



BLOUNT COUNTY

Community Health Initiative



www.blounthealth.org

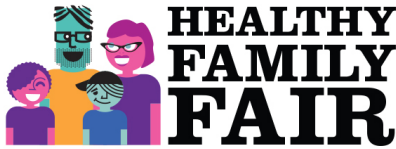
CHIghlights

Summer 2014

News and information from the Blount County Community Health Initiative

Join Us at the Healthy Family Fair

Free and fun healthy living activities and information for all ages



SATURDAY, AUGUST 23, 10 a.m. - 2 p.m.



What: Healthy Family Fair

When: Saturday, Aug. 23, 10 a.m. - 2 p.m.

Where: Everett Senior Center, 702 Burchfield St., Maryville, TN 37804

Building a healthier Blount County begins at home — around the dinner table, in the activities we choose to participate in with our family members, and in the personal choices we make to prevent illness and injury and promote good health. To help our neighbors access the information and resources they need to achieve their highest potential for health, the Community Health

Initiative is hosting a free Healthy Family Fair.

This rain-or-shine event will be informative and fun for all ages. Take a look at the scheduled health and safety displays, giveaways and activities, and make plans to attend.

FREE health & wellness information and displays include:

- Living tobacco-free
- BMI screenings
- Safety including fire prevention, sun safety and staying safe on the Internet
- Living with food allergies
- Healthy ways to manage stress
- Senior safety including preventing falls and the Know ME Program
- Fitness and nutrition tips
- Stroke prevention
- Managing diabetes for better health

FREE activities include:

- Human foosball
- Kid's bounce house

- Child ID kits including fingerprinting
- Smoke House demonstration by the Blount County Fire Department
- Fatal vision goggles demonstration by the Blount County Sheriff's Office
- Blood pressure and medication checks
- Cooking, unicycle and jump rope team demonstrations
- Burlap sack races

FREE giveaways include:

- Healthy smoothies
- Tobacco-free in Tennessee wristbands
- Bubbles, stickers and activity books for kids
- Blue Brain stress balls
- Medical lock box sign-ups for seniors
- Various healthy living resource guides
- Smoke detectors

Meet the Action Teams

Approximately 180 people donate their time and talents to one of the Blount County Community Health Initiative action teams listed below. For a brief description of each team, visit www.blounthealth.org.

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| ■ Teen Pregnancy Prevention Team | ■ Environmental Health Team |
| ■ Substance Abuse Prevention Action Team | ■ Blount Believers Team |
| ■ Blount BEneFITs Team | ■ Food Allergy Support Group |
| ■ Mental Health Awareness and Suicide Prevention Alliance | ■ SAFE Blount County (violence prevention including child and senior abuse and neglect) |
| ■ Task Force Against Domestic Violence | |

MEET OUR NEWEST ACTION TEAM:

SAFE Blount County

SAFE Blount County focuses on preventing any form of harm or violence in our community with a particular emphasis on protecting children and seniors. Specific education and prevention topics may include: child and senior abuse and neglect, bullying, exploitation, unintentional injuries (such as bicycle safety), and food and medication safety.

PROGRAM SHOWCASE:

2 SAPAT – Free Medical Lock Boxes for Seniors

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SAVE THE DATE

SAPAT Hosts “Saving Generation Rx”

Free breakfast and lunch seminar focuses on preventing prescription drug abuse in Blount County

One in every three Tennesseans fills a prescription for narcotic painkillers at least once a year, according to a report published in the journal JAMA Internal Medicine. Between 2007 and 2011 alone, that amounted to 37 million total prescriptions for painkillers in our state. The ready supply of powerful pain medications in homes has helped make drug abuse the leading cause of accidental death in Tennessee and across the nation.

Since abuse crosses all age groups and income levels, it's a community health problem that affects everyone in Blount County. That's why the Substance Abuse Prevention Action Team (SAPAT)

SAVING GENERATION

Rx



is hosting the “Saving Generation Rx” seminar. This free, community health education event will include important information about current prescription drug abuse trends and issues, as well as the lasting impacts on future generations due to neonatal abstinence syndrome (NAS).

Preventing Prescription Drug Abuse in East Tennessee

WHEN: Friday, Sept. 19, 8 a.m. - 2 p.m.

WHERE: Clayton Center for the Arts, Maryville College
502 E. Lamar Alexander Pkwy., Maryville, TN 37804

WHAT: Expert panel presentation. Free event with CME credits offered to eligible attendees. Breakfast and lunch provided.

QUESTIONS: Call The Blount County Community Health Initiative at 865-977-5727.

Key speakers include: Dr. John Dreyzehner, commissioner, Tennessee Department of Health; Dr. Michael Warren, director, Division of Family Health and Wellness, Tennessee Department of Health; and Granger Brown, substance abuse outreach coordinator, Tennessee Suicide Prevention Network

Blount County Needs You

By sharing your time and talents with a Community Health Initiative action team, you can make a positive, lasting contribution to the health of our community. New volunteers are matched to the action team which best fits their interests, professional background or life experience. To learn how you can get involved, complete a volunteer action team application.

Applications are available on the Community Health Initiative website, www.blounthealth.org, or by calling Blount Memorial Hospital community outreach coordinator Judy Clabough at 865-977-5718.

ACTION TEAM SHOWCASE

SAPAT

Free Medical Lock Boxes for Seniors

New initiative helps prevent accidental overdoses and prescription drug abuse.



Seniors often take multiple medications, which typically are stored in an easily accessible location such as a kitchen or bathroom cabinet. When taken as prescribed, these medications are helpful. They can be deadly, however, if ingested by someone other than the person whose name is on the prescription label.

Every year thousands of children and teens are hospitalized — and some die — after taking medications not meant for them. Brightly colored pills can look like candy to toddlers, and unlocked medicine cabinets can give teens and other family members free and easy access to prescription drugs.

Even seniors who don't have children or teens living in or visiting their homes should lock up their medicines for safety. Pet owners, in particular, need to keep close track of all medication since common human medicines, such as acetaminophen and ibuprofen, can be deadly for a dog or cat. In addition, anyone who hires outside contractors to perform home repairs, cleaning services or yard care should secure medications to prevent thefts.

To help Blount County seniors keep their medications (including vitamins and herbal supplements) safe and secure, SAPAT is providing free medical lock boxes through the free Blount County Senior Outreach “Know ME” program. To participate, seniors complete an Emergency Medical Information form to be posted inside a kitchen cabinet door and a small Know ME decal to place on the front door where it will be clearly visible to first respond-

(cont. on pg. 3)

Free Medical Lock Boxes, cont. from pg. 2

ers. In case of emergency, first responders will know exactly where to find essential medical information, which saves time and could save lives.

For more information about the free medical lock boxes and the Know ME program, or to enroll, call Blount County Senior Outreach at 865-273-5000.

How It Works

The free SAPAT medical lock box is easy to use. Simply put your medicines and supplements inside, lock the box using a key or secure combination (depending on model), and store the box out of sight. The box's bland, white color won't attract curious children and there's no label teens can read to identify what's inside.

Benefits

- Keep all of your medicines organized and in one place.
- Restrict access to your medications.
- Have peace of mind knowing your medicines are safe.
- Protect children, teens and pets from accidental overdoses and poisoning.
- Prevent medication thefts by people visiting or working in your home.
- Safely store and transport medications when traveling.

What You Can Do

Seniors aren't the only ones who take prescription medications that could be abused or accidentally ingested by a child, teen or pet. To help prevent accidental drug overdoses and prescription drug theft in your home, follow these five medication safety steps when using and storing prescription and over-the-counter medications.

1. Keep medications in original containers, and monitor quantities closely.
2. Never take someone else's medication or give your medications to another person.
3. Read the label every time you take a dose, and always take the medication as prescribed.
4. Keep a current list of your medications.
5. Store all medications in a locked box that is kept out of view.

Action Team Updates

In each issue of CHighlights, we'll include any recent updates and achievements from the action teams. To feature your team in an upcoming newsletter, send news items to Judy Clabough at jclaboug@bmnet.com.



SAFE Blount County

SAFE Blount County will host a free **Stewards of Children** training this fall. Stewards of Children is an evidence-informed program that teaches adults how to prevent, recognize and react responsibly to child sexual abuse. It is designed for organizations that serve children and teens, and for individuals concerned about the safety of children in our community. The training is set for **Tuesday, Oct. 14 at the Blount County Library from 11 a.m. to 1 p.m.** There is no charge and lunch will be provided. Check the Blount County Community Health Initiative website, www.blounthealth.org, or call the Blount Memorial Foundation and Community Outreach at 865-977-5727 for more information.

Food Allergy Support Group

The Community Health Initiative's Food Allergy Support Group offers information and support for individuals and families affected by food allergies and anaphylaxis. The group meets the fourth Tuesday of each quarter from 6:30-7:30 p.m. in the Blount Memorial Hospital auditorium. For more information, call 865-977-5727.

Community Health Initiative
**Food Allergy
SUPPORT GROUP**



Substance Abuse Prevention Action Team (SAPAT)

SAPAT is gearing up to host its popular Take A Stance Movie Night in conjunction with the Red Ribbon Week (Oct. 23-31) national drug, alcohol, tobacco and violence prevention awareness campaign events. Area high school juniors and seniors who sign the Take A Stance pledge to lead healthy, substance-free lives are rewarded with a free red carpet-screening event at Carmike Cinemas Foothills 12 in Maryville. The festivities include a guest speaker, movie and giveaways.

Drug Take Back Day

Clean your medicine cabinet on Saturday, Sept. 27.



Drug Take-Back Day
Saturday, Sept. 27 • 10 a.m. to 2 p.m.
Blount County Justice Center
926 E. Lamar Alexander Pkwy.

Help keep your family and our community safe by bringing* any expired, unwanted or unused medications to the fall Drug Take-Back Day. Proper disposal of prescription and over-the-counter medications helps prevent drug-related abuse, thefts, accidental poisonings and environmental hazards.

**All medication drop-offs are anonymous, no questions asked.*

Healthy Resources

FREE GUIDES



• RECREATION

The Blount BEnEFITs action team created a Recreational Resource Guide for Blount County to help families easily access local recreational and wellness information. Visit www.blounthealth.org to download the guide.

• SUICIDE PREVENTION

The Mental Health Awareness and Suicide Prevention team helped develop a suicide prevention resource guide for the community. Visit www.blounthealth.org to download the guide, or get a free copy by calling the Blount Memorial Emotional Health & Recovery Center at 865-981-2300.



• TOBACCO USE

Living Tobacco-Free is a free, local resource guide from Blount Memorial for people who are ready to quit smoking or stop using smokeless tobacco products. To get your free copy, call the Blount Memorial Foundation and Community Outreach at 865-977-5727, or visit www.blountmemorial.org and look under the Patient Resources block of the homepage.

WEBSITES

- Blount County Community Health Initiative, www.blounthealth.org
- Blount Memorial Hospital, www.blountmemorial.org
- Drug Free Communities Support Program, www.whitehousedrugpolicy.gov/dfc
- Tennessee Department of Health, <http://health.state.tn.us>

LOCAL RESOURCES

- Alcoa Police Department – 865-981-4111
- Blount County Health Department – 865-983-4582
- Blount County Sheriff's Office – 865-273-5000
- BCSO Domestic Violence Unit – 865-273-5004
- Maryville Police Department – 865-273-3700
- Non-Emergency Dispatch – 865-983-3620
- Blount County District Attorney's Office – 865-273-5600
- Child & Family Services – 865-637-8000
- Children's Advocacy Center – 865-981-2000

24-HOUR HELP/SHELTERS

- Haven House (Blount County) – 865-982-1087, www.havenhousetn.org
- Sexual Assault Center of East Tennessee – 865-522-7273
- Iva's Place (Loudon County) – 865-816-3481
- Hope Center (Athens) – 423-745-5289
- Domestic Violence Hotline – 1-800-799-7233