East Carolina University

11th Annual Jean Mills Health Symposium

New Models for Empowering Personal and Community Health

Presented by the ECU College of Allied Health Sciences in collaboration with ECU Medical & Health Sciences Foundation

East Carolina Heart Institute
February 6, 2015 – 9 a.m. to 3:30 p.m.

This one-day symposium featured information and sessions on:
- creating community partnerships focused on the behavioral determinants of obesity
- improving outcomes among African American women with Type 2 DM
- innovative approaches to mental health issues of minority adolescents
- community partnerships as portals to access
- improving health through community engaged dental education
- new models for empowering community and minority health

Audience
The Symposium is open to community residents and leaders, faith-based organizations, allied health and public health providers, nurses, dentists and oral health providers, physicians, other health care providers, ECU faculty/staff/students, and the general public.
**New Models for Empowering Personal and Community Health**

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8:30 a.m.  Registration & Posters (see list of posters beginning on page 7)

9:00 a.m.  Welcome ECU College of Allied Health Sciences  
History of Symposium: Mr. Amos Mills

9:15 a.m.  Keynote Presentation  
**NEW MODELS FOR EMPOWERING PERSONAL AND COMMUNITY HEALTH**

L. Allen Dobson Jr., M.D. is a native of North Carolina and is currently the President and CEO of Community Care of NC.

Dr. Dobson has been actively involved in health policy on the state and national level. He was an early leader and developer of the nationally recognized “Community Care of North Carolina” program. This program received the 2007 Annie E. Casey award for Innovations in Government, presented by Harvard’s Kennedy School of Government.

After receiving his undergraduate education at North Carolina State University, he attended medical school at Bowman Gray School of Medicine at Wake Forest University and completed his residency in family medicine at East Carolina University. He previously held the position of Assistant Secretary of Health for the NC Department of Health and Human Services where he was responsible for the health divisions of the department as well as serving as the state Medicaid Director.

10:15 a.m.  Panel Discussion

Reverend Richard Joyner, Pastor Conetoe Chapel Missionary Baptist Church, Founder and Director of Conetoe Family Life Center

Norma Marti, NC Department of Health and Human Services Public Health Consultant, Children & Youth Branch--Division of Public Health

Tony Cellucci, Director of ECU Clinical Psychology Training Clinic

11:15 a.m.  Question and Answer Session with Keynote Speaker and Panelists

12:00 p.m.  Lunch

1:00 p.m.  Posters
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1:15 p.m. Concurrent Sessions #1 (see abstracts beginning page 5)
An Innovative Approach to De-stigmatizing and Treating Mental Health Issues of Minority Adolescents in Rural Communities
Jeannie Golden, Kayzandra Exum, Maribeth Wicoff, Emma-Catherine Peel Scott
Akua Jackson, Krystal Trout, Gary Pate, Leticia Loperena, Adam Johnson, East Carolina University

Creating Community Partnerships to Address the Behavioral Determinants of Obesity among Patients in a Rural Family Medical Practice
Jessica Triche, Vidant Family Medicine; Dawn Morriston Eastern Area Health Education Center; Kelli Russell & Tara Lee Gallien, East Carolina University; JaNell Lewis Beaufort County Health Department

Improving Outcomes Among African American Women with Type 2 Diabetes: The EMPOWER Program
Doyle M. Cummings, Lesley Lutes, Kerry Littlewood, Bertha Hambidge, East Carolina University; Peggy Gatlin, Community Health Worker

2:15 p.m. Break & Posters

2:30 p.m. Concurrent Session #2 (see abstracts beginning on page 6)
Improving Health Through Community-Engaged Dental Education
C. Ervin Davis, Dennis McCunney, Meagan Smith, East Carolina University

Let the Right One In. Developing Stable Community Partnerships to Serve as Portals to Access and Support of Primary Healthcare in Minority Communities in the US.
Yolanda Feimster, East Carolina University

A New Starting point for Empowering Community & Minority Health
Craig M. Becker, East Carolina University

3:30 p.m. Adjourn

ABSTRACTS BREAKOUT SESSIONS 1:15-2:15

An Innovative Approach to De-stigmatizing and Treating Mental Health Issues of Minority Adolescents in Rural Communities
Jeannie Golden, Kayzandra Exum, Maribeth Wicoff, Emma-Catherine Peel Scott, Akua Jackson, Krystal Trout, Gary Pate, Leticia Loperena, Adam Johnson, East Carolina University

An innovative approach to de-stigmatizing and treating mental health issues was developed through community-university partnerships in rural eastern North Carolina. Minority students in middle and high school who otherwise would not have access to mental health services are being provided with those services without the stigma that is normally associated with mental health. Presenters will focus on treating issues in adolescents that are often associated with specific psychiatric labels without the stigma associated with psychiatric diagnosis. Thus, adolescents who might have problem behaviors associated with attention deficit
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hyperactivity disorder, oppositional defiant disorder, conduct disorder, and/or borderline personality disorder can be treated in a school setting without a mental health diagnosis. Presenters will describe effective ways to collaborate with other professionals and parents and to use evidence-based treatment approaches with these students to help ameliorate these problem behaviors.

Creating Community Partnerships to Address the Behavioral Determinants of Obesity among Patients in a Rural Family Medical Practice

Jessica Triche, Vidant Family Medicine; Dawn Morriston Eastern Area Health Education Center; Kelli Russell & Tara Lee Gallien, East Carolina University; JaNell Lewis Beaufort County Health Department

The Health Coaching Program was developed through a partnership between Vidant Family Medicine - Washington (VFM-W), Eastern Area Health Education Center (EAHEC) and Beaufort County Health Department to address the behavioral determinants of obesity, namely diet and physical activity behavior, among VFM-W patients with a body mass index (BMI) greater than 35. Telephone health coaching, supported by in-person healthy lifestyle classes/presentations, was used as a strategy to meet a need of VFM-W by helping their obese patients modify unhealthy lifestyle behavior to lose weight (decrease BMI). A process evaluation was conducted to assess the availability, accessibility, and acceptability of the program and its activities. The evaluation team reviewed key program documents/electronic files provided by the community partners and conducted interviews with all community partners, a sample of health coaches, and a sample of program participants. Interviewees were asked to discuss their perceptions and experiences with the health coaching program. They were also asked to rate and describe their overall satisfaction of the program and to provide suggestions for improving it. Based on the findings, key barriers, benefits and suggestions were provided by each group of respondents. Key barriers identified include lack of resources, namely personnel and financial support; lack of standardized training for health coaches; and scheduling and timing of classes and calls. Key benefits identified include collaboration among agencies and utilizing students as health coaches. Key suggestions include providing a standardized health coaching training and seeking funding to provide resources for program expansion and sustainability.

Improving Outcomes Among African American Women with Type 2 Diabetes: The EMPOWER Program

Doyle M. Cummings, Lesley Lutes, Kerry Littlewood, Bertha Hambidge, East Carolina University; Peggy Gatlin, Community Health Worker

EMPOWER is a 16 session community health worker (CHW) led treatment program focused on uncontrolled Type 2 Diabetes. One hundred rural African American women with uncontrolled Type 2 diabetes received this CHW-delivered small changes lifestyle treatment and were compared to 100 similar rural African American women who received only mailed educational materials about diabetes. Prior to the treatment and at a 12 month follow up visit, height, weight and blood pressure were measured using a standardized approach. In addition, diabetes empowerment and self-efficacy surveys were taken at both time points. While there were no significant group differences in blood sugar control [HbA1c] between those receiving the CHW-led treatment and those receiving only mailed materials, there was a significant difference in the
change in blood sugar control [HbA1c] and in the improvement in the empowerment and self efficacy scores in the subgroup on oral medication and dietary treatment only when compared to those who received insulin only. A CHW led small changes lifestyle program significantly improved blood glucose control [HbA1c] in rural African American women with uncontrolled Type 2 diabetes who were receiving oral medications and dietary treatment but were not on insulin.

ABSTRACTS BREAKOUT SESSIONS 2:30-3:30

Improving Health Through Community-Engaged Dental Education

C. Ervin Davis, Dennis McCunney, Meagan Smith, East Carolina University

The East Carolina University School of Dental Medicine (SODM) aims to train dentists as civic leaders passionate about providing care for underserved populations in rural areas of North Carolina at community based service-learning centers (CSLCs). The program’s service-learning curriculum in particular emphasizes such key concepts as reciprocal partnerships, critical reflection, and holistic care that considers cultural, social, economic and other contexts that affect patient health and wellness. Dental students also develop civic and professional leadership skills through shadowing and assisting at free clinics, participating in a variety of service opportunities, and ultimately providing dental services to patients at CSLCs. During their rotations at CSLCs, students are challenged to contribute to long-term community health projects and to carefully consider their own learning process using the REFLECT (Reflection Evaluation for Learners’ Enhanced Competencies Tool) rubric. The rubric is scored on dimensions of reflective writing such as depth, presence, description of a disorienting dilemma, attending to emotions, analysis and making meaning. We have used the REFLECT rubric model and considered other rubrics to prompt and evaluate student development towards critical thinking and transformative learning. Presenters will share about the developmental and theoretical frameworks used for service-learning curriculum development; the unique challenges and opportunities of a service-learning-based dental program; innovative approaches to developing reflective dental practitioners; and the individual and social impacts of integrating personal, civic, and academic learning.
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Let the Right One In. Developing Stable Community Partnerships to Serve as Portals to Access and Support of Primary Healthcare in Minority Communities in the US.

Yolanda Feimster, East Carolina University

Healthcare disparities in the form of lower utilization of preventive care and early diagnosis and treatment for both chronic and acute disease processes in African American communities is well described. Barriers to care have been identified as informational (the ability to receive, consume, process and act on healthcare information), structural (the ability to locate care), organizational (the ability to navigate the health care system), social (the ability to develop trust relationships with health care professionals) and financial (the ability to pay for care). One response by healthcare agencies to address these barriers has been to enlist community partners. This presentation will discuss the informational, organizational and social barriers that have been reduced or eliminated through the use of community partners. Additionally this presentation will suggest a model to develop stable community partnerships as portals for access to and support of primary care and early intervention in chronic and acute disease processes in African American communities.

A New Starting point for Empowering Community & Minority Health

Craig M. Becker, East Carolina University

Health promotion needs to turn the traditional disease prevention model upside down and focus on salutogenic or health causing factors that improve health, not pathogenic or disease causing factors related to disease and infirmity. While some existing efforts have worked in communities of underserved minorities to decrease health problems and related causal factors, health status for these groups continues to decline. Simply eliminating what we don’t want does not create what we want. As documented in research across fields, health and related health promoting actions are most likely to occur if they are supported by the environment and are consistent with the environmental context. Salutogenic factors that cause or lead to health have not changed, so our efforts must encourage and facilitate these documented health promoting factors. Discovering and then building upon existing successes leads to efforts that promote actions already being used in that environment. The success of this model that identifies, studies, and replicates successful exceptions has been used across the world and was outlined in Richard Pascale and colleagues book, The Power of Positive Deviance (2010). From working with underserved populations in Vietnam, Egypt, and in hospitals in these areas, they outlined how using a positive-focusing, bottom-up effort that used existing community assets were more successful than traditional top-down efforts. This presentation will describe this new health-causing model that redirects health promotion efforts for minorities and underserved communities toward discovering and using existing successes.

POSTERS

Connecting Healthy Lifestyles with Boys and Girls Club Programs
Nancy Harris, & Amanda West, East Carolina University

Eastern Carolina Asthma Prevention Project (ECAPP): An Environmental Intervention Project Among Rural and Underserved Children with Asthma in Eastern North Carolina
Gregory D. Kearney, East Carolina University & Lisa Johnson, Vidant Medical Center Pediatric Asthma Program

Museum Serves Rural Community with Mobile Health Units
Anne Anderson & Jennie Schindler, The County Doctor Museum
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Implementing Effective Integrated Models of Care for LGBT Community Proposal
Glee L. Dunbar, East Carolina University

Oakmont Baptist Church Medical Clinic: Serving the Un-insured and Underinsured in Pitt County
Annette I. Peery & Sylvia C. Fuller, East Carolina University; Beth Fry & April Anderson, Physicians East; Patti Weisenberger, Vidant Medical Center

Cell Phone Apps to Increase Multivitamin with Folic Acid Intake Among Young Rural Women
Renee Oakley Spain University of Alabama and East Carolina University & Dr. Felecia Wood, University of Alabama

Initiating Practice Guidelines for Postpartum Depression Screening at Well-Child Visits
Andrea D. Sessoms, East Carolina University

Training Students Together: Standardized Patient Cases with Interprofessional Team Learners
Michelle Taylor Skipper, Patrick Merricks, Bobby Lowery, Marquietta Davis, East Carolina University

Healthy Heroes Summer Reading Club: Developing Healthy Youth at Public Libraries
Elaine Yontz, East Carolina University; Ingrid Hsieh-Yee Catholic, University of America; Scott Houston, Braswell Memorial Library

Prevalence of Multiple Chronic Conditions and Patient and Provider Perspectives on Chronic Disease Self management in a Rural Primary Care Clinic
Laura Daniels, Juliann Stalls, Shelly Thornton, Lisa Campbell, East Carolina University