

# Connecting Tennesseans to Better Health through Technology



Providing innovative resources to address patients' health needs

According to the United Health Foundation's *America's Health Rankings*, Tennessee ranks #43 in the nation for all health outcomes and #42 in the nation for obesity.

Over the past 10 years, adult obesity has **risen by 23%** in Tennessee. This increases the likelihood of a hypertension and/or diabetes diagnosis.

**34.1%**  
of children ages 10-17 are obese



**33.8%**  
of adults 18+ are obese

**38.5%**  
of adults are diagnosed  
with high blood pressure



**12.7%**  
of adults are diagnosed  
with diabetes

## Tennessee's Community Health Centers

The United Health Foundation and the Tennessee Primary Care Association have formed an innovative partnership to fund technologies, trainings, and staff that support population health management, telehealth, and integrated behavioral health. These efforts are improving patient outcomes and reducing costs for individuals, communities, and the state as a whole.



### Project Overview

UHF has joined forces with TPCA and its member health centers by committing \$900,000 to help increase the use of innovative technologies to engage in population health management, specifically medical nutrition therapy and behavioral health services through telehealth.



### Population Health

UHF has supported TPCA's program, the Center for Quality in Community Health, to provide tools and technical assistance that allow health centers to better understand the specific health care needs of their patients and their communities.



### Telehealth Nutrition

TPCA has partnered with Dietitian Associates Inc. to provide health center patients across the state with medical nutrition therapy using telehealth. Since August 2015, approximately 900 telehealth encounters for medical nutrition therapy have occurred.

## Tennessee Health Center Achievements from 2014-2016

71%

percent of community health centers now use population health management tools to provide smarter, more proactive care



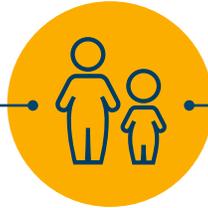
9%

increase in healthy blood pressure rates for patients diagnosed with hypertension



24%

increase in the number of adult weight screenings and follow-ups



58%

increase in the number of children and adolescents receiving weight assessment and counseling

## Patients' Achievement through Telehealth Nutrition Therapy

### How Does Nutrition Counseling Work?

- 1 **Patient** visits provider for initial assessment
- 2 **Provider** makes a dietitian referral for patient
- 3 **Telehealth** consultation with a registered dietitian
- 4 **Dietitian** recommends diet and exercise plan
- 5 **Patient, dietitian, and provider** follow up on treatment plan, progress, and outcomes

### What are the Benefits of Nutrition Counseling?

- 64% of overweight patients who attended 3+ clinical sessions lost weight
- 8% average reduction in HbA1c values for overweight patients who attended 3+ clinical sessions
- 15% average reduction in blood glucose levels for overweight patients who attended 3+ clinical sessions

Working with a nutritionist has been a huge turnaround for me. The habits that used to be normal for me could never be normal again. I've changed my normal.

JOHNNY WHITT | Tennessee Resident and Health Center Patient