



Minority Health Resources

About Minority Health

A **minority** is a group that has a smaller number of individuals (less than half) and are outnumbered by the majority group.

“**Health disparities** are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health that are experienced by populations that have been disadvantaged by their social or economic status, geographic location, and environment. Many populations experience health disparities, including people from some racial and ethnic minority groups.”

In the United States, people in racial and ethnic minority groups experience higher rates of illness and death across a wide range of health conditions, including:

- diabetes
- hypertension
- obesity
- asthma
- and heart disease
- as well as average [life expectancy](#) compared to their white counterparts.

The 2018 U.S. Census report has noted the year 2030 as a demographic turning point for the United States. The nation’s population is expected to include more older people and to become more racially and ethnically diverse.

[cdc.gov/minority-health/](https://www.cdc.gov/minority-health/)

Intersectionality with Brain Injury

Racial and ethnic minorities have higher rates of TBI, higher death rates from TBI and poorer outcomes. Native American and Alaskan Natives have the highest rate of TBI and the highest death rate of all other racial/ethnic groups in the United States. Some of the reasons for the higher rates include higher rates of motor vehicle accidents, substance use and suicide. (cdc.gov)

Native Americans are also more likely to experience brain injuries from domestic violence. After TBI, racial and ethnic minority groups have poorer outcomes in terms of overall functioning, employment, psychosocial functioning, independence at home and overall life satisfaction. Hispanics and Blacks with TBI are more likely to drop out of studies looking at the long-term impact of brain injury. This dropout rate could be attributed to multiple things including lack of trust in the healthcare system. They are less likely to receive follow up care and rehabilitation which was significantly related to lack of insurance.

Screening Tools

[Substance Abuse Screenings in Tennessee \(SBIRT-TN\)](#) Screening, Brief Intervention, and Referral to Treatment: SBIRT is a substance abuse screening and referral to treatment initiative. It is patient-centered and offers education and early intervention to identify and address substance misuse in primary care settings. Patients are asked about their substance use confidentially.

Institute for Research, Education & Training in Addictions (IRETA) SBIRT Toolkit:
<https://ireta.org/resources/sbirt-toolkit/#screening>

University of Washington Substance Use Screening & Assessments Instrument Database:
<http://lib.adai.washington.edu/instruments/>

[NASHIA's OBISSS](#) (Online Brain Injury Screening and Support System)

[Ohio State University TBI Identification Method](#) - a screening tool for Brain Injury

Crisis Intervention Tools

988 Suicide & Crisis Lifeline or you can text to 988; 988lifeline.org to chat with someone.

[Continuum of Crisis Services and 988 2-minute informational video](#)

Veterans Crisis Line: Dial 988, then Press 1; or text 838255.

[NAMI Blog: How to Help Someone in Crisis](#)

[Warning Signs and Symptoms](#)

[211 Helpline | Get Connected. Get Help. \(unitedwaygreaternashville.org\)](#): The 211 Helpline is a 24/7 365-day information and referral help line that provides individuals in need with help in times of crisis and beyond.

SAMHSA National Helpline: Confidential free help, from public health agencies, to find substance use treatment and information. 1-800-662-4357

Tennessee REDLINE: 24/7/365 resource for substance abuse treatment referrals. Anyone can call or text 800-889-9789 for confidential referrals.

TN Statewide Crisis Phone Line: 24 hours/365 days; a free resource for anyone experiencing a mental health crisis; provides support, guidance and appropriate community supports. (855-274-7471)

National Maternal Mental Health Hotline: Call or text 1-833-TLC-MAMA (1-833-852-6262). TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.

National Websites

[CDC Minority Health: Racism and Health](#)

[Racism and Health video](#)

[Intersectionality video](#)

[CDC's CORE Commitment to Health Equity](#)

[CDC Health Equity Guiding Principle for Inclusive Communication](#)

[American Psychological Association \(APA\)'s Equity, Diversity, and Inclusion Language Guide.](#)

[US Dept. of Health and H Services Office of Minority Health \(OMH\)](#)



State Resources

Statewide Minority Health Newsletter, **Top Ten** current Tennessee Minority Health events happening weekly. [Enter your events here](#). To receive the newsletter, email TDH.OFBCE@tn.gov.

Health Disparities Advisory Group, “weekly meetings consist of various discussions, networking opportunities and presentations.” Join by emailing TDH.OFBCE@tn.gov.

[Immigrant and Refugee Outreach](#), including announcements, resources and toolkits.

TN Department of Health, [Division of Health Disparities Elimination, Office of Minority Health Office of Faith-Based and Community Engagement, Health Disparities in TN Report 2024](#)

[TN Disability Pathfinder](#) - statewide database of services including everything from social service agencies to low-income medical clinics to recreational programs.

Infographics

[FDA Office of Minority Health and Health Equity](#) (OMHHE) offers many easy-to-use and culturally appropriate resources on minority health, health disparities, and related topics. These resources are available to download, print, and share. Some are available in Spanish and additional languages.

[Safe Start Center Tip Sheet](#) Trauma-informed Care for Children Exposed to Violence: Tips for Agencies Working with Immigrant Families.

US Dept. of Health and Human Services Office of Minority Health (OMH) [National Minority Mental Health Awareness Month](#) Download [Infographic PDF](#)

Trainings

[CDC Health Equity Webinars](#) - health equity in emergency response and preparedness, health equity through workforce development, health equity science and data for action, promoting equity in communication and more.

Support Groups

Tennessee Brain Injury Virtual Support Group Zoom meetings – held on the 1st and 3rd Tuesday each month. For more information regarding meetings, call the TBI Hotline at 1-800-882-0611.

TN Brighter Futures groups that are a part of this System of Care

Tennessee Department of Health, Minority Health

Office of Faith-Based and Community Engagement

Tennessee Department of Health, Health Disparities Advisory Group

