

Health Disparities Task Force Meeting |MINUTES

August 20, 2020 / 1:00 P.M. – 2:00 P.M. | Location: Via WebEx/Teleconference

Meeting called by:	Office of Minority Health and Disparities Elimination	Approximately: 62 ppl
Type of meeting:	Weekly Health Disparities Task Force	
Facilitator:	Dr. Kimberly Lamar, Assistant Commissioner	

TOPICS OF DISCUSSION

Focus: COVID-19 Key Messaging/Talking Points

Presenter: Dr. Kimberly Lamar, Assistant Commissioner, Health Disparities Elimination, Tennessee Department of Health

Summary: Some key messaging and talking points have been created by TDH to address some concerns with the spread and/or testing around COVID-19.

Key Message 1: The virus that causes COVID-19 can spread from person-to-person and cause severe disease.

- Spread can occur between people in close contact (within about 6 feet).
- Symptoms of illness include fever, cough and shortness of breath and may appear 2 to 14 days after exposure.
- Older adults and people with underlying health conditions are at increased risk.
- If you are exposed to someone with a COVID diagnosis, stay home and away from others for at least 14 days. (Exposure is defined as being within 6 feet of someone with COVID-19 for more than 10 minutes.)
- If you receive a COVID diagnosis, stay home and away from others for at least 10 days.

Key Message 2: The best way to prevent COVID-19 infection is to limit potential exposure.

- Wear a mask when you are out in public and follow local mask requirements.
- Maintain proper social distance from others when in public places.
- Avoid contact with people who are sick.
- Protect your elderly family members, relatives, and friends who are at a high risk if exposed to the COVID virus.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available.

Key Message 3: COVID-19 testing is free, easy, and widely available.

- Tennessee's county and municipal health departments in perform COVID-19 testing Monday through Friday.

- Drive-through testing options are available in most Tennessee counties, so you won't even need to get out of your vehicle.
- Find a COVID-19 testing site here: <https://www.tn.gov/content/tn/health/cedep/ncov/remote-assessment-sites.html>
- Trained medical professionals will perform the test, which only takes a short time and involves swabbing both nostrils.
- The COVID-19 test is not painful. The nasal swab may cause just a little discomfort.
- It is medically safe to get a COVID-19 test. You are not more likely to become ill from another virus or infection just because you received a COVID-19 test.
- Test results will be provided to you within just a few days of your test.
- Your test results and your personal health information are secure and protected under federal and state law.

Focus: Tennessee: State of Breastfeeding Updates

Presenter: Erika Kirtz, MPH, Epidemiologist, Minority Health and Disparities Elimination, Tennessee Department of Health

Summary: In 2014, breastfeeding initiation among Tennessee newborns was at 75.9%. In 2019, this number increase by 6% bring it to 80.2%. Overall, Tennessee is seeing an increase for breastfeeding. Data from 2019 is provisional. Please refer to PowerPoint for overall race/ethnicity data from 2014-2019.

Healthy People 2020 set some specific breastfeeding goals and objectives. One of the first objectives was to increase the proportion of infants who were ever breastfed. The Healthy People 2020 goal was 81.9% and Tennessee came in at 75.8%. The racial ethnic disparity still existed among Black women nationally, who did not meet the Healthy People 2020 goal. Another objective was to increase the proportion of infants who are breastfed at 6 months. Healthy People 2020 set a goal 60.6% and Tennessee came in at 48.7%; nationally the goal was not met. When looking at exclusivity, the goal was to reach 46.2% of infants who were breastfed exclusively through 3 months. Tennessee surpassed the goal at 49.9% and the nation surpassed it also at 46.9%.

Some resources include the Tennessee Breastfeeding Hotline (TBH) which is statewide and was implemented in January 2014. Anyone can call and speak with someone about any questions or concerns are answered by an International Board-Certified Lactation Consultants (IBCLC). As of July 2020, TBH has received nearly 36,000 calls. Breastfeeding.tn.gov

TDH launched an initiative call Breastfeeding Welcomed Here (BFWH) which allows for businesses that demonstrate their breastfeeding support via welcoming staff, management and patrons. Each business makes a pledge to provide an environment where breastfeeding mothers can sit anywhere. These businesses also display decals which promote BFWH

Breastfeeding is safe and still the best option for infants. It is important for us to still promote breastfeeding is always the best choice. Everyone should remember to wear face coverings, wash hands and to social distance at least 6ft.

Focus: Breastfeeding Resources

Presenter: ?

Summary: Governor Lee started signed off on Tennessee's proclamation for breastfeeding week on Juneteenth of this year. Every August we give out the USDA Loving Support Awards which are for peer counseling programs. There are 38 awards given for the Southeast Regions of FNS (food nutrition services) and Tennessee received 11 of those awards in the following counties.

- | | |
|------------|-------------|
| • Anderson | • Hamblen |
| • Blount | • Jefferson |
| • Campbell | • Loudon |
| • Cocke | • Monroe |
| • Dyer | • Scott |

- Sevier

Our staff and partners across the state are aiding through WebEx, Zoom Drive-Thru baby showers, and Drive-in latch-on in order to ensure breastfeeding week/month participation is still ongoing during COVID-19. Community is what is important and finding the people we really need to target. We have designated breastfeeding experts in every county health department. They are available for breastfeeding support for any residents of Tennessee.

Focus: Communication Updates

Presenter: Elizabeth Hart, Associate Director, Office of Communication & Media Relations, Tennessee Department of Health

Summary: TDH's site would like to post pictures to show our support and the importance of breastfeeding in the Black community. So, any Black women who breastfeed and want to send any pictures to be highlighted or just want to share support please send those photos to Elizabeth.Hart@tn.gov.

Friday, September 4, 2020 we are looking for Black men and women who have any hesitations about vaccinations or knows anyone who wants to participate in a discussion about vaccination in the Black community please let Elizabeth or Monique know so we can reach out to those people.

Resources mentioned during call:

Find a COVID-19 testing site here: <https://www.tn.gov/content/tn/health/cedep/ncov/remote-assessment-sites.html>

Breast feeding in Tennessee - <https://www.tn.gov/health/health-program-areas/fhw/breastfeeding.html>

Next Meeting: Thursday, August 27, 2020 from 1pm-2pm via WebEx. WebEx details are as

follows: Meeting number (access code): 610 214 092

Meeting password: Health

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