

Health Disparities Advisory Meeting | MINUTES

July 11, 2024, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 55 ppl.
Type of meeting:	Weekly Health Disparities Advisory Group Meeting	
Facilitator:	Dr. Cathryn Stout Office of Faith-Based and Community Engagement	

Motivational Quote: (Dr. Cathryn Stout) The inspirational quote to recognize and celebrate World Population Day. “Let’s celebrate World Population Day, by working together to create enough space for everyone to live on the planet.”

(Dr. Cathryn Stout)

- **French American Heritage Month** This month provides us with an opportunity to reflect on the shared history, language, cuisine, social etiquette, art, and political thought’s that have shaped our communities for centuries. Approximately, 11.8 million Americans of French or French-Canadian descent live and work in the United States, with about 2 million of those speaking French at home. As for the 2011 Census, an additional 750,000 French American citizens were added due to the large creole community, whose language is French.

While the French did not immigrate to these shores, as others did, the Huguenots did arrive here as far back as 1538, seeking the freedom to practice their Protestant faith. They settled in nearby New Rochelle in addition to establishing communities in Harlem, Staten Island and New Paltz. Marquis de Lafayette contributed enormously to the successful outcome of the Revolutionary War.

The Statue of Liberty was presented to the U.S., as a gift from the French commemorating France and the United States alliance during the American Revolution. Lastly Benjamin Franklin and the French signed the Treaty of Amity and Commerce in Paris, recognizing America's right to independence. So, let’s raise a metaphorical baguette and appreciate the French American connection!

- **Chronic Disease Awareness Day** Is an annual awareness campaign held on July 10th, that represents the fact 7 out of 10 deaths in America are due to a chronic disease—that means nearly 1.7 million Americans lose their lives to chronic disease every year. Chronic Disease Day is also created to raise awareness of the impact on people’s lives and economy, which advocates to lower the number of preventable chronic illnesses and improve access to care for patients with chronic conditions.

The day is recognized across the country and the National Health Council provides a unified voice for the more than 160 million people with chronic diseases and disabilities. A helpful tool in spreading awareness is an official proclamation from state leaders. This year, CDC staff, ambassadors and board members were able to secure official

proclamations from the governors of their states such as South Carolina, Maryland, Virginia just to name a few. We hope you'll join the Chronic Disease Coalition by receiving monthly newsletters with updates, action items and educational opportunities as well as state specific requests to elevate the patient voice in your community. <https://chronicdiseasecoalition.org/take-action/join-the-fight>

- **Juvenile Arthritis (JA) Awareness Month** Juvenile Arthritis (JA) is a term used to refer to various rheumatic diseases in children aged 16 and younger. These diseases are not just adult diseases in children; they have many distinctions and are treated differently than in adults. The most common is juvenile arthritis (previously known as juvenile rheumatoid arthritis), and they include juvenile psoriatic arthritis, pediatric lupus, and several others.

Most kinds of JA are autoimmune or autoinflammatory diseases. That means the immune system, which is supposed to fight against foreign invaders like viruses and germs, instead releases inflammatory chemicals that attack healthy cells and tissue. The exact causes of JA are unknown, but researchers believe that certain genes may cause JA when activated by a virus, bacteria, or other external factors. There is no evidence that foods, toxins, allergies, or lack of vitamins cause the disease.

JA Health Effects

Here are some of the symptoms and health effects of JA:

- Joints: May cause joints to look red or swollen and feel stiff, painful, tender, and warm. This can cause difficulty moving or completing everyday tasks. Joint symptoms may worsen after waking up or staying in one position too long.
- Skin: Skin symptoms may include a scaly red rash (psoriatic), light spotted pink rash (systemic), butterfly shaped rash across the bridge of the nose and cheeks (lupus) or thick, hardened patches of skin (scleroderma).
- Eyes: Dryness, pain, redness, sensitivity to light and trouble seeing properly caused by uveitis (chronic eye inflammation).
- Internal Organs: Can affect internal organs such as the digestive tract (diarrhea and bloating), lungs (shortness of breath) and heart.

Although, there is no cure for JA, early diagnosis, treatment, medication, mental health therapy, physical activities, eating healthy and balanced meals is simply foundational which all can lead to possible remission. The goals of JA treatment are to:

- Slow down or stop inflammation and prevent disease progression.
- Relieve symptoms, control pain, and improve quality of life.
- Prevent or avoid joint and organ damage.
- Preserve joint function and mobility for adulthood and
- Reduce long-term health effects.

If you would like more information about Juvenile Arthritis or if you like to donate, please click the link <https://www.arthritis.org>.

TOPICS OF DISCUSSION

Focus: Alzheimer's Association

Presenter: Harlyn Hardin, Executive Director and Melissa Cuthbertson, Advocate and Member

Summary: Alzheimer's and dementia is one of the largest declining health impacts on many Americans. Nearly, 7 million people are living with Alzheimer's and 11 million are providing unpaid care to family members living with dementia. The lifetime risk for Alzheimer's begins at the age of 45 with a rate of 1 and 5 for women and 1 and 10 for men. One and three seniors die with Alzheimer's or dementia, which is the leading cause of death more than breast and prostate cancer combined. Dementia is a group of symptoms that affects memory, thinking and interferes with daily living and Alzheimer's most common early symptom is trouble remembering new information because the disease typically impacts the part of the brain associated with newly learned information.

Black Americans risk are twice as higher and more likely than white Americans to receive Alzheimer's or dementia. Hispanic Americans are 1 1/2 times higher than white Americans to get the disease and almost 2/3 of people living with Alzheimer's are women. Age is one of the risk factors for cognitive decline, but studies show there are significantly (6) healthy habits that can reduce the risk of dementia which are:

- Eat a Balanced Diet.
- Challenge your mind (read or play cards)
- Exercise your body daily.
- Connect with family and friends regularly.
- Do Not Drink Alcohol
- Do Not Smoke Cigarettes or Drugs

Everyone needs to know there's plenty of help, Alzheimer's Association is the leading voluntary health association which provides care and support, research, and advocacy. Alzheimer's Association is known as the largest nonprofit funder of research for Alzheimer's and dementia in the world. Alzheimer's Association is available 24/7, day and night for assistance you may call the hotline number at 1.800.272.3900 or you may contact them through their website at www.alz.org, you also may call become a volunteer. We ask you to act and come out and walk the "Walk to End Alzheimer's Campaign" or "The Longest Day Campaign" where participants will come together to do any activity, they so choose to raise money and awareness. Please use the QR Code and register to join the walk, be a sponsor, join a planning committee and so much more, your participation and connection is needed and will be greatly appreciated.



Member Comments: Announcements and Upcoming Events

- TN Charitable Care Network is looking for organizations that would be interested in connecting with our members by exhibiting at our upcoming Annual Conference! More information please click the link at <https://www.tccnetwork.org/2024-sponsors-and-exhibitors-application.html>

Resources mentioned during call:

- Saturday, July 13, 2024, from 8:00AM - 4:30PM, Mental Health 1st Aid Training, held at Frayser Connect Center, 1635 Georgian Drive, Memphis, TN 38127
- Saturday, July 27, 2024, at 10:00AM – 2:00PM, Mt. Zion Health & Wellness, Back to School Event held at Mt. Zion Nashville, 1112 Jefferson Street, Nashville, TN 37217
- Come out on July 31st, 2024, from 9AM-1PM CDT and attend Marion County "Give a Child a Chance Drive-Thru Event" at Chattanooga State Kimball - Free Backpacks and School Supplies, while supplies last.
- If you need more information, please visit our website at www.healthdisparitiestn.com

Chat Box – links / website / events:

- The Tennessee Department of Health's Youth Advisory Council (YAC) and the Youth Engagement Workgroup is excited to invite you (or your institution) to the 5th Annual Youth Conference. This year's conference will focus on helping youth and families navigate the barriers associated with labeling. The conference will take place on August 2, 2024, at Tennessee State Library and Archives from 9:00 AM to 3:30 PM and will feature keynote speakers, a youth-led panel, topic-related youth poets and interactive breakout sessions. Please find the flyer attached for more details. Remember to scan the QR code on the flyer to register for the event. [YAC Conference Flyer Final.pdf](#)
 - This event will provide resources, education, and fun for the entire family, please come out and attend the Marion County Community Health Expo – Saturday, September 28th from 9AM – 1PM CST at Courthouse Square, Jasper, TN 37347
 - If you need more information, please visit our website at www.healthdisparitiestn.com
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Next Meeting: July 18, 2024, 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)

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