



AUG-OCT 2021

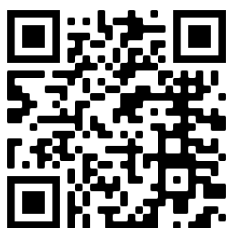
QUARTERLY NEWSLETTER

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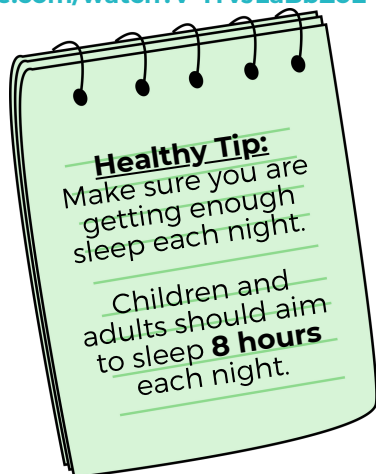
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education series online:



<https://www.youtube.com/watch?v=IYvJLaBbZoE>



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episode about
SLEEP!



Featured:

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Vaccine Hesitancy & The Delta Variant

Lori Stambaugh, RN, Project Director, Paris Henry County Medical Center

COVID-19 vaccine hesitancy is a huge problem in the United States and has proven to be a hurdle to overcome in order to achieve herd immunity.

Herd immunity is only reached when enough people have been vaccinated against a disease and have developed protective antibodies against future infection. According to the Centers for Disease Control and Prevention (CDC), the nationwide average of people who have taken both doses of a vaccine and achieved full immunity is 49.3%. **For Tennessee, the rates are even lower at 38.9%**

High rates of vaccine hesitancy are estimated across the country. Multiple myths circulating throughout the nation through online and social media platforms are heavily to blame. Unreliable sources and anti-vaxxers use influencers to promote their agenda to the masses, spreading rumors that have no scientific basis. Refer to factual resources such as the CDC, FDA, medical associations and your own personal provider. Now is a time more than ever to rely on providers and their knowledge to get us through this pandemic.

The COVID-19 Delta Variant is quickly spreading throughout the nation as well as Tennessee. It has proven to be more contagious and can present with symptoms similar to sinus infections, but has the potential to develop into much more. We are starting to see an uptick in cases in the United States, as well as our local area and this is a cause for concern with vaccination rates so low. As of July 22, more than 80% of new cases in the United States and 97% of hospitalized patients are unvaccinated. The CDC says the 18-49 age range makes up a large percentage of those hospitalized. With 77.7% of adults over 65 being vaccinated, the younger age groups are getting hit harder this time.

The COVID-19 vaccine has been proven to be safe and effective by the CDC as well as the Food and Drug Administration (FDA). As with any medication or vaccination, there are potential rare side effects possible, but it has been proven that the benefits outweigh the risks. Myths and rumors surrounding the COVID-19 vaccine include the theory that it will alter DNA, that it will deliver a microchip into your body, cause you to be magnetic, or affect your fertility. There is also talk about "breakthrough" cases where people who have been vaccinated are becoming infected. The Moderna and Pfizer Covid-19 vaccines have shown a 90-91% efficacy rate against the original COVID-19 strains, and 88% efficacy against the Delta strain. In those cases where vaccinated people have become infected, most have been mild and did not require hospitalization.

If you are considering being vaccinated or feel hesitant, please talk to your healthcare provider about your questions and fears. Visit the Henry County Medical Center Facebook page at facebook.com/HCMCParisTN to find more information and videos addressing COVID-19 vaccinations. Dr. Pam Evans with Paris Women's Center and Dr. Annamaria Church with Paris Pediatrics discuss COVID vaccination rumors in a video that can be found on the HCMC Facebook page as well as on HCMC's Youtube page. Additionally, HCMC's Pharmacy Director, Paula Bell, presented a Facebook live addressing COVID-19 vaccinations and the Delta Variant. It can also be watched on Henry County Medical Center's Facebook page. Vaccines are readily available at the local health department, as well as at most local pharmacies. Vaccination sites can also be found at [**vaccinefinder.org](https://www.vaccinefinder.org)

Find out more about our programs by visiting

www.growwelltn.org

Who are we?

MEET OUR GROW WELL PARTNERS

**HIC HENRY COUNTY
MIC MEDICAL CENTER**



PARIS AND HENRY COUNTY
HEALTHCARE FOUNDATION INC.

Le Bonheur
Children's Hospital



**HARDEMAN COUNTY
COMMUNITY HEALTH CENTER**

Myths about Mental Health

Kirstie Williams, LMSW, Le Bonheur Community Health Counselor

The more you know about mental health, the more equipped you are to properly address it. Let's talk about some common myths or misconceptions about child/adolescent mental health.

MYTH #1: *Labeling my child with a mental illness will only make things worse for them.*

The Facts: We understand that putting a diagnosis on a set of symptoms and behaviors can be overwhelming, and at times not make sense; however, having an official diagnosis opens doors for your child. One of these examples is being able to apply for Individualized Education Plans (IEPs) in school, which gives your child the tools they need to be the best versions of themselves, both on paper and in the classroom.

MYTH #2: *Children will grow out of their mental health problems. I'll just have them push through it.*

The Facts: The opposite is most of the time true. Not addressing these issues during their onset can enhance symptoms and behaviors, making it more difficult to address them later on. Relying on willpower of your child will leave you disappointed and leave them more hurt in the end. Children's brains are still developing and they do not have the skills to navigate these conditions on their own. Connecting children to trained professionals gives them the best opportunity to address their mental health concerns and future success.

MYTH #3: *Therapy is a waste of time, I'll just give them a medication that will help.*

The Facts: Medication can often be a great resource to help treat mental health concerns; however, medication is most effective when paired with regular counseling or therapy. Also, several mental illness can be solely managed with effective, consistent therapy. If you find yourself disappointed with results after several months of therapy, don't be afraid to research new therapists in your area, or even different types of therapy. Each child is unique and different, the first therapist they come in contact with may not be the best fit for them, it's ok to research to find the best fit.

MYTH #4: *A child with mental health issues is doomed for life.*

The Facts: A diagnosis of a mental illness is not an indication of your child's future successes or failures. Millions of adults live very normal, comfortable lives while also having a mental health diagnosis. The key to this is persistent, consistent help from trained professionals and strong support systems.

If you have further questions about mental health and your child, please reach out to local trained professionals who can help. A good place to start is your child's pediatrician or social work staff at your child's school.



Running Towards Better Health

Prevent Type 2 Diabetes Success Story: Meet Tracey Beasley

"In April 2019, I saw an event on HCMC's Facebook page advertising a Prevent Type 2 Diabetes Education class. Knowing that I had several risk factors in my life including family history and history of gestational diabetes, I signed up for the class. I attended the first meeting and got the shock of a lifetime when I saw my A1C result. Over the next few months, the program taught me the life changing things I needed. I was slowly losing weight and getting stronger through exercise. Unfortunately, the class ended when the pandemic hit. Lack of classes, exercise, and emotional eating caused all my progress from the class to slowly unravel.

Fast forward to October 2020, when I went to eye doctor where she checked my blood sugar. It was over 300. I immediately texted the grant dietitian/diabetes educator, Kim, and she made me an appointment to see her the next day. After that meeting, I went to see my doctor. He was going to prescribe multiple medications. I asked him to give me 3 months to get my numbers in line, so the dietitian and I started meeting on a weekly basis to work on nutrition and talk about the different types of exercise that I could do. Kim said that she was participating in the Andrew Jackson Memorial Half marathon in April 2021 and asked if I would be interested in walking with her, so I signed up. Our weekly meetings turned into training sessions. I started losing weight again and gaining strength. When I had my follow-up doctor visit, he was very pleased with my turn around and said that if I kept my progress up, I would eventually reverse my diabetes. Kim and I participated in the half marathon and I FINISHED! That was just the beginning for me. I'm registered for St. Jude's 10k and half marathon this December, and I have also started working with a personal trainer. At this time, I have lost a total of 40lbs, and my goal is to lose another 55lbs. I couldn't have gotten these results without the grant allowing me to have access to professionals dedicated to my care."

Back To School Bento!

Take a break from your classic sandwich and spruce up your lunch menu by packing Bento-style. The small compartments keep things fun, fresh, organized, and exciting! Remember, eat your rainbow! Try to eat 5 servings of fruits and vegetables daily to meet your recommended daily values.



Chicken salad,
cucumbers,
watermelon, & trail
mix!

Chicken quesadilla,
guacamole, bell
peppers, kiwi, and
grapes



Spinach pesto pasta
salad, raspberries,
strawberries, and
chocolate avocado
pudding

Cheese, crackers,
lunch meats, carrots,
olives, blueberries, and
apples

