

Health Disparities Advisory Meeting |MINUTES

January 30, 2025, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately:50 ppl.
Type of meeting:	Weekly Health Disparities Advisory Meeting –	
Facilitator:	LaShan Dixon, Director Office of Faith-Based and Community Engagement	

Motivational Quote: (LaShan Dixon) On today Thursday, January 30, 2025, inspirational quote. “Take the first step in faith. You don’t have to see the whole staircase, just take the first step.” – Martin Luther King Jr.

(LaShan Dixon)

National Birth Defects Awareness Month (NBDAM) is recognized in the month of January. Birth defects are structural changes that can affect almost any part of the body and can cause lifelong health challenges. National Birth Defects Prevention Network (NBDPN) is asking to help improve the health of people living with these conditions and widen the network of support. Not all birth defects can be prevented, we know certain behaviors before and during pregnancy may be linked to an increased risk for birth defects. However, there are steps you can take to help you and your baby be healthy and that is:

- See a healthcare professional regularly.
- Talk to a healthcare professional about taking any medications.
- Avoid alcohol, tobacco, and other recreational drugs.
- Get 400 micrograms (mcg) of folic acid every day.
- Try to reduce your risk for infections.
- Get recommended vaccines.
- Keep your hands and body clean
- Get tested for sexually transmitted infections.

We strive to promote healthy choices that increase the chances of having a healthy pregnancy, and in turn, reduce the risks of pregnancy complications and/or birth defects. If you would like more information about National Birth Defects Prevention Network, please go to their website at www.hnbdpn.org.

National Radon Action Month What is radon? Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. You can’t see, smell or taste radon, but it could be present at a dangerous level in your home. Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.

Five Things You Can Do During National Radon Action Month

1. **Test your home** - EPA and the U.S. Surgeon General recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive.
 - Learn more about [testing your home](#), including how to obtain an easy-to-use test kit.
2. **Attend a National Radon Action Month event in your area** - Look for radon events in your community.
3. **Spread the word**
4. **Spend time during National Radon Action Month encouraging others to learn about radon and test their homes.**
 - Tell your family and friends about the [health risk of radon](#). Encourage them to test their homes.
 - View EPA's [free radon publications](#).
5. **Buy a radon-resistant home** - Read more about radon-resistant new construction, "[Building Radon Out: A Step-by-Step Guide to Build Radon-Resistant Homes](#)" (PDF).

If you would like more information about the National Radon Action Month, please go to the United States Environmental Protection Agency (EPA) at www.epa.org.

TOPICS OF DISCUSSION

Focus: WIC Updates

Presenter: Sarah Griswold, MS-MPH, RD, LDN Director of Nutrition and Breastfeeding for Supplemental Nutrition Programs

Summary: The 50th Anniversary of the WIC (Women, Infant & Children) Program was celebrated across the country in 2024. WIC was a 2-year pilot program that started in 1972 and to its success the first clinic opened in Pineville, Kentucky in 1974. WIC is a public health nutrition program operating from federal grants, administered by USDA through food nutrition service division. WIC has also been in operation in all 50 states, which includes Indian tribal organizations and other US territories such as Alaska and Hawaii, just to name a few. The goal of WIC is to safeguard the health of eligible working women and their children up to age five.

WIC eligibility consist of:

- Pregnant Women
- Postpartum Women
- Infants and children up to age 5
- Residency must be in the state of participation
- Gross income must be below 185% federal poverty level
- TennCare, SNAP and TANF recipients automatically qualify

WIC also have (3) core services which are nutrition and breastfeeding education, supplemental food packages and referrals. The nutrition and breastfeeding education is the first core which is provided by a nutrition educator or registered nurse, they work with families to improve eating patterns and overall health. The second core supplied food packages which meets federal and state standards to ensure participants receive nutritious foods based on their needs.

WIC supplemental food packages consist of dairy products, fruits, vegetables, beans, fish, whole grains, cereal, infant cereal, supplemental formula and juice. The third and final core is the participant receives WIC evaluations twice per year along with a needs assessment, if there are any needs identified the participant will receive referrals for those needs.

The state of Tennessee, have 793 WIC vendors, the participants use WIC EBT cards and benefits are uploaded to the card electronically, plus the card provides an easier shopping experience for all participants. The Tennessee WIC Program provides a lot of diverse translation of materials and brochures and bilingual promotion items, their partnership outreach is with HeadStart, Nashville Diapers, Birthing Hospitals and Probation Offices just to name a few. If you would like more information regarding Tennessee WIC Program, please contact Sarah Griswold, Director of Nutrition and Breastfeeding for Supplemental Nutrition Programs by via email at sarah.griswold@tn.gov.

Member Comments: Announcements and Upcoming Events

- February 07, 2025, from 2PM-6PM
Robertson County Health Dept
Health & Wellness Fair 2025
5255 Highway 76E
Springfield TN 37172
- February 24-25, 2025
2025 Spring Faith Based Summit
Nashville, TN
- The DHDE invites faith leaders to participate in our Gifts and Needs Assessment [survey](#). We are committed to eliminating health disparities, and we know that partnering with faith communities is key to achieving this goal. We want to learn about the resources they have available, the resources they need, and how we can work together to support local congregations. Please take a few minutes to share the survey with your network: bit.ly/tdhfaithsurvey

Resources mentioned during call:

- **2025 BRAIN LINKS' WEBINAR TRAINING SERIES!**
[Using Case Studies to Highlight Best Practice and Improve Outcomes in Brain Injury](#)
This series is designed for Service Providers across all [Systems of Support](#) including Mental Health, Substance Use Disorder, Domestic Violence, ACEs/Trauma, Child Abuse, Chronic Pain, Homelessness, Criminal & Juvenile Justice and Brain Injury.
- If you need more information, please visit our website at www.healthdisparitiestn.com

Chat Box – links / website / events:

➤ **OFBCE Offers Easy Online Access to Key Forms**

The Office of Faith-Based and Community Engagement (OFBCE) is pleased to announce that three important forms are now available online, making it easier than ever for community members and organizations to connect with OFBCE and the Health Disparities Advisory Group.

The following forms can be accessed on our Contact page, [here](#).

- **Community Outreach Worker [Request Form](#):** Request support from OFBCE community outreach workers for health initiatives, including workshops, educational materials, health fairs, and more.
- **Top Ten Newsletter [Submission Form](#):** Submit health-related events, training opportunities, and funding announcements for inclusion in the weekly Top Ten newsletter.
- **Health Disparities Advisory Group Presentation [Submission Form](#):** Share your expertise on health disparities with a coalition of leaders by presenting at a weekly meeting.

We encourage community members and organizations to utilize these online forms to connect with us and collaborate on improving the health and well-being of all Tennesseans. These forms streamline the process and make it more convenient for everyone to engage with our important initiatives.

Next Meeting February 6, 2025, from 1pm-2pm via Microsoft Teams.

Microsoft Teams Meeting details are as follows:

Join on your computer or mobile app.

[Click here to join the meeting](#)

Or call in (audio only)

[+1 629-209-4396, 641975577#](#) United States, Nashville
Phone Conference ID: 641 975 577#

ROBERTSON COUNTY HEALTH DEPARTMENT
INVITES YOU FOR
**HEALTH & WELLNESS
FAIR 2025**
7th February 2-6PM



Venue: Army National Guard
5255 Highway 76E, Springfield, TN 37172

MORE THAN 20 LOCAL EXPERTS AND PROFESSIONALS WILL BE ON SITE SPECIALIZING IN BROAD AND DIVERSE HEALTH AND WELLNESS TOPICS.

**FREE
ADMISSION**

**EL CENTRO DE SALUD DEL CONDADO
DE ROBERTSON**
TE INVITA A
**FERIA DE SALUD Y
BIENESTAR 2025**
7 DE FEBRERO 2-6PM



Lugar: Army National Guard:
5255 Highway 76E, Springfield, TN 37172

Más de una docena de expertos y profesionales locales estarán en el lugar especializados en amplios y diversos temas de salud y bienestar.



CHI Memorial Breathe Easy Lung Coach

Is a lung cancer screening right for you?

Guidelines for screening:

Insured:

- 50-80 yrs. old (Medicare 50-77 yrs old)
- Current cigarette smoker or quit within the past 15 yrs.
- Have a 20 or greater pack yr. history (1 pk/day for 20 yrs., 2 pk/day for 10 yrs., etc.)
- Asymptomatic (no signs of lung cancer)
- No chest CT in the last 12 months

Uninsured:

- 50-80 yrs. old
- Current cigarette smoker or quit within the past 15 yrs.
- Have a 20 or greater pack yr. history
- Asymptomatic (no signs of lung cancer)
- No chest CT in the last 12 months

If you would like to be screened but don't meet the screening guidelines, the self-pay price is \$150.

For more information or to make an appointment call: 423.495.LUNG (5864)

Walk-ins welcome

We will be parked at:

Location:

Pikeville Pavilion
3150 Main St.
Pikeville, TN 37367

Dates: Monday, February 3, 2025

Time: 8:00 AM to 1:00 PM

