

# Health Disparities Advisory Meeting | MINUTES

May 9, 2024, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 44 ppl.
Type of meeting:	Weekly Health Disparities Advisory Group Meeting	
Facilitator:	LaShan Dixon, Director Office of Faith-Based and Community Engagement	

**Motivational Quote:** (LaShan Dixon) “The Nurse is temporarily, the consciousness of the unconscious, the love of life for the suicide, the leg of an amputee, the eyes of the blind, a means of locomotion for the infant, the knowledge and confidence of a young mother and a voice for those too weak to speak.” – Virginia Henderson

**(LaShan Dixon)**

- **Arthritis Awareness Month** While most people have probably heard of arthritis, it’s likely that many of them don’t know much about the impact of arthritis, the #1 cause of disability in the United States. That’s why, during Arthritis Awareness Month every May, the Arthritis Foundation calls extra attention to this painful and debilitating condition that affects nearly 60 million men, women, and children in the U.S. There are many different types of arthritis:
  - Psoriatic Arthritis
  - Spinal Stenosis Arthritis
  - Rheumatoid Arthritis
  - Inflammatory Arthritis
  - Osteoarthritis
  - Myositis and
  - Gout, just to name a few.

In 1972, at the urging of the Arthritis Foundation, Congress, and President Richard M. Nixon designated the month of May as National Arthritis Month — a special time to emphasize research, service, and education around arthritis, and to raise funds to support the cause. Every year, National Arthritis Month has been marked by efforts to elevate the public’s awareness. If you would like more information or seeking to make a donation, click the [Arthritis Health Education | Arthritis A-Z](#) link.

- **Mental Health Awareness Month** The world is constantly changing – for better or for worse – and it can be overwhelming to deal with everything going on around you. While society is getting more comfortable discussing mental health, it can still be hard to know “Where to Start” when it comes to taking care of your own well-being. This May, Mental Health America will help you:

**LEARN** how modern life affects mental health with new resources to navigate our changing world.  
**ACT** by building your coping toolbox so you can manage stress, difficult emotions, and challenging situations.  
**ADVOCATE** to improve mental health for yourself, your friends and family, and your community.  
For anyone struggling with the pressure of today's world, feeling alone, or wondering if they can feel better, **start here**, by clicking the QR Code and download the 2024 mental health toolkit.



Explore ideas for individuals, organizations, and businesses to help raise awareness and increase understanding about mental health, links noted below. Whatever your outreach approaches are, remember that Mental Health Month is an opportunity to make a positive impact on those around you and remind people that there is no health without mental health.

[Mental Health Month Outreach Ideas for Individuals | Mental Health America \(mhanational.org\)](https://mhanational.org/mental-health-month-outreach-ideas-for-individuals)

[Mental Health Month Outreach Ideas for Community Organizations and Schools | Mental Health America \(mhanational.org\)](https://mhanational.org/mental-health-month-outreach-ideas-for-community-organizations-and-schools)

[Get involved in Mental Health Month as a business | Mental Health America \(mhanational.org\)](https://mhanational.org/get-involved-in-mental-health-month-as-a-business)

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## TOPICS OF DISCUSSION

**Focus:** Ageism and Ableism in Today Society

**Presenter:** Shelley Hale, Director of Operations & Program Administrator, Aging and Disability

**Summary:** This discussion was about ageism and ableism, which both have a disparaging effect on certain people. Ageism can be negative or positive depends on certain settings. Ageism is viewed as stereotyping, discriminating against older adults based on their chronological age or labeling people as being old. Ageism also affects young people being labeled and treated with prejudices by one group toward another, which leaves folks feeling inadequate. Ageism is everywhere at home, on greeting cards, in the workplace, in the media and even in schools. Many people see ageism as something funny, but it can also be displayed as being disrespectful to those that are growing older.

Ageism can also have a negative impact and a wide range of consequences upon elder's health and well being such as stress, depression, low to no self-esteem which accelerates to withdrawal and physical decline that leads to a disregard for life.

Ableism is another form of prejudice and discrimination aimed towards disabled men and women by patronizing them with the desire to cure their body and make them normal. There are many types of ableism such as lack of accessibility in public streets, public settings, and public transportation. Ableism can show up in many ways from personal to institutional, which includes many ways people view those with disabilities and consider them as "less than" or even nonexistent disabled people. At one time disabled people were considered possessed by the devil of evil spirits and as a result, they weren't provided with the level of care or consideration that we now consider all people are deserving of.

If you would like more information about ageism and ableism in today society, contact Ms. Shelley Hale by email at [shelley.hale@tn.gov](mailto:shelley.hale@tn.gov).

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**Member Comments:** Announcements and Upcoming Events

- I would like to invite everyone to the Alliant Health Solutions (CMS QIO) Virtual Partnership for Community Health and Nursing Home 12th Statement of Work Celebration May 23rd 12:30 ET/ 11:30 CT You will hear from organizations we have assisted regarding their experience and outcomes. One Tennessee Long Term Care home will be sharing. [https://allianthealth-org.zoom.us/webinar/register/WN\\_q457JaTJRK-yBStk0YYVNA#/registration](https://allianthealth-org.zoom.us/webinar/register/WN_q457JaTJRK-yBStk0YYVNA#/registration)
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**Resources mentioned during call:**

- CDC taking applications for the [2024 REACH Lark Galloway-Gilliam Awards for Advancing Health Equity Challenge](#) Nominations are accepted, please click the link for more information.

**Chat Box – links / website / events:**

- Harvard Radcliffe Institute <https://www.radcliffe.harvard.edu/people/lisa-i-iezzoni>
  - If you need more information, please visit our website at [www.healthdisparitiestn.com](http://www.healthdisparitiestn.com)
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**Next Meeting: May 16, 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#](tel:+16292094396) United States, Nashville

Phone Conference ID: 641 975 577#