

**UT** | **Tennessee Population**  
**HSC** | **Health Consortium**



# 2022 ANNUAL REPORT

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**Reimagining Primary and Preventive Care  
for a Healthier Tennessee**

## From the Chancellor

As the University of Tennessee embraces its new vision, Healthy Tennesseans, Thriving Communities, I am proud that UTHSC's Tennessee Population Health Consortium is already at the forefront of this important work. The Consortium is leading our most important efforts to improve the health of Tennesseans, and with concerted effort we are confident we can improve Tennessee's composite health ranking over the next 10 years.

The Consortium's goal is to measurably improve population health and health equity for the people of Tennessee by encouraging the adoption of innovative and evidence-based best practices to transform primary and preventive care. The Consortium is well on its way through its leadership of the Tennessee Heart Health Network, Neighborhood Health Hubs, and ShelbyCares initiatives. These initiatives are enabling UTHSC to lead the charge in strengthening primary and preventive care across the state.

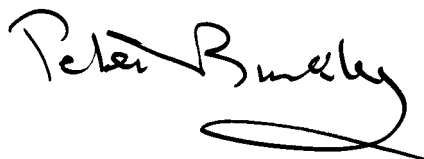
The Consortium has strengthened UTHSC's partnerships with leading health systems and academic medical centers across the state. Most notably, the Consortium has helped to build new collaborative initiatives with East Tennessee State University, Ballad Health, and many others to strengthen quality and access to care across the state including rural areas. Partnerships are powerful and we do our best work for Tennessee with our collaborators. This year's report exemplifies the power of partnership.

Improving health across the state is a daunting task that merits the strongest commitment from UTHSC, its clinics, and most importantly, from the health professionals we train. Our state must improve its composite health ranking, currently 44th among the 50 states, and by working with partners in the public and private sector, UTHSC and its Tennessee Population Health Consortium are well positioned to achieve that goal.

I am excited to continue the collaborative work with Dr. Bailey and his team to strengthen the UTHSC Tennessee Population Health Consortium and support its important work to improved health outcomes, particularly for minority, rural, and other traditionally underserved groups.

Thank you for all you do, and we look forward to working with you, as we move into the future together.

Sincerely,



Peter Buckley, MD  
Chancellor  
The University of Tennessee Health Science Center



# From the **Executive Director**

It is my pleasure to present the Tennessee Population Health Consortium 2022 Annual Report. The Consortium is working with its partner organizations to promote better health and health equity for all Tennesseans. Through our signature project, the Tennessee Heart Health Network, and our other initiatives we are encouraging adoption of evidence-based practices to transform primary and preventive care and measurably improve health outcomes for a healthier Tennessee.

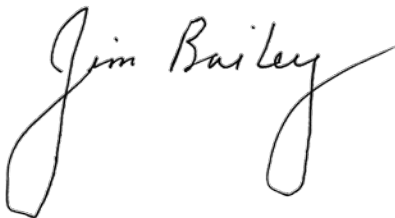
Our Report offers an abundance of good news for 2022, the Consortium's second full year of operation. We have made substantial progress toward our goal to increase investment in primary and preventive care to measurably improve population health and health equity in our state. I am pleased that the University of Tennessee has recognized the importance of our work through by emphasizing population health goals in its strategic plan for the next five years with its vision statement "Healthy Tennesseans, Thriving Communities."

Some of the Consortium's notable accomplishments in 2022 include:

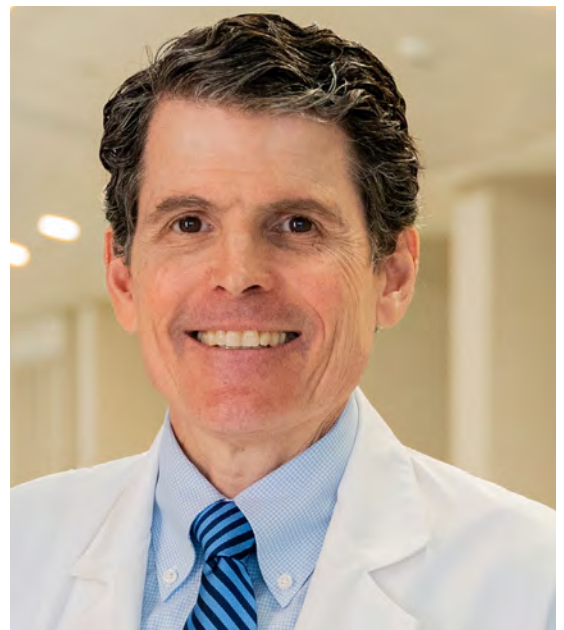
- Reached more than 50,000 at-risk patients across the state through with evidence-based interventions promoted through the TN Heart Health Network and its 65 participating primary care practices across the three Grand Regions
- Trained more than 400 lay and professional staff through our world-class online training and certification programs for Health Coaches and Community Health Workers
- Provided health screening and coaching for more than 200 people in our first Neighborhood Health Hub and are expanding the program
- Expanded the Tennessee Population Health Data Network (TN-POPnet) to include clinic and hospital data for more than three million Tennesseans from 19 major participating major health systems, practices, and health plans representing all the major cities and regions of the state

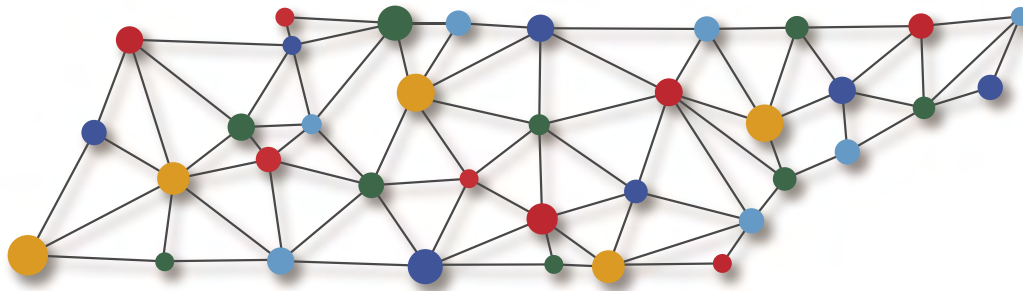
Please take a few minutes to read about the progress we made in 2022 to improve patient care across Tennessee. We are excited about the road ahead and invite you to join us. To support the Consortium's work, please go to our [giving link](#) or contact [Greg Harris](#).

Sincerely,



Jim Bailey, MD, MPH  
Executive Director  
TN Population Health Consortium





# Tennessee Population Health Consortium

The Tennessee Population Health Consortium is a collaboration of major academic institutions, healthcare providers, and other stakeholders working to improve population health and health equity across Tennessee. Our mission is to encourage the adoption of evidence-based practices, transform primary and preventive care, and measurably improve health outcomes, quality of life, and health equity for the people of Tennessee. The Consortium supports the efforts of faculty and partner organizations to make health care more effective and patient-centered in order to improve population health for all Tennesseans.

## THE CHALLENGE IN TENNESSEE:

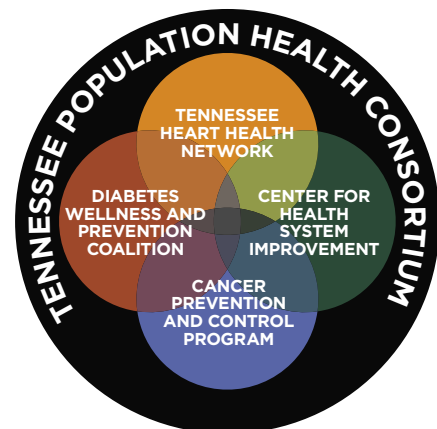
- The health of our state’s population is among the worst in the nation, with Tennessee’s composite health ranking 44th among the 50 states
- Tennessee is #3 in heart attacks and strokes and #6 in people diagnosed with diabetes. 14% of Tennesseans have been diagnosed with diabetes
- Low-income, predominantly African-American neighborhoods have highest rates of premature death and disability AND lowest access to essential care in Tennessee

## THE CONSORTIUM SEEKS TO:

- Reduce obesity, diabetes, strokes, heart attacks, cancers, and associated disability and death and improve Tennessee’s overall health rankings
- Increase access to primary care and decrease preventable emergency and hospital visits
- Save millions in expensive medical treatments and lost work productivity

## KEY 2022 ACCOMPLISHMENTS

- Engaged 65 primary care practices across the three Grand Regions and the patients they serve at highest risk of cardiovascular disease in Tennessee Heart Health Network evidence-based interventions and activities
- Trained more than 400 lay and professional staff through our world-class online training and certification programs for Health Coaches and Community Health Workers
- Expanded our Tennessee Population Health Data Network (TN-POPnet) to include 19 health systems and more than three million patients (See page 8 for details)

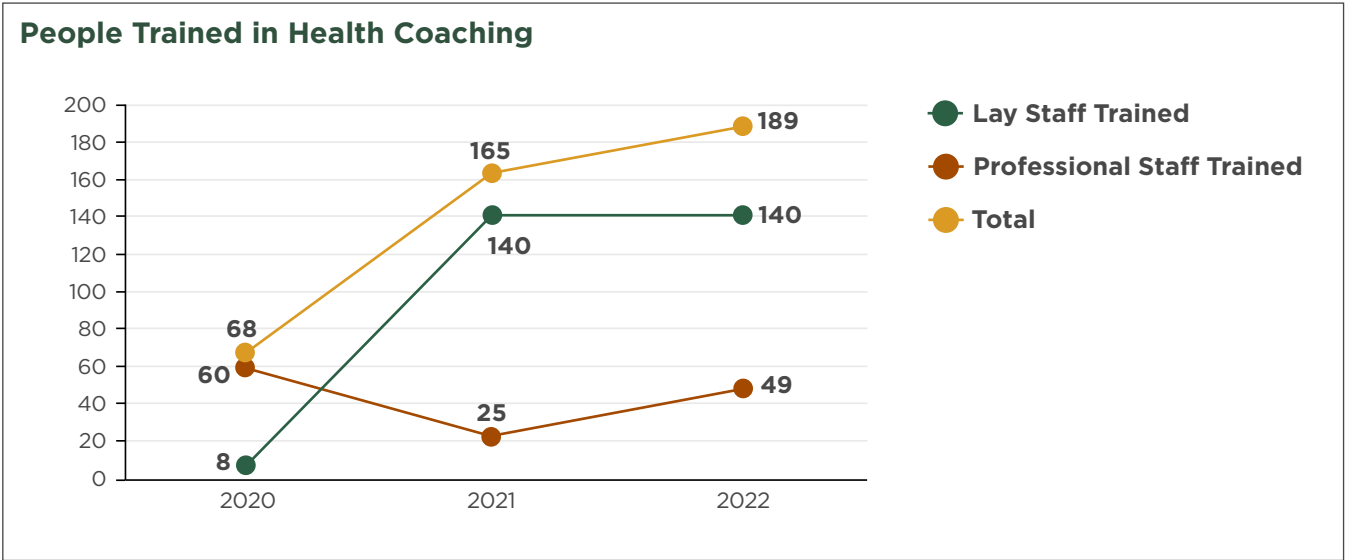


To advance our goals moving forward, the Tennessee Population Health Consortium will continue to conduct practice-based quality improvement (QI) and population health research initiatives to:

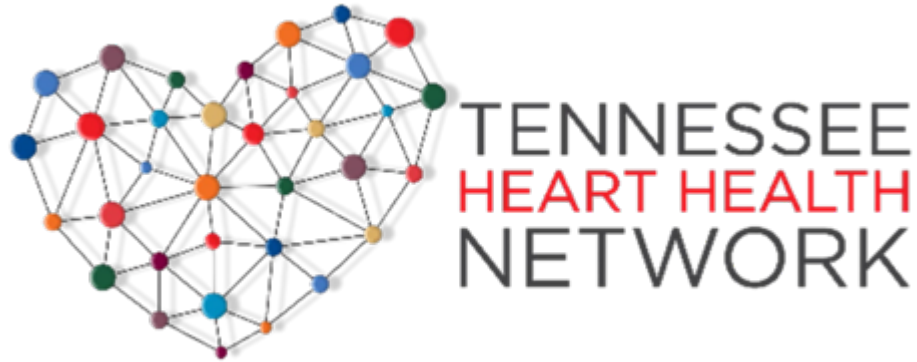
- **Strengthen, support, and transform primary care practices across Tennessee** through the Tennessee Heart Health Network and Neighborhood Health Hubs initiatives
- **Train health coaches and community health workers for every primary care clinic** through Consortium training and certification programs
- **Build a statewide population health data infrastructure** through the Tennessee Population Health Data Network to track outcomes and improve care across Tennessee
- **Prevent and reverse diabetes** through our innovative Healthy Eating and Active Living to reverse Diabetes (HEAL Diabetes) Program generously funded by UnitedHealthcare
- **Reach underserved rural communities** through a pilot that delivers in-person and telehealth healthcare outreach through the University of Tennessee Extension program's network of offices in every county.



Dr. Susan Butterworth, the Tennessee Population Health Consortium's Director of Patient Engagement, is a nationally recognized trainer of health coaches in evidence-based motivational interviewing techniques. She has been instrumental in establishing the Consortium's online Health Coach Training and Certification Program. More than 400 people have received training so far, and through this world-class training program she developed, we expect many more to be trained and to assist patients on their path to better health.



# The Tennessee Heart Health Network:



The Tennessee Heart Health Network ([TNHeartHealth.org](http://TNHeartHealth.org)) is a statewide network of primary care providers, health systems, and academic centers committed to identifying, developing, and implementing patient-centered approaches to improve quality of care and outcomes for Tennesseans with heart disease. This network includes leading Tennessee health plans, health professional organizations, and advocacy organizations and is coordinated by the Consortium. In addition to helping patients, we are studying how healthcare organizations can work together to improve cardiovascular outcomes, to advance our goal of moving the needle on heart health in Tennessee and beyond.

## Key Partners

LEAD PARTNER	HEALTH PLANS	ACADEMIC	PROFESSIONAL
Qsource, our lead quality improvement organization and practice support partner	Amerigroup	East Tennessee State University	Tennessee Academy of Family Physicians
	BlueCross BlueShield of Tennessee	The University of Memphis	Tennessee Medical Association
	Cigna		Tennessee Primary Care Association
	UnitedHealthcare		

The Tennessee Heart Health Network is committed to promoting healthy lifestyles: We want to help Tennesseans take charge of their health through healthy eating, increasing physical activity, losing weight, and stopping smoking, so they avoid heart disease, diabetes, and other chronic conditions. We are targeting hypertension control and tobacco cessation as two of the most effective approaches to prevent strokes and heart attacks.

Our physician champion, Chris Jackson, MD, talks about how the TN Heart Health Network is motivating patients to change their health behaviors and take charge of their health. View his video and others from clinicians as well as patients on our [Stories](#) page.



# Our Signature Project

## OUR INTERVENTIONS

To help Tennessee practices help their patients to reach their lifestyle goals, we offer training and toolkits at [TNHeartHealth.org](https://www.tnhearthealth.org) on three proven ways to improve heart health: Health Coaching, Pharmacist-Physician Collaboration, and Heart Health Messages.

**HEALTH COACHING:** We train and certify lay and professional health workers as health coaches and community health workers for primary care practices or community organizations. Motivational Interviewing, Health Coach, and Community Health Worker Training and Certifications are available.

**PHARMACIST-PHYSICIAN COLLABORATION:** In this intervention an in-clinic or community-based pharmacist works with at-risk patients to provide counseling on heart health-related issues such as medication adherence and condition management.

**HEART HEALTH MESSAGES:** We employ a tested, turn-key texting system to deliver motivational text messages from the doctor's office to patients at risk of heart health conditions.

## Our 65 Participating Health Systems and Practices

WEST TENNESSEE	CENTRAL TENNESSEE	EAST TENNESSEE
Health System	Health System	Health System
Care Rite, PLLC	Ascension Medical Group	Ballad Health
Christ Community Health Services	Ascension - Nashville	ETSU Health
Church Health	Erlanger Health System	Horizon Family Medicine
Family Healthcare of Camden	Fast Access Healthcare	Integrated Health Concepts
Lifedoc Health	Healthforce	Medical Care PLLC
Methodist Le Bonheur Healthcare	Paul Perryman, MD	
Regional One Health		

## OUR 2022 ACCOMPLISHMENTS

- 65 primary care practices in three Tennessee Grand Regions are participating.
- The Heart Health Messages program has been piloted in two major health systems.
- The TN Heart Health Network Executive Council established bylaws; elected members representing health systems, health plans, and quality improvement and professional organizations spanning the state; and elected Shari Rajoo, MD, Ballad Health Chief Medical Officer for Population Health, as Chair.
- The Council's Population Health Subcommittee (including representation from leading TN health plans) is finalizing common standards for health coach certification and reimbursement for services.
- Patient Advisory Councils were expanded to five hub cities.
- Statewide media campaign includes website, video stories, and monthly newsletters.
- More than 20 statewide Learning Collaborative meetings held to share best practices and support primary care practices in their quality improvement efforts.

# NEIGHBORHOOD HEALTH HUBS

Serving our county in its first year, the UTHSC Health Hub in Uptown works to improve health outcomes for Shelby County residents.

The Neighborhood Health Hubs Initiative is a partnership of the UTHSC College of Medicine, Shelby County Government, and the Consortium to improve health outcomes for Shelby County residents by extending primary care into the community.

Health coaches based in the UTHSC Health Hub have now been serving people in Uptown Memphis for over a year. In 2023, we are expanding this initiative to open a second location called ShelbyCares on 3rd in South Memphis with the support of Shelby County Government. These neighborhood health hubs offer a system of support for weight management, blood pressure control, healthy eating, and improvement in quality of life using a holistic approach.

## Our Neighborhood Health Hubs offer:

### Screening

For obesity, diabetes, and hypertension.

### Health Coaching

By working one on one with patients, health coaches utilize evidence-based communication and strategies to actively engage and guide individuals towards a target health goal.

### Connecting to Care

Referrals to primary, specialty, and mental health care.

### Free Classes and Support Groups

In healthy cooking, diabetes management, exercise, and other healthy behaviors

### Outreach to the Community

Through health fairs and vaccination drives.

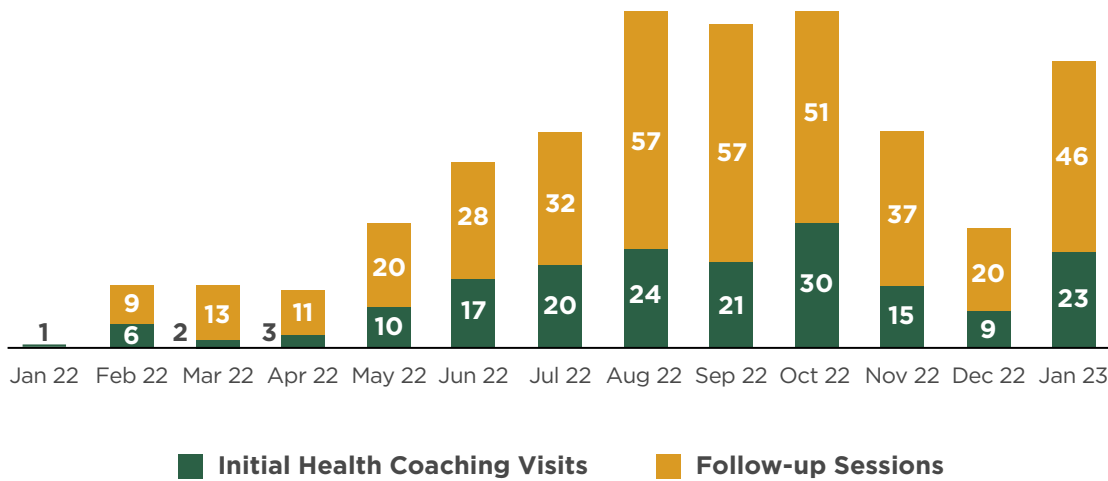




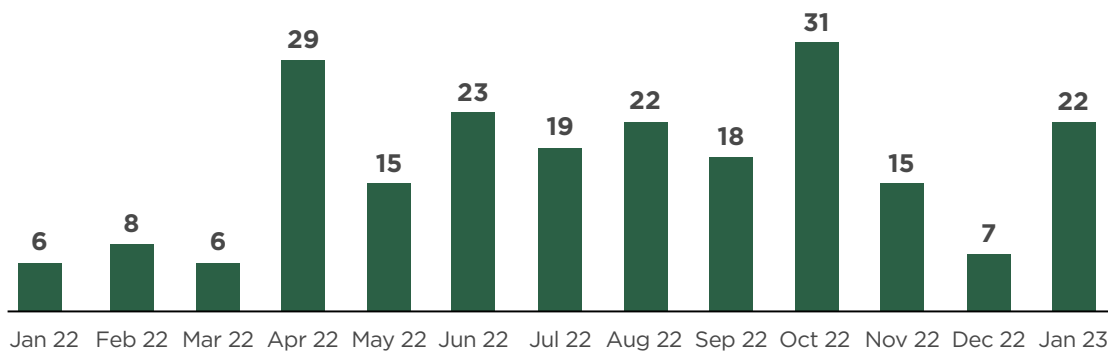
# Serving Our Community

In its first year the UTHSC Health Hub provided these services to Uptown and other Shelby County residents:

## Health Coaching Services Provided



## Health Screenings Provided



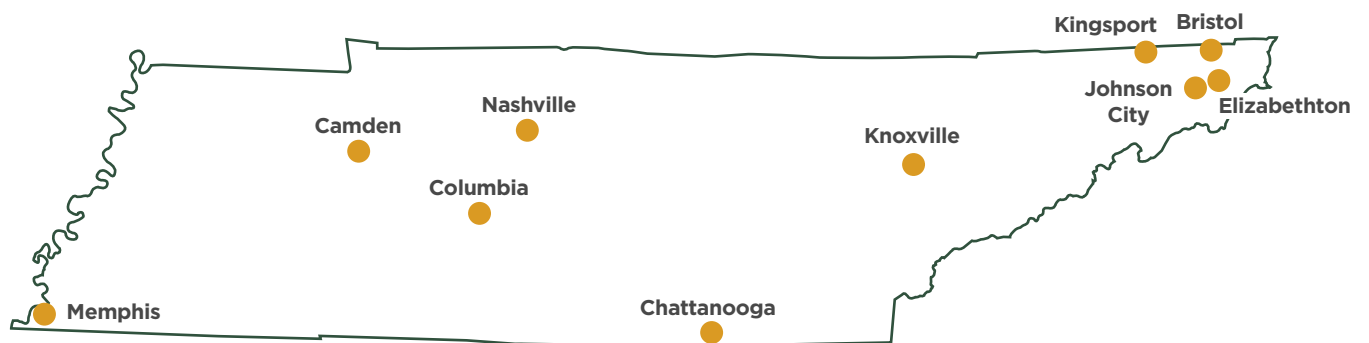
# BUILDING A STATEWIDE DATA NETWORK TO IMPROVE HEALTH

The [Tennessee Population Health Data Network](#) (TN-POPnet) tracks and supports improvements in quality and outcomes of care for population health initiatives across Tennessee, including the TN Heart Health Network. TN-POPnet serves as a specialized chronic disease network and practice-based research network (PBRN) designed to help improve care for people with or at risk for chronic diseases, including obesity, diabetes, cardiovascular disease, and cancer. Our registry holds unique patient health information for more than three million Tennessee patients.

More information, including how to join TN-POPnet and how to access TN-POPnet, can be found on the [Consortium website](#).



## TN-POPnet Participating Health Systems



### MEMPHIS

Christ Community Health Services  
Lifedoc Health  
Methodist LeBonheur Healthcare  
Regional One Health  
University Clinical Health

### CAMDEN

Family Healthcare of Camden

### COLUMBIA

Dr. Paul Perryman

### NASHVILLE

Ascension Medical Group  
Ascension Saint Thomas

### CHATTANOOGA

Erlanger Health System  
Fast Access Health Care  
Healthforce

### KNOXVILLE

UT Medical Center  
UT Graduate School of Medicine

### JOHNSON CITY

Ballad Health  
ETSU Health

### BRISTOL

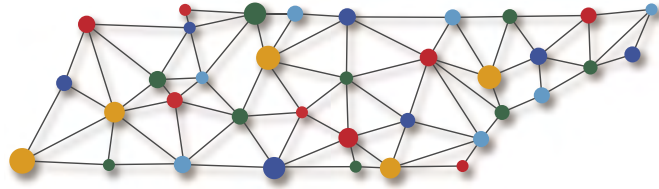
Integrated Health Concepts

### KINGSPORT

Horizon Family Medicine

### ELIZABETHTON

Medical Care, PLLC



## **UT** | **Tennessee Population Health Consortium** **HSC**

# Reimagining Primary and Preventive Care for a Healthier Tennessee

### VISION

An effective health system that invests strategically in primary and preventive care to measurably improve population health and health equity in Tennessee.

### MISSION

To encourage adoption of innovative and evidence-based best practices to transform primary and preventive care, and measurably improve health outcomes, quality of life, and health equity for the people of Tennessee.

### OUR BUSINESS

To support and strengthen primary care practices across Tennessee to better serve those most in need.

### OUR PEOPLE

Clinicians, health system leaders, researchers, educators, health coaches, and caregivers determined to help Tennesseans get the essential health care they need most.

### OUR STAKEHOLDERS

The people of Tennessee and those who work to get them essential primary and preventive care.

## **We give our thanks to the many people and organizations working together to improve the health of Tennesseans:**

### **ADVISORY COUNCIL**

Dawn Fitzgerald, VP, Federal Operations, Acentra Health; Karen Galambos, VP Human Resources, Fedex; Mason Hawkins, Founder, Southeastern Asset Management; Rick Johnson, President, Coalition for Better Health; Bryan Jordan, Chairman, President and CEO, First Horizon Corporation; Scott Morris, CEO and Founder, Church Health; Charlie Newman, Member, Burch, Porter & Johnson; Joe Scarlett, Former President and Chairman, Tractor Supply Company; Archie Willis III, Founder and President, ComCap Partners.

### **EXECUTIVE COUNCIL**

Co-Chairs: Steve Goodman, PhD, Professor and immediate past Vice Chancellor for Research, UTHSC and Morgan McDonald, MD, National Director for Population Health and Health Equity, Milbank Memorial Fund; College Representatives: Altha J. Stewart, MD (Medicine), Sarah J. Rhoads, PhD (Nursing); Christopher K. Finch, PharmD (Pharmacy), Donald B. Thomason, PhD (Graduate Health Sciences), James A. Carson, PhD (Health Professions), Orpheus L. Triplett, DDS (Dentistry); Campus Representatives: Tracey Doering, MD (Nashville), Giuseppe Pizzorno, PharmD (Chattanooga), G. Anthony Wilson, MD (Knoxville); Community Representatives: Morgan McDonald, MD (Milbank), Shantelle Leatherwood (CEO, Christ Community Health Services)

### **ORGANIZATIONAL PARTNERS**

Our Organizational Partners are listed on our [website](#).

### **DATA GOVERNANCE BOARD**

Members of our Data Governance Board are listed on the [Consortium website](#).



THE UNIVERSITY OF  
**TENNESSEE**  
HEALTH SCIENCE CENTER.

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