



Leaving a Legacy of Health

Jackson Heart Study Partners Newsletter • Volume 2, Issue 1 • Spring, 2001

Jackson Medical Mall
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The Jackson Heart Study (JHS) is a landmark federally funded partnership among Jackson State University, Tougaloo College and the University of Mississippi Medical Center to study cardiovascular disease in African-Americans. Participation in the study will assist researchers in finding out why African Americans, particularly those who live in Mississippi have a higher rate of death from cardiovascular disease than any other group.

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CHANGES AND NEW CHALLENGES AHEAD!

Spring is here! The seasonal change is already apparent. Bright, welcoming colors, in varying shades of pink, yellow, orange, green and others that only nature can create, have replaced the grays and browns of winter. You can just feel the energy and vibrancy emanating from the colors! The staff of the *Partnership For Community Awareness and Health Education Office* (formerly the Community Mobilization Office), dedicates this Spring and all its wonderfully brilliant colors to each member of the *Partnership*, as a symbol of our appreciation for your commitment and dedication to the mission and vision of the Jackson Heart Study (JHS). It is with great anticipation and renewed enthusiasm that we look forward to what we know will be a very busy, productive year. What a difference a year can make!

The new name of this office more accurately reflects the role that it now serves. As indicated by the name change a major focus of this office now includes health education and promotion. Accompanying this change, is the new name for the former Community Mobilization Steering Committee - *The Partnership for Community awareness and Health Education*. These name changes are indicative of the expanded

role of each entity.

The Partnership body has evolved structurally and is now more clearly defined. Officers have been elected, By-Laws have been developed and approved, standing committees have been created, functions developed and members assigned. The officers of The Partnership are as follows: **Sophia S. Leggett, Chairperson, Johnell Smith, Vice-Chairperson, Dorothy Williams, Recorder and Clyde Christopher, Parliamentarian.** Each has a rich and unique history in the community.

Partnership members have been assigned to internal Jackson Heart Study committees; Recruitment, Community Partnership and the Steering Committee. Such representation ensures that decisions at all appropriate levels in the JHS are made with community input.

New staff additions in the Partnership Office include Donna Antoine-LaVigne as the Coordinator and Cynthia Dorsey Smith as the Health Educator. Donna and Cynthia each have more than 20 years experience in community organization/mobilization, clinical practice, grantwriting, administration, program development and implementation, and education and training.





Donna Antoine-LaVigne: Biography

Ms. Donna Antoine-LaVigne joined the Jackson Heart Study in July, 2000, as the Jackson Heart Study Coordinator for The Partnership for Community Awareness and Health Education (previously the Office of Community Mobilization). A Pass Christian, Mississippi native, Donna refers to Jackson as her second home, having lived in Jackson for thirty years. Previously affiliated with JSU School of Allied Health Sciences, as a Senior Visiting Instructor of Health Care Administration, she states that she is prepared for the challenge of fast-tracking the community awareness component of the Jackson Heart Study. Donna is a graduate of Jackson State University, where she earned her B.A. in Sociology and M.S.Ed. in Counseling. She received the Master of Public Health degree in 1980 from the University of California, Berkeley, CA. Returning to Mississippi in 1980, she was instrumental in the creation of the Division of Children and Youth Services for the MS Department of Mental Health.

In 1989 Donna served as a consultant to the Mississippi Department of Health where she developed the State HIV/AIDS Care and Services Plan. Her career in health and human services has spanned approximately twenty-five years. Many of those years have been and continue to be devoted to working towards improving the quality of life in targeted communities professionally and as a volunteer. Additionally, she has practiced as a mental health clinician and served as a consultant/contractor/reviewer to numerous organizations (state and federal agencies).

She has numerous past and present professional and civic affiliations which include: The American Public Health Association, 1993-1994 Leadership Jackson Class, a Vice-President of the Jackson Branch NAACP, The Jackson Chapter of Links, Inc., Founding Member of The Jackson Chapter of 100 Black Women of Mississippi, The Jackson Chapter of Jack and Jill of America, the Mississippi Conference on Social Welfare and the Jackson State Alumni Association. Currently, she is a Ph.D. candidate in Health Care Administration. In her leisure time, she enjoys reading, and community service activities.

She shared this about the JHS "This historic study provides a valuable opportunity for African Americans to contribute to the scientific community and the African American community of family as never before. We have an obligation to our community to do everything within our capabilities to ensure that our people enroll and are retained in The Jackson Heart Study. This is an exciting time and I am very happy to be on the JHS team." Donna has one son Sean, who is the Deputy Chief Administrative Officer - contract compliance at the city of Jackson. She describes him as the "eternal joy" of her life.

Cynthia Dorsey Smith: Biography

Ms. Cynthia Dorsey Smith joined the Jackson Heart Study, December 2000 as the Health Educator. A native Mississippian, Ms. Smith, is committed to providing comprehensive, compassionate health, mental health and social services to her family, colleagues and neighbors.

Her diverse work experience includes developing and administering programs for homeless youths, pregnant and parenting teens and the elderly mentally ill. Additionally, she has worked with victims of domestic violence, and incorrigible/runaway youths.

Ms. Smith has a BA in Psychology and English from Tougaloo College. She has completed graduate Social Work courses at Jackson State University and The University of Southern Mississippi. Ms. Smith reports that her most challenging academic accomplishment to date was graduating from Laymen's Bible School at Word of Faith Christian Center.

Ms. Smith's past professional and civic

affiliations are varied and include membership in The Jackson Chapter of 100 Black Women of Mississippi, Jackson Chapter of Jack and Jill of America, Inc., The Rape Crisis Center, Jackson Chapter of NABSW, and board membership of The Mississippi Behavioral Health Society of the Mississippi Hospital Association. She is currently an active member of Word of Faith Christian Center and The Tougaloo Chapter of Tougaloo College Alumni.

Ms. Smith is the proud mother of Aisha Denise Smith a Senior Psychology Major at Tennessee State University and Ahmad Rashid Smith a Senior Business Major at Tougaloo College. "The historic and intrinsic value of The Jackson Heart Study excites and challenges me," says Ms. Smith. "I am delighted to be here and look forward to assisting with the development and implementation of the outreach and education goals of the Study."

From the Council of Elders and the Department of Recruitment

Recruitment of the JHS began this past September. We are grateful to those of you who so graciously allowed a Recruiter into your home to conduct the Home Induction Interview. It is a testament to your commitment to make sure that African Americans in Hinds, Madison, and Rankin Counties take advantage of the opportunity to learn about our health and leave a legacy for future generations.

As we continue to invite others into the JHS family, it is imperative that we build our Council of Elders Volunteer Corps. Our most pressing need is for volunteers to serve as Hosts and/or Hostesses in the Examination Center. Responsibilities would include meeting and

greeting, assisting with paper forms, getting snacks, and providing information. You may volunteer for days and times that are convenient for you. Whether a day or two a week or month, whatever is offered will be most sincerely utilized and appreciated.

If serving as Host/Hostess is not the best job for you, we also need volunteers to provide transportation, child or elder care, and assistance with participant mailings. Please join us in making the JHS the "Study with a Heart". Call the JHS Department of Recruitment and Retention at 368-4610, to volunteer. If you leave a message, we will be sure to return the call.

Diabetes

Diabetes is recognized as a major illness in African Americans because it leads to numerous, serious health problems. Until the recent publication of results from the ARIC study, which consisted of African American residents of Jackson, no one really knew how frequently diabetes occurs in African Americans. The Atherosclerosis Risk in Communities Study, or ARIC study, was started in 1986 and included African American residents of North Carolina and Jackson. The Jackson participants are being invited to continue their commitment to improving their own health, and that of other African Americans by participating in the Jackson Heart Study. The results of the study

about diabetes were published in the Journal of the American Medical Association (JAMA) in May, 2000. The report identified 1670 women and 976 men who did not have diabetes when they first enrolled in the ARIC study. However, after only nine years, 22.6% of women and 21.1% of men had developed Type 2 Diabetes. This report is the first to show that, not only are African American women very likely to develop diabetes during middle age, but African American men are just as likely as women to develop this serious and often disabling disease. It had previously been thought that diabetes occurred more frequently in African American women.



Surgeon General Joins JHS in "A Celebration of Life!"

Dr. David Satcher, helped commemorate the Jackson Heart Study "Celebration of Life", February 10, 2001, at the Jackson Medical Mall, by applauding the institutional partnerships that make it possible. "We need more partnerships like this one," he said of the collaboration between Jackson State University, Tougaloo College and The University of Mississippi Medical Center. "It's tremendous." Dr. Satcher also commended the JHS participants. "It is your commitment that will make Mississippi the source of the solution instead of the site of the problem".

As Dr. Satcher talked about the Framingham study, which will celebrate its 53rd anniversary this year, he called it "one of the most important epidemiological studies in the history of the world". He was the Keynote Speaker at the 50th anniversary celebration in 1998.

During the anniversary celebration, he had an opportunity to talk with many of the Framingham study participants. They were so proud of the role they played in saving countless lives and making medical history. The enthusiasm of that day was palpable. He said, "JHS participants will feel that same kind of pride. The Jackson Heart study is so critical in helping eliminate disparities in health status between African Americans and the majority population. There weren't very many African Americans in Framingham, so the Framingham study had little to tell us about cardiovascular disease in African Americans."

The Framingham Study has more than 10,000 participants enrolled, and now follows the second generation. Dr. Satcher stated, "This was the first study to include women and to look at cardiovascular risk in women. We know, from Framingham, that cardiovascular disease is a much more serious threat to women than breast cancer. Many more women die from stroke and heart attack than they do from breast cancer. There's just no comparison."

Dr. Satcher is the 16th Surgeon General. He was sworn in on February 13, 1998. Prior to holding this office, he was the Director of the Center for Disease Control and Administrator of the Agency for Toxic Substances and Disease Registry from 1993-1998. He served as President of Meharry Medical College in Nashville, Tennessee, from 1982 to 1993. He is the recipient of 18 honorary degrees and numerous distinguished honors, including top awards from the American Medical Association, the American College of Physicians, the American Academy of Family Physicians, and *Ebony* magazine.

Dr. Satcher is a Phi Beta Kappa graduate of Morehouse College in Atlanta, Georgia. He received his M.D. and Ph.D. from Case Reserve University in 1970 where he was elected to membership in Alpha Omega Alpha Honor Society. He is a fellow of the American Academy of Family Physicians, the American College of Preventive Medicine, and the American College of Physicians.

His priorities as Surgeon General include: establishing a balanced community health system, maintaining a global approach to public health and eliminating disparities in health. He believes that a balanced community health system must include health promotion, disease prevention, early diagnosis, and universal access to quality care. High on this list of priorities is the belief that every child should have an opportunity for a healthy start in life.

Dr. Satcher would most like to be known as the Surgeon general who listens to the American people and who responds with effective programs. His mission is to make public health work for all groups in this Nation. He is not only a champion of promoting healthy lifestyles, he is also an avid jogger and enjoys tennis, gardening and reading. He and his wife, Nola, reside in Bethesda, Maryland and have four grown children.

Free health screenings were provided to the enthusiastic "Celebration" attendees which included: blood glucose, blood pressure and cholesterol tests, nutritional counseling and body mass index evaluations. The JHS organization and agency Partners conducted these screenings. Partners included Jackson-Hinds Comprehensive Health Center, the Diabetes Foundation of Mississippi, the Community Organization for Health Awareness, Eliza Pillars Registered Nurses Association, and UMC Nursing students. Other partners, such as the American Heart Association, The Mississippi Division of Medicaid, the Mississippi Department of Human Services, and the Mississippi Organ Recovery Agency (MORA) provided education and resource materials. The "Tots" and "Tweens" of the Jackson Chapter of Jack & Jill of America. Incorporated demonstrated their talent by participating in an Art for Heart Health drawing activity. The Partnership Office extends many, many thanks to Mrs. Goldia Revis, Chairperson of the "Celebration of Life" Committee and Dr. Oscar Rogers, committee member and Chair of the Faith Committee, and JHS staff and the many others (too numerous to name), for the many long hours dedicated to ensure the success of this event. Thanks!

A Call to the Faith Community

Dear Brethren in Christ,

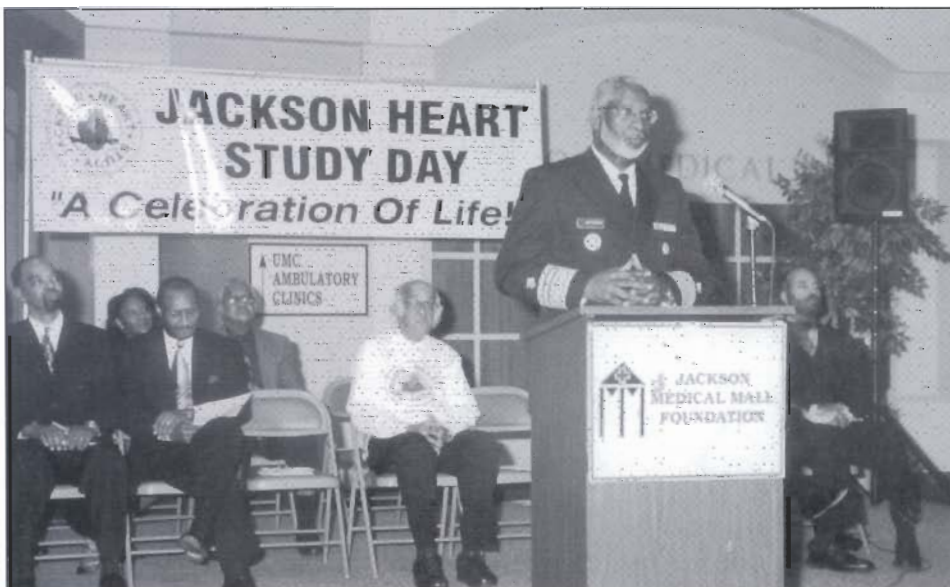
I greet you in the words and spirit of 3 John 1:2, "I wish above all things that thou mayest prosper and be in good health, even as thy soul prospereth." It is good today that the Church is becoming increasingly concerned with both the body and soul of members of its congregations. I am, therefore, endorsing the five-year, \$32 million federally-funded Jackson Heart Study being implemented in partnership by Jackson State University, Tougaloo College and the University of Mississippi Medical Center.

This cardiovascular disease study has the potential to improve the overall health of African Americans and the general population as a whole. At the same time the investigation will identify unique factors that cause African Americans to have higher rates of heart disease and death.

Jackson Heart Study staff are willing to come to your church to explain the study to you and your congregation, as well as provide the health-related education. If you have questions, please call the Jackson Heart Study Partnership for Community Awareness and Health Education Office at 368-4650.

Sincerely yours in Christ,

Dr. Oscar Rogers, Retired Minister
Chair, JHS Faith Committee





Welcome to the Home of the Jackson Heart Study: The JHS Examination Center Clinic

The JHS Examination Center Clinic is the home of the Jackson Heart Study. It is here that the JHS family of participants and staff meet to complete all the clinical tests and exams for the JHS. The clinic is located in the Jackson Medical Mall in a large and inviting space. The walls are adorned with artwork from Tougaloo College artists and friendly clinic staff will greet you as you arrive. As you make your appointment for examination, please make sure that your recruiter knows if you have any special needs so we can prepare for your visit. Since you will be in the clinic for between four and five hours, we want to do everything possible to make your examination comfortable.

The clinic examination is fully described in the brochure, *What I Need to Know to Participate in the JHS*, given to you at your initial home interview. If you need a copy, please call the JHS office at 815-5050 and we will get one to you. The examination consists of tests on your heart (pictures and electrical tracing with EKG and

echocardiogram), lungs (blowing into a machine) and blood vessels in your neck (carotid ultrasound) as well as blood work and questions about your medical history, diet and experiences of discrimination. You will also have the opportunity to participate in a 24-hour ambulatory blood pressure and physical activity monitoring, and urine collection as well as some additional questions about your moods. Friendly and well-trained clinic staff from the University of Mississippi Medical Center JHS Examination Center will conduct all the examinations. Approximately 25 hours after your clinic visit, the blood pressure and physical activity monitoring equipment and urine specimens will be collected in your home or office, as you request. The person who picks up these samples is from the Tougaloo College JHS Undergraduate Training Center and is called the Sample Coordinator. Together, we look forward to making your time in the home of the JHS a pleasant and informative one.

Heart-Healthy Fitness Tips

- Move around while you watch television
- Take the stairs
- Clean your house
- Walk around while you talk on the telephone
- Park far away from the building and walk to your destination

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FAITH INITIATIVE

A special effort to target the faith community is now underway. Print material specific to this population has been designed and disseminated. Approximately thirty-three (33) churches have been visited since January, and many more are on the list to be visited. Some of the churches that have been visited include, but are not limited to: New Mt. Zion Baptist, Cade Chapel M.B., Anderson United Methodist, New Hope Baptist, New Horizon Baptist, St. Mary's M.B., Farish Street Baptist, St. Luther's MB, Mt Zion, Canton United Methodist, Pilgrim Rest MB and Full Gospel Fellowship.

New on the horizon are coordination activities with churches and community programs to create Community Health Advisor Networks (CHAN). The CHAN Program "recruits and trains volunteer natural helpers who seek to improve individual and community health; by identifying perceived health problems; organizing self-help action in their communities; linking people in need with available health services; and giving advice and assistance to neighbors, friends and families". Topics will include: healthy cooking, exercise, stress management and others as requested or identified by the respective community.

A warm thank you to the Madison County Ministerial Alliance for participating in the recent Prayer Breakfast, on April 28, 2001, sponsored by the JHS. This activity provided a forum for Dr. Taylor to personally share JHS information in a comfortable, spiritually enlightened environment. Similar functions are planned for the other communities.

We continue to identify churches in Hinds, Madison and Rankin Counties, to conduct JHS presentations and to plan health education activities. To schedule a visit to your church, please call Ms. Donna Antoine- LaVigne, Ms. Cynthia D. Smith or Dr. Evelyn Walker, at 368-4650. We are eager to share our information with you and we look forward to your call!

