

Health Disparities Advisory Meeting | MINUTES

August 29, 2024, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 58 ppl.
Type of meeting:	Weekly Health Disparities Advisory Group Meeting	
Facilitator:	LaShan Dixon Office of Faith-Based and Community Engagement	

Motivational Quote: (LaShan Dixon) This week’s inspirational quote recognizing National Grief Awareness Day, “The heart of grief, most difficult challenge is not letting go of those who have died but making the transition from loving in presence to loving in separation.” – Thomas Attig

(LaShan Dixon)

- **National Grief Awareness Day** National Grief Awareness Day is recognized on August 30th of each year. Grief involves coping with loss, such as death, divorce, the loss of a job, the loss of a home and any major event that causes anguish or pain. Everyone experience of grief is different. Whether you’re grieving or supporting someone whose grieving, patience must be practiced as people work through the most difficult time of their life.

There are five common stages people experience as they wrestle with the realities of death and loss, which are:

- Denial. You may have difficulty accepting that a loss is real.
- Anger. You may direct anger at multiple sources, including people, God, and even yourself.
- Bargaining. You may imagine reaching an agreement, so you don’t have to deal with the loss.
- Depression. You may experience the complex emotions associated with depression and emotional detachment.
- Acceptance. Eventually, most people embrace the reality of loss even if the pain is still there.

There are many types of grief and multiple ways to experience grief and not everyone who grieves experiences the stages noted above and the stages of grief can come in any order. Grief can overwork your nervous system, weaken your immune system, reduce, or increase your appetite, give heart palpitations, upset your stomach, and give you restless nights.

The American Psychological Association (APA) defines grief as lasting from six months to two years. Symptoms gradually improve as time passes. It’s important to remember that grief doesn’t fit into neat boxes or timelines. Everyone’s grief and grieving timelines are different. Also, there’s never a time when you’re “done” with grief. Your connection with a loved one who’s passed, a dissolved marriage, an abandoned dream, etc., becomes integrated into your ongoing life story. It’s forever a part of who you are. If you’re one experiencing grief and you need hope

and support, please click the link in the chat Our House Grief Support Center [Community Resources – OUR HOUSE Grief Support Center \(ourhouse-grief.org\)](https://ourhouse-grief.org).

- **National Hair Loss Awareness Month** is a time to focus on this common condition that affects millions of people worldwide. Hair loss is also known as alopecia or baldness and this observance aims to educate and raise awareness about hair loss, its causes, and available treatments. It's misconception to think that hair loss is primarily an issue for males, as it also affects many females and children. Today, hair loss has evolved, and modern treatments range from hormone therapy to surgical grafting. Companies like Bosley, founded in August 1974, have played a crucial role in advancing hair restoration techniques.

Hair loss is a common concern, but many myths surround its causes such as wearing hats, shampooing too much or not at all, aging, and sun exposure just to name a few. There are several factors that can affect hair loss such as heredity, acute stress, certain diseases, medical treatments (like chemotherapy), strong medications, dietary restrictions, grooming and styling practices, hormonal changes, trauma, and even pregnancy.

According to research, over 80 million Americans are affected by hair loss, and 40% of those affected are mainly women. Androgenic hair loss (female or male pattern baldness) is one of the most common causes. They say that by the age of 35, most men would have experienced some form of hair loss. If you're concerned about your hair loss, it's best to consult a dermatologist for proper diagnosis and treatment options. Please click the link www.zocdoc.com in the chat, to find a dermatologist near you.

TOPICS OF DISCUSSION

Focus: Nutrition in Chronic Disease Management

Presenters: Sister Mary Lisa Renfer, Medical Director, St. Mary's Legacy Clinic & Sarah Grimes, RN, Clinical Nurse Manager, St. Mary's Legacy Clinic

Summary: Saint Mary's Legacy Clinic is a mobile medical clinic that provide free primary care for uninsured patients in the rural East Tennessee area. Saint Mary's Legacy Clinic is based in Knoxville, TN however, they go out once a month to certain sites to see patients. What is a chronic disease? Chronic disease is a medical condition that last permanently, unhealthy behaviors that contribute to chronic disease such as obesity, lack of physical activity, tobacco use etc. Looking at 2017 CDC Data, providing Tennessee Leading Cause of Death which are Heart Disease, Cancer, Chronic Obstructive Pulmonary Disease (COPD), Alzheimer's, and Strokes in that order, just to name a few.

Health damaging behaviors combined with strong genetic components such as hypertension, diabetes, and real patient barriers such as literacy, mental health, nutrition, and expenses makes it difficult for a patient to navigate through the healthcare system, which do not include a patient not having health insurance, transportation, or even a place to call home. St. Mary's Legacy Clinic also provide diet recommendations and how to help the patient comply such as providing them with information regarding their daily diet verses dieting. A diet is what you eat every single day and dieting is basically being more careful of the foods you eat and where you buy them from. We are to eat more fruits and vegetables, shop for your groceries instead of going too fast-food restaurants and lower sugar intake.

Folks must learn to eat the best diet, what does that look like. The best diet is eating protein, eliminating processed foods, limit foods with white flour, cut out fried foods, stay away from trans-fat use real butter or olive oil, limit white sugar and drinks with calories. Be sure to cook at home and meal prep as needed. Learn how to shop at the grocery store and buy fresh fruit and vegetables instead of purchasing frozen and canned goods. Drink lots and lots of water and eat everything in moderation. Dietary lifestyle changes can be sustainable to long time success, the way to do it is:

- Plan, Plan, Plan
- Search for Sales
- Try new Things.
- Cook dinner in quantity, to have for lunch the next few days and

- Remember simple is easier and better.

If you have any questions regarding the information provided do not hesitate to contact Sister Mary Lisa Renfer and Ms. Sarah Grimes by phone at (865) 212-5570 or via email at srmarylisa@smlcares.com, and/or sgrimes@smlcares.com.

Member Comments: Announcements and Upcoming Events

- Recent reports from the Shelby County Health Department show a 36% rise in HIV rates in the county and a 100% increase in syphilis rates since 2018. The most affected demographic was in people from ages 14-35, with an even sharper increase among those aged 15-19. There are fears that the new law requiring parental consent for any kind of health care may be keeping teens from seeking care.

Resources mentioned during call:

- Community Health Worker positions available in Memphis, Nashville and Knoxville. We encourage interested persons to apply at [Worker-Community Health in Memphis, Tennessee, United States \(baptistonline.org\)](http://Worker-Community Health in Memphis, Tennessee, United States (baptistonline.org)). I'm happy to answer any questions at Cynthia.Bradford@bmhcc.org.
- Insure Our Kids Coalition is hosting a conversation with an immigration attorney about the ACA Marketplace expansion for DACA recipients. You are invited to join a meeting: Insure Our Kids (IOK) TN Coalition Monthly Call. After registering, you will receive a confirmation email about joining the meeting.
<https://us02web.zoom.us/meeting/register/tZUpc-qorz4qE9W9osrQsVBBHiDxWV4YmbAi>
- 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>
- Breaking the SSickle Cell Cycle, Community Health Fair & 5K Walk/Run Event, on **Saturday, September 7, 2024, from 9:00AM -12:00PM** held at Shelby Park – Riverview Shelter
- Healthier 901 Trainer Challenge, Free Wellness Online and App [Healthier 901 Trainer Challenge](#)
- If you need more information, please visit our website at www.healthdisparitiestn.com.

Chat Box – links / website / events:

- Please get your students immunized, please click the link and see the rules and requirements.
<https://www.tn.gov/health/cedep/immunization-program/ip/immunization-requirements.html>
- Purpose Point Community Health, Breath Easy Lung Screening on **Saturday, September 7, 2024**, at 2800 N. Chamberlain Avenue, Chattanooga, TN 37406. Please call 423.541.5490 for more information.
- Together Nashville Refugee Conference **September 21, 2024, at 8:00 AM - 2:00 PM** at Woodmont Hills Church, 3710 Franklin Pike, Nashville, TN 37204 - Light breakfast, coffee, snacks, lunch, and access to all exhibits are included in the \$25 cost of the conference. <https://onlytogethernashville.com/event.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 28, 2024, 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: September 5, 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#