



JOINT RELEASE

MEDIA RELEASE
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“SHELBYCARES” CELEBRATES ONE YEAR ANNIVERSARY WITH KICK-OFF OF NEIGHBORHOOD HEALTH AMBASSADOR PROGRAM AND COMPLIMENTARY FLU SHOTS AT NEW SHELBYCARES ON 3RD HEALTH FACILITY

ShelbyCares is a 2-year health and wellness campaign led by Shelby County Government and the UT Health Science Center.

WHO: Shelby County Mayor Lee Harris; UTHSC Chancellor Peter Buckley, MD; UTHSC College of Medicine Interim Dean G. Nicholas Verne, MD; UTHSC Tennessee Population Health Consortium Executive Director, Jim Bailey, MD; Director Danielle Inez; Program Administrator Susie Suttle

WHAT: ShelbyCares One-Year Anniversary Celebration

WHEN: Thursday, November 9, 2023, at 2:00 p.m.

WHERE: ShelbyCares on 3rd, 3358 Third St., Memphis, TN, 38109

Shelby County, TN – On Thursday, November 9, 2023, leaders of Shelby County Government will be joined by leaders of the University of Tennessee Health Science Center College of Medicine to celebrate one year of successful collaboration to expand access to free health coaching, preventive health screenings, and nutritional support classes for underserved populations across the Mid-South.

ShelbyCares on 3rd is the second community health and wellness facility administered by UTHSC and the first to include direct referrals to or from a community health center. Since opening its doors in May of this year, ShelbyCares health coaches have outreached over 2,500 people and had 1,282 visits from over 231 Shelby County residents at high risk for heart disease. Health coaches are working with primary care providers to expand access to diabetes self-management education, diabetes prevention program services, and support for healthy eating, weight loss, and control of



high blood pressure. Meanwhile, more than 25 residents have signed on to be Neighborhood Health Ambassadors and help promote healthy habits in the community.

During the anniversary celebration, visitors can learn more about the ShelbyCares mission, tour ShelbyCares on 3rd, and take advantage of the complimentary health services. ShotRX will also be on hand to provide free flu and COVID shots.

Year two is poised to expand ShelbyCares' mission to even more areas of Shelby County by encouraging residents to complete the ShelbyCares Neighborhood Health Ambassador training. Additionally, ShelbyCares has tapped locally-owned gyms and fitness centers to provide beginner-friendly workout classes throughout the week at no cost to participants. Residents can sign up to attend class at these Neighborhood Health Clubs beginning on November 15, 2023.

Currently, more than half of Shelby County adults are overweight or obese, heart disease is the #1 killer in the community, and fewer than 30% of adults have seen a primary care physician within the last year. ShelbyCares provides a judgment-free, hassle-free, community-centered path for more residents to access the essential health and wellness resources that can improve and extend lives while chipping away at three critical barriers to great health: preventive healthcare education, accessibility, and accountability.

Dr. G. Nicholas Verne, Interim Executive Dean of the UTHSC College of Medicine: “By normalizing conversations about health and providing a community-wide baseline for great health, ShelbyCares is in position to make our community one of the most health-conscious places in America. Our awareness of our healthy decisions and potentially unhealthy behaviors is essential to improving health outcomes for our residents. We are thrilled to lend our expertise to this mission and are excited about what’s to come.”

Dr. Jim Bailey, Executive Director of the UTHSC Tennessee Population Health

Consortium: “Diabetes, high blood pressure, and heart disease plague our community, but most cases are preventable. The health coaching and nutritional services provided at ShelbyCares are uniquely tailored to support every client’s health goals. People like having a personal health coach who can encourage them on their path to better health.”

John Bradley, Neighborhood Health Ambassador Program Lead: “As we expand ShelbyCares into its second year, we hope to have at least one neighborhood health ambassador in every corner of our community. The beauty of ShelbyCares is that we all have a role to play in advancing great health in our community. We can all do our part to make Shelby County the healthiest place on Earth.”

(End of Release)



SHELBY CARES

A COMMUNITY PARTNERSHIP WITH MAYOR LEE HARRIS,
SHELBY COUNTY GOVERNMENT, AND
THE UT HEALTH SCIENCE CENTER COLLEGE OF MEDICINE