain effective, ensuring better outcomes for Tennesseans.

**"Infant deaths are decreasing, primarily because we're finding out the causes. And by finding out the causes, we can actually prevent more deaths from happening."**

**—Danny Cupples, child death scene investigation trainer**



## Putting kids on the path to good health

### PROJECT:

**ABC123 Healthy Kids in Tennessee:  
Let's Eat Well, Play, and Be Aware, Every Day**

### PARTNERS:

**Child care centers, county health departments,  
Tennessee Department of Health Gold Sneaker  
program, and multiple community partners**

Making smart choices from an early age can go a long way toward preventing cancer, diabetes, and other lifestyle-associated diseases and conditions. Since 2007, ABC123 has trained child care providers in how to talk to children about living, eating, and moving in a healthy way. This pilot project was funded in part by MTSU's Center for Physical Activity and Health in Youth, with support from the Tennessee Cancer Coalition and other community partners.

Overall, the ABC123 project was shown to improve children's physical activity, nutrition, and body weight classification. Children whose teachers received on-site training from ABC123 mentors showed the most improvement. The project's classroom and parent-education approach complemented the Tennessee Department of Health's Gold Sneaker policy-based program.

**"The children have started asking for water and milk since we started the program, and I've become more aware of my own activity level and eating habits. I've actually lost eight pounds."**

**—Child care center director  
in Sparta, Tennessee**





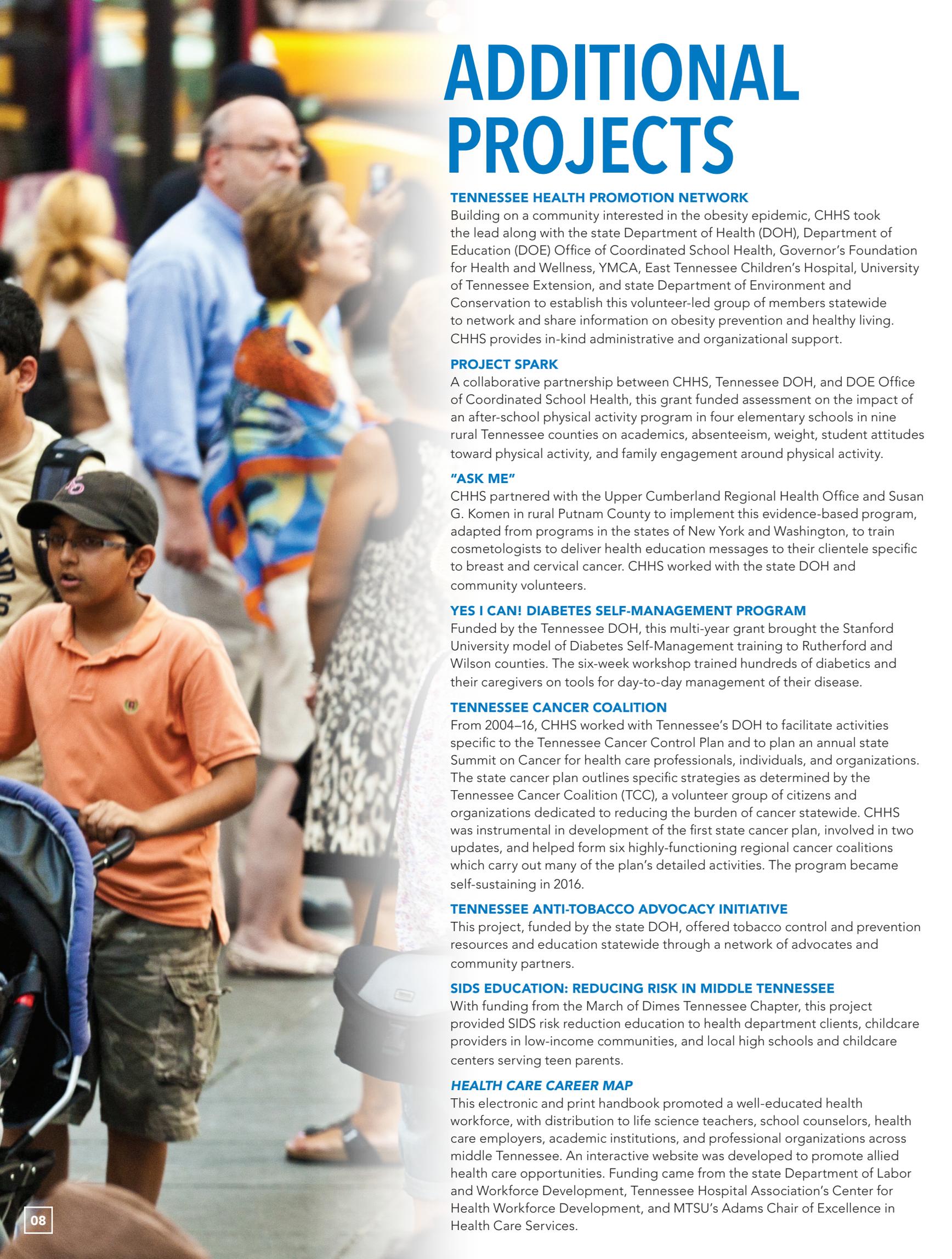
# IT'S ALL ABOUT THE OUTCOMES

- SMART Moms, a smoking cessation program targeting health care providers serving low-income pregnant women in Tennessee, was implemented in all of Tennessee's **95 counties** for four years. More than **400 providers** were trained in best practices for tobacco cessation counseling.

Of the **13,000 pregnant women** who enrolled in SMART Moms, more than **24%** stopped smoking, exceeding the 14% success rate of similar programs.

SMART Moms has saved a potential **\$4.8 million** so far in medical costs by reducing the risk of low-birthweight babies.

- As of spring 2017, more than **27,000 emergency and municipal workers** across Tennessee have received mandatory child death scene investigation training through CHHS-trained providers.
- The ABC123 project trained providers across the state how to talk to young children about making healthy choices to reduce their risk of obesity and chronic disease. In a study of three participating child care centers, the number of overweight children **dropped from 20% to 9.67%** at the conclusion of the 12-week program. The children also spent more time playing outside—a trend that continued even after the program ended.



# ADDITIONAL PROJECTS

## **TENNESSEE HEALTH PROMOTION NETWORK**

Building on a community interested in the obesity epidemic, 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**

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.

## **"ASK ME"**

CHHS partnered with the Upper Cumberland Regional Health Office and Susan G. Komen in rural Putnam County to implement this evidence-based program, adapted from programs in the states of New York and Washington, to train cosmetologists to deliver health education messages to their clientele specific to breast and cervical cancer. CHHS worked with the state DOH and community volunteers.

## **YES I CAN! DIABETES SELF-MANAGEMENT PROGRAM**

Funded by the Tennessee DOH, this multi-year grant brought the Stanford University model of Diabetes Self-Management training to Rutherford and Wilson counties. The six-week workshop trained hundreds of diabetics and their caregivers on tools for day-to-day management of their disease.

## **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.

## **TENNESSEE ANTI-TOBACCO ADVOCACY INITIATIVE**

This project, funded by the state DOH, offered tobacco control and prevention resources and education statewide through a network of advocates and community partners.

## **SIDS EDUCATION: REDUCING RISK IN MIDDLE TENNESSEE**

With funding from the March of Dimes Tennessee Chapter, this project provided SIDS risk reduction education to health department clients, childcare providers in low-income communities, and local high schools and childcare centers serving teen parents.

## **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.



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