Collective Voices

a podcast series about partnering for diabetes prevention and management

Ep 2, Parts I and II: Working Together to Address Regional Needs

Featuring West, Middle, and East Tennessee Regional Diabetes Coalitions
Published September 2021
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NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
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ABOUT THIS EPISODE

In this two-part episode, the Co-Chairs of Tennessee's three regional diabetes coalitions discuss diabetes programming efforts while navigating through the barriers that the COVID-19 pandemic presented. They also share about opportunities to lean on and learn from each other while still focusing their efforts on the communities within their respective regions. Join us to hear stories about innovation, adaptions, and teamwork from Justin Kirby, PharmD, BCACP, NBC-HWC, Middle Region, Kristy Merritt, BSN, RN, CDCES, West Region, Lynn Russell, MEd, EdD, West Region, and Elizabeth Renfro, BS, MS, East Region.

> "Celebrate every small win that you have… because this is a long game… you have to make sure that you take the good times with the bad times and recognize that we're making progress [with] every step."

LEARN MORE

From Tennessee:

Methodist Le Bonheur Healthcare raises awareness on Diabetes Alert Day, March 2021

Prevention of Diabetes Through an Evidence-Based Lifestyle Change Program: Refer Your Patients, Tennessee Family Physician, Winter 2020

Programs help blunt Memphis' diabetes epidemic, Memphis Commercial Appeal, 2017

Above: Prediabetes awareness message on Washington County Health Department reader board. **Right:** Prediabetes risk test QR code at COVID-19 testing site. Photos courtesy of regional Tennessee Diabetes Coalitions.

ABOUT OUR GUESTS

Justin Kirby, PharmD, BCACP, NBC-HWC -- justin.kirby@lipscomb.edu

Assistant Professor, Lipscomb University
Co-Chair, Middle Tennessee Diabetes Coalition

Dr. Justin Kirby is the Assistant Professor of Pharmacy Practice at Lipscomb University and the Postgraduate Year 1 Community Pharmacy Residency Program Director. In his career, Dr. Kirby has managed various clinical services at a community practice, including a diabetes prevention program. Dr. Kirby serves as the Middle Tennessee Diabetes Coalition Co-Chair and on the legislative and regulatory committee for the Tennessee Pharmacists Association. He received his Doctor of Pharmacy degree from Lipscomb University in 2015 and is a Nationally Board-Certified Health and Wellness Coach recognized by the International Consortium of Health and Wellness Coaches.

Kristy Merritt, BSN, RN, CDCES -- kristy.merritt@mlh.org

Quality Coordinator, Methodist Le Bonheur Healthcare
Co-Chair, West Tennessee Diabetes Coalition

Kristy is the Quality Coordinator at Methodist Le Bonheur Healthcare's Germantown location. In her role, Kristy oversees the planning, implementation, and evaluation of Diabetes Self-Management Education and Support/Training services. Kristy is a Certified Diabetes Care and Education Specialist, National Diabetes Prevention Program Master Trainer, and a trained Lifestyle Coach with an established career in diabetes education and program delivery. Kristy serves as the West Tennessee Diabetes Coalition Co-Chair. She was recognized as a Nursing Star/Top 100 Nurses in Shelby County in 2013. Kristy received her Baccalaureate of Science-Nursing from University of Memphis. She is entering into the Family Nurse Practitioner (FNP) program at University of Memphis in Fall 2021 and plans to apply to the FNP Heart ANEW Program that places FNPs into rural areas to deliver care to disparate and medically underserved patient populations.

Elizabeth Renfro, BS, MS -- eelizond@utk.edu

Extension Agent III, University of Tennessee Extension – Washington County
Co-Chair, East Tennessee Diabetes Coalition

Elizabeth is a Family & Consumer Sciences Extension Agent at the University of Tennessee Extension – Washington County. Elizabeth holds a BS in Family and Consumer Sciences from New Mexico State University. She also holds a MS in Nutrition & Food Science from Middle Tennessee State University. Prior to her current role, Elizabeth worked in the Food Processing Industry for almost 10 years. Elizabeth is a Diabetes Prevention Lifestyle Coach, and in January 2021 her lifestyle change program attained full-recognition from CDC. In addition to her work with the National Diabetes Prevention Program, Elizabeth also does programming for divorcing parents, home-canning, first time homebuyers, personal finance, and other family and consumer sciences programs. She sits on many local, regional, state, and national advisory boards, coalitions, and associations.

Lynn Russell, MEd, EdD -- lrusse20@uthsc.edu

Associate Professor and Chairman, University of Tennessee Health Science Center Department of Dental Hygiene, College of Dentistry
Co-Chair, West Tennessee Diabetes Prevention Program Coalition

Lynn grew up in Memphis and completed her bachelor's degree in dental hygiene in 1977. After her career as a dental hygienist in both public and private practices, Lynn wrote the dental hygiene programs for two Tennessee colleges. In 2013, she became the Director of Teaching and Professional Development for the Concorde group. She received her M. Ed. from Christian Brothers University in Memphis and her Ed. D. from the University of Memphis. Lynn is the Chair of the Department of Dental Hygiene at The University of Tennessee Health Science Center. In June 2020, she received a Certificate in Healthcare Quality Improvement from the University of Tennessee Health Science Center's Institute for Health Outcomes and Policy. Lynn is an editor for Gavin Publishing's Journal of Dental Sciences and serves as the West Tennessee Diabetes Coalition Co-Chair.

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