



MISSISSIPPI HEALTH DISPARITIES CONFERENCE 2021

August 4, 2021

**Mississippi Coast
Convention Center**

Biloxi, MS

ORGANIZED BY:



Mississippi **INBRE**

IDeA Network of Biomedical Research Excellence





MISSISSIPPI HEALTH DISPARITIES CONFERENCE 2021

Welcome!

Dear attendees,

It is our pleasure to welcome you to the inaugural Mississippi Health Disparities Conference!

The COVID-19 pandemic has further highlighted the need to improve the health of underserved Mississippians. Those of us who have been working to address health disparities have long understood these issues and vulnerabilities before the pandemic.

We continue our good work and act now through this collective gathering of the best minds. Our goal is to identify solutions and best practices to address health disparities in Mississippi and similar Deep South regions. The conference program reflects the breadth and depth of expertise in our state in this field.

We would like to thank all those involved with organizing the conference. We thank all our sponsors for their financial support. We also thank our conference participants who give life to this very important conference. It truly takes a village.

It is our hope that through MHD2021 we all learn and grow together to make our communities a better place.

Sincerely,

MHD2021 Organizing Committee:

Jennifer L. Lemacks, PhD, RD, LD
Director, Mississippi INBRE Telenutrition Center

June Gipson, PhD
CEO, My Brother's Keeper Inc.

Mohamed O. Elasri, PhD
Director, Mississippi INBRE





MISSISSIPPI HEALTH DISPARITIES CONFERENCE 2021

Wednesday, August 4th | Biloxi, MS

organized by  **Mississippi INBRE**
IDeA Network of Biomedical Research Excellence

MEETING AT A GLANCE

8:00 AM – 8:55 AM	Registration (Lobby) & Networking Breakfast (Hall B)		
9:00 AM - 9:50 AM Hall B	Opening Remarks and Keynote Session: Dr. Penny Ralston Director, Center on Better Health and Life for Underserved Populations Florida State University		
10:00 AM – 10:45 AM Hall D	Diabetes and Obesity: <i>Session Chair:</i> Dr. Stephen Farrow	Community-Researcher Partnerships: <i>Session Chair:</i> Dr. Holly Huye	Diabetes Prevention Program: <i>Session Chair:</i> Mr. Phillip Trotter
• • • • • COFFEE BREAK • • • • •			
11:00 AM - 11:45 AM Hall D	Rural Health: <i>Session Chair:</i> Dr. David Buys	Population Health: <i>Session Chair:</i> Dr. Olga McDaniel	Diabetes Prevention Program: <i>Session Chair:</i> Mr. Phillip Trotter
12:00 PM - 1:15 PM Hall B	Lunch and Keynote Sessions: <i>12:15 PM</i> Dr. Thomas Dobbs State Health Officer Mississippi State Department of Health <i>12:45 PM</i> Dr. Victor Sutton Director, Office of Preventive Health and Health Equity Mississippi State Department of Health		
1:30 PM – 2:15 PM Hall D	Sexual Health: <i>Session Chair:</i> Dr. Mauda Monger	Mental Health: <i>Session Chair:</i> Dr. Daniel Capron	Diabetes Prevention Program: <i>Session Chair:</i> Mr. Phillip Trotter
• • • • • COFFEE BREAK • • • • •			
2:30 PM – 3:15 PM Hall D	Poster Session Hall C	Youth Health Services: <i>Session Chair:</i> Dr. Kayla Carr	Diabetes Prevention Program: <i>Session Chair:</i> Mr. Phillip Trotter
3:30 PM – 4:15 PM Hall D		COVID-19 Disparities: <i>Session Chair:</i> Dr. Caroline Compretta	
4:30 PM – 5:30 PM Hall D	Jackson Heart Study: <i>Session Chair:</i> Ms. Jacquilyn German	Dance for the Health of It: <i>Session Chair:</i> Dr. Michael Forster	Student Leadership: <i>Session Chair:</i> Mr. Karriem Kanston



Keynote Speaker

Penny Ralston, PhD

Florida State University

*Director, Center on Better Health and Life
for Underserved Populations*

9:00 AM • Hall B

Building Community to Improve Health: The Case of Health for Hearts United

Biography:

An Indiana native, Dr. Penny Ralston holds a Bachelor of Sciences from Ball State University, as well as a Master of Education and Doctor of Philosophy from the University of Illinois. Her previous positions include a professorship within the College of Human Sciences at Iowa State University and a professorship and head position within the Department of Consumer Studies at the University of Massachusetts-Amherst. The author of over 60 refereed articles, abstracts, book chapters and reviews, Dr. Ralston's major scholarly work has focused on program development, including the development of community-based programs and higher education programs.



Keynote Speaker

Thomas Dobbs, MD, MPH

Mississippi State Department of Health

Mississippi State Health Officer

12:15 PM • Hall B

Overview of Health Impact of Disparities in Mississippi

Biography:

Dr. Dobbs has previously served at the Mississippi State Department of Health (MSDH) for many years in the roles of District Health Officer and State Epidemiologist. He holds a Doctorate of Medicine and a Master's in Public Health from the University of Alabama at Birmingham. He is Board Certified in Internal Medicine and Infectious Diseases. Prior to joining the Department of Health, Dobbs worked as an Internal Medicine and Infectious Diseases physician in Laurel and Hattiesburg, MS. He is a member of the Mississippi State Medical Association and the Infectious Diseases Society of America and is an Associate Professor at the University of Mississippi Medical Center School of Population Health. Dr. Dobbs became State Health Officer in 2018.



Keynote Speaker

Victor Sutton, PhD, MPPA

Mississippi State Department of Health

*Director, Office of Preventative Health
and Health Equity*

12:45 PM • Hall B

Community Engagement as a Solution to Health Equity and Health Disparities: A Mississippi Story

Biography:

Dr. Sutton directs the Office of Preventive Health and Health Equity after having served as MSDH's Preventive Health director for many years. Dr. Sutton provides operational and fiscal oversight to the Bureaus of Community and School Health and Chronic Disease, the Delta Health Collaborative, and the Injury and Violence Prevention program. The Office of Preventive Health and Health Equity works to promote evidence-based programs that focus on policy and environmental change, and works with schools, faith-based organizations, health care systems, worksites, municipalities and communities. Dr. Sutton manages the programmatic planning, implementation, and evaluation of federal and state grants.

Dr. Sutton's career in public health extends over a decade in professional roles with the Mississippi Department of Human Services' Office of Children and Youth, the New York Department of Labor, and non-profit organizations, including the Community Organization for Health Awareness (COHA). As Director of COHA, Dr. Sutton developed a mentoring network that addressed health and education among at-risk youth in the juvenile system.

His research interests are varied and include leadership, cardiovascular health, obesity, health disparities, physical activity, community-based corrections, and community and economic development.

10:00 AM – 10:45 AM

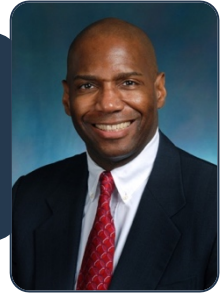
Diabetes and Obesity

Session Chair:

Stephen Farrow, MD, MBA-AEC, CPE, FACP

Executive Director

*The National Diabetes & Obesity
Research Institute at Tradition*



A New Hope: Managing Diabetes and Obesity Disparities through Research and Education

Session Speakers:

“The New Hope Starts Here – Childhood Disparities in Diabetes and Obesity and How to Resolve Them”

Whitney P. Herring, MD, MPH, FAAP
Director of Pediatric Obesity Medicine and Nutrition
Mississippi Center for Advanced Medicine

“Renal Manifestations of Diabetes and Obesity Disparities and How to Resolve Them”

Dr. Errol Crook, MD
Professor and Abraham Mitchel Chair of Internal Medicine
Director for Center of Healthy Communities
University of South Alabama

“Cardiovascular Manifestations of Diabetes and Obesity Disparities and How to Resolve Them”

Foluso Fakorede, MD
Director and CEO, Cardiovascular Solutions of Central Mississippi

10:00 AM – 10:45 AM

Community-Researcher Partnerships

Session Chair:

Holly Huye, PhD, RD

Co-Director, MS Center for Clinical and Translational
Research Community Engagement and Outreach Core

*The University of Southern Mississippi
School of Kinesiology and Nutrition*



Who are the people in your neighborhood?

Developing Community-Researcher Partnerships to Inform and Prioritize Community Needs in the Fight Against Health Disparities

Session Description:

Community partners provide unique perspectives to researchers about the health inequities in their communities. Establishing community partnerships assists in building a trusting community researcher relationship that can result in positive lifestyle changes. The Community Engagement and Outreach (CEO) Core of the Mississippi Center for Clinical and Translational Research (MCCTR) is committed to training community members and faculty across Mississippi's universities in community-engaged research (CEnR) principles to address racial and ethnic health disparities. An essential component of the CEO Core is a Community Advisory Board (CAB). The CAB provides valuable input on investigators' research projects and keeps the Core informed of community needs. The CEO Working Group is a group of investigators focused on developing CEnR projects. This session will provide an overview of the MCCTR mission and discuss key focus areas of the CEO Core. It will also showcase a Working Group member's CEnR project in the areas of pediatric obesity.

Session Goals:

1. Provide an overview of the purpose of the MCCTR and the goals of the CEO Core.
2. Share the perspectives of the CEO Core Community Advisory Board regarding the needs in the board members' respective communities.
3. Highlight the current CEnR projects of the CEO Core Working Group across the state.

Learning Objectives:

1. Increase awareness of the MCCTR and the work of the CEO Core
2. Identify community needs related to underserved populations in multiple regions across Mississippi
3. Summarize current CEnR projects in Mississippi communities.

Session Speakers:

Holly Huye, PhD, RD
Co-Director, MCCTR CEO Core
The University of Southern Mississippi School of Kinesiology and Nutrition

Caroline Compretta, PhD
Co-Director, MCCTR CEO Core
Department of Preventive Medicine, The University of Mississippi Medical Center

Wendy White, PhD
Co-Director, MCCTR CEO Core, Tougaloo College

Crystal S. Lim, PhD, ABPP
Director, UMMC Psychology Residency Program
Associate Professor, The University of Mississippi Medical Center

I: 10:00 AM – 11:45 AM
II: 1:30 PM – 4:30 PM

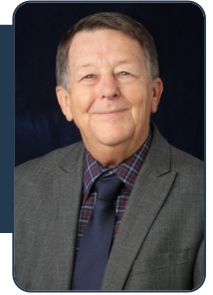
Diabetes Prevention Program

Session Chair:

Phillip Trotter

Prevention Workstream Chair

Diabetes Coalition of Mississippi



Realizing Diabetes Prevention Program

Session Description:

Landmark Event

The state of Mississippi is positioned to reduce the prevalence of type 2 diabetes with a statewide prevention network. Mississippi ranks 2nd in the prevalence of diabetes and obesity with an estimated 814,000 prediabetes population. Establishing and managing a statewide network for the delivery of the evidence-based, CDC recognized National Diabetes Prevention Program (DPP) and Medicare DPP lifestyle change programs in Mississippi is a landmark event. Mississippi is working towards a functional delivery ecosystem statewide by connecting stakeholders with a multi-sided network structure, the Mississippi Diabetes Prevention Program (MSDPP) Network. The MSDPP Network provides the components to achieving scale for sustainability and the needed economies to successfully deliver the National DPP and Medicare DPP lifestyle change programs statewide. For sustainability, all Healthcare PAYERS must be assured that the MSDPP Network can achieve the diabetes prevention goals of Access, Enrollment, and Outcomes.

Session Goals:

1. Explain the structure of a functional delivery ecosystem for Mississippi to scale and sustain access to the National DPP and Medicare DPP to prevent or delay type 2 diabetes.
2. Connect with diabetes prevention and management stakeholders: healthcare payers, referral channels, lifestyle coaches, and social determinant of health organizations.
3. Attract statewide and national resources to Mississippi in support of diabetes prevention.

Learning Objectives:

- A. Attendees main take-away will be that Mississippi has a network structure specifically for delivering lifestyle change programs starting with diabetes prevention.
- B. Understand the role of the primary stakeholders and take-away information for personal and/or organizational opportunities to participate in the MSDPP Network.

Session Speakers:

Stephanie Watkins

Director of Operations, *HabitNu & DTTAC Master Trainer Select*

Sindhu Rajan, PhD

Founder & CEO, *HabitNu*

Joyce Hoth, M.Ed.

Public Health Program Supervisor, Missouri Department of Health & Senior Services
Bureau of Cancer and Chronic Disease Control, Diabetes and Heart Disease Program

Session Format:

The approximate 5 hours for the Realizing DPP sessions include:

10 to 10:50 AM – Phillip Trotter – Introduction to the Realizing DPP network management approach to establishing a functional delivery ecosystem with a multi-sided MSDPP Network structure.

11 to 11:50 AM – Joyce Hoth – The current stakeholder roles in the delivery of the National DPP and Medicare DPP: The good news, and what needs to change.

2 to 2:50 PM – Stephanie Watkins – Raising the standards for recruiting, training, and placement of Lifestyle COAHES for the delivery of the National DPP and Medicare DPP lifestyle change programs.

3 to 3:50 PM – Sindhu Rajan – A network platform of software services supports stakeholder connections to achieve scale for sustainability and needed economies to maintain program delivery.

4 to 4:50 PM – A panel discussion with all four (4) speakers taking questions from the in-person audience and the virtual audience on the MSDPP Network functional delivery ecosystem.

11:00 AM – 11:45 AM

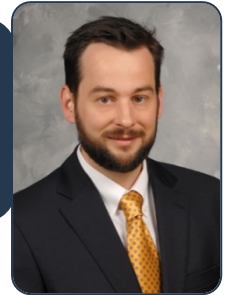
Rural Health

Session Chair:

David Buys, PhD, MSPH, CPG, FGSA

Department of Food Science, Nutrition, and Health
Promotion; State Health Specialist

Mississippi State University



The Rural Way: Factors Affecting Health Outcomes of People in Rural Geographic Areas

Session Description:

Rural health as a construct “refers to the health status of people living in rural areas and the policies that guide the healthcare delivery systems that serve them.” (Inunga and Minelli, 2021). Public health leaders are increasingly recognizing that clinical care drives only about 20% of health outcomes and that the other approximately 80% is the result of individuals’ physical environment, social and economic factors, and health behaviors. People living in rural areas have different resources than those in more metropolitan ones—their educational systems, economic drivers, and built environments are different. Given that rurality has surpassed race as a predictor of mortality (Cosby, 2019), it is essential that the public health community better understand factors that may be driving this place-based disparity in mortality. Furthermore, Mississippi is a highly rural state with 53% of the population living in rural areas; in contrast, less than 20% of the US lives in rural areas. This session seeks to identify some of the factors that make rural areas different from urban ones, with a particular focus on environmental and social and economic issues that may impact health outcomes.

Session Goals:

1. Showcase rural health as a unique challenge in the broader public health domain.
2. Provide a space to share best practices and collaborations to address rural health.
3. Promote research and outreach in the area of environmental and social and economic issues that impact rural health outcomes.
4. Broaden the conversation about what “counts” as public health-related interventions.

Learning Objectives:

1. Define and increase awareness of rural health challenges and opportunities.
2. Identify best practices to improve rural environmental, social and economic factors that impact health.
3. Incite consideration of multi-sectoral collaboration to improve rural health-related outcomes.

Session Speakers:

Devon Brenner, PhD

Assistant Vice President, Mississippi State University

Sonja Fuqua, PhD, RN

Director of Clinical Quality, Community Health Center Association of Mississippi

Annie Cafer, PhD

Co-Director of the Community First Research Center for Wellbeing and Creative Achievement (CREW)

Assistant Professor, Sociology, University of Mississippi

11:00 AM – 11:45 AM

Population Health

Session Chair:

D. Olga McDaniel, MT, PhD

Program Coordinator: MAS-HSD; Professor Emeritus,
School of Medicine, General Surgery

University of Mississippi Medical Center



Population Health Diversity

Session Speakers:

Larry S. McDaniel, PhD

Professor and Chair

Department of Microbiology and Immunology, The University of Mississippi Medical Center

Dean Henderson, MHA

Administrator, Transplant Service Line, The University of Mississippi Medical Center

Carolann Risley, NP, PhD

Associate Professor of Nursing and the Department of Cell and Molecular Biology,

The University of Mississippi Medical Center

1:30 PM – 2:15 PM

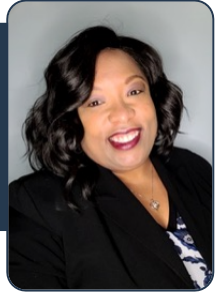
Sexual Health

Session Chair:

Mauda Monger, PhD, MPH

Chief Operating Officer

My Brother's Keeper, Inc.



Let's Start the Discussion: The Uncomplicated Truth about Sexual Health during a Pandemic

Session Description:

Sexual health is a state of physical, emotional, mental, and social well-being in relation to sexuality. It is not merely the absence of disease, dysfunction or illness — it requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. These sessions aim to create opportunities to share information, efforts, and best practices around the impact of the COVID-19 pandemic on sexual health and sexual behaviors.

Session Goals:

1. Strengthen knowledge, communication, and respectful attitudes regarding sexual health.
2. Increase capacity for reinforcement of healthy, responsible, and respectful sexual behaviors and relationships.
3. Increase use of high quality evidenced-based research and tools that improve sexual health.
4. Reduce poor health outcomes relating to sexual health including HIV and STIs.

Learning Objectives:

1. Define and increase awareness of sexual health stigma and its impact on sexual health disparities including STIs and HIV during COVID-19.
2. Explore the mental and emotional impact of “sexual distancing” during a pandemic.
3. Identify best practices to enhance provider and patient discussions around sexual health during virtual engagements (telehealth).
4. Identify best practices to tailor approaches to engage communities across the lifespan regarding sexual health.

Session Speakers:

Mauda Monger, PhD, MPH
Moderator, My Brother's Keeper, Inc.

Alicia Barnes, MBA
Open Arms Clinic

LaQuita Hatcher, MS
My Brother's Keeper, Inc.

Gerald Gibson, MA
Open Arm Clinic

Melissa Coleman, LPC
Open Arms Clinic

1:30 PM – 2:15 PM

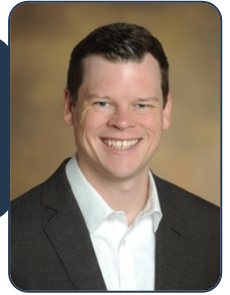
Mental Health

Session Chair:

Daniel Capron, PhD

Associate Professor

The University of Southern Mississippi



A Different Kind of Streaming Service: Harnessing Technology to Address Mental Health Disparities

Session Speakers:

“A Mobile Phone Intervention for National Guard Suicide Prevention”

Daniel Capron, Ph.D.

Associate Professor, School of Psychology University of Southern Mississippi
Director, USM Anxiety and Trauma Research Program

“Acceptability, Feasibility, and Utility of a Group-Based Telehealth Safety Aid Reduction Treatment for Anxiety”

Amanda Raines, Ph.D.

Clinical Investigator, Southeast Louisiana Veterans Health Care System, South Central MIRECC
Assistant Professor, Louisiana State University, School of Medicine

“Enhancing Telehealth Through Community Partnerships: Overcoming Barriers Encountered in Rural Mississippi”

Michael Nadorff, Ph.D.

Associate Professor, Mississippi State University

“Feasibility and Acceptability of Caring Contacts for Suicide Prevention Among Veterans Recently Separated from Military Service”

Claire Houtsma, Ph.D.

Southeast Louisiana Veterans Healthcare System

2:30 PM – 3:15 PM

Youth Health Services

Session Chair:

Kayla Carr, PhD, RN, FNP-C

Director of Jackson School-Based Health Clinics

University of Mississippi Medical Center



School-based health services for youth in a health disparate community: The way forward in the wake of COVID-19

Session Description:

School-based health centers (SBHCs) are unique and effective safety nets for addressing the health needs of young people, including preventive care, social determinants of health (SDOH) needs, health education, and care for illness or injury. The COVID-19 pandemic brought unparalleled challenges as the physical school environment was transformed. Providers responded with innovative strategies, identifying the safest ways to provide preventive health services and respond to SDOH and mental health needs among patients. A return to the physical school space will require nimble responses by community-based providers, including SBHCs, and a refreshed perspective on population health. This session highlights the challenges faced by SBHCs during the pandemic, discusses strategies to respond to preventive health, SDOH, and mental health needs as implemented by SBHCs, and forecasts the school health landscape as we return to the physical school environment.

Session Goals:

1. Showcase the challenges impressed on school-based health providers in light of the COVID-19 pandemic.
2. Discuss opportunities and ways forward for SBHCs in a changed school health landscape, specific to a) preventive health services b) social determinants of health and c) mental health services.
3. Provide opportunity to share best practices and care continuity strategies developed during COVID-19 for community-based providers.
4. Discuss the health landscape for young people during a return to the physical school environment.

Learning Objectives:

1. Summarize challenges faced by school-based health providers related to COVID-19.
2. Relate opportunities and ways forward for SBHCs to your own practice, specifically related to a) preventive health services b) social determinants of health and c) mental health services.
3. Identify best practices and care continuity strategies during COVID-19 for community-based providers to apply in their own practice.
4. Identify potential health needs of young people in a return to the physical school environment.

Session Speakers:

Kayla Carr, Ph.D., RN, FNP-C
University of Mississippi Medical Center School of Nursing

LaDaryl Watkins, MSN, MPH, RN, FNP-C
Family Nurse Practitioner, University of Mississippi Medical Center School of Nursing, Jackson School-Based Clinics

3:30 PM – 4:15 PM

COVID-19 Disparities

Session Chair:

Caroline E. Compretta, PhD

Associate Professor, Departments of Preventive
Medicine and Pediatrics; Core Faculty, Center for
Bioethics and Medical Humanities

University of Mississippi Medical Center



Community Engagement Alliance (CEAL) Against COVID-19 Disparities

Session Description:

This session will include representatives from four MS-CEAL project teams, who will share their projects, preliminary findings, best practices for community-engaged research during COVID-19, and lessons learned. CEAL is an NIH-funded initiative that seeks to accomplish the following objectives:

1. Conduct urgent community-engaged research and outreach focused on COVID-19 awareness and education to address misinformation and promote an evidence-based response.
2. Promote and facilitate inclusion of diverse racial and ethnic populations in COVID-19 clinical trials, reflective of the populations disproportionately affected by the pandemic.
3. To effectively address COVID-19 health disparities in Mississippi and engage priority populations, teams are conducting research initiatives that engage community partners in COVID-19 awareness and education. Projects build upon one another to:
 - a. Assess community perceptions, beliefs, and behaviors regarding prevention and treatment.
 - b. Develop culturally specific, community-vetted informational materials about health behaviors.
 - c. Disseminate messaging materials using existing Community Health Worker (CHW) networks and expanding dissemination channels through trusted community partners.

Session Goals:

1. Examine health disparities research during the COVID-19 pandemic through the lens of MS CEAL.
2. Share best practices and lessons learned regarding health disparities research during COVID-19.
3. Provide a space for new partnerships and collaboration through the MS CEAL network.

Learning Objectives:

1. Outline collaborative partnerships to address health disparities during the COVID-19 pandemic.
2. Understand the impact of COVID-19 on different priority populations across Mississippi.
3. Learn strategies to engage lay community members and community-based organizations in research and communication strategies.

Session Speakers:

Caroline Compretta, PhD, University of Mississippi Medical Center

Lamees El Sadek, MDH, Mississippi State Department of Health

Traci Hayes, MBA, MS, DrPH, University of Southern Mississippi

Susan Mayfield-Johnson, PhD, MCHES, University of Southern Mississippi

Victor Sutton, PhD, MPPA, Mississippi State Department of Health

Wendy White, PhD, Tougaloo College

4:30 PM – 5:30 PM

Jackson Heart Study

Session Chair:

Jacquilyn German, MPH

*Mississippi State Department of Health,
Jackson Heart Study Community
Engagement Center*



The Jackson Heart Study Community Engagement Center: Changing the Future for Heart Health and Disparity Elimination

Session Description:

Housed within the Mississippi State Department of Health, the Jackson Heart Study (JHS) Community Engagement Center (CEC) recognizes the necessity and value of community engagement, at both individual and organizational levels. The CEC supports JHS efforts to continue novel epidemiologic research on cardiovascular and related diseases, serve as a resource to the scientific community for future research, promote cardiovascular health in the greater Jackson area, and encourage underrepresented minority students to pursue biomedical careers. The CEC developed and implemented a Community Engagement Strategy and complementary Communications Plan that integrates and leverages resources and opportunities to communicate study findings and health promotion messages, conduct an evidence-based program of activities and events, and build trust with communities. This session will discuss the activities of the JHS CEC, the development of the communications plan, and how that plan facilitates delivery of culturally appropriate messages about heart health and healthier lifestyles.

Session Goal:

Share strategies for engaging and communicating with vulnerable populations.

Learning Objectives:

At the end of the session, learners will be able to:

1. Discuss the mission, vision, and activities of the Jackson Heart Study Community Engagement Center (JHS-CEC).
2. List innovative programs of the JHS-CEC.
3. Describe the development of the community engagement and communication plan.
4. List strategies for “customizing” community messaging.
5. Describe opportunities to partner with the JHS-CEC to eliminate health disparities.

Session Outline:

1. Jackson Heart Study Community Engagement Center (CEC) introduction (10 minutes)
 - 1.1. Mission to employ communities in promoting healthier lifestyles that reduce cardiovascular disease risks, through innovative approaches to community engagement, education, and action.
 - 1.2. Early implementation phase, developed a Community Engagement Strategy and Communications Plan
 - 1.3. Plan describes processes for developing learner-appropriate messages, materials, and presentations, strengthened, and supported with robust community participation.
2. Multiple innovative programs (15 minutes)
 - 2.1. Designed to reach underserved African Americans in communities where they live, learn, work, play, and worship.
 - 2.2. BROTHERS trains barbers to accurately measure blood pressure, provide education, screen for risks, and make referrals as needed.
 - 2.3. Community Health Advocate (CHA) programs work with communities to support lifestyle modifications, better nutrition, and healthier eating.

- 2.4. Community Research Fellows Training (CRFT) is a 16-week program promoting racial and ethnic minority participation in research.
 - 2.5. Congregational Health Alliance supports member churches in ministering to both spiritual and physical health.
 - 2.6. Health Ambassadors improve community health and wellbeing in partnership with Kappa Alpha Psi Fraternity and utilizes community members with knowledge and experience to engage communities at risk of chronic health conditions.
 - 2.7. Community Health Workers provide culturally appropriate health education information to help adult housing residents reduce or maintain controllable heart disease risk factors.
 - 2.8. Mayoral Health Councils (MHC) serve as foundation for implementing policy, systems, and environmental change to increase access to healthy foods, physical activity, and smoke-free air.
3. Developing the Community Engagement Strategy and Communications Plan (10 minutes)
 - 3.1. Development team and stakeholder communication
 - 3.2. Communication strategies
 - 3.3. Implementation
4. Communication flexibility (15 minutes)
 - 4.1. Initially, messaging primarily delivered via face-to-face visits.
 - 4.2. Staff visited program partners and worked with them to maximize participant benefits and reduce community-level risks.
 - 4.3. At onset of COVID-19 pandemic shutdown, protective strategies immediately implemented, which included virtual engagement strategies.
 - 4.4. Program efforts quickly shifted to provide socially distant community support.
 - 4.5. Social media efforts and educational materials targeting COVID-19 disparity reduction developed
 - 4.6. Community resilience strengthen by utilizing community-level partners and celebrities, and recognizable community heroes to deliver culturally appropriate information and expand public health's reach to vulnerable populations.
 - 4.7. Share videos of celebrity message examples
5. Open discussion and session conclusion (10 minutes)
 - 5.1. Audience question and answer time
 - 5.2. Opportunities to support and partner with the CEC will be discussed

4:30 PM – 5:30 PM

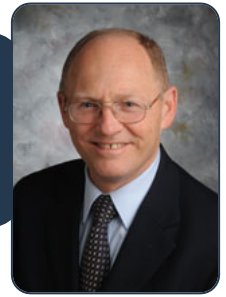
Dance for the Health of It

Session Chair:

Michael Forster, PhD, LCSW

Professor of Social Work

The University of Southern Mississippi



Dance for the Health of It

Session Description:

Accumulating scientific evidence indicates the extensive physical and mental health benefits of dance generally. This presentation features social (partner) dancing, with emphasis on the preventative health and mental health benefits available to older dancers in particular – including but not limited to those benefits pertaining to balance, flexibility, coordination, cognitive acuity, mood, level of life satisfaction, and civic and social engagement skills. The session describes “Dance for the Health of It,” a collaborative community-oriented project of the USM School of Social Work’s Center on Aging designed to promote an intergenerational culture of health through a network of free and accessible social dance opportunities. Time permitting and space allowing, a demonstration of easily mastered social dance styles will be incorporated into the presentation.

Session Goals:

This session aims to summarize the extensive physical and mental health benefits of social dancing, introducing “Dance for the Health of It,” a university-based community-oriented project designed to promote a culture of health through social dance.

Learning Objectives:

Attendees will be able to:

1. List key scientific findings related to the health and mental health benefits associated with dance.
2. Summarize the purpose and method of the “Dance for the Health of It” initiative.
3. Recognize opportunities for learning, practicing, and enjoying social dance.

Session Speakers:

Michael Forster, PhD, LCSW

Professor of Social Work

The University of Southern Mississippi

4:30 PM – 5:30 PM

Student Leadership

Session Chair:

Karriem K. Kanston

The Encourager

Kanston Development, The John Maxwell Team



Going to the Next Level

Karriem K. Kanston calls himself “The Encourager” because he inspires and motivates people in their life, career and business. He doesn’t just talk about changing the world, he does it.

A motivational speaker, consultant, author, entrepreneur, advocate for underrepresented businesses and valuable asset to organizations. He is the owner of Kanston Development in which he conducts and consults in the areas of leadership, economic development, and small business growth. He has a vast array of experiences and has worked in the education, retail, and the financial industries.

He is also an Army Veteran and was on the start-up team and Lead Faculty for the Goldman Sachs 10,000 Small Businesses Program for the State of Rhode Island. A former instructor for the CVS Health Executive Learning Series for Diverse Suppliers.

Mr. Kanston also has developed workshops, speeches, and curriculum in the areas of leadership and economic development. He is a certified coach, speaker, and trainer with the John Maxwell Team.

Karriem grew up in Queens, NY. He graduated with three degrees in business and education from Johnson and Wales University. He has been married to his lovely wife Deborah since 2000 and has two children.

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www.karriemkanston.com

www.encouragedleaders.com



MISSISSIPPI HEALTH DISPARITIES CONFERENCE 2021

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