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Health Equity Updates

August, 2011

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What's the Connection Between Diabetes and Depression?

If you have diabetes, you have an increased risk of developing depression. And if you have depression, you have a greater chance of developing type 2 diabetes. Though the relationship between diabetes and depression isn't fully understood:

- The rigors of managing diabetes can be stressful and lead to symptoms of depression.
- Diabetes can cause complications and health problems, such as diabetic neuropathy, that may worsen symptoms of depression.
- Depression can lead to poor lifestyle decisions, such as unhealthy eating, less exercise, smoking and weight gain - all of which are risk factors for diabetes.
- Depression affects your ability to perform tasks, communicate and think clearly. This can interfere with your ability to successfully manage diabetes.

[\(read more\)](#)

To Fight Obesity, Even Babies Should Exercise

Preschoolers, even babies, need daily exercise, the British government says in its first-ever exercise advice for its youngest citizens.

In a new campaign against obesity, Brittain issued guidelines saying that children under the age of 5, including babies who can't even walk yet, should exercise every day.

The new guidance from the British health department said kids under 5 who can walk should be physically active for at least three hours a day. Officials also said parents should reduce the amount of time such kids spend being sedentary while watching television or being strapped in a stroller. ([read more](#))

Congratulations to Michael Kennedy



Congratulations to Michael Kennedy, Financial Analyst for the Maya Angelou Center for Health Equity, who recently received his Masters in Business Administration (MBA) degree from Winston Salem State University. Michael lives in Kernersville, NC with his wife Kim and two sons Brandon (age 5) and Ethan (age 2).

Community Impact Champion - Marcus Wilson-Stevenson

Marcus Wilson-Stevenson, a man of vision, a dedicated "hands-on" inspired leader, founder of The Boyz R Back nonprofit organization, & 3MV Management enhancing the image of professional athletes.

In 1997, returning from Atlanta G.A. where he served as volunteer with outreach programs such as The Hosea Williams feed the homeless project. Stevenson served as Order Instructor for 9 years at the Forsyth County Correctional Center.



Reaching youth he began to realize would be an excellent way to prevent the tragedies of prison life for many. To connect with young people, he began working as a middle school assist EC teacher in the Winston Salem/Forsyth County, where he asked students to write their goals down. He discovered a disturbing trend; some students had no dreams nor goals, and some student athletes dreamed of only large paychecks. No plans existed for reaching their potential academically, spiritually, or even physically. Read bio [here](#).

High School Students Visit Baptist Medical Center



On Tuesday, July 19th, high school students from western North Carolina, including the Eastern Band of Cherokee Indians reservation, visited the Maya Angelou Center to learn more about health careers. The students were part of the MedCat program, designed to encourage high school youth from disadvantaged communities to pursue professions in the health fields. A total of 20 students participated in this annual event. The Maya Angelou Center will be taking the lead on MedCat beginning in August 2011 with funds from the Burroughs Wellcome Foundation.

Dr. Ronny Bell, Co-Director of the Center, gave a lecture on epidemiology.

Center Participates in Local Health Fairs

Staff from the Maya Angelou Center for Health Equity was invited to share information about the **Brenner Fit 5-4-3-2-1** (Families in Training) recently at St. Peter's Church and World Outreach Center. Montez Lane, Community Outreach Project Manager for the Center, attended to share information about the program to approximately 55 kids ranging from first to fifth grade.



Beauticians are better known for washing and styling hair and making women look their best. However, for some women, specifically African American women, beauty salons are also seen as a safe place to discuss various topics such as relations celebrity gossip and health issues. One local beauty salon owner, Ebony Coles, has expanded this concept by hosting a Career and Community Fair on Sunday, July 10, 2011. The purpose of this event was to provide a venue for various make-up artists and stylists to showcase their work, while also providing information on about the various resources available to them.

Staff from the Maya Angelou Center for Health Equity, Montez Lane, and, Zakiya Toms, NC A&T RISE Scholar summer intern, participated by sharing information about the Center and about the **5-4-3-2-1-0 Brenner FIT** (Families in Training). It was a great opportunity to remind these moms, aunts, and grandmothers the importance of engaging the entire family in healthy lifestyle choices. In partnership with the Center, the **Women's Wellness Center**, which offers a variety of physical activity options (Zumba and Hip Hop) for women only, also provided gift certificates to 3 ladies for a free month's membership! Proceeds from vendors and purchases made during the event went towards the **iCan House** which is a relatively new organization in the triad area that provides support services to those with Autism, Asperger's, ADHD and other social challenges.

Upcoming Events

SOCIAL DETERMINANTS OF HEALTH DISPARITIES

The Research Network on Racial and Ethnic Inequality ("The Network") at Duke's Social Science Research Institute (SSRI) will co-sponsor a national conference entitled, "The Social Determinants of Health Disparities."

August 9-11, 2011

Millennium Hotel Durham
2800 Campus Walk Avenue
Durham, NC 27705

REGISTER TODAY!

AAMC 2011 Minority Faculty Career Development Seminar

September 16-19, 2011

Four Seasons Hotel
Philadelphia, PA

Fourth Annual AACR Conference on The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved

September 18-21, 2011

Grand Hyatt Washington Washington, DC

Presentation by Harriet A. Washington

Sponsored by The Center of Excellence for the Elimination of Health Disparities

Thursday, September 22, 2011

Dillard Auditorium

Winston-Salem State University

Time: 5:30-8:00 pm

RSVP by 09/12

to asstchan@wssu.edu

Research Ethics: Re-examining Key Concerns

November 10 & 11, 2011

Benson University Center

Room 401, 4th floor

Wake Forest University

Presented by the Center for Bioethics, Health and Safety

(see [brochure](#))

Publications

[Benefits of Modest Weight Loss in Improving Cardiovascular Risk Factors in Overweight and Obese Individuals With Type 2 Diabetes.](#)

Wing RR, Lang W, Wadden TA, Safford M, Knowler WC, Bertoni AG, Hill JO, Brancati FL, Peters A, Wagenknecht L; the Look AHEAD Research Group.

Diabetes Care. 2011 Jul;34(7):1481-1486. Epub 2011 May 18.

[J Am Coll Cardiol. 2011 Jul 5;58\(2\):140-6.](#)

[Impaired Fasting Glucose and the Risk of Incident Diabetes Mellitus and Cardiovascular Events in an Adult Population MESA \(Multi-Ethnic Study of Atherosclerosis\).](#)

Yeboah J, Bertoni AG, Herrington DM, Post WS, Burke GL.

Source Department of Internal Medicine/Cardiology, University of Virginia School of Medicine, Charlottesville, Virginia.

Mount, D. L., Johnson, D., Rego, M., Schofield, K., Amponsah, A., Graham, L. F. (In press).

[Preliminary Findings Exploring the Social Determinants of Black Males Lay-Health Perspectives.](#) American Journal of Men's Health. (In Press)

Mount, D. L., Rego, M., Amponsah, A., Johnson, D.; Herron, A. **Challenges, Opportunities, and Implications: Addressing Dementia Related Conditions among African Americans in the Era of Health Disparities.** In **The Clinical Spectrum of**

Alzheimer's Disease-The Charge Toward Comprehensive Diagnostic and Therapeutic Strategies (In Press)

[Obama Administration - National Prevention Strategy \(NPS\)](#)

Members of the National Prevention, Health Promotion, and Public Health Council, including Department of Health and Human Services (HHS) Secretary Kathleen Sebelius, Surgeon General Regina Benjamin (Chair), as well as Senator Tom Harkin and Domestic Policy Council (DPC) Director Melody Barnes, announced the release of the National Prevention and Health Promotion Strategy, a comprehensive plan that will help increase the number of Americans who are healthy at every stage of life. The National Prevention Strategy recognizes that good health comes not just from receiving quality medical care, but also from clean air and water, safe worksites and healthy foods. The strategy was developed by the National Prevention Council, which is composed of 17 federal agencies who consulted with outside experts and stakeholders.

Grant Opportunities

Center for Bioethics Health and Society - The Center for Bioethics, Health, and Society welcomes a wide variety of bioethics proposals. Fundable projects include conceptual or empirical research, course development, community engagement, scholarly events and more. Funding may also be sought for the bioethics component of a scientific project for which funding is being sought from another source, including other Centers and Institutes in the University and Medical Center. (Click [here](#) for proposal application process and more information.).

Book Corner

Unconscious Bias in Health Care - Augustus A. White III

If you're going to have a heart attack, an organ transplant, or a joint replacement, here's the key to getting the very best medical care: be a white, straight, middle-class male. This book by a pioneering black surgeon takes on one of the few critically important topics that haven't figured in the heated debate over health care reform - the largely hidden yet massive injustice of bias in medical treatment.

We hope you have have enjoyed this month's Health Equity Updates. Please e-mail with any comments or suggestions.

Sincerely,

Dr. Ronny Bell
Co-Director

Dr. Bettina Beech
Co-Director

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Quick Links

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[Diversity and Development Initiatives](#)
[Roots of Health Inequity](#)
[Focus Forward Video about the Center](#)

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