

**Maya Angelou Center for Health Equity, BET Foundation  
and Winston-Salem State University Sponsor  
Women's Health Symposium**

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**ZUMBA!**

**HEALTH  
EDUCATION!**



**EXHIBITS!**



**ENTERTAINMENT!**



**Center Who's Who**

**Ronny Bell, PhD, MS**  
*Director*

**Alain Bertoni, MD, MPH**  
*Director, Research & Evaluation*

**Melicia Whitt-Glover, PhD**  
*Co-Director, Community Outreach*

**David Mount, PsyD**  
*Co-Director, Community Outreach*

**Jorge Calles-Escandón, MD**  
*Co-Director, Faculty & Student Development*

**Brenda Latham-Sadler, MD**  
*Co-Director, Faculty & Student Development*

**Kathy Townsend, MS**  
*Director of Development*

**Jaimie Hunter, MPH**  
*Research Associate*

**Irma Richardson**  
*Research Assistant*

**Angélica Guzman**  
*Project Manager*

**Sarah Langdon**  
*Associate Project Manager*

**Winona Gilbert**  
*Secretary III*

**Alicia Grayson**  
*Receptionist*

On Saturday, September 6, 2008, the Maya Angelou Center for Health Equity (MACHE) along with the Center of Excellence for the Elimination of Health Disparities (CEEHD) at Winston-Salem State University and the BET Foundation presented the 2008 Women's Health Symposium, themed "Remembering Ourselves," targeting African-American women aged 18 and older.

The symposium, co-chaired by Kristen Gill Hairston, MD (MACHE) and Sandra Wilder, MSRN (CEEHD) was hosted on the main campus of Winston-Salem State University. Over 1500 women from Winston-Salem and surrounding areas assembled

to receive health information in the areas of obesity, mental health, reproductive health, living with chronic diseases, grand-parenting, financial health, alternative medicine, oral health, nutrition, fitness, cancer awareness, HIV/AIDS, healthy aging and diabetes.

In addition to over 14 guest speakers from Wake Forest University, Winston-Salem State University and the community, over 40 community vendors participated in this event. The vendors for this event showcased community resources that could improve the lives of the attendees and the people they love. Other highlights of the day included a morning Zumba workout by Cortney Wilson, an interactive panel discussion where

audience members were able to "Ask the Experts" any health question, and a performance by Grammy® nominated songstress Kelly Price. The event was free to the public and included a souvenir bag with program, breakfast, lunch and admission to the closing concert.

The title sponsors of the event were Honey Nut Cheerios and General Mills. Judging from the enthusiasm of the participants, speakers and vendors, alike, this true community collaboration was a huge success. While this was the first collaborative effort of this magnitude involving MACHE and CEEHD, it is clearly just a glimpse of things to come.

## Director's Note

Much has changed at the Maya Angelou Center in the last few months. First of all, we have changed our name. We are now the *Maya Angelou Center for Health Equity*. We made this change because we feel that it more adequately reflects what we do at the Center, which includes community outreach and faculty and student development in addition to high quality disparities research. We also feel that our work touches more than just racial and ethnic minority groups and that the use of the term "Health Equity" provides a more positive message.

We have also moved our Center offices! The Center is now located on the first floor of Watlington Hall. We are

sharing a suite with the WFU Graduate School of Arts and Sciences. This location makes us more accessible and gives us great visibility in the Medical Center. Please stop by and visit us in our new location.

We have had an exciting past few months as you will read in this edition of the newsletter. In August, we submitted a \$5 million Center grant to the National Center for Minority Health and Health Disparities. This grant will provide infrastructure support for the Center, and includes two grants to examine cardiovascular health in American Indians, and to develop strategies to identify youth at risk for becoming runaways. The Center was also awarded its first National

Institutes of Health grant, a 2-year project designed to determine ways to get African Americans with hypertension in East Winston Salem to adopt the DASH (Dietary Approaches to Stop Hypertension) diet.

We were pleased to partner with the BET Foundation and the Winston-Salem State University Center for the Elimination of Health Disparities to convene a Women's Health Symposium on Saturday, September 6<sup>th</sup>, on the Winston-Salem State campus. Over 1,000 women attended this day-long event.

Thank you for your support of the Maya Angelou Center for Health Equity, and for joining us in our efforts to achieve health equity in our world.



Dr. Ronny Bell

*In order to solve pertinent problems, there is no other way but to seek and implement new forms of relationship and interaction. Only the creative interaction of divergent groups will allow for the answers we all seek to emerge.*

- Mikhail Gorbachev

## Upcoming Events

**National Institutes for Health Summit.** *The Science of Eliminating Health Disparities.* December 16-18, 2008, National Harbor, MD. Sponsor: NCMHD

**NC AHEC Statewide Conference.** *Diversity is the Fingerprint of Humanity.* February 3-5, 2009, Charlotte, NC. Sponsor: NC AHEC

**2nd American Association for Cancer Research Conference.** *The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved.* February 3-6, 2009, Phoenix, AZ. Sponsor: AACR

**3rd National Leadership Summit on Eliminating Racial and Ethnic Disparities in Health.** *A Blueprint for Change.* February 25-27, 2009, National Harbor, MD. Sponsor: DHHS

**2nd Annual Premedical Student Conference.** February 20-21, 2009, Wake Forest University, Winston-Salem, NC. Sponsor: WFU School of Medicine

**30th Annual Minority Health Conference.** *Our World, Our Community: Building Bridges for Health Equality.* February 27, 2009, Chapel Hill, NC. Sponsor: UNC Chapel Hill.

**34th Annual North Carolina Indian Unity Conference.** *Indian Education.* March 5-7, 2009, Raleigh, NC. Sponsor: United Tribes of North Carolina.

**4th Annual Health Disparities Conference at Teachers College.** March 6-7, 2009, New York, NY. Sponsor: Columbia University.

**North Carolina Conference for Health Professions Diversity.** March 31-April 1, 2008, Winston-Salem, NC. Sponsors: Winston-Salem State Univ, WFU School of Medicine, Duke Univ., UNC-Chapel Hill, East Carolina Univ., Campbell Univ., NC AHEC

**20th Annual Society for Arts in Healthcare Conference.** *Approaching Health Creatively.* April 22-25, 2008, Buffalo, NY. Sponsor: Society for Arts in Healthcare (SAH)

**SOPHE Midyear Scientific Conference.** *All that Jazz: Harmonizing Health Education Practice and Research to Advance Health Equity.* May 7-9, 2009, New Orleans, LA. Sponsor: SOPHE

**4th Annual Texas Conference on Health Disparities.** *Debates and Directions in Health Disparities.* May 28-30, 2009, Fort Worth, TX. Sponsor: University of North Texas.

## Research Update

**Translating Dietary Trials into the Community** (Co-PIs Bertoni, Whitt-Glover, and Co-I Quandt ) was funded June 2008 by the National Heart, Lung and Blood Institute for 2 years. This project will examine ways the Dietary Approaches to Stop Hypertension (DASH) diet could be tailored to make it appropriate and acceptable to the East Winston-Salem community. We will conduct focus groups within the community to help understand the available resources and to determine how we can present dietary and health-related information in a useful way; adjust existing DASH diet-related materials using feedback from the focus groups to make them more easily understandable and useful to the community; and conduct a

12-week program to see if these materials help the community follow the DASH diet. **The People’s Clinic: A North Carolina Minority Health Education Collaborative** (PI Bell and Co-I Hunter) is in its final funding stages, and evaluative focus groups are currently being conducted to determine the acceptability and reach of the project materials in the target communities (African-American and American Indian). The Latino initiative continues with our weekly Spanish radio show and newspaper article. We are currently working to identify funding to expand this project. **Presentations**  
**Jaimie Hunter, MPH** presented *A Health Education Partnership for North Carolina American Indian Communities* at the American Public Health

Association 136th Annual Conference in San Diego, CA, October 25-29, 2008. **Sarah Langdon** presented *The People’s Clinic: A North Carolina Minority Health Education Collaborative* at The Institute for Health, Social, and Community Research at Shaw University 2nd Conference on Minority Health, Raleigh, NC, on September 26, 2008. **Submissions**  
**Lumbee Rite of Passage for Life** (PI Bell, Co-I Hunter) was submitted in June 2008 to the National Institute of Mental Health to determine the impact of cultural programs on suicide ideation in American Indian adolescents.  
**Latino Lay Health Advisors: A Coalition Initiative** (PI Calles and Co-I Hunter) was submitted to the NC Health and Wellness Trust Fund in

Oct.2008 to establish a lay health advisor network using churches reduce Metabolic Syndrome among Latinos in Forsyth County, NC. **Role of Life Course Patterns in Ethnic Disparities in CVD Risk Factors & Control** (Co-PIs Bertoni and Quandt, Bell and Arcury Co-Is) was submitted in Sept. 2008 to understand the social determinants underlying ethnic and class disparities risk factors for CVD among older adults. In Oct. 2008 a proposal was submitted to the Merck Foundation for MACHE to become a **Program Office for the Merck Alliance to Reduce Disparities in Diabetes**. If funded, MACHE will be the coordinating center for five diabetes disparity reduction research centers across the United States.

## Affiliated Faculty Research

**Dr. Scott Rhodes, PHS**, Social Science and Health Policy, was recently funded for *A Partnership Approach to Reducing HIV Disparities Among Latino Men*. The goal of this 5-year, \$2.4 million NCMHD-funded community-based participatory research (CBPR) study is to reduce the risk of HIV and STD infection among Latino men through the further refinement, implementation, and evaluation of: HoMBReS: Hombres Manteniendo Bienestar y Relaciones Saludables (Men Maintaining Wellness and Healthy Relationships) in partnership with Chatham Social Health Council, Siler City, NC, and AIDS Care Service Inc., Winston-Salem, NC. This project began Aug. 2008.

**Dr. Sara A. Quandt, PHS** Epidemiology and Prevention. has been funded for two grants from the National Institute for Occupational Safety and Health. *Occupational Injuries of Immigrant Poultry Workers: Development and Progression* is funded from Sept. 2008 - Dec. 2012. The purpose of this project is to document the nature and sources of occupational injuries among minority poultry processing workers. It follows several years of community participatory research by this team with workers in the target communities. *Reducing Pesticide Exposure in Farmworker Families: Research to Practice* is funded from September 2008 - August 2011. The goal of this project is to move an effective culturally- and educationally-

appropriate pesticide safety intervention for farmworker families into public health practice. This demonstration project builds on over ten years of community-based participatory research (CBPR) conducted by a university-community partnership which has produced an effective lay health advisor intervention to reduce pesticide exposure among Latino farmworkers and among their families.  
**Dr. Amy McMichael**, Dermatology, recently published and edited *Hair and Scalp Diseases: Medical, Surgical, and Cosmetic Treatments*, along with Maria Hordinsky, MD. It is an extension of her research of the same subject and is published by Informa Health-care, New York, 2008.

## Student Research

**Ms. Nikki Parson**, Medical Student Class of 2011, was awarded the Women’s Health Center of Excellence Award at the Medical Student Research Day, October 15, 2008, for her poster entitled “African American Mothers Providing Breast Milk for Very Low Birth Weight Infants: Barriers and Supports”. Her research found that programs are needed to address common barriers before they arise in order to better prepare these mothers to address and overcome these obstacles to maintain their pumping schedule. Ms. Parson was funded by MACHE for her research during Summer 2008 and Dr. Sara A. Quandt, PHS Epidemiology and Prevention and MACHE affiliate, served as Ms. Parson’s faculty advisor.

## Faculty and Student Development

Dr. Brenda Latham-Sadler, Associate Professor Family and Community Medicine and Dean of Minority Programs for WFU School of Medicine has joined Dr. Calles as a Co-Director of the MACHE Faculty and Student Development Program. Though Drs. Calles and Latham-Sadler will work together in this new partnership, Dr. Calles will focus his efforts on programs for faculty development and Dr. Latham-Sadler will focus her efforts on programs for students. A grant for development of a curriculum for community

colleges to train Spanish Language Medical Interpreters was funded by WIRE (Workforce Innovation Regional Economical Development Group, based in Greensboro). This is a result of a collaboration between MACHE, WFU Reynolda Campus (Romance Language Dept.), North Carolina Baptist Hospital (Medical Interpreters Dept., Developmental Office), Forsyth Technical Community College and Davidson County Community College. This program will use the "train the trainer" model,

where teachers in the community college system will be trained to teach students interested in becoming medical interpreters. MACHE has also developed a partnership with the Winston-Salem Forsyth County Schools and

local organizations (Chamber of Commerce) with the aim of creating a secondary education (high school) curriculum in the biomedical sciences. Through this curriculum we hope to entice more students into biomedical careers.

## Community Partnerships

We are pleased to announce that Dr. David L. Mount has accepted the role as Co-Director of Community Partnerships. Drs. Mount and Whitt-Glover are working to refocus the Center's community outreach efforts. We are wrapping up the listening tour and hope to have a prioritized list of community concerns related to minority health and childhood obesity very soon. We have a list of community members who are interested in serving on our Community Advisory Board, which should begin meeting soon. MACHE is also partnering with the YWCA of Winston-Salem and the UNCG School of Nursing Health Center for Vulnerable Populations to host a year-long community-wide health

and wellness program "Gateway to a Healthier You". Look for opportunities to participate soon! Through a community-academic partnership with Neighbors for Better Neighborhoods we provided 10 youth scholarships to attend the Neighborhood Institute for Community Leadership in Oct. 2008. In April 2009 please join The Health Act Task Force (HEAT Co-chairs: Jim Toole and Dr. Mount) as we will co-sponsor the 1st Annual Winston Salem Health Equity Day. To date, HEAT has facilitated the viewing of Unnatural Causes to over 1000 persons in the Greater Winston-Salem area (please see <http://www.unnaturalcauses.org/> for more information about Unnatural Causes DVD series).

## Development and National Advisory Board

The Maya Angelou Center National Advisory Board continues to recruit new members as they work toward increasing the visibility of the Center. The Annual National Advisory Board meeting is scheduled for the weekend of December 12th, 2008 at Graylyn Inn and Conference Center. We look forward to welcoming our new board members and continued

strategic planning for the exciting year ahead. Dr. Angelou recently released her latest book entitled "Letter to My Daughter", which is dedicated to "the daughter she never had but sees all around her". "Letter to My Daughter" is a collection of essays in which Dr. Angelou discusses life lessons, a path to living well and living a life with meaning.

## Faculty & Staff Update

**New Affiliates**  
MACHE would like to welcome three new affiliates: **Sean Simpson, PhD**, Public Health Sciences, Biostatistical Sciences; **Marissa Howard-McNatt, MD**, Assistant Professor of Surgery, General Surgery; and **Jeff Carr, MD, MSCE, FAHA, FACC**, Vice Chair of Clinical Research and Prof. of Radiologic Sciences Radiology, Prof. PHS Epidemiology, and Prof. Internal Medicine, Cardiology.

**Welcome**  
MACHE welcomed **Ms. Winona Gilbert** on September 15, 2008. Ms. Gilbert is a Secretary III who will be sharing her time between MACHE and the WFU Graduate School.  
**Congratulations**  
**Dr. John Stewart, IV**, received a NIH K08 Career Development Award and was awarded a Harold Amos Faculty Development Award by the Robert Wood Johnson Foundation.

**Dr. Scott Rhodes** received the Sarah Mazelis Best Paper of the Year Award for Health Promotion Practice for his paper entitled *Visions and Voices: Indigent Persons Living with HIV in the Southern US Use Photovoice to Create Knowledge, Develop Partnerships, and Take Action*. **Dr. Sara A. Quandt** is an invited speaker on "The Role of Community Health Workers in Eliminating Health Disparities" at the upcoming NIH Summit: "The Science of Eliminating

Health Disparities". National Harbor MD, Dec 16-18, 2008. **Dr. Sonia Crandall** served on the Macy Foundation Study Expert Panel on Diagnosis and Primary Health Care. The report, entitled "Curriculum and Clinical Training in Oral Health for Physicians and Dentists: Report of a Panel of the Macy Study" can be found at [www.adea.org](http://www.adea.org). One of the key objectives endorsed in the report was providing culturally competent care.



**Spotlight on...**

**Thomas Arcury, PhD**



Thomas A. Arcury, Ph.D., is Professor and Vice Chair for Research in the Department of Family and Community Medicine, Wake Forest University School of

Medicine. He is also Director of the newly established Center for Worker Health. He received his doctoral degree in cultural anthropology from the University of Kentucky in 1983, and completed a post-doctoral fellowship in health services research at the Cecil G. Sheps Center for Health Services Research, University of North Carolina, Chapel Hill, in 1996.

Arcury is a medical anthropologist and public health scientist who has focused his research career on improving the health of rural and minority populations. Throughout his career, he has conducted

research addressing the health self-management of rural older adults. While in Kentucky, this research was conducted with rural Outer Bluegrass and Appalachian communities. Since coming to North Carolina in 1994, he has worked with older adults living in ethnically diverse rural communities that include large numbers of African Americans and American Indians.

Beginning in 1995, he has been engaged in projects addressing occupational and environmental health and justice among the families of immigrant workers in rural communities, including

migrant and seasonal farmworkers, and poultry processing workers. *Latino Farmworkers in the Eastern United States: Health, Safety, and Justice*, a new volume which he co-edited with Dr. Sara A. Quandt will be published in early 2009 by Springer.

In addition to being colleagues, he and Dr. Quandt have been married for 21 marvelous years. They have raised two children: Justin, a biostatistician at University of Alabama, Birmingham, and Alice, a sophomore at Oberlin College.

**From the Student National Medical Association**



SNMA is back in action for the fall semester! The new leadership is excited to develop new ways to serve the community and continue

with established activities.

We have provided four glaucoma screenings several churches in Winston Salem and have several requests for future events. We are also gearing up for the annual Sickle Cell Christmas Party that is held in conjunction with the Sickle Cell Association of the Piedmont. It is sure to be a day of fun and gift giving for the children in the community and in Brenner Children's Hospital with sickle cell disease.

There are several exciting events being planned for the upcoming Spring. Mark your

calendars and look for more information on the following events:

The 2<sup>nd</sup> Annual Premedical Student Conference, February 20-21, 2009 will be here at Wake Forest University School of Medicine. This conference is targeted at North Carolina students interested in attending medical school and offers workshops to develop skills that will enable them to be a successful applicant. The 15<sup>th</sup> Annual SNMA Banquet of Excellence will be held in April 2009 (exact date to be announced) to honor our graduating seniors.

**2008-09 WFUSM Officers**

**President:**

Shayla Nesbitt

**Vice President:**

Damilola Akinnifesi

**Secretary:** Nikki Parson

**Treasurer:** Edward Miller

**MAPS/Post-Bac Liaison:**

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**Social Chair:**

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TBA

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Please send any comments, suggestions, or mailing address changes

<http://www.wfubmc.edu/minorityhealth/>

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# Hope Lives!

