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Health Equity Updates

November, 2011

"Evidence to Action to Achieve Health Equity"

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Wake Forest School of Medicine

DIABETES IN THE NEWS

Impact of the Look AHEAD Intervention on NT-pro Brain Natriuretic Peptide in Overweight and Obese Adults With Diabetes - Alain G. Bertoni^{1,2}, Lynne E. Wagenknecht¹, Dalane W. Kitzman², Santica M. Marcovina³, Julia T. Rushing⁴ and Mark A. Espeland⁴; and Brain Natriuretic Peptide Subgroup of the Look AHEAD Research Group)

Look AHEAD (Action for Health in Diabetes) is a randomized trial determining whether intensive lifestyle intervention (ILI) aimed at long-term weight loss and increased physical fitness reduces cardiovascular morbidity and mortality in overweight and obese individuals with type 2 diabetes compared to control (diabetes support and education, DSE). We investigated the correlates of N-terminal pro-brain natriuretic peptide (NT-proBNP), a biomarker associated with heart failure (HF) risk, in a subsample from 15 of 16 participating centers and tested the hypothesis that ILI decreased NT-proBNP levels. Baseline and 1-year blood samples were assayed for NT-proBNP in a random sample of 1,500 without, and all 628 with, self-reported baseline CVD (cardiovascular disease) (N = 2,128). Linear models were used to assess relationships that log-transformed NT-proBNP had with CVD risk factors at baseline and that 1-year changes in NT-proBNP had with intervention assignment. At baseline, the mean (s.d.) age, BMI, and hemoglobin A1c (HbA1c) were 59.6 (6.8) years, 36.0 kg/m² (5.8), and 7.2% (1.1), respectively. (read entire article [here](#)).

Ethnic Differences in Appointment

Maya Angelou Center for
Health Equity
Medical Center Boulevard
Winston Salem, NC 27157
336-713-7600 - phone
336-713-7601 - fax

MACHE@wakehealth.edu
<http://www.wakehealth.edu/mache/>



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Keeping Affect Health of Diabetes Patients

Health Services Research is the official journal of the Academy Health and is published by John Wiley & Sons, Inc. on behalf of the Health Research and Educational Trust.

[here](#)

HEALTH EQUITY ANNOUNCEMENTS

Derrick Bell, Influential Legal Scholar, Dies At 80



Derrick Bell, the first tenured black professor at Harvard Law School, died of carcinoid cancer in New York City on Wednesday. He was 80.

The influential legal scholar championed the "critical race theory," an idea that begins with the premise that racism is ingrained in American life and laws - even in laws aimed at righting the wrongs of racism.

Bell was also known for divisive career choices.

"I think that you have to risk divisiveness in order to really make points," he told member station WAMU in 1996. "The people who are not divisive are both boring and they're often enough not saying anything!" (read more [here](#))

Trends in U.S. Public Awareness of Racial and Ethnic Health Disparities

(1999-2010) - Study Brief - Jennifer K. Benz, Valerie A. Welsh, Oscar J. Espinosa, Angela Fontes, Margrethe Montgomery, Nichole Machata, and Garth N. Graham

The NORC at the University of Chicago (NORC), under contract (HHSP23320045020XI) with the U.S. Department of Health and Human Services' (HHS') Office of Minority Health (OMH), conducted a study of Trends in U.S. Public Awareness of Racial and Ethnic

Disparities in Health (1999-2010) This study provides a comprehensive analysis of awareness among the U.S. public of health disparities that place a disproportionate burden of preventable disease and premature death on racial and ethnic minorities¹ as compared to the rest of the U.S. population.

The findings of this study are highly relevant for program decision-makers and policy-makers, within and outside of HHS, who are interested in capturing progress made in raising awareness of racial and ethnic health disparities and, more importantly, in mobilizing action on the basis of improved awareness. This study supports the HHS department-wide objectives for transforming the health care system by reducing disparities in racial and ethnic health outcomes and emphasizing healthy living and prevention of disease, illness, and disability. It also supports Healthy People goals of the past and current decades aimed at eliminating health disparities and achieving health equity. (read study [here](#)).

Awareness Of Racial And Ethnic Health Disparities Has Improved Only Modestly Over A Decade

- Jennifer K. Benz, Oscar Espinosa, Valerie Welsh and Angela Fontes

Many aspects of health in the United States have improved over the past several decades. Nonetheless, disparities in health and health care among Americans remain, especially among different racial and ethnic populations.¹ Disparities exist in a wide range of health measures, including access to health insurance; rates of infant mortality; life expectancy; and the prevalence of specific diseases such as HIV/AIDs, hypertension, and diabetes. Public awareness of racial and ethnic differences in health care and health status can both influence the actions that policy makers take to address the problem and determine whether and how individuals and communities respond to it. But although persistent racial and ethnic health disparities are well documented,² data indicate that the general public is often unaware of their nature and extent. In 1999 a Kaiser Family Foundation survey titled *Race, Ethnicity, and Medical Care: A Survey of Public Perceptions and Experiences* measured public awareness of racial and ethnic disparities in health care.³ The survey found that a majority of Americans, including many members of racial and ethnic minority groups, were not aware that African Americans and Hispanics

BSTRACT Documented disparities exist in the United States between the majority white population and various racial and ethnic minority populations on several health and health care indicators, including access to and quality of care, disease prevalence, infant mortality, and life expectancy. However, awareness of these disparities—a necessary first step toward changing behavior and compelling action—remains limited. Our survey of 3,159 adults age eighteen or older found that 59 percent of Americans in 2010 were aware of racial and ethnic disparities that disproportionately affect African Americans and Hispanics or Latinos. That number represents a modest increase over the 55 percent recorded in a 1999 survey. Meanwhile, in our survey, 89 percent of African American respondents were aware of African American and white disparities, versus 55 percent of whites. Yet the survey also revealed low levels of awareness among racial and ethnic minority groups about disparities that disproportionately affect their own communities.

(read more [here](#))

Healthy People 2010 Misses Targets on Obesity and Health Disparities Obesity

- by Christine S. Moyer, amednews staff. Posted Oct. 24, 2011

The nation's health improved during the past decade as adult cholesterol levels decreased and fewer people smoked cigarettes, according to the final review of Healthy People 2010. Such improvements led to an increase in life expectancy. But the country fell short of meeting Healthy People 2010 goals in some of the most critical areas, including reducing obesity and health disparities.

Obesity prevalence increased across all age groups during the last decade. Minorities, people with low incomes and those with limited education experienced widening disparities in areas such as coronary heart disease deaths and exposure to tobacco smoke. (click [here](#) to read article) .

Medicaid Cuts Could Increase Risks for Millions of Black and Latino Americans with Life-Threatening Illnesses - New Report Details Potential Impact of Program Cutbacks on Those Who Depend on Medicaid for Treatment

WASHINGTON, DC-Major cuts to Medicaid would have a disproportionately harsh effect on black and Latino Americans, who are much more likely than others to depend on the program for regular treatment for chronic medical conditions such as cancer, diabetes, chronic lung disease, heart disease, and stroke, according to a report released today by a broad coalition of major health, civil rights and consumer groups.

The report, Medicaid: A Lifeline for Blacks and Latinos with Serious Health Care Needs, is the first ever to reveal details on the proportion of chronically ill minority Americans who benefit from Medicaid, the state and federally funded health insurance program for low income people. It raises concerns about reductions in Medicaid funding resulting in many seriously-ill blacks and Latinos no longer being able to fill essential prescriptions, keep up with key screenings, or see a doctor if their condition worsens or reoccurs.

The report documents the importance of Medicaid, to the black and Latino communities, as well as the heavy burden of chronic disease borne by these groups. It includes state-specific data for blacks and Latinos who rely on Medicaid and suffer from chronic medical conditions. Read report [here](#).

Rates of Diabetes-Related Amputation Vary Across U.S.

(Reuters Health) - Rates of foot and leg amputations among Americans with diabetes may vary widely according to where they live, a new study suggests.

About 26 million Americans have diabetes, and an estimated 65,000 had a lower limb amputation in 2006, the most recent year with available data.

One recent study found that the rate of amputation may be declining among Americans with diabetes. But the new findings, reported in the journal Diabetes Care, suggest that in some parts of the country that rate can be almost double the national average -- at least among older Americans. (read more [here](#)).

The National Association of City and County Health Organizations Will Release a New Public Health Training Series on the Roots of Health Inequity

Many public health professionals, particularly in local public health departments, are realizing the need to address health inequities by acting on social injustice.

Roots considers the root causes of inequity in the distribution of illness, disease, and death. The course, based on a social justice framework, is a conceptual introduction to ground public health practitioners in concepts and strategies for taking action in everyday practice.

What can you expect? What will you be able to do on the site?

- Expect a rich source of case-studies, readings, and presentations .
- Investigate the health effects of environmental racism in Northern Manhattan.
- Explore the roots of Katrina, an unnatural disaster in New Orleans.
- Learn about the history of unjust and unfair political and economic decision making that lead to the placement of environmental hazards in one community.
- Examine public health's past and discuss its future.
- Reflect on the pressures and obstacles to challenging health inequities. Hear from others in the field.

Read more [here](#).

CALL FOR ABSTRACTS

The National Medical Association is currently accepting abstract submissions for its Annual Scientific Assembly. The Assembly will be held July 28 - August 1, 2012 in New Orleans, Louisiana. Abstracts from all medical specialties and disciplines related to topics of health disparities are welcome. Abstracts are due no later than Tuesday, November 15, 2011 but are reviewed on a rolling basis and early submissions are strongly encouraged.

Submit your abstract today to be a part of the nation's foremost conference addressing the issues of the underserved and vulnerable populations!

To submit an abstract please [click here](#).

MACHE FACULTY/STAFF NEWS

[Kristin Hairston, MD, Internal Medicine, Featured in an Article on How to Lose Belly Fat on WebMD.](#)



Belly fat - we all want less of it. But did you know that it may even be a problem for thin people, though they don't know it? And that some of it hides deep inside, around your inner organs, where it may pose a silent health threat if there's too much of it -- no matter what size you wear?

Dr. Hairston is Coordinator of Student Student Services for the Maya

Angelou Center for Health Equity.

Click [here](#) to read article.

Wake Forest University Law Students Partner with Reclaiming Futures Forsyth County and Advanced Placement, Behavioral Health and Human Services to Help Teens Overcome Drugs, Alcohol and Crime.

Forsyth County, NC. Reclaiming Futures Forsyth County is pleased to announce the partnership between Wake Forest University School of Law and Advanced Placement Behavioral Health and Human Services (BHHS). Wake Forest University will provide law students to serve as mentors to youth who have entered into the juvenile court system. Under the Pro Bono program at Wake Forest University School of Law, law students are encouraged to provide free legal information to community organizations. In honor of National Pro Bono week (October 24-28, 2011), Advanced Placement, BHHS, will host a reception on October 26, 2011 at 901 North Cleveland Avenue at 5pm to celebrate the collaboration. During this reception, Wake Forest University School of Law students will be matched with their mentees.



Ms. Montez Lane, Community Outreach Program Manager at MACHE, works with Reclaiming Futures-Forsyth County as the Community Fellow. Her role is to connect other individuals and community organizations to provide vital resources to ensure court-involved youth don't become repeat offenders.

([read press release](#))

AFFILIATE NEWS

African-Americans More Likely to Donate Kidney to Family Member

Co-researchers on the study are: Dean Assimos, M.D., Carl Westcott, M.D., Jeffrey Rogers, M.D., Alan Farney, M.D., Ph.D., Robert Stratta, M.D., Barry Freedman, M.D., Asha Bailey, D.O., and Patricia Adams, M.D., Wake Forest Baptist Medical Center; Eric Hartmann, M.D., Piedmont Hospital; and Kurt Daniel, D.O., High Point Regional Medical Center.



WINSTON-SALEM, N.C. - Oct. 18, 2011 - Family matters, especially when it comes to African-Americans and living kidney donation. In a study conducted at Wake Forest Baptist Medical Center, researchers found that African-Americans donate almost exclusively to family members for living kidney transplants, as compared to Caucasians.

The retrospective study, published in the September/October online issue of the journal *Clinical Transplantation*, compared medical records of all former successful kidney donors at Wake Forest Baptist between Jan. 1, 1991, and Dec. 31, 2009. The purpose of the study was to characterize differences in donor and recipient relationships between African-American and Caucasian living kidney donors. ([read study here](#)).

Dr. Barry Freedman is an affiliate of the Maya Angelou Center for Health Equity.

Carr and Ge to Lead Research for Cardiovascular Research Grid Project



Jeffrey Carr, MD, director of the Translational Science Institute's Biomedical Informatics Center, and Yaorong Ge, PhD, associate professor of Medical Engineering, will lead research for the Cardiovascular Research Grid Project (CVRG)

As key contributors to the CVRG Project, Carr and Ge will focus on cardiovascular imaging informatics research and development, including efforts to apply the eXtensible Neuroimaging Archive Toolkit for use in cardiovascular imaging applications.

"Yaorong and I are excited about this opportunity to expand our ongoing collaborations with the CVRG team," said Carr. "The focus of the Wake Forest component of the Cardiovascular Bridge will be to develop a set of tools for cardiovascular researchers that will be deployed as part of a national biomedical resource on the CVRG."

The CVRG Project, supported by the National Heart, Lung and Blood Institute, is an interdisciplinary and collaborative effort of researchers to create software tools and applications that enable sharing and the analysis of cardiovascular data.

Dr. Carr is an affiliate of the Maya Angelou Center for Health Equity.

For more information visit www.cvrgrid.org

COMMUNITY NEWS

Community Impact Champion - Wanda S. Redi



Wanda S. Reid is a native and resident of Forsyth County. She is an active member of Christ Kingdom Building Worship Center in Winston-Salem, NC as well as a proud mother of three sons which she is very grateful to God for. She graduated from WSSU where she received a Bachelor of Science in business administration. Recently, Ms. Reid attended Salem College where she became certified as a not for profit manager. She has recently retired from Forsyth County with 27 years of service to the community.

A writer and poet, Wanda S. Reid has authored more than 1500 poems, published a book and compact disk of the spoken word. She also enjoys listening to jazz, singing, and helping others in the community. Her passion for people comes from God, a childhood of watching her grandmother touch the lives of so many people, as well as from being the caretaker for her grandmother, mother and aunt for many years.

Today her passion revolves around an organization called Shoebox Ministry, which was started in 2008. Shoebox Ministry's mission is to provide assisted living residents (nursing home/ group homes) with personal need items at Christmas Time such as shampoo,

soap, toothbrushes, etc. Past research indicates that these residents are allowed to keep only a small portion of their income (\$30 for nursing home residents and \$66 for rest home residents per month) for their personal needs. The remainder of their income is used to pay towards their cost of care in the facility. ([more](#))

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Upcoming Events

Provider 2011 Fall Fair - Let's Promote Wellness, Self Determination & Recovery!

November 4th

9:00am - 3:00pm

Gateway YWCA

1300 S. Main Street

Winston Salem, NC

Click [here](#) for more information

Third Annual UNC-Duke African American Economic Summit Biological Consequences of Chronic Exposures to Social and Economic Disadvantages

November 7, 2011 9:00am-5:00pm

Hitchcock Room, Stone Center

150 South Road

University of North Carolina, Chapel Hill, NC 27599

Click [here](#) for more information

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](#))

Taking the Life Course Perspective to Promote Preconception Health and Health Care: Towards the Promise for Equity in Birth Outcomes

Forsyth Medical Center Conference Center

Tuesday, November 15, 2011

([see details](#))

Book Corner

A Lost Decade: Neighborhood Poverty and the Urban Crisis of the 2000s

-

By Rolf Pendall, Elizabeth Davies, Lesley Freiman, and Rob Pitingolo The Urban Institute

Today, despite the significant progress we have made during the past half-century in fostering equality of opportunity for all Americans irrespective of skin color or national origin, institutional policies and practices that yield racially disparate outcomes persist. Nowhere is this more obvious than in patterns of residential segregation that remain the norm in our society. These patterns have tragic consequences. Prior research by the Joint Center and others has illuminated the challenges that residential segregation poses to

the ideal of equal opportunity for all. (read more [here](#))

We hope you 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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