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May/June 2022



## Health Coach Grants Available

Thanks to the generosity of UnitedHealthcare, four grants in the amount of \$9,000 are available for West Tennessee primary care practices that are participating in the Tennessee Heart Health Network and have opted to implement the health coaching intervention. These grants are expressly for the purpose of helping support the onboarding of new full-time health coaches in primary care practices serving medically underserved areas in West Tennessee. We hope to announce the availability of more grants to additional practices across Tennessee in the months ahead. If you qualify, please [download the grant application](#), complete, and email to [info@tnhearthealth.org](mailto:info@tnhearthealth.org). **The deadline for applications is August 1.**

## The Clinical Voice



Julia McKay is Project Manager for Ambulatory Care at Erlanger Health System for Erlanger Primary Care. She oversees quality improvement for Erlanger's 26 primary care clinics, all of which are accredited by the National Committee for Quality Assurance (NCQA). In her 21 years at Erlanger, McKay has done everything from nursing to information technology. In 2013 she accepted the challenge of overseeing the implementation of major quality improvement initiatives at Erlanger.

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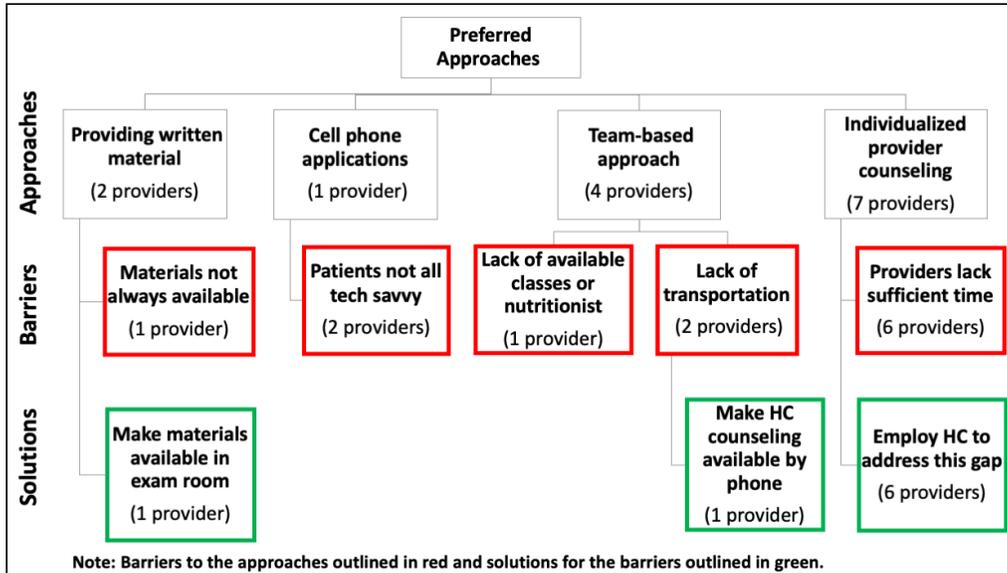
## UTHSC Study Finds Clinics Eager to Integrate Health Coaches

Researchers at University of Tennessee Health Science Center (UTHSC) report that primary care personnel are open to integrating health coaches into their clinical teams, and perceive long-term benefits from doing so, according to their recent paper published in the journal *Cureus*. The paper shares experience from the Management of Diabetes in Everyday Life (MODEL) study with integrating health coaches into primary practices in West Tennessee.

The MODEL study's in-depth interviews of primary care physicians and other key team members revealed four major themes:

- Support for a team-based approach
- Recognition of the potential of health coaches to enhance care
- A lack of provider time to counsel patients
- A need for improved provider-health coach communication.

The results are in line with previous studies indicating that lay health coaches can provide an effective and low-cost solution for patient lifestyle counseling to improve diabetes care and heart health. This study is among the first to document the general acceptability, credibility, and effectiveness of integrating health coaches into primary care practices from the perspective of primary care clinic personnel. [Read the full article.](#)



## Join Us!

The Tennessee Heart Health Network is a partnership committed to improving the health of Tennesseans with or at risk for cardiovascular disease. Tennessee is No. 3 in heart attacks and stroke, and we're here to change that. Learn more about the Tennessee Heart Health Network and what we are doing to improve heart health across the state. Whether you are a physician, nurse, pharmacist, office manager, other primary care team member, a patient, caregiver, or other patient advocate, we welcome your involvement.

[Join Here](#)

[Visit our Website](#)



## Don't Miss Important News and Updates



Introducing the New Tennessee Heart Health Network Website!

The Tennessee Heart Health Network 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 cardiovascular disease.

We've recently launched a [new website](#) where you can learn more about our Network and how to become part of this important statewide initiative.



Sign up to receive our newsletter. Each month we will have updates and new videos of patients and clinical caregivers telling their stories.

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The Tennessee Heart Health Network is the signature initiative of the Tennessee Population Health Consortium.  
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