

Health Disparities Advisory Meeting | MINUTES

July 18, 2024, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 60 ppl.
Type of meeting:	Weekly Health Disparities Advisory Group Meeting	
Facilitator:	LaShan Dixon Office of Faith-Based and Community Engagement	

Motivational Quote: (LaShan Dixon) The inspirational quote to recognize and celebrate Nelson Mandela International Day. “It is easy to break down and destroy, however, heroes are those who make peace and build. – Nelson Mandela.”

(LaShan Dixon)

- **Birth Trauma Awareness Week** is an annual event, dedicated to raising awareness about the impact of birth trauma on mothers, babies, and families. It aims to increase understanding, reduce stigma, and promote support and resources for those affected by traumatic birth experiences. Birth trauma refers to physical and/or psychological injury sustained by the mother or baby during childbirth. Psychological birth trauma can result from a distressing or frightening childbirth experience. The birth trauma awareness week key goals are below, and they are:
 - Causes: Traumatic births can be caused by emergency medical interventions, lack of support or communication from healthcare providers, unexpected complications, and feelings of loss of control during labor and delivery.
 - Effects: Birth trauma can lead to conditions such as post-traumatic stress disorder (PTSD), depression, anxiety, and difficulties in bonding with the baby.
 - Educate: Participate in or organize events to educate healthcare professionals and the public about birth trauma.
 - Promote Better Care: Advocate for improved maternity care practices, policies to prevent and reduce the risk traumatic births.
 - Support Affected Individuals: Provide resources and support for those who have experienced traumatic births.
 - Reduce Stigma: Encourage open conversations about birth trauma to reduce the stigma and isolation often felt by those affected.
 - Raise Awareness: Increase public and professional understanding of birth trauma and its effects.

If you'd like to get involved or learn more, visit the [Birth Trauma Association website](#).

- **National Minority Mental Health Awareness Month** This observance raises awareness of the challenges that affect the mental health of racial and ethnic minority groups. The US Dept of Health and Human Services, Office of Minority Health, takes into consideration the unfair inequities such as systemic and historical barriers that negatively impact a person's mental health. The concerns and traumas faced by the marginalized, oppressed, and excluded are unique and need to be addressed. It is important to have professional and empathetic mental health caregivers to help overcome mental health issues and faulty diagnoses labeled in the ethnic minority groups.

Faulty diagnoses produce stigma or negative ideas about mental health care that prevents people from seeking services. We shine a light on the discrimination that minorities often experience when living with a mental health condition. We must continue to look for ways to improve the mental health care experience for all groups, including minority communities.

We are making gains on this through the [Affordable Care Act](#). About 1 in 4 uninsured adults have a mental or substance use disorder or both. About 1 in 6 uninsured low-income adults has a serious mental illness. The Affordable Care Act, which included the largest expansion of behavioral health coverage in a generation, builds on the Mental Health Parity Act to expand mental health and substance use disorder benefits and federal parity protections to more than 60 million Americans. In addition, the uninsured rate has declined across the board since 2013. As a result, more minorities now have greater access to behavioral health benefits. If you would like to learn more, please click the link at [HHS Office of Minority Health](#).

- **Ultraviolet (UV) Safety Awareness Month** July is a good time to learn about UV radiation which is a form of invisible radiation that comes naturally from the sun's rays. UV radiation can be used in an artificial form such as tanning beds and sunlamps, even in less commonly certain types of lights and lasers. UV radiation offers benefits, such as Vitamin D, improvement of mood and treatment of skin such as psoriasis, overexposure can lead to health risks such as sunburn, premature skin aging just to name a few. There are three different types of UV rays: Ultraviolet A (UVA), Ultraviolet B (UVB), and Ultraviolet C (UVC).
 - Ultraviolet A (UVA) rays are the most prevalent UV radiation on earth, it penetrates deeply into the skin, causing skin aging, fine lines, and wrinkles. It's consistent throughout the year and just as strong on cloudy days.
 - Ultraviolet B (UVB) rays are partially absorbed by the ozone layer and atmosphere however some rays still reach earth's surface. The intensity of UVB rays fluctuates over time, the strongest UVB rays occurs from late morning to mid-afternoon from spring to fall. UVB rays, exposure year-round and can cause damage by penetrating the outer layers of the skin destroying the skin cells causing sunburn, thickening of the skin, and most skin cancers such as melanoma, this type of rays can also damage the eyes and the immune system.
 - Ultraviolet C (UVC) rays are the strongest UV rays. UVC rays do not reach the earth's surface and are blocked by the ozone layer. UVC rays are only used in artificial sources, such as sunlamps and lasers, which penetrate the outermost layer of the skin, but they can cause severe burns and damage to the skin and eyes in just a few seconds. This damage usually resolves in about a week and typically doesn't cause long-term damage or health risks.

Indoor tanning rates have decreased, but 7.8 million Americans still engage in indoor tanning. Legislation increased awareness of the danger of indoor tanning and UV radiation, melanoma and other skin cancer rates are decreasing in some groups, especially in those under 30. Let's make sure we are engaging in UV Safety by staying in the shade,

using sunscreen (SPF 30 or higher is best), and not using indoor tanning beds or booths. To learn more about sun safety, skin cancer, and sunscreen, check out [MNCCTN's previous article](#) on sun protection and sunscreen research.

TOPICS OF DISCUSSION

Focus: Tennessee Health Immigrant and Refugee Alliance

Presenter: Bethsahida Harrigan

Summary: The discussion today was about the Tennessee Health Immigrant and Refugee Alliance Group which is to empower and uplift the immigrant and refugee populations and those devoted to serving them.

This group serves as a resource and community, providing funding resources for training to support community needs, encourage networking and collaborations among the members and the different organizations and highlight future projects, programs and initiatives during the meeting, seeking to bring everyone together in such a way to build strong lasting relationships.

The Tennessee Health Immigrant and Refugee Alliance Group meets the last Wednesday of every month at 1PM CST. If you would like to know more information, please contact Ms. Bethsahida Harrigan by via email at Bethsahida.Harrigan@tn.gov.

Member Comments: Announcements and Upcoming Events

- [Cancer Control and Care in Rural Communities: A National Rural Cancer Control Conference](#), Hosted by Vanderbilt Ingram Cancer Center, August 8-9, 2024, in Nashville, TN

Resources mentioned during call:

- Come join us on Saturday, July 20, 2024, between 9AM – 1PM for Family Day at Englewood Park, 111 South Niota Rd, Englewood, TN 37329
- 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.
- McDonald Mission Center, Back to School, End of Summer Carnival, on Saturday, August 3 from 10AM – 1PM, located at 75 Ailshie Lane, Mohawk, TN 37810
- Conexion Americas, Back to School, Saturday, August 3rd from 9AM – 1PM at 2195 Nolensville Pike, Nashville, TN 37211
- Dickson Community, Baby Shower, Saturday, August 3rd at 10AM located at the Dickson County Fairgrounds, 1053 Highway 47 E, Dickson, TN 37055
- 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](#)

- TN Charitable Care Network is looking for organizations that would be interested in connecting with our members by exhibiting at our upcoming Annual Conference September 3 – 5. If you need more information, please click the link <https://www.tccnetwork.org/2024-sponsors-and-exhibitors-application.html>
 - 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
-

Next Meeting: July 25, 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)

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