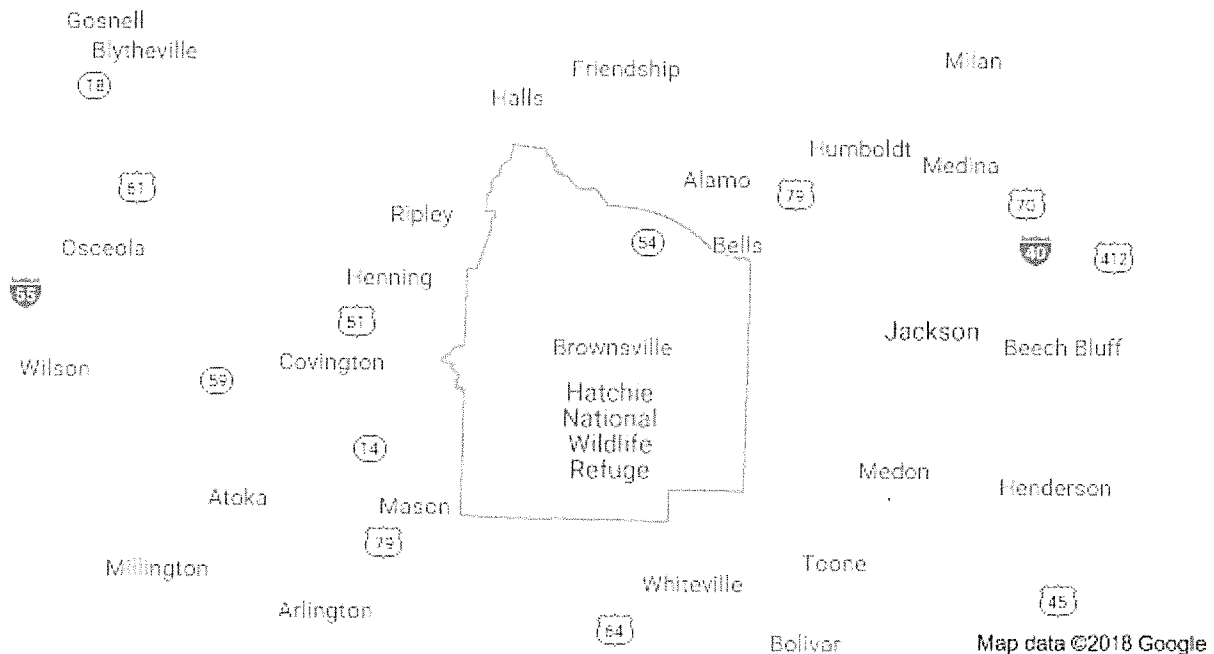


# **Community Health Needs Assessment**

## **Haywood 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.

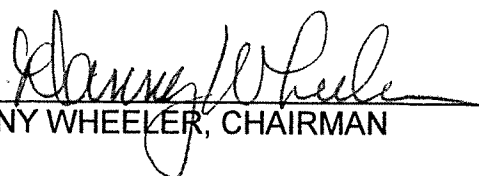
  
DANNY WHEELER, CHAIRMAN

Exhibit Q2

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### Final Report

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Attachment A .....	Secondary Data
Attachment B .....	Health Council Brochure and Minutes
Attachment C .....	Community Resources

# Haywood County Community Health Needs Assessment

## 2018 Update

### **Executive Summary**

Under the leadership of Jackson-Madison County General Hospital a community health needs assessment of Haywood 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 update process was a blending of Haywood County Health Council top health priorities and implementation strategies, and secondary data on the actual extent of particular health issues.

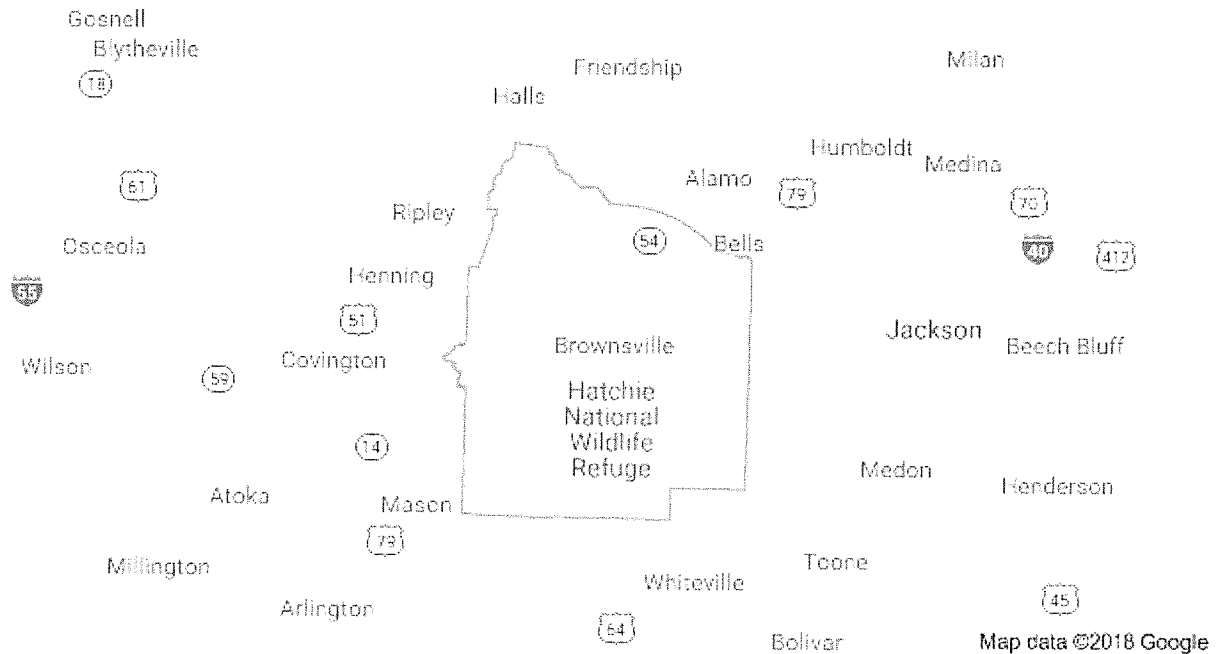
The mission of the Community Health Needs Assessment is to evaluate and improve the health status and wellbeing of the residents of Haywood County, Tennessee with an emphasis on preventive measures.

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. The second step in the Community Health Needs Assessment Update process consisted of reviewing priorities and implementation strategies developed by the Haywood County Health Council.

The Haywood County Health Council identified three priority health issues: Obesity/ Physical Inactivity/ Nutrition, Teen Pregnancy/ Healthy Relationships, and Tobacco/Tobacco Related Diseases. Several goals, objectives, and implementation strategies were identified to address these health issues that emphasize screenings, education and collaboration with other community agencies with the purpose of easing the burden of health disparity for the Haywood County community.

# Community Health Needs Assessment

## Haywood 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

## **Introduction**

Under the leadership of Jackson-Madison County General Hospital a community health needs assessment of Haywood 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; and Department of the Treasury Internal Revenue Service 26 CFR Parts 1, 53, and 62 *Additional Requirements for Charitable Hospitals; Community Health Needs Assessments for Charitable Hospitals; Requirements of a Section 4959 Excise Tax Return and Time for Filing the Return.*

The community health needs assessment update process was a blending of Haywood County Health Council top health priorities and implementation strategies, and secondary data on the actual extent of particular health issues.

## **Description of the Hospital and Community**

The designated “community” for the needs assessment is Haywood County, Tennessee. Haywood County, Tennessee does not have a hospital. Haywood Park Community Hospital, owned by Community Health Systems, closed inpatient, outpatient, and emergency services on July 31, 2014. However, Haywood County is in the primary service area of the Jackson-Madison County General Hospital.

With a 2017 population of 17,573, Haywood County is located in rural West Tennessee approximately 64 miles East of Memphis and 153 miles West of Nashville. The population is 46 percent Caucasian, 50.1 percent African American, and 3.9 percent Other races. According to the Tennessee Department of Economic & Community Development (2018), 21 percent of the population is below the Federal poverty level. The personal income per capita is \$30,274. The population under 65 years of age represents 83.7 percent while the over age 65 population is 16.3 percent of the total. The high school graduation rate is 88.7 percent; 16.8 percent have an Associate Degree or higher and 12.1 percent have a Bachelor Degree or higher.

Haywood County has a wide range of industries that employ individuals living in and around the county. Haywood County is home to agriculture, manufacturers and businesses such as: Teknor Apex/Haywood Company, maker of PVC garden hoses and tread rubber (500 employees); Haywood County Schools (442 employees); Lasco Fittings, producer of plastic pipe fittings (440 employees); Wal Mart Stores, Inc. (225 employees); County of Haywood (200 employees); Dynametal Technologies which makes powdered metal components (120 employees); Pictsweet frozen food distribution (100 employees); Precision Coils (100 employees); and Cascades/IFC Disposables, maker of disposable wipes, towels, and tissues (60 employees).

The county seat of Haywood County is Brownsville, Tennessee. The City of Brownsville, City of Stanton, Haywood County Government, and the Haywood County School System are all in Haywood County. The public school system has five schools and serves approximately 2,794 students.

### **Description of the Community Health Needs Assessment Survey Process**

The mission of the Community Health Needs Assessment is to evaluate and improve the health status and wellbeing of the residents of Hardeman County, Tennessee with an emphasis on preventive measures.

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. This data is presented in **Appendix A**.

The second step in the Community Health Needs Assessment Update process consisted of reviewing priorities and implementation strategies developed by the Haywood County Health Council. A Health Council brochure, meeting minutes, and a cross section of implementation

program brochures are in **Appendix B**. The final stage consisted of reviewing the two sets of data and final report production.

### **Haywood County Health Council**

The Haywood County Health Council is organized under the auspices of the State of Tennessee Department of Health, and is composed of community members who represent diverse spectrums of Hardeman County as well as staff from the local and regional health departments.

The Haywood County Health Council is comprised of representatives from area agencies, faith and community-based organizations; schools; colleges; universities; local government; health care providers; businesses; as well as other individuals who work collectively to improve health outcomes in the count. The council's goals are accomplished through regular meetings, strategic planning, identification of resources, and the work of subcommittees that focus on specific health issues (Health Council brochure, 2018).

Members of the Haywood County Health Council include:

Tennille Short, Chair	Rodger Jowers	Cindy Smith
Sherry Boyd	Mary Steward	Nicole Newman
Jessica Littlejohn	Melanie Gilliland	Peggy Jackson
Debbie Armour	Carita Cole	Denita Jarratt
Elise Gillespie	Karen Jones	Travis Wade

The Hardeman County Health Council meets on a quarterly basis to develop and implement strategies to address the health priorities of the county. The Council goes through a structured process to select county priorities and adopt strategies to improving health outcomes. Priorities are selected for a period of 2 - 3 years with the last priority selection occurring in the spring of



2017. Through this process, the Haywood County Health Council identified three priority health issues:

1. Obesity/ Physical Inactivity/ Nutrition
2. Teen Pregnancy/ Healthy Relationships
3. Tobacco/Tobacco Related Diseases

### **Implementation Strategies**

Several goals, objectives, and implementation strategies were identified to address the three health issues selected. The strategies emphasize screenings, education and collaboration with other community agencies.

#### **Obesity/ Physical Inactivity/ Nutrition**

Fruit basket Fridays is offered in September for students and their families of Haywood Elementary School to receive a fresh piece of fruit. Choices include plums, apples, oranges, and pears. An additional Fruit Basket Friday is held at the Anderson Family Resource Center on the Friday before Halloween to remind parents that healthy options should be presented at parties and celebrations too.

The 8-week Move to Lose challenge is offered and results showed an increase of 65% for vegetables and 87% used the Nutrition Facts label to make healthier choices about what to eat and drink, and 70% ate fewer high-fat foods. The 1305 grant provided incentives for the persons with the greatest amount of weight lost, the largest percentage of body fat lost and the most inches lost.

Several community partnerships resulted in physical activity programs including the Haywood Middle School 5K run, Marla Angotti 5K run, the Move to Lose program, the Go Girl Go program, and the Class Act Cards which is a classroom intervention to allow teachers to incorporate physical activity into their daily routine.

Haywood County offers *Be More Active Haywood County* guides which list locations for physical activity. The City of Brownsville initiated a *Get Fit* campaign and will walk every Monday at 11:00am and 5:00pm.

In addition to these efforts, Haywood County has been awarded the distinction of being a Healthier Tennessee Community. Healthier Tennessee is a program initiated through the Governor's Foundation for Health and Wellness. The program focuses on providing support and resources for Tennesseans to live healthier lives by being physically active, consuming healthier foods, and reducing use of tobacco products.

★ Recognized

Healthier Communities		
EAST	MIDDLE	WEST
★ Grundy County	★ Hickman County	★ Germanton
Jefferson County	★ Houston County	★ Hardeman County
★ Kingsport	★ Macon County	★ Haywood County

### Teen Pregnancy/ Healthy Relationships

Through community partnerships and collaborative programs, Haywood County addresses teen pregnancy and healthy relationships. With a focus on education and access to resources, Haywood County offers strategies for this important health topic.

### **Tobacco/Tobacco Related Diseases**

Haywood County collaborates with the youth-led initiative called TNSTRONG (Tennessee Stop Tobacco and Revolutionize Our New Generation). TNSTRONG is a peer-to-peer education and advocacy program for prevention of tobacco and nicotine addiction across the state.

Area youth and advisors attended a TNSTRONG conference in 2018. In addition to learning about becoming advocates for tobacco policy and education, they also learned how tobacco impacts the aquatic realm at the Chattanooga Aquarium. After the conference students initiated a Tobacco Trivia at school. Every Tuesday and Thursday mornings Tobacco Trivia is conducted over the intercom. The first class to buzz the office with the correct answer wins a prize.

Haywood County has been very proactive in tobacco programming. An excerpt from the Haywood Health County brochure states,

Haywood County received funding of \$47,830.02 in 2016. Haywood County conducted a county assessment, set numeric goals for change which were aligned with the Tennessee Department of Health Tobacco Settlement Fund objectives and selected projects that were implemented over three years. Project goals for change included reducing secondhand smoke exposure in children, reducing tobacco use among pregnant women, and preventing children from initiating tobacco use. Haywood County was granted an additional \$7,690 in continuation funding which will be used to continue work on these topics (Health Brochure, 2018).

### **Conclusion**

The Haywood 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 Haywood 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.

## HAYWOOD COUNTY 2018

### Haywood 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.

Source: Better Tennessee Health Brief, 2018.

#### 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)

	TN
2016	31
2015	32
2014	32.6

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

#### Asthma

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

	Southwest	TN
2016	no data	16.1
2015	no data	14.5
2014	no data	14.4
2013	6.5	11.3
2012	13.8	11.0
2011	6.3	10.4
2010	8.7	9.3
2009	8.7	11.9

## HAYWOOD COUNTY 2018

2008		9.4			12.6			
2007		12.1			12.4			
2006		15.9			11.7			
2005		11.6			11.6			

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

### **2002-2007 childhood hospitalizations for Asthma Ages 10-17 Northwest TN**

Inpatient hospitalizations per 100,000	200
Emergency Room visits per 100,000	828
Average inpatient charges per stay	\$5,845
Average Outpatient charge per visit	\$800

Source: Tennessee Department of Health.

### **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.

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

### **Cancer**

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

	Haywood County			TN		
	Total	White	Black	Total	White	Black
2016	229.7	281.7	188.4	217.5	235.1	178
2015	216.4	274.1	166.9	214.8	229.5	170.4
2014	264	226.4	308.6	216.1	231.8	182.4
2013	203.0	248.9	164.2	214.5	231.0	176.4

# HAYWOOD COUNTY 2018

2012		268.8	293.7	240.8		211.2	226.5	176.3
2011		216.6	267.7	172.7		210.2	224.6	180.1
2010		234.2	220.5	264.1		212.9	234.6	178.9
2009		173.7	192.8	157.5		216.2	226.9	183.5
<b>Rates of SKIN Cancer</b>						<b>Rates of OTHER Cancer</b>		
		<b>TN</b>				<b>TN</b>		
		<b>Total</b>				<b>Total</b>		
2016		7.4		2016		6.5		
2015		7.5		2015		6.8		
2014		6.8		2014		7.4		

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

## 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)

	<b>TN</b>
2016	10.1
2015	9.6
2014	10.7

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

## Dementia/Alzheimer's Disease

Deaths from Alzheimer's per 100,000

		<b>Haywood County</b>			<b>TN</b>		
	<b>Total</b>	<b>White</b>	<b>Black</b>		<b>Total</b>	<b>White</b>	<b>Black</b>
2013	16.5	22.6	10.9		38.9	44.8	19.5

Source: Tennessee Department of Health.

\* 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.

## HAYWOOD COUNTY 2018

\* 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)**

	Southwest	TN
2016	no data	59.1
2015	no data	58.5
2014	no data	58.3
2012	47.8	38.6
2010	37.2	33.7

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

### **Diabetes**

**Deaths from Diabetes per 100,000**

	Haywood County			TN		
	Total	White	Black	Total	White	Black
2016	33.6	23.5	44.3	28.4	27.5	37.3
2015	16.6	11.4	22.3	27.1	26.6	32.8
2014	22	22.6	22	26.3	25.8	33.5
2013	5.5		10.9	27.9	27.1	36.8
2012	32.9	45.2	21.9	28.2	27.4	36.7
2011	37.9	11.2	64.8	27.1	26.3	35.7



# HAYWOOD COUNTY 2018

2010		21.3	11.6	31.7		26.4	26.4	35.0
2009		46.0	42.8	49.2		28.2	26.8	37.7

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)**

		<b>Southwest</b>		<b>TN</b>				
2016		no data		12.7				
2015		no data		12.7				
2014		no data		13				
2013		17.3		12.2				
2012		18.1		11.9				
2011		13.5		11.2				
2010		12.0		11.3				
2009		12.2		10.3				
2008		11.6		10.4				
2007		12.3		11.9				
2006		9.4		10.7				
2005		11.6		9.1				

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

		<b>Southwest</b>		<b>TN</b>				
2013		18.7		16.8				
2012		21.0		22.8				
2011		21.6		21.7				
2010		28.2		25.7				
2009		33.2		27.4				
2008		12.0		21.0				
2007		22.0		25.9				
2006		18.6		18.6				
2005		11.9		20.1				

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

**Percentage of Population Diagnosed with Diabetes**

		<b>Haywood County</b>		<b>TN</b>				
2018		15		13				
2017		15		13				

## HAYWOOD COUNTY 2018

2016	17	12
2015	16	12
2014	15	11
2013	14	11
2012	14	11
2011	13	11

Source: County Health Rankings and Roadmaps 2016-2018.

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

### Domestic Violence

#### Domestic Violence Offenses

##### Haywood County Sheriff's Office

	Reported	Cleared
2015	83	31
2014	90	23
2013	72	34
2012	88	38

##### Brownsville Police Department

	Reported	Cleared
2015	234	131
2014	193	111
2013	246	144
2012	279	169

#### Death from Homicide Per 100,000

	Haywood County			TN		
	Total	White	Black	Total	White	Black
2014	11		22	5.7	2.6	21
2013	0.0	0	0.0	6.2	3.3	20.8
2012	0.0	0.0	0.0	7.1	3.9	22.9
2011	10.8	0.0	21.6	6.9	3.9	21.9
2010	10.6	11.6	10.6	6.4	4.2	18.2
2009	10.2	0.0	19.7	7.9	4.5	25.3

Source: Tennessee Department of Health.

### 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)

	Southwest	TN
2016	no data	12.4
2015	no data	15.5
2014	no data	15.5

# HAYWOOD COUNTY 2018

2013	20.5	17.6
2012	17.5	19.2
2011	21.3	20.9
2010	18.4	17.7
2009	20.8	17.5
2008	16.9	15.9
2007	14.5	16.5
2006	14.0	14.8
2005	14.5	13.3
Individuals under 18 in poverty		
	Region 6	TN
2017	27.6	25.5
2016	35	26
2015	35	27
2014	33	26
2013	35	27
2012	34	26
2011	28	22
2010	29	23
Source: 2017 Tennessee Behavioral Health County and Region Services Data Book.		
Uninsured Adults-Percent Population Under Age 65 without health insurance		
	Haywood County	TN
2017	15	15
2016	18	17
2015	21	20
2014	17	21
2013	18	21
2012	18	20
2011	16	19
2010	12	15
Percent Children Living in Single-Parent households		
	Haywood County	TN
2016	46	36
2015	40	36
2014	45	36
2013	42	35
2012	50	35

## HAYWOOD COUNTY 2018

2011	48	34						
<u>Source:</u> County Health Rankings and Roadmaps 2014-2016.								
<u>Source:</u> Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute.								
<u>Source:</u> Tennessee Department of Health. Behavioral Risk Factor Surveillance System.								
<b>All People in Poverty-Percent</b>								
	<b>Haywood County</b>	<b>TN</b>						
2017	22.8	17.6						
2010-2014	24.7	18.3						
2009-2013	21.1	17.6						
<u>Source:</u> 2017 Tennessee Behavioral Health County and Region Services Data Book.								
<u>Source:</u> County and City Quick Facts.								
<b>Unemployment</b>								
	<b>Haywood County</b>	<b>TN</b>						
2018	6.6	4.8						
2017	8.6	5.8						
2016	9.9	6.7						
16-Jul	6.9	4.9						
Mar-15	9.1	6.3						
Feb-15	9.4	6.6						
Mar-14	10.7	6.4						
<u>Source:</u> County Health Rankings and Roadmaps 2016-2018.								
<b>Access to Recreation Facilities</b>				<b>Access to Physical Activities</b>				
	<b>Haywood County</b>	<b>TN</b>			<b>Haywood County</b>	<b>TN</b>		
2013	11	8		2016	16	69		
2012	11	8		2015	8	70		
2011	16	8		2014	43	60		
<u>Source:</u> Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute.								
<b>Heart Conditions</b>								
<b>Death from Diseases of the Heart Per 100,000 (rate)</b>								
	<b>Haywood County</b>				<b>TN</b>			
	<b>Total</b>	<b>White</b>	<b>Black</b>		<b>Total</b>	<b>White</b>	<b>Black</b>	

# HAYWOOD COUNTY 2018

2016		397.8	457.7	354.6		232.1	249.9	196.8
2015		327.4	285.5	378.4		237.5	252.8	190.1
2014		280.4	339.6	231.5		232.0	250.8	189.3
2013		230.4	248.9	208.0		226.7	245.1	183.1
2012		285.3	350.1	229.9		220.6	241.2	165.2
2011		281.6	368.1	205.1		221.0	239.7	175.3
2010		314.0	371.4	274.7		228.3	254.0	181.8
2009		367.8	396.3	344.6		228.0	241.1	185.8

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

Source: Tennessee Department of Health.

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

		<b>Southwest</b>		<b>TN</b>				
2016		no data		5.6				
2015		no data		6				
2014		no data		5.7				
2013		9.6		6.9				
2012		no data		6.7				
2011		4.9		5.2				

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

		<b>Southwest</b>		<b>TN</b>				
2016		no data		5.4				
2015		no data		4.9				
2014		no data		5.6				
2013		7		7.2				
2012		7.0		7.2				
2011		5.7		5.0				

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

## High Blood Pressure

**Deaths from Cerebrovascular Disease per 100,000**

		<b>Haywood County</b>				<b>TN</b>		
		<b>Total</b>	<b>White</b>	<b>Black</b>		<b>Total</b>	<b>White</b>	<b>Black</b>
2016		100.9	117.4	88.6		52.8	55.1	52.6

## HAYWOOD COUNTY 2018

2015		55.5	45.7	66.8		52.2	53.9	49.8
2014		44	34	55.1		50.7	53.1	48.4
2013		76.8	45.3	109.5		48.1	50.5	45.8
2012		43.9	45.2	43.8		46.3	48.6	42.9
2011		81.2	55.8	108.0		50.1	52.8	46.2
2010		63.9	81.2	52.8		50.1	54.3	45.6
2009		61.3	75.0	49.2		50.6	51.9	48.2

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

Source: Tennessee Department of Health.

**Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure? (percent)**

		Southwest		TN				
2016		no data		41.8				
2015		no data		38.5				
2013		40.1		38.8				
2012		46.9		39.7				
2011		42.9		38.7				
2010		35.6		35.4				
2009		36.4		32.6				
2007		30.2		33.8				
2005		35.6		30.2				

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

		Southwest		TN				
2016		no data		84.55				
2013		93.0		83.9				
2012		89.7		80.0				
2011		85.1		78.3				
2010		35.6		85.6				
2009		89.0		81.8				
2007		89.0		84.0				
2005		91.3		83.4				

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

**Influenza in rural West Tennessee**

**Sentinel Provider Influenza-Like Illness Surveillance Data**

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## HAYWOOD COUNTY 2018

	<b># Patients</b>								
2017 (yearly total)	28								
2014-November	35								
<u>Source:</u> Tennessee Department of Health Sentinel Provider Influenza-like Illness Surveillance Summary.									
<b>Mental Illness</b>									
* 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.									
<u>Source:</u> National Institute of Mental Health.									
<b>Average Number of Mentally Unhealthy Days Reported in Last 30 Days</b>									
	<b>Haywood County</b>	<b>TN</b>							
2018	4.8	4.5							
2017	4.9	4.4							
2016	5.0	4.9							
<u>Source:</u> County Health Rankings and Road Maps 2016-2018.									
<b>Estimated number and percent of people over the age of 18 with serious mental illness in the past year.</b>									
	<b>TN</b>								
	<b>Percent</b>								
2015-2016	5								
2014-2015	4.4								
2013-2014	4.7								

## HAYWOOD COUNTY 2018

<b>Estimated number and percent of people over the age of 18 with any mental illness in the past year</b>								
		<b>TN</b>						
		Percent						
2015-2016		19.6						
2014-2015		19.9						
2013-2014		20.4						
Source: Behavioral Health Indicators for Tennessee and the United States 2018 Data Book.								
<b>Number of behavioral health safety net (BHSN) enrollments and enrollments as a percentage of people over age 18 with a serious mental illness</b>								
		<b>Haywood County</b>				<b>TN</b>		
		#	Percent			Percent		
2017		102	3.5			3.4		
2016		105	3.6			3.5		
2015		116	4.0			4.0		
Source: TN.gov Behavioral Health Safety Net Fast Facts 2015-2017.								
<b>Motor Vehicle Accidents</b>								
Deaths from Motor Vehicle Accidents Per 100,000								
			<b>Haywood County</b>			<b>TN</b>		
		<b>Total</b>	<b>White</b>	<b>Black</b>		<b>Total</b>	<b>White</b>	<b>Black</b>
2014		11	22.6			15.1	16.2	13
2013		16.5	0.0	32.8		15.5	16.5	13.9
2012		38.4	22.6	54.7		14.8	16.1	10.7
2011		21.7	22.3	21.6		15.6	16.7	13.0
2010		26.6	34.8	21.1		16.8	18.8	11.5
2009		20.4	32.1	0.0		16.4	17.1	13.6
Source: Tennessee Department of Health.								
<b>Haywood County Overall Traffic Crash Data</b>					<b>Haywood County Alcohol Impaired Crashes Per 100,000</b>			
	<b>Fatal</b>	<b>Injury</b>	<b>PDO</b>	<b>Total</b>		<b>Crashes</b>	<b>Rate</b>	<b>Rank</b>
2015	8	133	362	503		22	1.818	21



## HAYWOOD COUNTY 2018

2014	6	123	361	490		20	1.672	30
2013	9	123	364	496		27	2.247	6
2012	8	109	309	426		28	2.331	14
2011	10	144	380	534		20	1.643	41
2010	6	138	309	453		23	1.892	14
2009	7	136	299	442		19	1.561	47
2008	1	138	286	425		16	1.311	67

### Crash Rates Per 1,000 Licensed Drivers

	2014	08-14 Av	2011-2015 Av
Licensed Drivers	11,963	12,101	12,055
Fatal Crash Rate	0.502	0.555	0.680
Rank	5	2	1
Injury Crash Rate	10.282	10.749	10.486
Rank	8	8	9
Overall Crash Rate	40.96	38.561	40.665
Rank	7	11	8

Source: Tennessee Department of Safety and Homeland Security.

### Obesity

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

	Haywood County	TN
2018	36	32
2017	38	32
2016	41	32
2015	41	32
2014	39	32
2013	36	32
2012	36	32
2011	36	31
2010	35	31

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

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

#### Adults who have a body mass index greater than 30-obese (percent)

	Southwest	TN
2013	38.8	33.7
2012	no data	31.1

## HAYWOOD COUNTY 2018

2011		33.4			29.2		
2010		37.2			31.7		

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

### **Osteoporosis**

\* Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million women and men aged 50 and older.

\* The 44 million people with either osteoporosis or low bone mass represent 55 percent of the people aged 50 and older in the United States.

\* The figure will increase to more than 61 million by 2020.

\* Over 10 million people already have osteoporosis and 80 percent are women.

Source: International Osteoporosis Foundation.

### **Sexually Transmitted Diseases**

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

Haywood County			TN		
Year	#	Rate	#	Rate	
2016	194	no data	4081	no data	
2015	185	no data	3830	no data	
2014	167	no data	3988	no data	
2012	no data	24.3	no data	20.3	
2010	no data	22.7	no data	18.9	
2009	no data	16.2	no data	21.2	
2008	no data	21.3	no data	21.2	
2007	no data	33.9	no data	22.5	

Source: TN-PRISM (Patient Reporting Investigating Surveillance Manager).

Source: Tennessee Commission on Children and Youth. Kids Count 2009, 2010, 2011, 2012, 2013.

### **Substance Use**

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

Southwest			TN		
2013		35			37.5
2012		28.9			38.6
2011		33.3			37.5
2010		19.9			28.2
2009		21.0			25.1
2008		27.1			33.6

# HAYWOOD COUNTY 2018

2007		23.7			32.9			
2006		22.5			29.5			
2005		26.6			34.7			
<b>Heavy drinkers (Adult men having more than 14 drinks per week and adult women having more than 7 drinks per week) (percent)</b>								
		<b>TN</b>						
2016		5.6						
2015		4.7						
2014		4.1						
<b>Binge drinkers: (Males having five or more drinks on one occasion and females having four or more drinks on one occasion) (percent)</b>								
		<b>Southwest</b>			<b>TN</b>			
2016		no data			13.1			
2015		no data			10.3			
2014		no data			10.6			
2013		4.3			9.6			
2012		6.1			11.3			
2011		8.2			10.0			
2010		4.7			6.6			
2009		12.7			6.8			
2008		8.5			10.5			
2007		6.3			9.0			
2006		11.0			8.6			
2005		9.9			8.6			
<b>Source: Tennessee Department of Health. Behavioral Risk Factor Surveillance System, 2014-2016.</b>								
<b>Estimated number and percent of people over age 18 with a dependence on illicit drugs or alcohol in the past year</b>								
		<b>Haywood County</b>			<b>TN</b>			
2010-2012		1,106/7.91			8.20			
2008-2010		1,104/7.90			8.04			
2006-2008		1,093/7.85			8.86			
<b>Number of unique TDMHSAS A&amp;D Treatment Admissions as a percent of people over age 18 with a dependence on or abuse of illicit drugs or alcohol in the past year.</b>								
		<b>Haywood County</b>			<b>TN</b>			

# HAYWOOD COUNTY 2018

Fy2014		53/4.79		3.95			
Fy2013		47/4.26		3.53			
Fy2012		50/4.53		3.52			
<b>Number and percent TDMHSAS funded treatment admissions with ALCOHOL identified as substance of abuse</b>							
		<b>Haywood County</b>		<b>TN</b>			
2016		14/*		5,894/42.1			
2015		25/65.8		6,004/44.7			
2014		33/67.3		6,213/45.9			
Fy2015		28/68.3		44.8			
Fy2014		36/67.9		44.2			
Fy2013		37/69.8		45.4			
Fy2012		36/72.0		45.3			
<b>Number and percent TDMHSAS funded treatment admissions with CRACK COCAINE identified as substance of abuse</b>							
		<b>Region 6</b>		<b>TN</b>			
2016		274/17.1		2,614/18.7			
2015		328/20		2,634/19.6			
2014		340/20.1		2,722/20.1			
<b>Number and percent TDMHSAS funded treatment admissions with HEROIN identified as substance of abuse</b>							
		<b>Region 6</b>		<b>TN</b>			
2016		138/8.6		1,518/10.8			
2015		87/5.3		1,069/8			
2014		52/3.1		721/5.3			
<b>Number and percent TDMHSAS funded treatment admissions with MARIJUANA identified as substance of abuse</b>							
		<b>Haywood County</b>		<b>TN</b>			
2016		22/64.7		5,327/38			
2015		14/*		5,206/38.7			
2014		18/*		5,362/39.6			
<b>Number and percent TDMHSAS funded treatment admissions with METH identified as substance of abuse</b>							
		<b>Haywood County</b>		<b>TN</b>			

## HAYWOOD COUNTY 2018

2016		9/*			2,869/20.5		
2015		5/*			2,089/15.5		
2014		11/*			1,849/13.7		
Fy2015		5/*			15.3		
Fy2014		<5/*			11.6		
Fy2013		<5/*			12		
Fy2012		<5/*			10.1		

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

		<b>Region 6</b>			<b>TN</b>		
2016		25/59.5			5,792/41.4		
2015		15/*			5,907/43.9		
2014		19/*			5,859/43.3		
Fy2015		6/*			43.2		
Fy2014		11/*			40.2		
Fy2013		<5/*			28.4		
Fy2012		10/*			39.1		

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

		<b>Region 6</b>			<b>TN</b>		
2016		16/*			208/1.5		
2015		15/*			281/2.1		
2014		20/1.2			300/2.2		
Fy2014		23/48.9			38.6		
Fy2013		28/56.0			37.3		
Fy2012		26/63.4			36.9		

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

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

2017		10					
2016		12					
2015		4					
Cy2013		111					
Cy2012		62					
Cy2011		30					

Source: NIBRS, 2015-2017.

Source: Tennessee Department of Mental Health and Substance Abuse Services. Tennessee Behavioral Health County Data Book 2014.

# HAYWOOD COUNTY 2018

<b>Teenage Pregnancy</b>								
<b>Pregnancies Age 10-17 per 1,000 Females</b>								
		<b>Haywood County</b>				<b>TN</b>		
		<b>Total</b>	<b>White</b>	<b>Black</b>		<b>Total</b>	<b>White</b>	<b>Black</b>
2016		5.4	5.1	3.9		5.4	4.5	9.7
2015		5.1	4.6	5.7		6	5.1	10.2
2014		11.9	13.6	11		6.3	5.5	10.7
2013		17.3	6	12.9		7.2	6	12.9
2012		10.0	0.0	18.0		8.3	7.0	14.0
2011		15.4	9.0	20.9		8.9	7.3	15.5
2010		17.6	9.3	25.1		10.0	8.3	17.9
2009		18.5	15.2	20.9		12.0	9.1	21.9
<b>Pregnancies Age 15-17 Per 1,000 Females</b>								
		<b>Haywood County</b>				<b>TN</b>		
		<b>Total</b>	<b>White</b>	<b>Black</b>		<b>Total</b>	<b>White</b>	<b>Black</b>
2016		15.4	14.7	10.9		13.7	11.5	23.6
2015		14.5	13.5	16		15.2	13.2	24.7
2014		34.6	40	31.6		16.1	14.2	25.6
2013		41.6	24.4	57.6		18.2	15.6	30.8
2012		26.2	0.0	47.6		21.2	18.1	33.9
2011		34.5	23.3	44.4		22.4	18.9	36.5
2010		41.7	24.7	56.8		24.8	21.1	42.1
2009		41.2	41.7	40.9		29.6	22.4	55.5
<b>Source: Tennessee Department of Health.</b>								
<b>Tobacco Use</b>								
<b>Are you a current smoker?</b>								
		<b>Haywood County</b>				<b>TN</b>		
2018		22				22		
2017		24				22		
2016		26				24		
2013		32.8				24.3		
2012		29.0				24.9		
2011		26.0				23.0		
2010		24.9				20.1		
2009		20.5				22.0		

## HAYWOOD COUNTY 2018

2008	23.0	23.1
2007	31.0	24.3
2006	25.5	22.6
2005	21.4	26.7

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

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

	Haywood County	TN
2016	26	24
2015	17	23
2014	17	23
2013	17	23
2012	19	24
2011	no data	24
2010	no data	25

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

### Traumatic Brain Injury

#### Haywood County

TBI related fatality count	2
Relative Rate	0.9

Source: Traumatic Brain Injury Program Annual Report 2016-2017.

#### 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.

### 2016 Population

Estimate: 17,853

% White: 48.6

% Black: 49.9

% Other: 1.5

<http://quickfacts.census.gov>

### Education Level:

High School Graduate:

79%

Bachelor's Degree:

12.8%

<http://quickfacts.census.gov>

Median Household Income: \$34,182

Persons Below Poverty: 21.1%

Children Below Poverty: 34.5%

<http://quickfacts.census.gov>

<http://datacenter.kidscount.org>

# of Public Schools: 7

Students Receiving Free/Reduced Lunch: 67.1%

<http://datacenter.kidscount.org>

2014 Teen Pregnancy Rates (age 10 – 17):

State Rate: 7.2/1,000

County Rate: 17.3/1,000

<https://www.in.gov/health/topic/health-data>

2014 Infant Mortality Rates:

State Rate: 6.9/1,000

County Rate: 22.7/1,000

<https://www.in.gov/health/topic/health-data>

### 2017 HEALTH RANKINGS:

Health Outcomes: 94

Health Factors: 91

<http://www.countyhealthrankings.org/>

Health Outcomes: represent how healthy a county is within the state. The healthiest county is ranked #1.

This rank is based on: how long people live and how healthy they feel while alive

Health Factors: represent what influences the health of a county. This rank is based on: health behaviors, clinical care, social and economic factors, and physical environment factors.

### 2014 Leading Causes of Death:

1. Heart Disease

2. Cancer

3. Chronic Lower Respiratory Disease

4. Accidental Death

5. Cerebrovascular Disease

<https://www.in.gov/health/topic/health-data>

### 2017 Leading Behavioral Risk Factors:

1. Adult Obesity (38%)

2. Physical Inactivity (36%)

3. Alcohol-impaired driving deaths (26%)

4. Adult smoking (24%)

<http://www.countyhealthrankings.org>

### Top Health Council Priorities:

1. Obesity/Physical Inactivity/Nutrition
2. Teen Pregnancy/Healthy Relationships
3. Tobacco/Tobacco Related Diseases

### Meeting Times:

Regular Meetings are Quarterly: 2<sup>nd</sup> Tuesday of March, June, September, and December with Two Extra Meetings for Community Outreach

### Community Partners:

The Haywood County Health Council is comprised of representatives from area agencies; faith and community-based organizations; schools; colleges; universities; local government; health care providers; businesses; as well as other individuals who work collectively to improve health outcomes in the county. The council's goals are accomplished through regular meetings, strategic planning, identification of resources, and the work of subcommittees that focus on specific health issues.



## TOBACCO SETTLEMENT PROJECTS:

\$15 million was appropriated in the 2014 state budget for three years to support tobacco use prevention projects chosen by the county Health Departments. Haywood County received funding of \$14,409.28 in 2014, \$9752.21 in 2015, and \$47,830.02 in 2016.

Haywood County conducted a county assessment, set numeric goals for change which were aligned with Tennessee Department of Health Tobacco Settlement Fund objectives, and selected projects that were implemented over three years. Project goals for change included reducing secondhand smoke exposure to children, reducing tobacco use among pregnant women, and preventing children from initiating tobacco use.

Haywood County was granted an additional \$7,690 in continuation funding for fiscal year 2017. These funds will be used to continue to work on those three topic areas.

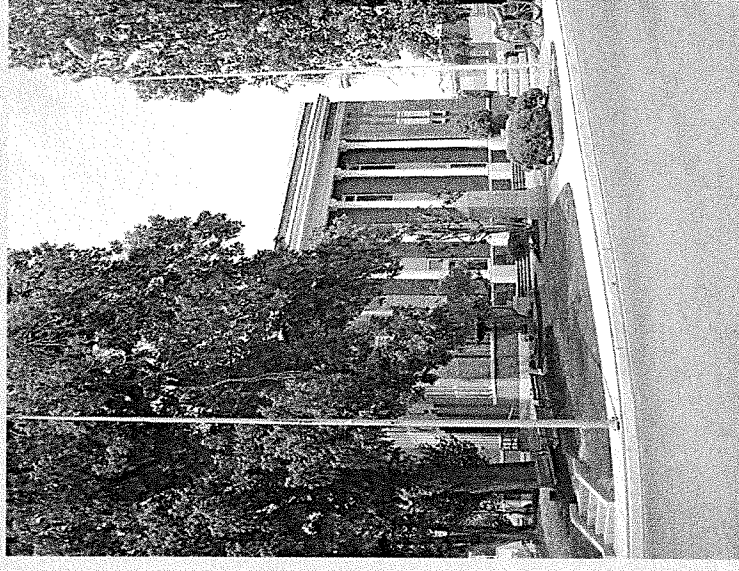
## Health Promotion Highlights

- Rural Access to Health, Healthy Active Built Environment Grant
- Primary Prevention Initiative Activities
- Healthier TN Initiative
- Healthier TN Community
- Public Health Week Activities
- Innovative CDC1305 & CDC 1416 Grant Activities
- Tobacco Settlement Grant Activities
- Prenatal Classes
- Breast & Cervical Cancer Awareness Event
- "ExtraOrdinary" Baby Shower
- Living Well With Chronic Conditions Workshop
- Take Charge of Your Diabetes Workshop

Haywood County Health Educator:  
Currently Vacant

Haywood County Chair:  
Tennille Short  
Phone | 731.772.2861  
E-mail | [ztshort@utk.edu](mailto:ztshort@utk.edu)

## HAYWOOD COUNTY COMMUNITY HEALTH COUNCIL PROFILE (2017)



### MISSION STATEMENT:

The Haywood County Community Health Council acts as a working council whose purpose is to address health issues of significance, resource availability and allocation, and to develop strategies to improve health outcomes within the community.



## **Haywood Health Council Minutes**

December 12, 2017

11:30a.m – 1:00p.m.

Chamber of Commerce

### **In Attendance:**

Sherry Boyd, Jessica Littlejohn, Elise Gillespie, Tennille Short, Rodger Jowers, Skylar Johnston, Mary Stewart, Carita Cole, Karen Jones, Melanie Gilliland, Debbie Armour, Cindy Smith, Nicole Newman, Peggy Jackson, Denita Jarratt, Travis Wade, Gwen Gavin, Juanita Williams, Bill Rawls, KeShauna Bond, Brianna Jones, Iyana Taylor, Ciji Lovelace, Amelya Cooper, Mikala Leath, Kaitlin Leath, Barbara Hobson

### **I. Meeting Called to Order**

- a. The meeting was called to order at 11:30 am by Tennille Short.

- II. **Welcome / Introductions- Chairman, Tennille Short** welcomed members and special guests; HHS Student Health Council and Mayor Rawls. A special slideshow presentation highlighting all of the great work done in 2017 was shown during lunch.

### **III. Approval of prior minutes**

There was a motion to approve the minutes as written by Travis Wade; there was a second on the motion by Juanita Williams. The motion carried by unanimous vote.

### **IV. Old Business**

#### **a. CDC 1305 – Public Health Educator, Elise Gillespie**

- i. Fruit Basket Fridays were held every Friday in September. Students and their families could stop by the Family Resource Center at Haywood Elementary School and get a fresh piece of fruit. Choices included plums, apples, oranges and pears. An additional Fruit Basket Friday was held at the Anderson Family Resource Center on the Friday before Halloween to remind parents that healthy options should be presented at parties and celebrations, too.
- ii. The 8-week Move to Lose challenge ended on November 5<sup>th</sup>. Survey results were great. 65% increased their vegetables, 87% used the Nutrition Facts label to make healthier choices about what to eat or drink, and 70% ate fewer high-fat foods. The 1305 grant provided incentives for the persons with the greatest amount of weight lost, the largest percentage of body fat lost and the most inches lost.

#### **b. CDC 1416 (C3) – C3 Program Assistant, Nicole Newman**

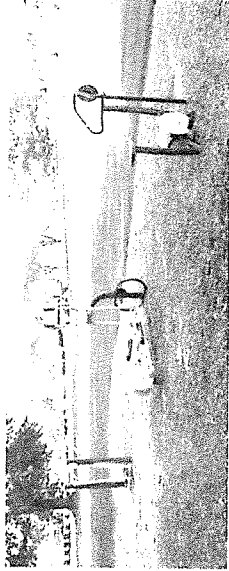
- i. Nicole shared that C3 partnered in several community events; Marla Angotti 5K run, Move to Lose, and Go Girl Go.
- ii. Nicole also shared that the C3 Be More in Your Community meeting was held in Murfreesboro and expressed appreciation to all the community partners that were able to attend.
- iii. Class Act Cards have been given to all schools as an intervention in all the classrooms to allow teachers to incorporate physical activity into their daily routine.

- b. Juanita Williams with Helping Hands announced that their dental clinic will be opening in the spring. They will work with under insured, uninsured and mentally delayed persons.
- c. Gwen Gavin/City of Brownsville announced their "Get Fit" campaign will begin on January 22, 2018 at Carver. They will walk on Mondays at 11:00a.m. And 5:00p.m.
- d. Rodger Jowers announced TN Unit for Adverse Childhood Experiences is hosting an event on Building Strong Brain Curriculum in Jackson on January 30-31, 2018. They also want to have regional partnership for children and families with Adverse Childhood Experiences.
- e. Matt McDaniel, Haywood County Health Department County Director announced that the state was doing some redistricting and he would no longer be director in Haywood County. The new director in Haywood County will also have Crockett and Hardeman Counties.
- f. Ciji Lovelace, HHS Student Health Council Team Member thanked Cindy Smith and Elise Gillespie for working with them.

**VII. Adjournment:**

There was a motion by Juanita Williams to adjourn the meeting and there was a second on that motion by Travis Wade. The motion carried by unanimous vote; the meeting was adjourned at 1:00.

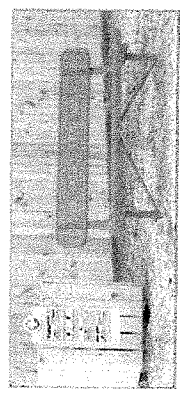
FREE, OUTDOOR ADULT EXERCISE EQUIPMENT IS NOW AVAILABLE!!



ADULT EXERCISE EQUIPMENT

- Air Walker - strengthens leg muscles and improves cardiovascular endurance
- Cross Country Ski - strengthens leg muscles, improves cardiovascular endurance and aids in recovering lost agility
- Elliptical - strengthens leg muscles and improves cardiovascular endurance
- Recumbent Bike - strengthens leg muscles and improves cardiovascular endurance
- Stepper - strengthens glutes and legs
- Upright Bike - strengthens calves, hamstrings, glutes and quadriceps

YOU DON'T NEED SPECIAL EQUIPMENT TO GET FIT, JUST A BENCH




While watching your children play, waiting for an appointment, or during your regular exercise routine, you can now find a bench near you with exercise signs to add in some toning.

BICYCLING IS A GREAT FORM OF PHYSICAL ACTIVITY

New bike racks have been added throughout the county to allow you to bike places, rather than drive. Don't forget to wear your helmet and follow bicycle safety!

# STANTON PHYSICAL ACTIVITY LOCATIONS

**Locations to Walk/Run Laps**  
Laps needed to equal one mile are listed by location name. This symbol  denotes BE MORE mileage sign posted at location.

- Douglas Community Center 4 laps
- Hatchie River Wildlife Refuge 1 time round trip
- Pilgrims Rest 15 laps



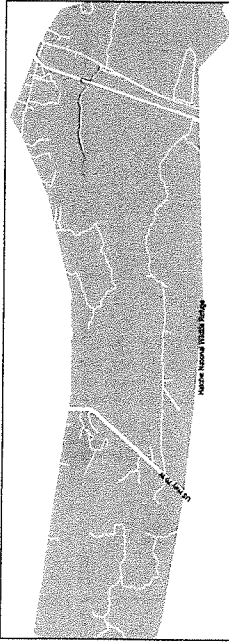
Bench Exercise Locations

- Douglas Community Center



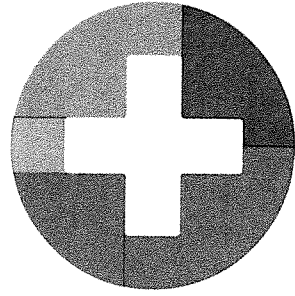
Bike Rack Locations

- City of Stanton Town Hall



# BE MORE ACTIVE, HAYWOOD COUNTY!

Your guide to free places to be physically active in Haywood County.

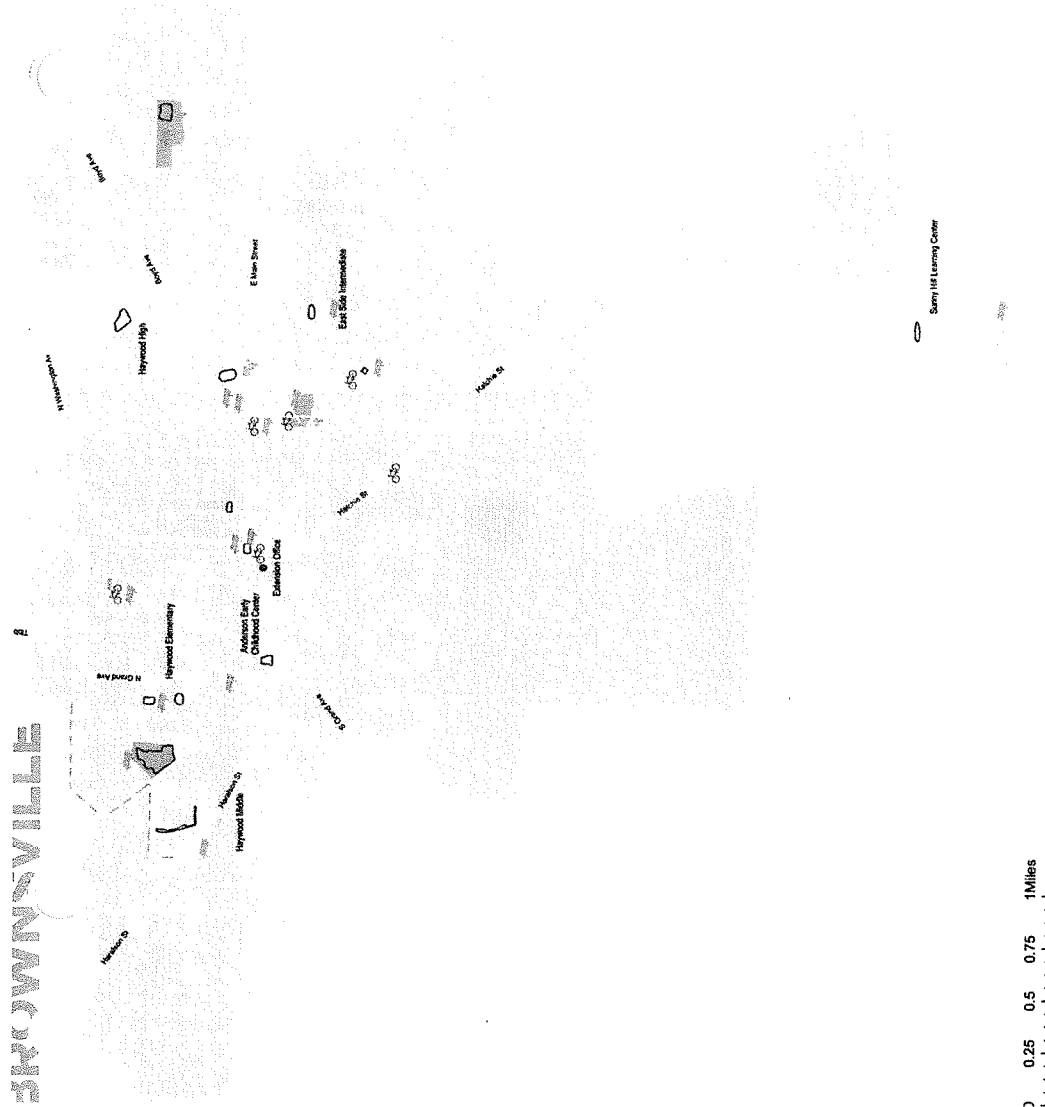


BE MORE  
HEALTHY CHOICES ADD UP

HAYWOOD COUNTY EXTENSION

100 South Wilson Avenue, P.O. Box 192  
Brownsville, TN 38012  
(731)772-2861

Tennille Short, Extension Agent  
UT/TSU Extension- Haywood County  
(731) 772-2861



**Locations to Walk/Run Laps**  
Laps needed to equal one mile are listed by location name. This symbol denotes BE MORE mileage sign posted at location.

- Anderson Early Childhood Center 6 laps
- Brownsville Courthouse Square 8 laps
- East Side Intermediate School 5 laps
- Family Life Fellowship 8 laps
- First United Methodist Church Gym 20 laps
- Haywood Elementary School Track A 7 laps
- Haywood Elementary School Track B 7 laps
- Haywood High School 4 laps
- Haywood Middle School 2 laps
- LZ Hurley Stadium 5 laps
- Sunny Hill Innovative Learning Center 6 laps
- Volunteer Park 4 laps
- Webb Banks Passive Park 2 laps

## Adult Exercise Equipment

Type of equipment is listed for each location below.

- Uniquely Haywood - Recumbent Bike and Cross Country Ski
- Volunteer Park - Air Walker, Cardio Stepper and Elliptical
- WOW - Air Walker, Cardio Stepper and Elliptical

## Bench Exercise Locations

- Brownsville Courthouse Square
- College Hill Tennis Courts
- Delta Heritage Center
- East Side Intermediate School
- Family Life Fellowship
- Haywood County Health Department
- Haywood Elementary School
- Haywood Middle School
- Library
- Scott Street Community Center
- Tamm Park
- Uniquely Haywood Park
- Volunteer Park
- Webb Banks Passive Park
- WOW Park

## Bike Rack Locations

- Brownsville Amphitheater
- Family Life Fellowship
- Hatchie Street Basketball Court
- Haywood County Health Department
- Scott Street Community Center
- Uniquely Haywood Park

## Bike Lanes

- Thomas St/Key Corner St/ Meadow St Bike Lane