



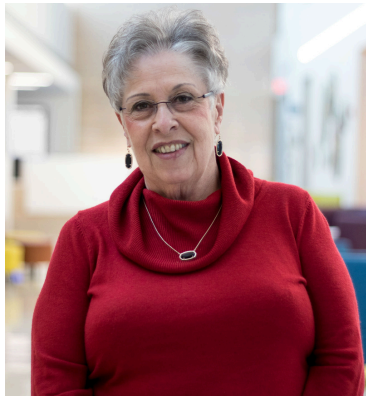
QUARTERLY NEWSLETTER

VOLUME 5 EDITION 1

Success Story

Grow Well's Delta States Grant Program offers chronic disease case management and pharmacy assistance in multiple rural areas in West Tennessee.

Patients of Hardeman County Community Health Center and Paris Henry County Healthcare can be referred to the Grow Well program in their service area for chronic disease management. Many of these patients are newly diagnosed with diabetes and need specialized counseling and support from Grow Well nurses and staff.



In late 2023, Janice Berryman, RN, received a referral from the local hospital after an admitted patient, Joe,* had experienced a fall and learned that he had diabetes as a result of the injury. Janice knew it was vital to Joe's* healing to get control of the diabetes. With a hemoglobin A1C level of 15% he was in danger of experiencing non-healing wounds, infections, and multiple comorbidities. Hemoglobin A1C levels show providers an average blood glucose level over the past 2-3 months. The result is reported as a percentage that represents the amount of hemoglobin cells that are coated in glucose. Anything above 6.5% is considered high risk for diabetes Medline Plus Education on HgbA1C.

Janice saw that Joe* was having trouble understanding the different types of insulin, and the dosing schedule. She worked with him throughout several weeks and months answering questions and educating him on healthy lifestyle choices. At various times through their initial interactions, Janice discovered that Joe had misunderstood directions or dosages. Janice diligently addressed his concerns and would follow up with him often. One day, her hard work with Joe paid off, and she describes that he experienced a "light bulb moment," and she could tell that he understood now.

Today at 6 months post-diagnosis, Joe has a hemoglobin A1C level of 7.5% and Janice is still his biggest cheerleader. He checks in with her periodically, and she has enjoyed getting to know him. She no longer has to explain the insulin dosages and appropriate foods, but she gets to share tips and celebrate his declining numbers.

Featured:

- Grow Well Success Story
- Back to School Health Tips
- Eating for Health: August-October Produce
- Mental Health Moment
- Health and Wellness Observances

Back to School Health Tips

AUG-OCT 2024

It's Back-To-School Time, and we have some helpful tips for families who are navigating this exciting season!

- Get Vaccinations up to date
- Create a consistent bedtime routine, and stick with it
- Put away electronic devices at least one hour before bedtime
- Begin each day with a nutritious breakfast
- Choose the right backpack, light weight fabric with wide padded shoulder straps, always wearing both straps

AND REMEMBER...



KIDS NEED:

- 8 hours or more of sleep each night
- 5 or more fruits and vegetables per day
- 2 hours or less of screen time per day
- 1 hour or more of physical activity per day
- 0 sugary drinks

For more information on the "85210 Every Day!" program, [Click Here: RN Health Education](#)

We have openings to attend your schools' parent-student events to educate families on our services. Please reach out if interested via email to kristen.hemby@lebonheur.org or julie.mckee@lebonheur.org

Eating Seasonally with GrowWell

It's important to eat SEASONALLY to ensure that you have the freshest, most readily available fruits and vegetables. Local farmers often have many of these fruits and vegetables available during this quarter, and supporting them boosts our local economy.

August

Apples	Lima Beans
Apricots	Melons
Asian Pears	Mushrooms
Beets	Okra
Black Eyed Peas	Onions
Blackberries	Peaches
Blueberries	Peas
Boysenberries	Peppers
Cabbage	Plums
Celery	Potatoes
Chard	Radishes
Collard Greens	Raspberries
Corn	Summer Squash
Cucumbers	Sweet Potatoes
Eggplant	Tomatoes
Grapes	Winter Squash
Green Beans	Zucchini
Green Onions	

September

Apples	Mustard Greens
Beets	Okra
Blackberries	Peaches
Cabbage	Pears
Celery	Peas
Chard	Peppers
Collard Greens	Plums
Corn	Potatoes
Cucumbers	Pumpkin
Eggplant	Radicchio
Fennel	Radishes
Grapes	Raspberries
Green Beans	Shell Beans
Green Onions	Sweet Potatoes
Kale	Tomatoes
Lima Beans	Winter Squash
Melons	Zucchini
Mushrooms	

October

Apples	Mustard Greens
Arugula	Okra
Beets	Parsnips
Bok Choy	Pears
Broccoli	Peas
Brussel Sprouts	Pecans
Cabbage	Peppers
Carrots	Potatoes
Collard Greens	Pumpkin
Endive	Radicchio
Fennel	Radishes
Grapes	Shell Beans
Green Beans	Sweet Potatoes
Green Onions	Tomatoes
Kale	Turnips
Kohlrabi	Winter Squash
Lima Beans	Zucchini
Mushrooms	

Information for local farmers markets can be found at:
[Pick TN Products](http://PickTNProducts.com) or use this QR Code:



For more information, visit www.growwelltn.org

Up to 95% of young people aged 13-17 report using a social media platform. Nearly 2/3 of teenagers report using social media every day and one third report using social media “almost constantly.”

The types of use and content children and adolescents are exposed to pose mental health concerns. Children and adolescents who spend more than 3 hours a day on social media face double the risk of mental health problems including experiencing symptoms of depression and anxiety. This is concerning as a recent survey showed that teenagers spend an average of 3.5 hours a day on social media. And when asked about the impact of social media on their body image, 46% of adolescents aged 13-17 said social media makes them feel worse.

We have gaps in our full understanding of the mental health impacts posed by social media but at this point cannot conclude it is sufficiently safe for children and adolescents. We must better understand the answers to key questions, such as, which types of content are most harmful and what factors can protect young people from the negative effects of social media.

How can we take action?

At a moment when we are experiencing a national youth mental health crisis, now is the time to act swiftly and decisively to protect children and adolescents from risk of harm.

What children and adolescents can do:

- Reach out for help. If you or someone you know is being negatively affected by social media, reach out to a trusted friend or adult for help. If you or someone you know is experiencing a mental health crisis, call or text 988 for immediate help.
- Create boundaries to help balance online and offline activities.
- Develop protective strategies and healthy practices for your own social media use.
- Protect yourself and others from cyberbullying or other forms of online harassment and abuse:
- If you or someone you know is the victim of cyberbullying or other forms of online harassment and abuse, don't keep it a secret.
- Protect others by not taking part in online harassment or abuse. Avoid forwarding or sharing messages or images, tell others to stop, and report offensive content.

What parents and caregivers can do:

- Create a family media plan to help establish healthy technology boundaries at home—including social media use. Your own family social media plan can be created [HERE](#).
- Create tech-free zones and encourage children and adolescents to foster in-person friendships.
- Model responsible social media behavior.
- Teach children and adolescents about technology and empower them to be responsible online participants at the appropriate age.
- Report cyberbullying and online abuse and exploitation.
- Work with other parents to help establish shared norms and practices and to support programs and policies around healthy social media use.

Source: U.S. Department of Health & Human Services

By: Dr. Danita Lynn Brookins

UT Extension Agents Schancey Chapman, Ashley Harris and Sondra Thorne presented a Poster Session at the National Health Outreach and Engagement Conference in Greenville, SC.

The presentation titled In Your Seat or On Your Feet: Community Fitness the Tennessee Extension Way highlighted the impacts of Stay Strong, Stay Healthy, Tai Chi, Yoga for Kids, Chair Yoga, Matter of Balance, and Arthritis Foundation Exercise Program. The presentation discussed how offering physical activity for various skill levels can turn non-traditional locations into makeshift fitness centers. Seniors, school personnel, Head Start teachers, and congregations have benefited from these programs. Agents forge strong partnerships to ensure accessibility for individuals facing physical, financial, or geographic barriers. These county-based comprehensive physical activity opportunities offered in West Tennessee proved impactful results:

- 78% of participants are exercising more often to help manage their chronic condition.
- In 2023, over 6,507 participants became physically active as a result of Tennessee Extension Programs.
- 76% of participants lost weight during these programs, with a total loss of 465 pounds.
- In 2023, participants who completed group exercise programs resulted in an estimated medical cost savings of \$1,159,742.

These physical activity programs promote long-term behavior change by creating an environment that supports health within the community. Participants who adopt physical activity practices have positive changes for a healthier lifestyle and improve overall health and wellness to maintain independence.

Community Resources Asset Map:

Recently, the Grow Well team has collaboratively developed a Community Resources Map that can be utilized by the public and is located on our website. We hope that you find the map useful to locate various community resources. If you find our map in need of update, please contact: julie.mckee@lebonheur.org.

Click to View our
Map!

[Community Resources Map](#)