

# Health Disparities Advisory Meeting | MINUTES

June 6, 2024, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 63 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 inspirational quote to recognize and celebrate Learning Disability Week. “Students with learning disabilities are capable of great things, particularly if great things are expected of them.” – Elizabeth Potts and Lori Howard

## TOPICS OF DISCUSSION

**Focus:** Escaping the Broken Health System: A Path to Better Health

**Presenter:** Dr. Gregory Fryer, MD

**Summary:** Today’s discussion was about escaping the broken health system and getting on the path to a better health. There are a few things we must do to have a better health and the first thing is people must be willing to change their mindset. Secondly, we must identify what’s broken in the health system such as the health insurance, the food industry, the government, and underlining causes of chronic diseases must be revealed. Most medications do not fix the underlying chronic disease, it will only manage the disease. We must prepare a systematic process and set up a plan for people to take responsibility of their health and reverse diseases. There are many forms of chronic disease and premature deaths within the minority groups compared to the majority groups.

Inflammation is our body’s response to an illness, injury or something that doesn’t belong in our body, such as diabetes, cancer, autoimmune disease, cardiovascular disease and much more. Stress is another underlying cause of chronic disease it comes in three major forms chemical, physical and emotional that produces inflammation in the body which causes the body to break down within itself, then we have an overlap of obesity which brings on diseases such as diabetes, cancer, high blood pressure and etc.

What we need to remain healthy is drink plenty of water, get sunlight, eat (real food only) good nutrition, and we need love when we receive those things in proper quantities, we will thrive, we're just like a plant. The important piece to this is we have a proven system that has five parts which are, fitness, nutrition, hormones, detoxification, mentoring and coaching. We must turn this health crisis into opportunity to help people and communities get better. There are many different fitness regimens, but we must make sure you're doing the proper fitness for what you're looking to achieve and that depends on your genetics because, a fitness regimen is not very beneficial depending on what kind of genetics you may have.

We must also understand many of your hormones are processed through the liver, and if the liver gets bogged down and it's not working properly, it's going to cause your hormones to be out of balance. So, it's important we detoxify our body, because everything we've ever consumed have been processed through the liver. The information is only good if it's properly used and applied daily. Medical Direct Care mentoring and coaching offers free webinars, seminars, and presentations to get folks started and to understand what they need in order to get better and live a healthy life. If you would like more information, do not hesitate to contact Dr. Fryer and his team at 931.221.0902 or you can go to their website at [www.medicaldirectcare.com](http://www.medicaldirectcare.com).

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#### **Member Comments:** Announcements and Upcoming Events

- **Position posted on LinkedIn** - ASSISTANT COMMISSIONER, TENNESSEE DEPARTMENT OF HEALTH DIRECTOR, DIVISION OF HEALTH DISPARITIES EILIMINATION – 58351
  - **Position posted on LinkedIn** - TENNESSEE DEPARTMENT OF HEALTH DIRECTOR, OFFICE OF MINORITY HEALTH - 58353
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#### **Resources mentioned during call:**

- TN Statewide Partnership for Community Health please register for Zoom Meeting scheduled on Tuesday, June 11<sup>th</sup> at 1PM. [https://allianthealth-org.zoom.us/webinar/register/WN\\_ejQ4MqLaRLyzkZUe8i63qQ](https://allianthealth-org.zoom.us/webinar/register/WN_ejQ4MqLaRLyzkZUe8i63qQ)
- Blue Plum Festival, 25th Annual Blue Plum Festival, Friday, June 7 and Saturday, June 8, 2024, 325 W Main St, Johnson City, (Downtown Johnson City)
- Tri Cites Community Juneteenth Festival, Saturday, June 15th, 2024, from 11:30AM – 5:00PM, at Downtown Kingsport Association, 400 Clinchfield St, Ste 100, Kingsport, TN 37660
- Clarksville Juneteenth Cultural Festival & Parade, Thursday, June 19, 2024, Parade at 11AM, Festival at 1PM at Clarksville Speedway, 1600 Needmore Rd, Clarksville, TN 37040
- Rutherford County Health Department, 9th Annual Community Baby Shower, Saturday, June 22, 2024 at 10:00 am to 1:00 pm, Patterson Park Community Center (Adult Gym), 521 Dr. Martin Luther King Jr. Blvd, Murfreesboro, Tennessee.
- If you need more information, please visit our website at [www.healthdisparitiestn.com](http://www.healthdisparitiestn.com)

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

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**Next Meeting: June 13, 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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Phone Conference ID: 641 975 577#