

In Good Hands

A countywide wellness program and trend-setting hospitals help keep residents healthy.

by Nancy Henderson

Three years ago, physicians and hospital administrators met with Hamilton County Mayor Claude Ramsey and asked: How can we help our citizens fight obesity and ward off disease? The result is Step ONE (which stands for optimize nutrition and exercise), a partnership between Ramsey's office, the Hamilton County Regional Health Council, and the Chattanooga-Hamilton County Health Department.

Chattanoogaans have since been pulling together as usual. Russell Cliche, Step ONE program manager, is especially proud of the way schools, churches, businesses, health-care providers, nonprofit groups, and neighborhood associations have combined wellness efforts to achieve "greater bang for the buck." The University of Tennessee at

Chattanooga and Hamilton County schools are involved; even Hollywood actors Dennis Haskins and Leslie Jordan, both Chattanooga natives, have joined Step ONE's "Eat Smart" billboard campaign, which encourages better eating habits. Other developing Step ONE initiatives include Eat Smart menus at area restaurants, a "Just Move It" campaign that encourages exercise, waiting-room posters in physicians' offices depicting portion sizes and waist-to-hip ratios, and a "Safe Routes to School" program that urges parental volunteers to walk or bike with kids to class. "It's not enough to do a health fair," says Cliche. "We need to get active living back into their lives."

Hospitals Expand Their Reach

Erlanger Health System is a teach-

ing hospital, affiliated with the University of Tennessee College of Medicine. The system, which boasts the region's only Level One trauma center, kidney transplant center, pediatric ground transport, and children's hospital, recently added a third Life Force Air Medical helicopter ambulance serving North Georgia.

This year, Memorial Hospital opened its \$2.9 million MaryEllen Locher Breast Center, named for a local news anchor who lost her battle to cancer in 2005. Memorial executives have announced plans for a \$320 million transformation with a new entrance, modernized surgical suites, and larger patient rooms.

Parkridge Medical Center, which has earned a reputation for excellence in orthopedics and sports medicine,



Erlanger's Life Force Air Medical team provides life-saving treatment, procedures, and care.

ClinSearch is currently seeking volunteers to participate in the following clinical research studies:



- Diabetes
- Gout
- Weight Reduction
- Migraines
- Irritable Bowel Syndrome
- GERD
- Ulcerative Colitis

There is no charge for study-related physical examination, lab testing, procedures, or investigational study drug. Participants may receive monetary compensation for their time.

How do I participate?
For more information, call (423) 698-4584 today!

Discuss the study you are interested in with one of our research staff.



Dr. Richard A. Krause, Medical Director



The new MaryEllen Locher Breast Center at Memorial Hospital includes a boutique where patients can find a wide selection of hats, wigs, and accessories.

COURTESY OF DAVID HUMBER



This is what they mean when they say "Easy Street"



Introducing Wellstone Creekside,

A Single-Level Ranch Condo Community, just minutes from Chattanooga's Riverfront, but miles from the ordinary.

Wellstone Communities are designed for active adults who want all the benefits of owning an upscale home, the amenities of staying at the finest resorts, and the freedom of knowing they'll never have to worry about maintenance again.

In short, it's easy street.



Located on Mountain Creek Road in North Chattanooga Condominiums up to 3,200 square feet starting at the mid \$300's

Visit "easy street" at wellstone.com or call 678.341.3620



WE CONNECT CHATTANOOGA BUSINESS.

From electric power and telecommunications to super-fast fiber-optic broadband service, we're the utility that makes business work. For details call (423) 648-1EPB or visit epb.net.



continues to provide the most complete occupational health-services program of its kind in the area, while its sister facility, Parkridge East, routinely draws kudos for its Women's Center and Neonatal Intensive Care Unit.

Siskin Hospital for Physical Rehabilitation, the state's only freestanding, nonprofit physical rehabilitation hospital dedicated exclusively to helping patients recover from accidents, strokes, and other conditions, recently opened a \$5 million Outpatient Pavilion. Adjustable equipment at the new Fitness Center allows people with and without disabilities to work out side by side. "We had so many patients who kept asking for an opportunity to keep coming after they completed their treatment," says Linda Lind, Siskin's chief operating officer. "We also knew that there were many disabled people in the community and people who were concerned about maintaining fitness as they aged."

Chattanooga, like many other cities, is seeing an increased demand for nursing students. To meet this need,

Chattanooga State Technical Community College will break ground early next year on a \$28.5 million health science center that will boost enrollment capacity by 40 percent.

Private Sector Offers Solutions

A number of private companies offer solutions to common health problems. Southeastern Wellness Programming designs custom programs ranging from anger management to smoking cessation, while ClinSearch has conducted important pharmaceutical trials with more than 5,000 patients. Three sites overseen by the Catholic Congregation of Alexian

Brothers Health System provide day care, in-home services, and residential living for older adults with Alzheimer's disease and cognitive disorders, while Siskin Children's Institute is both an information resource and preschool for families of children with cerebral palsy, autism, and other disabilities.

Chattanooga State Technical Community College's new health science center will help meet the demand for nursing students.