

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, 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 an assessment on the impact of an after-school physical activity program in nine elementary schools in four rural Tennessee counties on academics, absenteeism, weight, student attitudes toward physical activity, and family engagement around physical activity.

SMART MOTHERS ARE RESISTING TOBACCO (SMART MOMS)

Tennessee's first statewide prenatal tobacco cessation program, funded by the national March of Dimes office and co-sponsored by the Center and the Tennessee Chapter of the March of Dimes, through trained providers promoted smoking cessation in pregnant women in all 95 Tennessee counties during 2002–2006—in partnership with the Women, Infant, and Children supplemental nutrition program offices throughout the state. It is wrapping up in 2017 in several counties as part of Tobacco Master Settlement funded activities and in 2014 was named as a Rising Star program by the state DOH.

DEATH SCENE INVESTIGATION/SIDS

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. More than 27,000 first responders have been trained as of 2017.

"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.

CHHS FACILITATES BETTER TRAINED PROVIDERS

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.

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.

ALLIED HEALTH STUDY AND ALLIED HEALTH DIRECTORY

MTSU's Adams Chair of Excellence in Health Care Services, with support from CHHS, provides an in-depth study of allied health in Tennessee and allied health programs throughout the state in these two publications. The Adams Chair has produced multiple editions of each publication, which address education, training, and employment of allied health professionals and serve as resources for career counseling and advisement. The publications describe the employment status of various allied health professions at the national and state levels; provide current supply information at the state level; identify areas of need; and give general state and national employment projections, along with allied health programs of study at institutions across the state.

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Please visit our website
at mtsu.edu/chhs to learn more.

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I AM *true* **BLUE**