**Success story title: Touching One Life at a Time**

**Describe the Health Problem Addressed by the Program/Activity: Obesity continues to be a concern across the state of Tennessee. However, Coordinated School Health is doing all we can to make a difference, even if it is one person at a time.**

**At the beginning of this school year, CSH sponsored a Mini Health Fair which sparked a lot of interest because teachers did not have to sit through another in-service meeting listening to a boring speaker. In pale comparison, they realized they got to attend a simulated “doctor’s visit” about taking care of themselves. Booths were set up to check their blood pressure, cholesterol and even bone density. There were booths that addressed organ donation, massage therapies, microdermabrasions and even sleep apnea. Everyone praised the efforts and requested CSH do this again. They appreciated how someone cared about their well-being.**

**One teacher in particular filtered through the 22 booths gathering information she needed. As the day came to an end she connected the weight gain problem she had been having to a possible sleep apnea problem. Not to mention how her moods had been affecting how she performed her job. Following up with sleep tests during the weeks to follow she was diagnosed with sleep apnea. To-date she has lost several pounds of body weight, is sleeping with ease and is pleasant to be around. No question this makes life easier for her family, her students and her. One mini health fair can touch lives in ways we could never expect.**

**Describe your successful program/activity: Taking the time to get teachers on board also filters down to students in the classroom. Many students have expressed how good she looks and how much they love being in her class.**

**Describe the impact of your successful program/activity: When Coordinated School Health does what we were put in the school system to do we can make a difference, even if it is one person at a time.**