



## Trending Healthy

May  
2021



### COVID-19 Vaccine Hesitancy

What is vaccine hesitancy? What are some of the reasons why people are hesitant about getting the COVID-19 vaccine? How critical are the COVID-19 vaccines to ending the current pandemic? Is reaching "herd immunity" no longer the endgame? Are younger adults now steering the pandemic forward?



**Dear TH Readers:** I've been working on this issue for days, even seeking input from O3A's executive team (thank you Laura and Jody). As I get ready to press the "send" button, I'm compelled to share with you that I'm covering some sobering and sensitive topics. Well, I suppose it's been a bit sobering for me as I have sorted through and read *countless articles and reports*, being very careful that what I share is factual and current. As hard-hitting as some of these topics are, the information is necessary. Being informed is necessary. And, information about the pandemic and vaccines changes from day-to-day.

Despite any pandemic fatigue, we must keep ourselves informed and vigilant. Our local communities, state, and country (...*the world!*) are still in the fight with this coronavirus pandemic; not just fighting the virus and variants, but trying to sustain and repair devastated economic infrastructures. This affects us all.

The information below is just a snapshot from the past few days. Trust me--this information evolves daily. So many experts and agencies are hard at work trying to get in front of this global pandemic, and the media attempts to keep on top of it. At O3A, we care about and offer services for older adults. We also care about their families and loved ones, and our own communities.

The month of May nationally celebrates "Older Americans", and the theme this year is "Communities of Strength". So, what is a community? It's you, your family and friends---it's all of us taking care of ourselves so we can help others and "strengthen" the lives and businesses that make up our communities.

We hope you will read and consider the vetted referenced information with an open mind. Thank you for "reading on". Sincerely, Janis.



The Olympic Area Agency on Aging follows the Washington State Department of Health (WA DOH) Guidelines. According to WA DOH, the "COVID-19 vaccination is one of the most important tools to end the COVID-19 pandemic".

Getting a COVID-19 vaccine is a personal choice. It's important that everyone has access to the right information they need (and can trust) in order to make an informed decision. Opinions are not the same as facts. It can be easy to be distracted or influenced by language and miss the truth because some words are chosen to elicit an emotional response. Whatever you decide for yourself, know the truth of your premise and don't accept someone else's opinion as truth.

Determine what you need to know to make the decision and then seek out answers from reputable sources.



**IN THIS ISSUE:** We explore COVID-19 vaccine hesitancy. Also, what's the latest about getting in front of this pandemic? On the lighter side of things, how about a healthy recipe or two? I'm thinking something "Legume". And, how about helping us to distribute and/or respond to a very important survey!!

I'd like to welcome our newest Trending Healthy readers who joined our reading group since March:

Welcome Deanna R., Kathleen S., Wayne R., Hillary S., Melissa P., Lorna B., Joanne M., Judy H., Ellen T., Keith N., Carol N., Sharon R., Tom M., Mary B. *Thank you for joining us!*

**Celebrate Older Americans Month and Read On!**

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## ADULTS

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- How To Address COVID-19 Vaccine Hesitancy
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- OLDER AMERICANS MONTH - 2021



**IF YOU KNOW OF AN OLDER ADULT WHO IS  
HOMEBOUND  
OR WHO NEEDS A RIDE TO GET THEIR  
COVID-19 VACCINATION,  
PLEASE CALL US!!!**



Our offices are temporarily closed to walk-ins due to the pandemic, but staff are still available to take your call. Please call us if you need information:

**Clallam County:** Forks Office(360) 374-9496, Sequim Office (360) 452-3221

**Grays Harbor:** Aberdeen Office (360) 532-0520

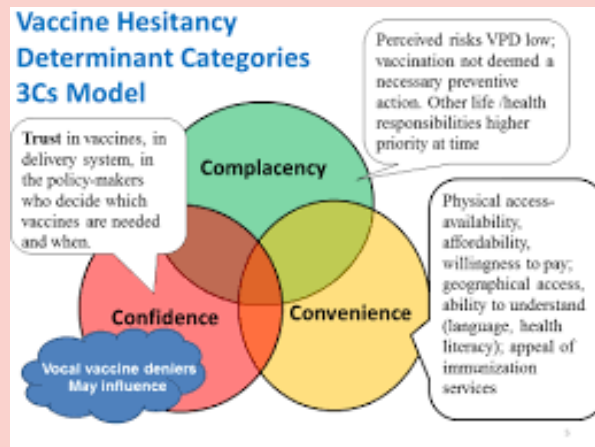
**Jefferson County:** Port Townsend Office (360) 385-2552

**Pacific County:** Long Beach (360) 642-3634, Raymond (360) 942-2177

Or visit our website: [www.O3A.org](http://www.O3A.org)

## What is Vaccine Hesitancy?

"Vaccine hesitancy, also known as anti-vaccination or anti-vax, is a reluctance or refusal to be vaccinated or to have one's children vaccinated against contagious diseases. The term encompasses outright refusal to vaccinate, delaying vaccines, accepting vaccines but remaining uncertain about their use, or using certain vaccines but not others." Vaccine hesitancy is also influenced by factors such as complacency, convenience and confidence.



Vaccine hesitancy is nothing new. In my research, I found that Wikipedia presents an interesting and comprehensive overview. Take a look at some of the historical vaccine hesitancy way before COVID-19: [click here](#).

"Argument against vaccination are contradicted by overwhelming scientific consensus about safety and efficacy of vaccines. The World Health Organization views vaccine hesitancy as one of the top ten global threats."



## COVID-19 Vaccine Hesitancy: What are some of the common concerns?

### Common Concerns

**Editor's Note:** Individual political views and some religious beliefs may contribute to vaccine hesitancy. I chose a few resources below as examples of some of the more common concerns about the COVID-19 vaccines--excluding any religious, political, or racial sentiments.

CNN ran a report on April 18, 2021, "*COVID-19 vaccine demand is slowing in parts of the US. Now an uphill battle starts to get more shots into arms.*" [Click here](#) for the report.

The vaccine hesitancy reported in the above article says, "**people in rural areas tend to have an attitude of being self-sufficient, especially among the younger population...people are waiting to get the vaccine because they want to know the side effects down the road from it.**" Other hesitancy was around that "the vaccine is just too new".

KGW.com (An NBC affiliated news station, Portland, Oregon) reported that their "vaccine team interviewed experts about who is vaccine hesitant". They reported, "**the most common reasons people say they're hesitant to get the COVID vaccine are safety concerns, mistrust in institutions, people who only believe in natural healing, medical freedom groups, and conspiracy theories.**" [Click here](#) for that story.

AARP cites their own survey of vaccine hesitancy amount U.S. adults ages 50 and older. Their findings included that 26% were **concerned about the side effects**, 32% indicated that **they were in good health and didn't see the need to get the vaccine**. [Click here](#) to review this report.

**"Young people tend to think they're invincible..."**[click here](#). Generation Z includes young adults aged 18 to 24. This report shares the results of a "STAT-Harris Poll" that shows large percentages in this age group in no rush to get vaccinated...[click here](#) for more of this article.

## Mimosoids, Caesalpinoids, and Papilionoids are also known as:

**Legumes!** We know these as peas, lentils, and all sorts of bean varieties, including---peanuts. Even though "nut" is in its name, a peanut is actually a legume. (Hmm. I didn't know that.) Like soybeans, lentils, and other legumes, peanuts are edible seeds that grow in pods.



The NDHealthFacts website offers a great overview of all that is "Legumes". It also includes a comprehensive breakdown of nutritional benefits of some of the most common legumes. [Check it out here!](#)

Harvard Health reports that legumes are a "nutrient-rich option" and that they "are a good source of plant protein". [Click here](#).



## ADDRESSING MISINFORMATION:



Contributing factors to vaccine hesitancy are myths and misunderstandings. CNN Health addressed vaccine myths in an article, "[Covid-19 vaccine myths: These reasons for not getting a shot don't hold up. In fact, they'll set the US back.](#)" Below are only some of the **myths** they tackle:

1. We don't know what the long-term side effects are
2. The vaccine might hurt my fertility
3. It's none of your business if I don't get vaccinated
4. I'm young and healthy, so I don't need to get vaccinated
5. I might not be able to afford a vaccine

**Click here** to read the facts addressing the myths above.

If you are unsure or have questions, reach out to your primary care team.

## How Important Are the Covid-19 Vaccines in Ending the Pandemic?

Well, the US Surgeon General stated in his report posted by CNN, "the vaccine is the most important pathway to ending this pandemic. That means we've got to get everyone in our country vaccinated." In this CNN April 20th report, the Centers for Disease Control and Prevention cited, "about 40% of the US population, more than 132 million people, have received at least one dose..and about 26% or more than 85 million are fully vaccinated." **Click here** to read the report.



There is still much discussion around what percent of the population would need to be vaccinated in order to reach herd immunity. (**Click here** for herd immunity definition.) As of April 30, 2021, it's reported that "health experts say we need at least 70-85% of the US population immunized to reach herd immunity". **Click here** for this CNN report.

## OF CONCERN:

The longer people stay unvaccinated, the more chances a virus has to mutate. And if the mutations are significant, they could lead to more troubling strains that might evade vaccines. **Click here** to read, "*More Young People are Getting Hospitalized as a 'Stickier' More Infectious Coronavirus Strain Becomes Dominant*".

"Long Covid" is real. Even young athletes have suffered brain fog, chest pains and shortness of breath. **Click here** to read Natalie Hakala's testimony to the House Committee on Energy & Commerce - Subcommittee on Health, April 28, 2021. Could Long-Covid become the second pandemic? **Click here.**



## Legume Recipe POD #1

Here's a POD of 3 Salad Recipes including Legumes!

a. Lima Bean Salad...*at least consider it!* [Click here!](#)

b. Easy Bean Salad...*colorful with cucumber crunch!*  
**Check this one out!**

c. Best 5-Bean Salad...*prep 20 minutes!* [Click here!](#)



Test your vision and skills with this!

## Children Contracting COVID-19

"The number of children contracting COVID-19 in the U.S. is much lower than the record highs set at the start of the new year, *but children now account for more than a fifth of new coronavirus cases...*[click here](#) to continue reading the NPR.org report.



For some very specific data, state-by-state, the American Academy of Pediatrics reports this information. Get ready to see some data...[Click here.](#)

WebMD news reports that "public health officials in the Midwest and Northeast are sounding the alarm about steep new increases in COVID-19 cases in children". [Click here](#) to read the April 2, 2021 article, "*Cases in Children Helping the Surge of COVID Variants*".

"In Michigan, a record-breaking number of children have been hospitalized with Covid. Experts blame a more transmissible variant, which appears to be spreading faster among children and adults". [Click here](#) to reach the NBCNEWS.com, April 22, 2021 report.

King5.com reports, "**Washington [state] health officials** worry about increased COVID-19 counts in kids. In Skagit County, children now have a higher case rate...[click here](#) to continue reading the April 29th article.

COVID-19 in Washington State. [Click here](#) to see the latest WA DOH Data Dashboard Covid-19 statistics.

## Vaccinating Children

CNBC reports that "BioNTech expects Covid vaccine data on kids ages 5 to 11 as early as end of summer". In late March, Pfizer and BioNTech began a clinical trial testing their vaccine...[click here](#) to continue reading.

COVID vaccine will be available to 12-15 year-olds soon, FDA poised to authorize Pfizer. [Click here.](#) Associated Press, 5/3/2021: The FDA is expected to OK Pfizer vaccine for kids as young as 12 years old by next week. [Click Here.](#)

CNN.com, 5/6/2021, "Less than a third of parents say they'd let their child get Covid-19 vaccine right away...[click here.](#)

## Wash those little hands, Wear a Mask, Avoid Close Contact...

The Centers for Disease Control and Prevention (CDC), "**Keep Children Healthy during the COVID-19 Pandemic**"...teach and reinforce everyday preventive actions...[click here.](#)

SURVEY! (Come on! Surveys are fun..!)

THANK YOU VERY MUCH FOR YOUR TIME TO COMPLETE THIS SURVEY, IF YOU ARE AN OLDER ADULT (60+), AN ADULT WITH A DISABILITY, OR IF YOU ARE A CAREGIVER FOR AN OLDER ADULT OR ADULT WITH A DISABILITY:

[CLICK HERE!](#)

IF YOU ARE TRIBAL STAFF, AN O3A CONTRACTOR, OR A PARTNER OF O3A, PLEASE COMPLETE THIS KEY INFORMANT SURVEY! [CLICK HERE.](#)

Every four years, Olympic Area Agency seeks community input on an Area Plan which guides our work over the next four years. The pandemic has caused disruption of what once was "normal." During this mid cycle Area Plan year, we are asking older adults, adults with disabilities, their caregivers, tribes, contractors, and partners to provide feedback on their observations. There are two surveys – one for elders, adults with disabilities





and their caregivers to take, and one for tribes, contractors, and partners to share feedback on changes in their clients/elders needs. We will use this feedback to update our Area Plan, working to address changing needs.

## THANK YOU!

### Herd Immunity - "Unlikely"

Seattletimes.com ran this article, "Reaching COVID 'herd immunity' is unlikely in the U.S. experts now believe". Here's the report written by Apoorva Mandavilli, The New York Times, that seems to be posted on numerous websites. [Click here](#).



In *USA Today*, the message is the same. They quote Dr. Anthony Fauci from a recent White House briefing, "Rather than concentrating on an elusive number (many experts couldn't agree on exact percentage of immunized to reach herd immunity) let's get as many people vaccinated as quickly as we possibly can".

Since many Americans are saying they might not want to be immunized, "herd immunity is simply not an attainable goal". [Click here](#) to read this report.

*Medical News Today* reports, "(global) Herd immunity may take 4.6 years due to vaccine nationalism." And, if that isn't depressing enough, "this lengthy time gap will likely allow variants of the virus to develop and spread..." [Click here](#) only if you want to read more.

### How Can We Address Vaccine Hesitancy?

Remember that getting a COVID-19 vaccine is a personal choice. I've ran into some articles that suggest "you can't answer a feeling with facts". Facts may help some people to change their mind and get the vaccine, but not all.



Do you know someone hesitant about getting a Covid vaccine? Here's some "how to help with vaccine hesitancy" website info, but, the bottom line is that folks should reach out to their primary care professionals if they have doubts.

Here's a website that covers a lot of the common reasons for vaccine hesitancy, "[A user's guide: How to talk to those hesitant about the Covid-19 vaccine](#)"...[click here](#).

The CDC posts "[How to talk about COVID-19 vaccines with friends and](#)



family". [Click here.](#)

Healthline.com, "How to Talk to Friends and Family Who Are Hesitant to Get the COVID-19 Vaccine." [Click here.](#) This advice addresses the following concerns:

1. The technology used is too new
2. Steps must have been skipped
3. We don't know the side effects
4. I'll get the virus from the vaccine

And, this website "encourages them to talk with their doctor".

## Legume Recipe POD #2

Here's a POD of 3 Legume Snack Recipes!

- a. Dorito-flavored Roasted Chickpeas *Roasted chickpeas? Gotta try it!* [Click here.](#)
- b. Roasted Garbanzos - *only 3 ingredients--I like it!* [Click here.](#)
- c. Super Easy Hummus! *Includes video!* [Click here.](#)



## CELEBRATE OLDER AMERICANS MONTH

Curious about the History of Older Americans Month? "In 1963, President John F. Kennedy..." [click here](#) to continue reading.

Here's a Proclamation on Older Americans Month, 2021, from The White House. [Click here.](#)

Here are some ideas for Celebrating Older Americans Month! Although some of them may not be as easy to do with the pandemic still hanging around, but ...get creative! [Click here.](#)



**Editor's Invitation:** Greetings! Thank you for reading *Trending Healthy*.

I invite you to let me know if there is an important topic about healthy aging that you would like to see us address. I would love to hear from you!

You can reach me at [janis.housden@dshs.wa.gov](mailto:janis.housden@dshs.wa.gov).  
Peace, Love, and Strong and Healthy Communities, Janis M. Housden



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