

NOV 2020 - JAN 2021  
**QUARTERLY  
 NEWSLETTER**  
 EDITION II

## Growing Really Well

Chelcie Oseni, MBA, BSN, RN

Grow Well's Delta States Grant Program recently ended a four-year grant cycle on July 31, 2020. Many significant impacts in the fight against obesity and chronic disease were made in rural communities of West Tennessee over those four years. See Grow Well by the numbers below:



**131,059**

**ENCOUNTERS OVER 4 YEARS**



**\$78,400,859.10**



**SAVED ON 1,814 PRESCRIPTIONS**



**35%**

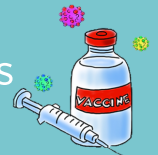
**OF ADULTS DECREASED THEIR  
 WEIGHT**

continued...

## Featured:

- Grow Well's Impact

- Flu Vaccinations



- A *Poppin'* Fall Recipe

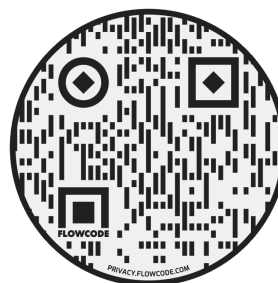


- Fruit and Vegetable Trivia



- Resource Spotlight:

#OnOurSleeves



visit our  
*website*

## Growing Really Well (cont.)

### ADULT PROGRAMS



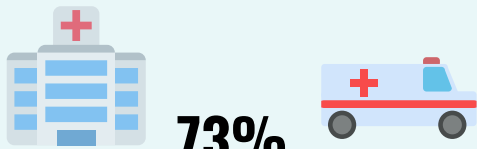
**30%**

**REDUCED BLOOD PRESSURE**



**25%**

**IMPROVED BLOOD SUGAR**



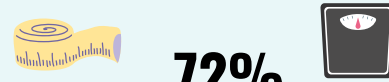
**73%**

**REDUCTION IN EMERGENCY ROOM UTILIZATION**

**32%**

**REDUCTION IN HOSPITAL ADMISSIONS**

### PEDIATRIC PROGRAMS



**72%**

**PATIENTS IMPROVED BMI%**



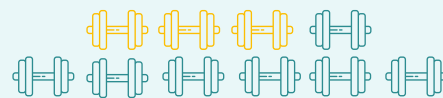
**36%**

**INCREASED FRUIT AND VEGETABLE INTAKE**



**23%**

**INCREASED WATER INTAKE**



**30%**

**INCREASE IN PHYSICAL ACTIVITY**

These outcomes also helped inform the current Delta States Grant Program that just began on August 1, 2020. And while these outcomes seem staggering, only those who participated in at least one of our programs during the past four years influenced them. We still have a lot of work to do to change the trajectory of health outcomes as they relate to obesity and chronic disease for rural West Tennesseans and we are appreciative of all of the work of all of our Grow Well community partners! To learn more about our programs, please visit [www.growwellTN.org](http://www.growwellTN.org).

## GrowWell Partners

**HIC HENRY COUNTY  
MIC MEDICAL CENTER**

**Le Bonheur**  
Children's Hospital

**HARDEMAN COUNTY  
COMMUNITY HEALTH CENTER**

**PARIS AND HENRY COUNTY  
HEALTHCARE FOUNDATION INC.**

For more information,  
visit [www.growwelltn.org](http://www.growwelltn.org)



## FLU VACCINATIONS ARE MORE IMPORTANT THAN EVER THIS YEAR

Lori Stambaugh, RN BSN, Community Educator, Henry County Medical Center

We have been fighting a global pandemic since the beginning of the year and now we are heading into the winter months, where illnesses seem to flourish as people are forced indoors.

Flu season is here and we have to be extra cautious this year, more than ever, since we are in the middle of a pandemic as well. The flu kills thousands of people each year in the United States, but fortunately, we have a vaccine to help prevent it.

Flu vaccines reduce the risk of flu illness, hospitalizations and death. The flu vaccine prevents millions of illnesses and flu-related doctor's visits each year. According to the Centers for Disease Control (CDC), during 2018-2019, the flu vaccine prevented an estimated 4.4 million influenza illnesses, 2.3 million influenza-associated doctor's visits, 58,000 influenza-associated hospitalizations, and 3,500 deaths. These statistics are quite powerful, especially when you take into consideration the current state of healthcare in the United States, where most hospitals are already overwhelmed with COVID-19 patients.

Most experts agree that a flu vaccine is **imperative** this year. Not only will it significantly decrease your chances of getting the flu, it will also likely mean a milder case of the flu if you do get it. Experts are also worried about how your body will handle it if you were to get the flu and COVID-19 at the same time or one after the other. It could place a greater strain on your body and may be harder on your respiratory health as well as your overall ability to recover.

**Another thing to consider is that the flu and COVID-19 have very similar symptoms. It will be hard for healthcare providers to distinguish between the two, which will mean that most people will need to have a COVID-19 test and quarantine until the results are back.**

The CDC recommends the flu vaccine for anyone six months of age and over, except for people with certain conditions. There are many excuses and myths that people believe that keep them from getting the flu vaccine. Some people believe that the flu shot causes the flu, which is impossible, since the shot is made from an inactivated virus that cannot transmit infection. A low-grade temperature may follow in some cases, but this is the body's immune response to the vaccine, which means you are building up antibodies. It also takes a minimum of two weeks to build up immunity, so if you are infected the first two weeks after you receive your vaccine, you may not be protected.

Two more common myths are that flu shots are not safe or they don't work. Serious problems from the flu vaccine are very rare. The shots cover the most prevalent strains of the flu, so illness is still possible if you are infected with a different strain; however, most vaccinated people report milder cases.

September and October are prime months for flu vaccinations, but if you have not been vaccinated yet it's not too late! Flu vaccinations are available at most providers' offices and pharmacies. Insurance usually covers the cost, but contact your insurance provider to be sure. If you do not have insurance, you can self-pay to get the shot, which usually runs around \$25-\$45. Call around to get the best price. If you have any questions about the flu or flu vaccine, please contact your healthcare provider or the Henry County Medical Center Findline at 731-644-3463. [www.tn.gov/health/fightflu](http://www.tn.gov/health/fightflu)



*Did you know...*

FRUIT AND  
VEGETABLE  
*trivia*

- Each American eats about 22 lbs of tomatoes per year. More than 11 lbs are in the form of Ketchup or tomato sauce.
- The fruit that has the highest amount of antioxidants, or the highest fighting power against disease is blueberries.
- The pineapple is the universal sign of hospitality.
- Carrots were first grown as a medicine, not as a food. They originated 3,000 years ago and were white, purple, and yellow.
- Green vegetables have a lot more nutrients than starchy vegetables like corn and potatoes.
- Cranberries may help heal certain infections by killing the bacteria that caused them.

*Chocolate Peanutbutter*  
**POPCORN SNACK MIX**  
*Sweet and Salty*



**Ingredients:**

- 12 cups popped popcorn
- 3 cups mini-twist pretzels
- 1 cup roasted, salted peanuts
- 1 cup candy corn
- 1 cup Reese's Pieces
- 1/4 cup unsalted butter
- 1/4 cup honey
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1/2 cup creamy peanut butter
- 2 tablespoons heavy cream
- Orange candy or sprinkles (optional)

**Instructions:**

Mix the popcorn, pretzels, peanuts, candy corn, and Reese's Pieces in a very large bowl. Spread mixture out onto two large rimmed baking sheets.

Melt the butter in a large saucepan over medium-high heat.

Add in the honey and sugar and stir until smooth. Stop stirring and allow the mixture to come to a boil.

Cook/let caramelize for about 5 minutes. Be careful to not let it burn.

Remove from the heat and carefully stir in the peanut butter, salt, and heavy cream.

Quickly drizzle the mixture over the party mix on the sheet pans, and stir mixture with two large spoons.

Add orange candy melts and sprinkles (if you wish).

Let the party mix cool on the sheet pans, then transfer to bowls for serving, breaking up any large pieces if needed.

# “On Our Sleeves”: A Fresh Perspective on Mental Health

## Kirstie Williams, LMSW, Social Work Specialist


The On Our Sleeves campaign debuted in 2018, labeling itself as a voice to the voiceless. This thought-provoking platform challenges the ideas and stigmas associated with child mental health. As a play on the classic saying “We don’t wear our heart on our sleeve,” On Our Sleeves uses a unique combination of colorful, illustrative graphics that relate to feelings or emotions on black and white photos of children. The idea is to symbolize children don’t wear their thoughts on their sleeves, and encourages caregivers and loved ones to make conversations about feelings a priority.

**...MAKE  
CONVERSATIONS  
ABOUT FEELINGS  
A PRIORITY.**

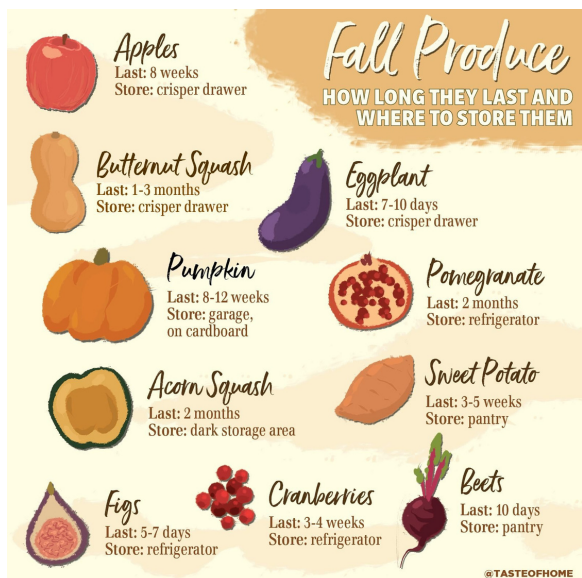
As an organization, On Our Sleeves aims to provide resources and education about child mental health not only to caregivers, but also to community partners and mental health professionals. These resources come in a variety of forms. First, access to webinars related to: suicide prevention and intervention, how to effectively integrate behavioral health and primary care, and how parents can address hard topics with their children, just to name a few. Their user-friendly website also provides internet resources such as Conversation Starter Notecards—available to caregivers to help facilitate conversations in regards to mental health. Check out some of their conversation starters here and use it as a pathway to open dialogue about hard topics.

Most recently, On Our Sleeves has developed resources related to the COVID-19 pandemic. An at-home scheduling chart, self-care notebook, PediaCasts, as well as videos about COVID-19 were all created in efforts to ease children’s uncertainty about the virus. These informational materials center around an adjusted lifestyle we are all having to experience in light of the current pandemic. All information and resources provided by this organization are developed by Nationwide Children’s Hospital, who recently in March 2020, opened the Big Lots Behavioral Health Pavilion—a facility dedicated to develop a national model for pediatric mental healthcare and research.

When you feel sad,  
what do you think  
about to make  
yourself feel  
happy again?



Resources: On Our Sleeves. Nationwide Children’s Hospital. [www.onoursleeves.org](http://www.onoursleeves.org), 2019.



## Health Observances:

### November:

- Alzheimer’s Disease Awareness Month
- American Diabetes Month
- COPD/Lung Cancer Awareness Month
- CPR Awareness Month
- Great American Smokeout (Nov. 19)
- International Survivors of Suicide Day (Nov 21)
- National Alzheimer’s Disease Awareness Month

### December:

- World Aids Day (Dec 1)
- National Hand Washing Awareness Week (Dec 6-12)

### January:

- Blood Donor Month
- Cervical Cancer Screening Month
- Glaucoma Awareness Month
- Thyroid Awareness Month

