

Women's Health Awareness 2022

**Transforming
Communities
by Enhancing
Women's Health**



**Activities of the Day
8:30 a.m. – 4:00 p.m.**

A Virtual Women's Wellness Conference

The lead sponsor is the Office of Human Research and Community Engagement, Clinical Research Branch, National Institute of Environmental Health Sciences (NIEHS). The Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House Inc., and the North Carolina Central University Department of Public Health Education are co-sponsors.

Table of Contents

Conference Steering and Planning Committee and Subcommittees	2
Welcome Letter	6
Conference Agenda.....	7
Research Study Programs	23
Speaker Biographies	26
Corporate and Business Partners.....	45
Exhibitors	55
Strive to Thrive Health Video Series	57

Women's Health Awareness 2022

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Women's Health Awareness 2022

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- Kelly Rentfro
- Deierra Weems

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- Joe Poccia, NIEHS and NIH

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 - Elizabeth Reeves Tomlinson, Ph.D., RN, Assistant Professor, Department of Nursing
 - Tina Scott, RN, MSN, CHSE, Simulation/Clinical Skills Lab Coordinator, NCCU Department of Nursing
- North Carolina Central University School of Nursing Students
 - Carolyn Brockway
 - Ashley Enrique
 - Christa Parker

Women's Health Awareness 2022

Subcommittees

Volunteer Organizations

Employees and Postbaccalaureate Intramural Research Training Associates of NIEHS/NIH

Members of the Asheville Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Members of Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Members of Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority Inc.

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- Tammy McDowell
- LaHoma Romocki, Ph.D.
- Tara Owens Shuler, M.Ed., LCCE, CD(DONA)

Event Space Coordinators and Volunteers

- Richard H. Thornton Library
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 - Katrina Burton Waters, Health and Wellness Committee Chair
- Granville Vance Public Health
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Planning Coordinators

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- Steven Ramsey, DLH Corp, Social and Scientific Systems Inc.

Event Space Coordinators and Volunteers

- Long's Chapel United Methodist Church
 - Michelle Hausler, Director of Family Life and Community Events

Community Partner

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Welcome



Wellness Greetings to Our Women's Health Awareness Community,

It is a pleasure to welcome you to the Women's Health Awareness (WHA) 2022 virtual health and wellness conference. This year, we celebrate eight years of serving women of the Triangle community, the state of North Carolina, and beyond. On behalf of the National Institute of Environmental Health Sciences, National Institutes of Health, the Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House Inc., North Carolina Central University Department of Public Health Education, and the Women's Health Awareness Steering Committee, we extend a grateful thanks to all our past and present conference participants and partners for your unwavering dedication and support in enhancing the lives of women and their families.

As a nation, we continue to deal with the COVID-19 pandemic and the many variants of SARS-CoV-2. Since March 2020 when we first learned of the pandemic, the Women's Health Awareness program has worked diligently to continue its mission to "promote awareness and to inform women so they can take greater responsibility for their health, to understand their health options, and identify services and products to best help in reducing health issues and receiving equal access to health resources." This has been accomplished through our newsletters, podcast, virtual 2021 health conference, and our virtual health webinar series, "RealTalk With the Experts." Through our public health messaging, we worked fervently to keep you informed of the most factual and up-to-date scientific and public health information, and provided health tips to keep your families safe and healthy throughout this pandemic.

As a society, we are moving forward to learn how we live safely and thrive in a culture where COVID-19 will continue to persist. While we cannot be together as we would like, we have created a virtual conference that continues to address health awareness, health advocacy, health resources, environmental health literacy, and environmental public health with the goal of improving health resiliency and health equity. Our programming includes 23 virtual health sessions, a video health tip series ("Strive to Thrive"), exhibitor resources, and a clinical research corner. We heard the voices of women in rural North Carolina counties who said they wanted to participate in WHA, and recognizing access to Wi-Fi as a limiting factor in rural areas, we have opened two pilot satellite sites this year in Granville County and Haywood County where WHA participants can come to attend the conference.

We have much to be grateful for: Our renowned speakers and the Women's Health Awareness Steering and Planning Committee and subcommittee members, and volunteers. Without their dedicated and continued support, this event would not exist. Thanks also to leaders in our satellite counties for contacting us, expressing their need, and partnering with us. Thanks also to our corporate, business, and local community partners for their support during these unprecedented times.

Most importantly, we thank YOU, our Women's Health Awareness community, as you have chosen to participate in this health and wellness conference. We hope you will learn and gather important health information that will positively impact your daily life and health.

Thank you for your continued support of the Women's Health Awareness program.

Warmest and best regards,

Joan P. Pakenham, Ph.D.

Chair, Women's Health Awareness Steering and Planning Committee; Founder and Director, Women's Health Awareness Community Engagement Program; Director, Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences, National Institutes of Health



Women's Health Awareness 2022

Conference Agenda

Conference Agenda for Women's Health Awareness 2022

Time	Session
Greetings, Welcome, and Introduction	
8:30 – 9:00 a.m.	<p>“Let’s Move” Willa Robinson Allen, MPH, M.A.Ed., MCHES, Senior Public Health Educator, Health Promotion and Wellness, Program Manager, Durham County Department of Public Health</p>
	<p>Welcome Joan P. Packenham, Ph.D., Chair, Women’s Health Awareness Steering and Planning Committee; Founder and Director, Women’s Health Awareness Community Engagement Program; Director, Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences, National Institutes of Health</p>
	<p>Greetings Richard P. Woychik, Ph.D., Director, National Institute of Environmental Health Sciences and National Toxicology Program Michael D. Page, D.Min., Director, Office of External Affairs and Government Relations, Interim Chief of Staff, North Carolina Central University Jeanine C. Holland, MBTA, President, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc. The Honorable DeDreana Freeman, MA, Durham City Council</p>
9:00 – 9:05 a.m.	Transition to Next Session

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
9:05 – 9:50 a.m.	<p>Diabetes Health Education <i>"Diabetes Emergencies and Prevention of Diabetes Complications"</i></p> <p>Session Chair: Susan Spratt, M.D., Associate Professor of Medicine, Assistant Professor, Department of Family Medicine and Community Health, Duke University School of Medicine; Senior Medical Director, Duke Population Health Management; Director, Diabetes Services; Physician Lead, NCCare360; Physician Champion, Maestro Care</p> <p>Speakers: Cheryl Ybañez Whitney, RN, BSN, B.A., Robin Beaudin, RN, BSN, CCM, Nurse Clinician/Navigator, PDC Department of Endocrinology, Diabetes Center of Excellence, and Susan E. Spratt, M.D.</p> <p>Abstract: Managing your diabetes may not be easy, but it is worth it. Elevated sugars increase your risk of blindness, kidney problems, and amputations. In this session, we will discuss how to prevent complications and emergencies in people living with diabetes.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand how to monitor glucose. • Explore how to reduce complications and risks. • Review how to recognize diabetes emergencies and adjust medication when you are sick. 	#1
	<p>Behavioral Health Education (Spanish only) <i>"Taking Care of Ourselves/Cuidándonos"</i></p> <p>Session Chair and Speaker: Gabriela Livas Stein, Ph.D., Professor and Associate Director of Clinical Training, Psychology Department, University of North Carolina at Greensboro; Vice President of Programming, Society of Research on Adolescence</p> <p>Speaker: Casandra J. Gomez Alvarado, B.A., Doctoral Student, Clinical Psychology, Department of Psychology, University of North Carolina at Greensboro</p> <p>Abstract: This session will provide strategies for Latinx communities to provide healing and self-care.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Describe core resilience processes in Latinx communities and how to apply them in your life. • Understand how to use your five senses to connect to the present moment. • Examine ways to develop a daily plan for happiness, and bring joy and meaning into your life. 	#2

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
	<p>Healthy Living Session <i>"The Confident Caregiver"</i></p> <p>Session Chairs: Toni Chatman, MHA, Associate Director, Oral and Allied Health Education, Wake Area Health Education Centers, and Madison Buchanan, Program Manager, Alzheimer's Association</p> <p>Speaker: Rossie Clark-Cotton, Ph.D., M.A., Community Educator, Alzheimer's Association</p> <p>Abstract: In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. This session will provide you with the tools you need to take the next steps.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss the challenges and rewards of caregiving. • Review and explore available caregiving resources. 	#3
9:05 – 9:50 a.m.	<p>Autoimmunity and Inflammation <i>"The Battle Within: Autoimmune Disease and Lupus"</i></p> <p>Session Chairs: Willa Robinson Allen, MPH, M.A.Ed., MCHES, Senior Public Health Educator, Health Promotion and Wellness, Program Manager, Durham County Department of Public Health, and Mariah Prince, DNP, FNP-BC, Team Lead, Division of Hematologic Malignancies and Cellular Therapy; Co-Chair Nursing Research and Evidence-Based Practice Council; Clinical Associate, Duke University School of Nursing</p> <p>Speaker: Jennifer L. Rogers, M.D., Rheumatologist, Duke Health</p> <p>Abstract: Autoimmune conditions can be a challenge to understand and manage. What do you do when the body seems to fight itself? During this session, learn about lupus and autoimmune conditions, and what can be done to manage them.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss the body's immune system. • Define and recognize autoimmune conditions. • Describe contributory factors, symptoms, and diagnosis of lupus. • Identify methods for coping and/or supporting loved ones with lupus. 	#4

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
<p>9:05 – 9:50 a.m.</p>	<p>Behavioral Health Education <i>"Addressing the Mental Health Needs of Children"</i></p> <p>Session Chair: Sharon Mosley, M.S., LCMHC, Mental Health Counselor, Owner, The Fit Talk PLLC</p> <p>Speaker: Shauna M. Cooper, Ph.D., Associate Professor, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill</p> <p>Abstract: This session addresses how to support children and their mental health needs in the era of COVID.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Explore strategies that promote optimal mental health and well-being. • Review strategies for parents to engage in age- and developmentally appropriate communication with their children/adolescents. • Discuss coping techniques to support healthy emotion regulation among children/adolescents and adults. 	<p>#5</p>
<p>9:50 – 10:00 a.m.</p>	<p>Break and Transition to Next Session</p>	
<p>10:00 – 10:45 a.m.</p>	<p>Diabetes Health Education <i>"Prevention and Treatment of Diabetes and Pre-Diabetes"</i></p> <p>Session Chair and Speaker: Susan Spratt, M.D., Associate Professor of Medicine, Assistant Professor, Department of Family Medicine and Community Health, Duke University School of Medicine; Senior Medical Director, Duke Population Health Management; Director, Diabetes Services; Physician Lead, NCCare360, Physician Champion, Maestro Care</p> <p>Speaker: Lindsay Goolsby, RD, LDN, M.S., Clinical Dietitian, Duke Population Health Management Office</p> <p>Abstract: This session addresses the risks of diabetes and how to diagnose it.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Explore prevention strategies for diabetes. • Discuss optimal food and diet choices. • Identify and describe screenings for pre-diabetes and diabetes. • Define and explore the diagnosis of pre-diabetes and diabetes. 	<p>#1</p>

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
10:00 – 10:45 a.m.	<p>Environmental Health Session "REMOVE: A Community-Based Approach to Advance Environmental Justice and Health"</p> <p>Session Chairs: Melissa M. Smarr, Ph.D., Population Health Branch, Division of Extramural Research and Training, National Institute of Environmental Health Sciences, National Institutes of Health, and Phillip Gibson, M.S., North Carolina Radon Program Coordinator, N.C. Department of Health and Human Services</p> <p>Speakers: Gwendylon P. Smith, Founder, Collier Heights Association for Revitalization, Resilience, and Sustainability, and Na'Taki Osborne Jelks, Ph.D., MPH, Assistant Professor, Environmental and Health Sciences, Spelman College</p> <p>Abstract: Radon Evaluation, Mitigation, and Ventilation (REMOVE) is a participatory program to empower minority homeowners so they can effectively take action. The overall goal of the program is to develop a novel application of geospatially focused participatory mapping and messaging that can influence knowledge, attitudes, and behavior change leading to reduction of radon exposure in communities of color. Participants in this session will learn the potential effects of radon exposure on human health, the importance of radon testing, and recommendations to help homeowners take action.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Describe the Radon Evaluation, Mitigation, and Ventilation (REMOVE) program. • Demonstrate how participatory mapping and messaging can lead to reduction of radon exposure in communities of color. 	#2
	<p>Reproductive Health Session "Laboring With Hope: Film Screening and Discussion"</p> <p>Session Chair: Tara Owens Shuler, M.Ed., LCCE, FACCE, Perinatal Health Unit Manager, Women's Health Branch, N.C. Division of Public Health, N.C. Department of Health and Human Services</p> <p>Documentary Produced by: Nakeitra Burse, Dr.P.H., CHES, Owner and CEO, Six Dimensions LLC</p> <p>Abstract: "Laboring With Hope" is a short documentary about loss, grief, and the hope for change. The documentary provides the backdrop for improving health outcomes for Black women.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Bring awareness to the maternal mortality crisis in the United States. • Discuss factors within the maternal health care system that are impacting maternal health outcomes. • Discuss strategies to empower birthing people and their families to speak up and advocate for safe and quality maternal health care. 	#3

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
10:00 – 10:45 a.m.	<p>Behavioral Health Education "Hormonal Shifts During Perimenopause and Menopause That Impact Mood in Women"</p> <p>Session Chair: Sharon Mosley, M.S., LCMHC, Mental Health Counselor, Owner, The Fit Talk PLLC</p> <p>Speaker: Hajira Yasmin, M.D., FACOG, IF, NCMP, AASECT(CSC), Founder, Alray Direct Gynecology and Intimate Health Center</p> <p>Abstract: This session addresses the mental health implications for women during and beyond perimenopause and menopause.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Explore overall changes during perimenopause and menopause. • Discuss hormonal shifts impacting mood and mental health in women. • Examine strategies to mitigate mental health and mood challenges during hormonal shifts and identify helpful resources. 	#5
10:45 – 11:00 a.m.	Break and Transition to Next Session	
11:00 a.m. – 12:30 p.m.	<p>Welcome</p> <p>Joan P. Pakenham, Ph.D., Chair, Women's Health Awareness Steering and Planning Committee; Founder and Director, Women's Health Awareness Community Engagement Program; Director, Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences, National Institutes of Health</p>	
	<p>Keynote Session Facilitator</p> <p>Tara Owens Shuler, M.Ed., LCCE, FACCE, Perinatal Health Unit Manager, Women's Health Branch, N.C. Division of Public Health, N.C. Department of Health and Human Services</p>	

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
<p>11:00 a.m. – 12:30 p.m.</p>	<p>Keynote Session – Reproductive Health Session “Maternal Mortality Panel Discussion: Local, State, and National Efforts to Reduce Maternal Deaths”</p> <p>Janine Austin Clayton, M.D., FARVO, Associate Director for Research on Women's Health; Director, Office of Research on Women's Health, National Institutes of Health</p> <p>The Honorable Natalie S. Murdock, Senator, NC District 20</p> <p>Belinda Pettiford, MPH, Branch Head, Women's and Children's Health Section, N.C. Department of Health and Human Services</p> <p>Maria J. Small, M.D., MPH, Maternal-Fetal Medicine Specialist, Duke University Medical Center</p> <p>Abstract: In the United States, approximately 700 women die each year from pregnancy-related complications. Among the world's most developed and wealthiest countries, the U.S. has the highest maternal mortality rate. Black women are three to four times more likely to die in childbirth than white women. Maternal mortality is an unacceptable statistic in the U.S., as approximately two-thirds of pregnancy-related deaths are preventable, regardless of race or ethnicity. Across the U.S., as well as in North Carolina, efforts are being made to identify and document the causes of maternal deaths to implement strategies to reduce or eliminate them.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Explain the maternal mortality issues from a state and federal perspective. • Highlight the work of the N.C. Maternal Mortality Review Committee. • Present state-level data on pregnancy-related complications that contribute to maternal mortality. • Describe state- and federal-level advocacy efforts to improve maternal health outcomes. 	
<p>12:30 – 1:00 p.m.</p>	<p>Lunch Break</p>	

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
<p>1:00 – 1:45 p.m.</p>	<p>Environmental Health Session <i>"Threats to Reproductive Health: What's Happening, Where, and Why"</i></p> <p>Session Chairs: Joan P. Packerham, Ph.D., Chair, Women's Health Awareness Steering and Planning Committee; Founder and Director, Women's Health Awareness Community Engagement Program; Director, Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences, National Institutes of Health, and Jerry Heindel, Ph.D., Scientific Program Administrator (Retired), Division of Extramural Research and Training, National Institute of Environmental Health Sciences, National Institutes of Health</p> <p>Speaker: Shanna Swan, Ph.D., Professor, Department of Environmental Medicine and Public Health, Icahn School of Medicine at Mount Sinai</p> <p>Abstract: Women are usually blamed for reproductive failure. Now we know that reproductive health has been declining in both men and women at similar rates. This is happening worldwide (even in nonhuman species). Lifestyle and social factors matter, but the "elephant in the room" is the hidden chemical load (plasticizers, flame retardants, barrier chemicals) that is <i>everywhere</i>. While everyone is exposed, disadvantaged communities are hit by a toxic "triple whammy."</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Describe how reproductive health and infertility has been declining in both men and women at similar rates worldwide. • Review lifestyle and social factors that negatively contribute to reproductive health and infertility. • Discuss how chemical load (plasticizers, flame retardants, barrier chemicals) exposure is an unseen threat to reproductive health. • Explore how disadvantaged communities are often hit by a toxic "triple whammy." 	<p>#1</p>

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
1:00 – 1:45 p.m.	<p>Cancer Health Education "Keeping It Real! What You Want and Need to Know About Cancer, as Well as Reducing Your Risk!"</p> <p>Session Chair: Angelo Moore, Ph.D., RN, NE-BC, Assistant Director, Community Outreach, Engagement, and Equity, Duke Cancer Institute</p> <p>Speaker: Jennifer L. Garst, M.D., Professor of Medicine, Duke Thoracic Oncology Program; Chairman, Lung Cancer Initiative of North Carolina; Director of Oncology Clinical Research, Duke Cancer Center Raleigh</p> <p>Abstract: This session is an open and candid conversation about what you <i>should and need</i> to know about cancers above the waist, as well as key ways to reduce your risk and advocate for your health and well-being.</p> <p>We will explore practical tips on how to reduce your risk for cancer and other chronic diseases, as well as promote good health and wellness in your in daily life.</p> <p>Objectives: Discuss facts associated with cancer risks, screenings, and prevention such as:</p> <ul style="list-style-type: none"> • What is cancer? • How can I get lung cancer if I don't smoke? • Does my home put me at risk for cancer? • Should I get screened for cancer? • What is thyroid cancer and how do I know if I am at risk? • Should I get genetic testing? • What can I do to reduce my risk of cancer and when should I start? • Does stress or alcohol increase my risk for cancer and, if so, how much? 	#2
	<p>Healthy Living Session "Foundations of Flavor"</p> <p>Session Chair and Speaker: Geri Bushel, Executive Assistant, Department of Agricultural and Human Sciences, North Carolina State University</p> <p>Speaker: Catherine Hill, RDN, LDN, M.S., Nutrition Programs Manager, Department of Agricultural and Human Sciences, North Carolina State University</p> <p>Abstract: Flavor and taste are often used interchangeably, but in fact, these are two very different experiences. By understanding flavor, and your own flavor preferences, you can create more delicious foods that both you and your family will enjoy.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss how flavor and taste are different experiences. • Explore how understanding your own flavor palate can assist you in creating delicious meals. 	#3

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
	<p>Behavioral Health Education (Spanish only) <i>"Neighborhoods and the Health of Latino Communities"</i></p> <p>Session Chair and Speaker: Gabriela Livas Stein, Ph.D., Professor and Associate Director of Clinical Training, Psychology Department, University of North Carolina at Greensboro; Vice President of Programming, Society of Research on Adolescence</p> <p>Speakers: Sandra E. Echeverría, Ph.D., MPH, Associate Professor (Tenured), Public Health Education, University of North Carolina at Greensboro, and Casandra J. Gomez Alvarado, B.A., Doctoral Student, Clinical Psychology, Department of Psychology, University of North Carolina at Greensboro</p> <p>Abstract: This session will provide an overview on the role of neighborhoods in shaping health generally and in Latino communities specifically.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Explore how neighborhoods shape health. • Discuss strategies to promote access to, and use of, local resources. 	#4
1:00 – 1:45 p.m.	<p>Healthy Living Session <i>"Impact of the Opioid Crisis on Workers, Families, and Communities"</i></p> <p>Session Chair: Sharon D. Beard, M.S., Director and Branch Chief, Worker Training Program, National Institute of Environmental Health Sciences</p> <p>Speaker: Jonathan Rosen, M.S., CIH, FAIH, Safety and Industrial Hygiene Consultant, National Clearinghouse for Worker Safety and Health Training, National Institute of Environmental Health Sciences</p> <p>Abstract: In the 12 months ending June 2021, 100,000 people died of drug overdoses, the largest number ever reported. The increase in opioid mortality is hitting minority communities especially hard. Illegal fentanyl has been driving the crisis, which expanded during the COVID-19 pandemic. Prevention of occupational injuries and stress is key, as they are often treated with prescription opioids or can lead to self-medication. Development of worker-based peer support programs and reform of punitive workplace policies can help transform stigmatizing work cultures. The NIEHS Worker Training Program (WTP) has developed training programs to address this crisis in the workplace: https://tools.niehs.nih.gov/wetp/index.cfm?id=2587.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss the root causes and the scope of the opioid crisis. • Examine the impact of the opioid crisis on workers, employers, and families. • Review the NIEHS WTP's training resources and steps that can be taken to prevent and respond to opioid use in the workplace. 	#5

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
1:45 – 2:00 p.m.	Break and Transition to Next Session	
2:00 – 2:45 p.m.	<p>Cancer Health Education "Cancers Below the Waist"</p> <p>Session Chair: Angelo Moore, Ph.D., RN, NE-BC, Assistant Director, Community Outreach, Engagement, and Equity, Duke Cancer Institute</p> <p>Speaker: Schquthia Peacock, MSN, FNP, Preston Medical Associates</p> <p>Abstract: This session will provide attendees with necessary information related to screening for common cancers below the waist. This session will discuss risk factors and ways to reduce modifiable risk factors. The speaker will also discuss the important role of the primary care provider in patients on active cancer therapy, including management of blood pressure, diabetes and cholesterol disorder.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Review which cancers below the belt can be screened. • Increase knowledge related to factors that increase risk of cancers. • Determine when to screen, and associated screening methods. • Discuss the importance of the role of the primary care provider while in active treatment. 	#2

Conference Agenda for Women’s Health Awareness 2022

Time	Session	Zoom Meeting Room No.
<p>2:00 – 2:45 p.m.</p>	<p>Environmental Health Session “Home Is Where the Heart Is: The U.S. Secretary of Housing and Urban Development’s Remarks on Housing Quality, Discrimination, and Your Health”</p> <p>Session Chair: Joan P. Packerham, Ph.D., Chair, Women’s Health Awareness Steering and Planning Committee; Founder and Director, Women’s Health Awareness Community Engagement Program; Director, Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences, National Institutes of Health</p> <p>Speakers: The Honorable Secretary Marcia L. Fudge, U.S. Department of Housing and Urban Development,</p> <p>Panelists: Kim Hargrove, North Carolina Housing Finance Agency, Lorisa Seibel, B.A., Director of Housing Programs, Reinvestment Partners, and Stephanie L. Williams, MPA, Supportive Housing Policy Director, N.C. Department of Health and Human Services</p> <p>Abstract: Housing is a social determinant of health. Where we live can impact our overall health and mental well-being. This session has been designed as a town hall meeting to understand the housing concerns of the WHA population.</p> <p>The Honorable Secretary Marcia L. Fudge, U.S. Department of Housing and Urban Development, will discuss her vision to address housing insecurity, poor housing quality, and discriminatory practices that impact the health of minority women in their communities.</p> <p>The presentation will be followed by a panel of experts who will discuss housing issues in North Carolina and provide resources to help eliminate housing insecurity and poor-quality housing.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand housing concerns of the WHA population. • Learn about the federal government’s efforts to address the effects of housing insecurity, poor quality housing, and the discriminatory practices in the housing arena. • Provide resources for women that address housing insecurity and poor-quality housing. 	<p>#3</p>

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
	<p>Pulmonary and COVID-19 Health Session "Interactive Update on COVID-19 – Pandemic Status, Testing, Vaccines, Boosters, Treatments, and Your Questions Answered"</p> <p>Speaker: Stavros Garantziotis, M.D., Medical Director, Clinical Research Unit, National Institute of Environmental Health Sciences, National Institutes of Health</p> <p>Abstract: This interactive session will provide the latest updates on COVID-19 and allow time for Q&A with the audience.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Explore updated information on the COVID-19 pandemic status and what can be expected. • Review the basics about the vaccines, how they work, and how to decide about boosters. • Discuss the different COVID tests, when to use them, and how to interpret them. • Learn new information about COVID-19 treatments. 	#4
2:00 – 2:45 p.m.	<p>Behavioral Health Education "Understanding Alzheimer's and Dementia"</p> <p>Session Chairs: Toni Chatman, MHA, Associate Director, Oral and Allied Health Education, Wake North Carolina Area Health Education Centers, and Madison Buchanan, Program Manager, Alzheimer's Association</p> <p>Speaker: Johna Stagg, MSW, LCSW, CDP, Community Educator, Alzheimer's Association</p> <p>Abstract: Alzheimer's disease is not a normal part of aging. Join dementia experts, people living with dementia, and care partners to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages, risk factors, current research, and treatments available for some symptoms.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand the impact of dementia and Alzheimer's disease. • Explore current research and treatments for symptoms. • Describe the difference between Alzheimer's disease and dementia. 	#5
2:45 – 3:00 p.m.	Break and Transition to Next Session	

Conference Agenda for Women's Health Awareness 2022

Time	Session	Zoom Meeting Room No.
3:00 – 4:00 p.m.	<p>COVID-19 and Health <i>"Advocacy and Support for Covid-19 Long-Haulers"</i></p> <p>Session Chair: Adeirdre Stribling Riley, Ph.D., Clinical Psychologist, COVID-19 Survivor, and member of the Pulmonary Wellness Foundation Long-Haul COVID Support Group</p> <p>Speaker: Noah Greenspan, PT, DPT, CCS, EMT-B, Founder, Pulmonary Wellness Foundation</p> <p>Abstract: "It's just a respiratory virus," they said. "Ten to 14 days," they said. They were wrong. While most people with COVID-19 recover completely within a few weeks, some experience lingering symptoms beyond four to eight weeks following the initial viral infection. These individuals are referred to as COVID-19 long-haulers (Post-Acute Sequelae of SARS-CoV-2 Infection). Recognizing that significant segments of the population are disproportionately affected by COVID-19, Dr. Greenspan will bring awareness concerning COVID-19 long-haulers and its impact on women's health. Additional insights from the Pulmonary Wellness Foundation Long-Haul COVID Support Group will be shared.</p> <p>Please view the documentary in advance: https://www.longhaul.movie.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Explore research related to long COVID and the biopsychosocial impact. • Review the importance of holistic assessment and comprehensive post-COVID recovery. • Identify advocacy and support resources. 	#1
	<p>Healthy Living Session <i>"Mindfully BRAVE™: An Exploration of Authentic Self-Care During Stressful Times"</i></p> <p>Speaker: Karen Sheffield-Abdullah, Ph.D., RN, CNM, Assistant Professor, University of North Carolina at Chapel Hill School of Nursing</p> <p>Abstract: The goal of this session will be to introduce participants to the concept of mindfulness. Participants will be able to explore what causes them stress and anxiety in their lives, and how mindfulness may be used to help manage and cope with daily stress and anxiety in today's world. Participants will engage in experiential mindfulness practices and spend time in quiet reflection. They will explore how they can incorporate self-care into their lives in ways that feel authentic to them.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Define mindfulness: What it is and what it isn't. • Experience and gain insight into how you emotionally respond in various situations. • Identify at least one way you intend to engage in self-care that feels authentic to you. 	#2

Conference Agenda for Women’s Health Awareness 2022

Time	Session	Zoom Meeting Room No.
	<p>Healthy Living Session “How Survivors May Present-Intimate Partner Violence and Women”</p> <p>Session Chair: Glorina Y. Stallworth, Prevention Unit Manager, Injury and Violence Prevention Branch, Division of Public Health, Chronic Disease, and Injury Section, N.C. Department of Health and Human Services</p> <p>Speaker: Chimi Boyd-Keyes, M.A., Racial and Gender Equity Consultant, Owner, CBK Enterprises</p> <p>Abstract: There are a lot of assumptions and certainties that people hold about survivors of intimate partner violence (IPV)—who it happens to, why it happens and what to do when it happens. We will begin with a foundational understanding of IPV, understanding issues for historically marginalized populations, the ways in which survivors show up when seeking resources, barriers to seeking help, as well as helpful things for responders, friends, family, loved ones, and co-workers to say and/or do.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn key terms and statistics about intimate partner violence (IPV). • Discuss issues for historically marginalized populations. • Describe barriers for IPV survivors in seeking help. • Identify helpful things to say and/or do for survivors. 	#3
3:00 – 4:00 p.m.	<p>Environmental Health Session “Community and Family Awareness Disaster Preparedness Program”</p> <p>Session Chair: Sharon D. Beard, M.S., Director and Branch Chief, Worker Training Program, National Institute of Environmental Health Sciences</p> <p>Speakers: Lula Odom, Worker Trainer Development Coordinator (Retired), International Chemical Workers Union Worker Health and Safety Department, and Luis Vazquez, MPH, Instructor, International Chemical Workers Union Council Center for Worker Health and Safety Education, NCOSH Liaison, UFCW Liaison</p> <p>Abstract: According to FEMA, roughly 60% of Americans don’t have a disaster relief plan — even though a sudden emergency or disaster can happen at any time. The goal of this session is to provide awareness and education designed to give an overview of basic preparations to keep you, your immediate family, and community safe until professional emergency responders can respond to the event of human-made or natural disasters.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Develop a communications plan. • Create an evacuation plan. • Determine what to put in an emergency supply kit. • Review additional information on disaster preparedness. 	#4

Closing

Joan P. Pakenham, Ph.D., Chair, Women’s Health Awareness Steering and Planning Committee; Founder and Director, Women’s Health Awareness Community Engagement Program; Director, Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences, National Institutes of Health



Women's Health Awareness 2022

Research Study Programs



Women's Health Awareness
Community REACH Equity Study

Women's Health Awareness

Community Resiliency, Environmental Action and Collaborations for Health (REACH) Equity

COMING SOON!

Empower, connect, engage, and advocate to create positive change for your community!

This research study seeks to understand the long-term impacts of COVID-19 on minority women and their families to assist in developing community-based programs for recovery and resiliency. By participating in all study activities, you may receive up to \$140.

Who Can Participate?

Females who are 18 years or older residing in North Carolina and are African American or Black, Hispanic or Latina, American Indian or Alaska Native, Asian American, Native Hawaiian, or other Pacific Islander.

What Is Required?

You must complete a one-hour survey. Participants may choose to participate in, and be paid for, additional activities by participating in some or all of the following: blood, saliva and/or urine samples, wearing a silicone wristband for up to one week, collecting and providing household dust samples and/or toenail clippings.

Who Is Running the Study?

A team, led by Joan Pakenham, Ph.D., at the National Institute of Environmental Health Sciences in Research Triangle Park, North Carolina.

For more information and to join our waiting list to be notified when study enrollment begins, please email us at NIEHSReachStudy@niehs.nih.gov or call 919-541-3852.





Join NHALES And Get Your Asthma Under Control

Study Description

- Receive at no cost treatment and medications for your asthma.
- Occurs over a five-year period and includes a minimum of 12 visits.
- Visits include physical exams, lung tests, collecting biological samples, and completing surveys.
- Some participants may be asked to undergo a procedure called bronchoscopy, which looks inside of the lungs.
- Participants who complete all study visits may be compensated up to \$3,060, with those completing a bronchoscopy receiving an additional \$375.
- Study visits take place at the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina.

Study Participants

- Moderate to severe asthmatics.
- Men and women, aged 18-60.
- Nonsmokers who are not exposed to significant amounts of secondhand smoke.
- No history of chronic obstructive pulmonary disease, emphysema, cystic fibrosis (CF), pulmonary fibrosis, non-CF bronchiectasis, sarcoidosis, unstable angina, or pulmonary hypertension.
- Not allergic to methacholine.
- Able to provide your own transportation to clinic visits.

NHALES stands for Natural History of Asthma with Longitudinal Environmental Sampling. Your participation in the NHALES Study will contribute to research on how the environment affects the human body and asthma. Please consider joining today.

For more information:

- Call 1-855-696-4347
- Email myniehs@nih.gov
- Visit our website at joinastudy.niehs.nih.gov

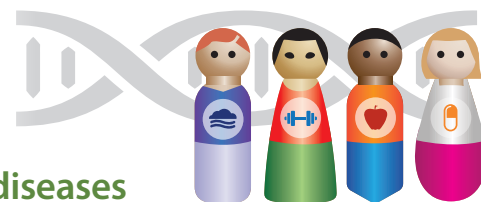
Lead Researcher

Stavros Garantziotis, M.D.
National Institute of Environmental Health Sciences
Research Triangle Park, North Carolina

February 2022

Join PEGS

To help scientists improve the prevention and treatment of diseases



PEGS, the Personalized Environment and Genes Study (formerly named the Environmental Polymorphisms Registry or EPR), collects health, exposure, medical, and genetic data to discover how our environment and genes affect our health. By joining this study, you will be supporting new scientific discoveries that could improve the prevention, treatment, and understanding of the causes and mechanisms of diseases such as diabetes, heart disease, allergies, asthma, cancer, and many others.

Who can participate?

- Anyone 8 years of age and older.
- Living in North Carolina, United States.

What is required?

- Small blood sample (approximately 1 tablespoon).
- Urine sample.
- Complete one or more surveys to answer questions about your health, diet, lifestyle, and environmental exposures.
- Periodically complete recontact surveys to update your information.

Why should I join?

- Help scientists find genetic and environmental factors that increase our risk of various diseases.
- Help scientists better understand the causes and mechanisms of various diseases.
- Help scientists find better ways to prevent diseases.

Who is running the study?

The study is led by Janet Hall, M.D. (janet.hall@nih.gov) and Alison Motsinger-Reif, Ph.D. (alison.motsinger-reif@nih.gov) at the National Institute of Environmental Health Sciences, a part of the National Institutes of Health.

For more information:

Call: 1-855-MYNIHES (1-855-696-4347)
Email: myniehs@nih.gov
Visit our website at <https://joinastudy.niehs.nih.gov/studies/pegs>



September 2021



Women's Health Awareness 2022

Speaker Biographies

Speaker Biographies



Willa Y. Roberson Allen, MPH, M.A.Ed., MCHES

*Senior Public Health Educator, Health Promotion and Wellness,
Program Manager, Durham County Department of Public Health*

Willa Y. Roberson Allen manages chronic disease education, injury prevention, and outreach programs for adults in Durham County. Many of these programs focus on healthier lifestyle changes to reduce the risks of developing conditions such as diabetes, heart disease, and cancer.

She is a proud graduate of North Carolina Central University with a Bachelor of Science in health education with a concentration in community health. She has an M.A.Ed. in adult education from the University of Phoenix, and a master's in public health from the University of North Carolina at Greensboro. She is also a certified childbirth instructor at Rex Birthing Center in Raleigh, North Carolina, a CPR instructor, and a certified group fitness and licensed Zumba instructor.

Willa served 20 years in the armed forces, and retired as a E7/SFC (sergeant first class) in the U.S. Army Reserves. She was trained as an operating room technician, an EMT-B, and a licensed practical nurse.

Her passions include working with faith-based organizations, cooking, and crafting (sewing and scrapbooking).



Casandra J. Gomez Alvarado, B.A.

Doctoral Student, Clinical Psychology, Department of Psychology, University of North Carolina at Greensboro

Casandra J. Gomez Alvarado, is a first-year graduate student in the clinical psychology doctoral program. She earned a B.A. in psychology with a minor in applied developmental psychology from UCLA. As an undergraduate, Casandra was a research assistant in Dr. Jennifer Silver's Social Affective Neuroscience and Development (SAND) Lab, and Dr. Denise Chavira's Culture and Anxiety Lab for Mental Health Advances (CALMA). After graduating, she worked as a research coordinator in Dr. Anna Lau's Culture and Race/Ethnicity (CARE) in Youth Mental Health Lab. Casandra is broadly interested in studying risk and resilience, as well as the relationship between physical and mental health in ethnic minority youth. Additionally, she is interested in intervention development and investigating how to improve access to services for ethnic minority youth.

Speaker Biographies



Chimi Boyd-Keyes, M.A.

Racial and Gender Equity Consultant, Owner, CBK Enterprises

Chimi Boyd-Keyes is a successful entrepreneur and much sought-after consultant, speaker, trainer, and grant writer. She is passionate about creating programs and initiatives that develop leaders and promote an equitable, inclusive environment. As a seasoned higher education professional for 18 years, Chimi has worked extensively on women's and gender issues, and topics relating to other marginalized populations. She has directed two university women's centers, one at a Historically Black College and University (HBCU) and one at a predominantly white university (PWI). Chimi is a Co-Principal Investigator of the only published study that exists on sexual assault at HBCUs, and has been a consultant for the Department of Justice's Office on Violence Against Women, Research Triangle Institute, the North Carolina Coalition Against Sexual Assault, the North Carolina Coalition Against Domestic Violence, several other state coalitions, the U.S. Army, in addition to numerous colleges and nonprofits all over the U.S. She also serves on both N.C. Domestic Violence Prevention and Sexual Assault Prevention task forces.



Nakeitra L. Burse, D.Ph.

Owner/CEO, Six Dimensions

Nakeitra L. Burse is the Owner/CEO of Six Dimensions, a certified woman-owned, minority-owned public health research, development, and practice company. Burse has been a servant in the field of public health for more than 12 years. She earned a bachelor's degree in biological sciences and a master's in health education health promotion, both from Mississippi State University. She also holds a doctorate in public health from Jackson State University. Burse is dedicated to understanding the impact of systems on the health of communities. Her work is centered around health equity and social justice issues and ensuring that populations that have been historically underserved, overlooked, and discriminated against receive equitable treatment in health and health care settings.

Dr. Burse is the Executive Producer of the short documentary, "Laboring With Hope." The film highlights the issues of maternal morbidity and mortality among Black women. "Laboring With Hope" is being used as a call to action to implement, support, and uplift strategies that aim to improve maternal health and birth outcomes.

Dr. Burse is currently a Leader in the 4th Cohort of the Robert Wood Johnson Foundation's Culture of Health Leaders Program. In 2019, she was named one of Mississippi's 50 Leading Business Women. In 2020, she received the Candace Award for Health from the National Coalition of 100 Black Women, Inc., Central, MS Chapter. Dr. Burse's work has been featured in a variety of settings, including Soledad O'Brien's Disrupt and Dismantle series on BET.

She is married to Dr. Creston Burse and they have two rambunctious boys, Chandler and Cooper.

Speaker Biographies



Geri Buschel

*Executive Assistant, Department of Agricultural and Human Sciences,
North Carolina State University*

Geri Bushel is the Executive Assistant to the Department of Agricultural and Human Sciences at North Carolina State University. She is a native New Yorker who earned her Bachelor of Science in mathematics from SUNY Brockport. The analytical skills she possesses, combined with her 17 years of institutional knowledge, enable her to provide high-level support to faculty, staff, students, and more than 2,000 volunteers of the North Carolina Extension and Community Association (NCECA). Geri is extremely passionate about community outreach and takes extreme pride in working with extension programs and professionals. By doing this, Geri has the ability to contribute to a team whose goal is to improve the lives of citizens in North Carolina and beyond. Geri's ongoing training at the Culinary Institute of America has given her the opportunity to share her knowledge of culinary arts with nutrition educators as they develop and present culinary programs to county extension staff, volunteers, and community partners.



Rossie Clark-Cotton, M.A., Ph.D.

Community Educator, Alzheimer's Association

Rossie Clark-Cotton has been interested in aging and neurological disease for as long as she can remember. As a teenager, she was a part-time caretaker for someone with primary lateral sclerosis, and after college, she helped with her grandmother's care following a series of strokes. These experiences and interests led Rossie to earn a master's degree in linguistics from Boston University, where she also managed a research study of how midlife health affects language in older age. She also worked on clinical trials of autoimmune disease. Rossie has a Ph.D. in cell biology from Duke University, and is currently a postdoctoral fellow in the Triangle area. Rossie grew up in rural Mississippi where most of her family still lives, and she is committed to improving health education and access in rural communities.

Speaker Biographies



Janine Austin Clayton, M.D., FARVO

Associate Director for Research on Women's Health; Director, Office of Research on Women's Health (ORWH), National Institutes of Health

Janine Austin Clayton, is the architect of the NIH policy requiring scientists to consider sex as a biological variable across the research spectrum. This policy is part of NIH's initiative to enhance reproducibility through rigor and transparency. As co-chair of the NIH Working Group on Women in Biomedical Careers with NIH Director Francis Collins, M.D., Ph. D., she also leads NIH's efforts to advance women in science careers. In 2021, Clayton was elected to the Board of Directors of the American Association for the Advancement of Science (AAAS).

Prior to joining the ORWH, Clayton was the Deputy Clinical Director of the National Eye Institute (NEI) for seven years. A board-certified ophthalmologist, her research interests include autoimmune ocular diseases and the role of sex and gender in health and disease. She is the author of more than 120 scientific publications, journal articles, and book chapters. Clayton, a native Washingtonian, received her undergraduate degree with honors from Johns Hopkins University and her medical degree from the Howard University College of Medicine. She completed a residency in ophthalmology at the Medical College of Virginia. Clayton completed fellowship training in cornea and external disease at the Wilmer Eye Institute at Johns Hopkins Hospital and in uveitis and ocular immunology at NEI.

Clayton has received numerous awards, including the Senior Achievement Award from the Board of Trustees of the American Academy of Ophthalmology in 2008, and the European Uveitis Patient Interest Association Clinical Uveitis Research Award in 2010. She was selected as a 2010 Silver Fellow by the Association for Research in Vision and Ophthalmology. In 2015, she was awarded the American Medical Women's Association Lila A. Wallis Women's Health Award and the Wenger Award for Excellence in Public Service. Clayton was granted the Bernadine Healy Award for Visionary Leadership in Women's Health in 2016. She was also selected as an honoree for the Woman's Day Red Dress Awards and the American Medical Association's Dr. Nathan Davis Awards for Outstanding Government Service in 2017.

Speaker Biographies



Shauna M. Cooper, Ph.D.

Associate Professor, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill

Shauna M. Cooper received her Ph.D. at the University of Michigan, and is an Associate Professor in the Department of Psychology and Neuroscience and Director of the Strengths, Assets, and Resilience (StAR) Lab at the University of North Carolina at Chapel Hill. She is also a Faculty Fellow at the Center for Faculty Excellence, RTI Scholar, and an affiliated faculty in the Frank Porter Graham Institute/Center for Developmental Science and the Institute of African American Research.

Cooper's areas of expertise include examining how race-related experiences and inequities are related to the well-being (e.g., mental health, school adjustment) of racially and culturally diverse children and families. Highlighting the individual and interactive influences of family, school, and community contexts, her work spans several areas of expertise, including the racial and cultural context of parenting, father involvement and engagement among African American fathers, girls' health and well-being, and community-level risk and protective factors. She has published in a variety of scientific journals, including the *Journal of Research on Adolescence*, *Journal of Youth and Adolescence*, *Journal of School Psychology*, *Psychology of Men and Masculinities*, *Cultural Diversity and Ethnic Minority Psychology*, *American Journal of Men's Health*, and *Clinical Child and Family Psychology Review*. Cooper's research has been funded by several agencies and organizations, including the National Institute of Minority Health Disparities and National Institutes of Child Health and Human Development, as well as the distinguished National Science Foundation (NSF) Career Award. She is also an Associate Editor for *Child Development*, an Editorial Board Member for the *Journal of Family Psychology*, *Psychology of Men and Masculinities*, *Social Development*, and *Child Clinical and Family Psychology Review*, as well as an ad hoc reviewer for more than 15 journals.

Speaker Biographies



Sandra E. Echeverría, Ph.D., MPH

Associate Professor (Tenured), Public Health Education, University of North Carolina at Greensboro

Sandra E. Echeverría earned her Ph.D. in epidemiology from Columbia University's Mailman School of Public Health and is a tenured Associate Professor in Public Health Education at the University of North Carolina Greensboro. Echeverría's research program examines how built environment/neighborhood, health care delivery, and sociopolitical determinants influence cardiovascular health in oppressed groups, particularly communities of Latin American origin. She applies various methodological approaches to her work, ranging from the use of quantitative, large-scale data to community-engaged study designs involving mixed methods. Her current epidemiologic studies focus on examining multi-level determinants of pre-diabetes and diabetes risk, including the role of state-level immigrant policies. One of her current projects is testing ways to adapt a digital, clinical referral tool to promote physical activity for Latinas living with diabetes, funded by the New York Regional Center for Diabetes Translation Research with support from NIH/NIDDK. In another study funded by the RWJ Foundation (Interdisciplinary Research Leaders Program), she is working with fellow researchers and community partners to assess environmental toxins in a neighborhood park, the potential health effects resulting from these exposures, and how a community-engaged approach can redress environmental injustice. Echeverría teaches undergraduate and graduate-level methodological courses, and over the years has mentored numerous doctoral and MPH students, many of whom are first-generation scholars like herself.

Speaker Biographies



The Honorable Secretary Marcia L. Fudge

U.S. Department of Housing and Urban Development

Secretary Marcia L. Fudge is the 18th Secretary of the U.S. Department of Housing and Urban Development.

Throughout her career, Secretary Fudge has worked to help low-income families, seniors, and communities across the country.

Secretary Fudge served as U.S. Representative for the 11th Congressional District of Ohio from 2008 to March 9, 2021. She was a member of several congressional caucuses and past Chair of the Congressional Black Caucus. As a member of Congress, Secretary Fudge earned a reputation of tackling the unique challenges of her district by working with her congressional delegation and across political ideologies.

In 1999, Secretary Fudge was elected the first female and first African American mayor of Warrensville Heights, Ohio, a position she held for two terms. As mayor of Warrensville Heights, Ohio, she adopted one of the first vacant and abandoned property ordinances in the state. She worked with local officials to develop a taskforce to protect against predatory lending and she secured the inclusion of property maintenance grants in the Warrensville Revitalization Action Plan. Additionally, she brought new residential development to the city and addressed the city's growing foreclosure crisis through the formation of a local partnership that helped residents maintain the financial security needed to buy or keep a home. As a former mayor, Secretary Fudge has seen firsthand the need for economic development and affordable housing. She prioritized improving the city's tax base and expanded opportunities for affordable housing.

Secretary Fudge believes our housing issues do not fit into a one-size-fits-all approach. We need policies and programs that can adapt to meet a community's unique housing challenges. She is committed to making the dream of homeownership - and the security and wealth creation that comes with it - a reality for more Americans.

Under Secretary Fudge's leadership, the Department of Housing and Urban Development will work to eradicate the growing homelessness issue, put an end to discriminatory practices in the housing market, and ensure that our fair housing rules are doing what they are supposed to do: opening the door for families who have been systematically locked out for generations to buy homes and have a fair shot at achieving the American dream.

Secretary Fudge's career in public service began in the Cuyahoga County Prosecutor's Office, rising to the rank of Director of Budget and Finance. She earned her bachelor's degree in business from The Ohio State University and law degree from the Cleveland State University Cleveland-Marshall School of Law. She is a Past National President of Delta Sigma Theta Sorority Inc., and a member of its Greater Cleveland Alumnae Chapter.

Speaker Biographies



Stavros Garantziotis, M.D.

Medical Director, Clinical Research Unit, National Institute of Environmental Health Sciences, National Institutes of Health

Stavros Garantziotis obtained his medical degree in Germany. After an internship in Internal Medicine at the University Hospital in Munich, Germany, he completed his residency in Internal Medicine at the Albert Einstein College of Medicine of Yeshiva University in New York, New York, and received his board certification in internal medicine. He then completed a fellowship in the Division of Pulmonary, Allergy, and Critical Care Medicine at Duke University Medical Center, and received board certification in pulmonary medicine and critical care medicine. Garantziotis remained a faculty member in the division until he joined NIEHS to set up and supervise the new Clinical Research Unit in 2007. He is active as a physician, and also does research on lung injury and lung disease.



Jennifer L. Garst, M.D.

Professor of Medicine, Duke Thoracic Oncology Program; Chairman, Lung Cancer Initiative of North Carolina; Director of Oncology Clinical Research, Duke Cancer Center Raleigh

Jennifer L. Garst is Director of Oncology Clinical Research, Duke Thoracic Oncology Program at the Duke Raleigh Cancer Center. Garst attended medical school at the Medical College of Georgia and completed her residency in medicine at the University of Texas Southwestern Medical Center and a fellowship in hematology and oncology at Duke University Medical Center. She is one of the founding members of the North Carolina Lung Cancer Partnership, and has served as Board Chairman of the North Carolina Lung Cancer Partnership since 2007. She lives in Durham with her husband and two children.



Lindsay Goolsby, RD, LDN, M.S.

Clinical Dietitian, Duke Population Health Management Office

Lindsay Goolsby is a Registered Dietitian with Duke University Health System's Population Health Management Office. In her current role, Lindsay provides individual nutrition counseling to help patients set sustainable goals in order to manage their health. Lindsay has also developed group-based nutrition education curriculum used in schools and senior centers across North Carolina, including garden-based programs, cooking demos, and taste tests.

Speaker Biographies



Noah Greenspan, PT, DPT, CCS, EMT-B

Founder, Pulmonary Wellness Foundation

Noah Greenspan, is a board-certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy with almost 30 years of cardiopulmonary physical therapy and rehabilitation experience. Greenspan has served as the Federal Affairs Liaison representing the Cardiovascular and Pulmonary Section of the American Physical Therapy Association and on the Leadership Board of the American Lung Association of the Northeast. He has previously served as the Pulmonary Rehabilitation Fellowship Coordinator for St. Vincent's Medical Center and the Weill Cornell Medical College. He is the founder of The Pulmonary Wellness Foundation, a 501(c)(3) nonprofit organization with a mission to serve the needs of people living with respiratory, cardiovascular, and complex medical conditions, including COVID-19 and long COVID, regardless of age, geographical location, socioeconomic status, or medical condition. The Pulmonary Wellness Foundation aspires to setting new standards in health care, being the place where individual patients' needs are considered and addressed, where education and lifestyle change are the driving forces behind living well despite one's disease, and where care is approached holistically, favoring the whole being rather than simply the sum of various clinical aspects of illness. Greenspan has been treating COVID-19 patients for more than two years, and by March 2022, he has treated more than 300 COVID-19 long-haulers. He describes his patient population as about 90% women in their 30s, 40s, and 50s experiencing a much more chaotic pattern of exacerbation and remission of COVID-19 symptoms. See more at <https://pulmonarywellness.org/covid-19>.



Kim Hargrove

Team Leader, Underwriting, North Carolina Housing Finance Agency

Kim Hargrove is Team Leader of Documentation and Compliance with N.C. Housing Finance Agency (NCHFA). She is a graduate of the University of North Carolina at Chapel Hill, and has worked in the housing industry for more than 25 years. She works closely with housing professionals across the state while providing the needed resources to families in underserved communities who are seeking safe and affordable housing. Kim advocates for the most vulnerable families while promoting the homeownership and rental programs offered through her agency. You can learn more about the programs offered by NCHFA by visiting www.nchfa.com.

Speaker Biographies



Catherine Hill, RDN, LDN, M.S.

Nutrition Programs Manager, Department of Agricultural and Human Sciences, North Carolina State University

Catherine Hill is a Registered Dietitian (RD) and serves as the Nutrition Programs Manager for the Department of Agricultural and Human Sciences. In this role, Catherine manages the Dinah E. Gore Teaching and Research Kitchens, and conducts training in healthy food preparation in person, virtually, and by video production. She also works with Steps to Health, North Carolina State University's Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Program, and the Expanded Food and Nutrition Education Program (EFNEP) teams where she provides nutrition-related training and support to ensure instructors across the state have the necessary skills to lead hands-on food demonstrations that promote targeted behavior changes addressed through these NC State Extension programs. Additionally, Catherine serves as an on-camera demonstrator for Homegrown in the Kitchen segments to highlight culinary nutrition topics, recipes, tips, and tricks. A Raleigh native, Catherine earned her Bachelor of Science in applied nutrition from North Carolina State University. She then completed her Master of Science in nutrition and dietetic internship at Meredith College. She has previous experience in behavior modification strategies, patient education, nutrition curriculum development, lifestyle interventions for weight management and chronic disease prevention, public health nutrition, and CDC obesity-prevention grants. She believes that nutrition is a key ingredient to an overall healthy lifestyle. In her free time, Catherine enjoys cooking, running with her beagle, and traveling with her husband.



Na'Taki Osborne Jelks, Ph.D., MPH

Assistant Professor, Environmental and Health Sciences, Spelman College

Na'Taki Osborne Jelks is an assistant professor of Environmental and Health Sciences at Spelman College. She investigates urban environmental health disparities; the role of place, race, and social factors on health; cumulative risk assessment; and linkages between urban watersheds, pollution, built environment, and health. She is engaged in community-based initiatives that enable low-income and communities of color to reduce exposure to environmental health hazards and improve health and wellness.

Speaker Biographies



The Honorable Natalie S. Murdock, B.A.

Senator, NC District 20

Natalie S. Murdock is a native North Carolinian, University of North Carolina at Chapel Hill graduate, and local elected official who has gained intimate knowledge of the different people, business communities, and cultural landscapes that make the state an attractive destination. With more than a decade of work experience in transportation, economic development, and government affairs, Murdock represents State Senate District 20, encompassing Durham and Chatham counties. Murdock is the first woman of color under 40 to be elected to the North Carolina General Assembly and was elected in 2020, earning more than 100,000 votes.

Murdock's formal entry into politics began as a soil and water supervisor. That announcement surprised many people, but not her family, who have deep roots in North Carolina and a history of state activism. As a North Carolina native, Murdock's grandfather farmed in Caswell and Alamance counties, where he met her grandmother and raised a family of five together. While caring for their children and working on the family farm, Murdock's grandmother fought vigorously for civil rights—her name is etched into the International Civil Rights Center and Museum in Greensboro to reflect her participation in the march with the Woolworth Four to fight for equal rights for Black Americans.

Murdock has more than 10 years of experience in government affairs, transportation, agriculture, environmental matters, and economic development. She has served in many positions within North Carolina government. Her most recent roles were as Deputy Director of Communication for the N.C. Department of Justice and on the North Carolina Biden-Harris 2020 campaign. Not only that, but Murdock is a leader in the Durham Democratic Party, most recently serving as First Vice Chair. Along with being a public servant, Murdock is the principal owner of Murdock Anderson Consulting, where she shapes the brand identity of companies and nonprofits. She is also a proud member of Delta Sigma Theta Sorority Inc.

Speaker Biographies



Lula Odom

Worker Trainer Development Coordinator (Retired), International Chemical Workers Union Worker Health and Safety Department

Lula Odom is the retired Worker Trainer Development Coordinator of the International Chemical Workers Union (ICWU) Council for Worker Health and Safety Education of Cincinnati, Ohio. The Consortium partners is made up of 10 partners, as well as the University of Cincinnati. (AFSCME, UFCW, AFGE, AFT, LCLAA, AOEC, NCOSH, NNU, IAM&AW, CBTU.)

While employed at ICWU, she served as the National Labor Liaison for the Coalition of Black Trade Unionists and their labor environmental justice Community Action and Response Against Toxics Team (CBTU CARAT Team), and continues to be actively involved as a retiree. Lula is deeply committed to working in collaboration with existing grassroots organizations and other interested partners in the resolution of environmentally related problems for troubled populations.

Lula has extensive labor and community service experience and is no stranger to health and safety training. Before joining the staff of ICWU in 2008, she worked for a diverse range of organizations including: LPN-Henry Ford Hospital, Instructor at Michigan Bell Telephone Company, three-term Local Union President of Communications Workers of America, Local 4000, the State Health and Safety Director for Service Employees International Union (SEIU) for Michigan's 17 Local Unions, Community Policy Work Instructor for the University of Michigan School of Public Health, and the HAZMAT Instructor for the Southeast Michigan Coalition for Occupational Safety and Health (SEMCOSH).



Schquthia Peacock, MSN, FNP

Preston Medical Associates

Schquthia Peacock graduated from the University of North Carolina at Chapel Hill (UNC) with a Bachelor of Science in nursing. She worked as a Registered Nurse for five years before deciding to go back to UNC for a master's degree in advanced practice nursing. Schquthia has been in private practice as a board-certified Family Nurse Practitioner since 1999. She takes pleasure in caring for people of all ages, but she takes a particular interest in women's health.

In 2014, the North Carolina Nurses Association named Schquthia "Practice Nurse of the Year." She also received the honor of Legislative Nurse of the Year in 2017. In 2020, she was chosen as the American Academy of Nurse Practitioners Advocate State Award for Excellence for North Carolina. In 2021, she was awarded the University of North Carolina at Chapel Hill School of Nursing Outstanding Service Alumni Award.

Schquthia is the Chair of the North Carolina Nurses Association Nurse Practitioner Council. She is a member of the UNC School of Nursing Alumni Board. She serves on several advisory boards impacting the health of North Carolinians.

Schquthia enjoys traveling with her husband. In her spare time, she advocates for patients and increased access to health care for all North Carolinians.

Speaker Biographies



Belinda Pettiford, MPH

Branch Head, Women's and Children's Health Section, N.C. Department of Health and Human Services

Belinda Pettiford has more than 30 years of experience in public health. She has been with the North Carolina Department of Health and Human Services, Division of Public Health since November 1995. Belinda was named the head of the Women's Health Branch in March 2012. In this capacity, she provides oversight to the state's maternal health, family planning, preconception health, teen pregnancy prevention, sickle cell, and numerous programs focused on equity in birth outcomes.

She received her MPH from the University of North Carolina in Chapel Hill, and undergraduate degrees from the University of North Carolina in Greensboro. She is the 2020 recipient of the Ron Levine Public Health Leadership Award.



Jennifer L. Rogers, M.D.

Rheumatologist, Duke Health

Jennifer L. Rogers is an Assistant Professor of Medicine at Duke University. She received her medical degree from Indiana University and completed her internal medicine residency and rheumatology fellowship at the University of North Carolina at Chapel Hill. She is a board-certified rheumatologist, the Director of the Duke Lupus Clinic, and Director of the Duke South Rheumatology clinic. She cares for patients with a variety of rheumatologic conditions, but has a research and clinical interest in systemic lupus erythematosus (SLE or Lupus). Her goal as a clinician, researcher, and educator is to provide compassionate, compressive care to rheumatology patients and to transform lupus care delivery by developing biomarkers, patient reported outcome measures, and novel therapies to improve outcomes and health-related quality of life. Outside of work, she is a mother of two young children, loves to run and bike with her family, and at night can often be heard tinkering on the piano, striking a few notes on-key.



Jonathan Rosen, M.S., CIH, FAIH

Safety and Industrial Hygiene Consultant, National Clearinghouse for Worker Safety and Health Training, National Institute of Environmental Health Sciences

Jonathan Rosen is the Principal Consultant for AJ Rosen & Associates LLC, providing occupational safety and industrial hygiene services to labor unions, government agencies, and organizations throughout the U.S. Jonathan works for the National Clearinghouse for Worker Safety & Health Training, National Institutes of Environmental Health Sciences Worker Education and Training Program. In that capacity, he has developed worker and leadership training programs on resilience, stress, trauma, opioids and the workplace, and infection prevention and control. Jonathan served as Director of the Occupational Health & Safety Department for NYS Public Employees Federation, AFL-CIO for 22 years. Jonathan has been co-investigator on several federal NIOSH intervention research grants addressing workplace violence prevention. He has had numerous articles, book chapters, and editorials published that address occupational hazards for health care workers and workers in other sectors. Jonathan completed a master's degree in industrial health at the University of Michigan and is a Certified Industrial Hygienist.

Speaker Biographies



Lorisa Seibel

Reinvestment Partners

Lorisa Seibel leads the Healthy Homes and Lead Poisoning Prevention Program to help families keep their homes safe and advocate for healthy communities. In addition to training health care providers, contractors, and residents on lead and healthy homes, she is a HUD-certified housing counselor who manages the Home Buyer Education Program. Prior to Reinvestment Partners, Lorisa worked with the Durham Affordable Housing Coalition as a Community Organizer from 1996-2011, and served as Interim Executive Director in 2008 and 2011. Lorisa was an elected member of Durham City Council from 1991-95.



Karen Sheffield-Abdullah, Ph.D., RN, CNM

Assistant Professor, University of North Carolina at Chapel Hill School of Nursing

Karen Sheffield-Abdullah's research focuses on the utilization of holistic, integrative, multi-sector strategies to promote physical, mental, and emotional well-being for individuals and communities. She is particularly interested in developing strategies to reduce the long-term health effects of stress, psychological trauma, anxiety, and depression on women's health and birth outcomes. Her interests include the bio-psycho-social benefits of self-compassion, mindfulness, and other mind-body therapies as adjuncts to conventional treatment modalities. Her program of research focuses on the development of culturally-relevant interventions to reduce disparities in stress-related adverse outcomes during the perinatal period, and to provide a platform to guide successful models for women's health care provision that incorporate stress management and improve wellness across the lifespan.

Sheffield-Abdullah has a doctoral degree in nursing from the University of North Carolina at Chapel Hill School of Nursing and a Master of Science in nursing from Yale University. She did her postdoctoral fellowship at the University of North Carolina School of Medicine, Program on Integrative Medicine, through an NIH T-32 Fellowship Training Grant for Research in Complementary, Alternative, and Integrative Medicine. Sheffield-Abdullah was also a postdoctoral fellow with the Carolina Postdoctoral Program for Faculty Diversity. Sheffield-Abdullah is currently an assistant professor at the University of North Carolina at Chapel Hill School of Nursing. Lastly, she is a mindfulness instructor and is currently pursuing her Mindfulness-Based Stress Reduction teacher certification through Brown University's Mindfulness Center.

Speaker Biographies



Maria J. Small, M.D., MPH

Maternal-Fetal Medicine Specialist, Duke University Medical Center

Maria J. Small completed a residency at Temple University Hospital. In 2021, Small was selected as a recipient of the 2021 Leonard Tow Humanism in Medicine Award. Winners of this award demonstrate compassion in the delivery of care, respect for patients, their families, and health care colleagues, as well as clinical excellence.



Gwendylon P. Smith

Founder, Collier Heights Association for Revitalization, Resilience, and Sustainability

Gwendylon P. Smith is the founder of the Collier Heights Association for Revitalization, Resilience, and Sustainability (CHARRS), an organization focused on environmental justice, health, and education equity. Through CHARRS, she utilizes her relationship-building skills to create circular social economy partnership opportunities that leverages partners' resources needed to address environmental and health inequities in African American communities.



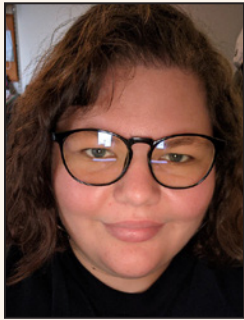
Susan Spratt, M.D.

Associate Professor of Medicine, Assistant Professor, Department of Family Medicine and Community Health, Duke University School of Medicine; Senior Medical Director, Duke Population Health Management; Director, Diabetes Services; Physician Lead, NCCare36; Physician Champion, Maestro Care

Susan Spratt completed her medical residency at Boston Children's Hospital, and her medical degree at Harvard University. She is the diabetes medical adviser for DukeWell. She also runs a weekly free diabetes education and support group at Healing for CAARE, Inc., located in downtown Durham (214 Broadway St, Durham, NC 27701), where all patients with diabetes are welcome to attend without a referral. She is also a physician champion for Maestro Care.

Her recent projects include adding questions regarding social drivers of health to the social history section within the electronic health record (EHR), designing tools to reduce harm when providers prescribe chronic opioid therapy, and designing a thyroid data mart. Her research interests include using data already in the EHR to address gaps in care for patients with diabetes. Her hobbies include dance, singing, and creating crafts of all types. She is thrilled to share her knowledge and passion on improving health.

Speaker Biographies



Johna Stagg, MSW, LCSW, CDP

Community Educator, Alzheimer's Association

Johna Stagg received her undergraduate degree in social work from the University of North Carolina at Greensboro in 2016. She then went on to complete the Master of Social Work program at East Tennessee State University at the satellite location in Asheville, N.C., in 2019. Currently, she is employed at Central Regional Hospital on the Geriatric Psychiatric Units. Stagg has been with the hospital since December 2019. Through working at the hospital, she discovered her passion for working with older adults who have been diagnosed with dementia/Alzheimer's, as well as providing education about the diagnosis. It has been a true joy for her to work with these individuals and their families, and she is excited for what the future holds.



Gabriela Livas Stein, Ph.D.

Professor and Associate Director of Clinical Training, Psychology Department, University of North Carolina at Greensboro; Vice President for Programming, Society for Research on Adolescence

Gabriela Livas Stein is a licensed psychologist and Professor of Clinical Psychology at the University of North Carolina at Greensboro. Stein specializes in cultural resilience in communities of color, especially Latinx youth and their families. She also does research on mental health access and prevention programs for Latinx families. Her research has been funded by NIDA, NIMH, PCORI, and WT GRANT. Clinically, she specializes in the provision of therapeutic services to Latinx families, and provides training to providers working with Latinx communities.



Shanna Swan, Ph.D.

Professor, Department of Environmental Medicine and Public Health, Icahn School of Medicine at Mount Sinai

Shanna Swan is an Environmental and Reproductive Epidemiologist and Professor of Environmental Medicine and Public Health at the Icahn School of Medicine at Mount Sinai, New York. Her work examines the impact of environmental exposures on reproductive health and neurodevelopment. Since 1998, she has been conducting multi-center pregnancy cohort studies which include more than 1,500 mothers and their children followed from birth, to better understand how prenatal and early childhood exposure to environmental chemicals impact reproductive health and development. In 2017, Swan and her colleagues published, "Temporal Trends in Sperm Count: A Systematic Review and Meta-Regression Analysis," which received worldwide media coverage. This led to her writing, "Count Down: How Our Modern World Is Threatening Sperm Counts, Altering Male and Female Reproductive Health, and Imperiling the Future of the Human Race" (Scribner, 2021), which has been translated into nine languages. Her current goal is to widely disseminate the urgent message that universal exposure to "stealth chemicals" has created a global crisis in reproductive health.

Speaker Biographies



Luis Vazquez, MPH

Instructor, International Chemical Workers Union Council Center for Worker Health and Safety Education; NCOSH Liaison; UFCW Liaison

Luis Vazquez is a member of the International Chemical Workers Union Council (ICWUC) Center educational staff, and since February 2014, has facilitated the education of workers on occupational health and safety hazards faced by those workers on the job. As an Instructor for the ICWUC Training Center in Cincinnati, Ohio, Luis works with all educational staff, worker-trainers, and union leadership, and serves as an educational resource for the consortium of unions and community groups represented by ICWUC. Luis also serves as the ICWUC liaison to the United Food and Commercial Workers (UFCW) and the National Council for Occupational Safety and Health (NCOSH), recruiting UFCW and NCOSH members to attend ICWUC training programs, and helping to develop better Spanish-language training capacities. Before working with ICWUC, Luis worked for 22 years with the United Auto Workers (UAW) Health and Safety Department in Detroit, Michigan, as a Project Industrial Hygienist and Project Coordinator, specializing in hazardous materials training.



Cheryl Ybañez Whitney, RN, BSN, B.A.

RN Clinical Staff II, Duke South Durham Endocrinology

Cheryl Ybañez Whitney graduated with a bachelor's degree in business administration in 1997. She pursued a Bachelor of Science in nursing and graduated in 2010. She became a Registered Nurse in 2012. As a compassionate nurse, she has spent years providing care to elderly patients and their families as a hospice nurse. Although, the job is not for everyone, caring for these patients is a fulfillment knowing that you made a difference in the lives of others. Before becoming a Clinical Registered Nurse, she previously worked as a Hospice Nurse since 2017.

In her current position, Whitney assists providers on the floor and by providing education to patients in their goal for a healthier and happier life with diabetes.

Speaker Biographies



Stephanie L. Williams, MPA

Supportive Housing Policy Director, N.C. Department of Health and Human Services

Stephanie L. Williams is a focused and highly motivated program administrator who believes in helping individuals and families affected by family violence, mental illness, intellectual and developmental disabilities, substance use disorders, low income, and homelessness acquire the skills and resources needed to be mentally, emotionally, economically, and socially self-sufficient.

She earned her B.A. in psychology from the University of North Carolina at Chapel Hill and Master of Public Administration from DeVry University's Keller Graduate School of Management.

She has worked in the human services field for more than 25 years in positions with the Durham County Department of Social Services, Family Resource Center of Raleigh, the Durham Center/Alliance Health, and North Carolina DHHS-Division of Aging and Adult Services promoting and advancing services, programs, and policies that build and support healthy family units and access to affordable housing. She currently works as the Supportive Housing Policy Director for the N.C. Department of Health and Human Services Office of the Secretary, and is responsible for designing and implementing affordable and supportive housing initiatives for people living with disabilities across state. Consistent with her passion and dedication to promoting healthy, safe, and prosperous communities, you will find her actively involved with local nonprofit boards, mental health first aid trainings, and the service initiatives of her sorority, Alpha Kappa Alpha Sorority Inc.



Hajira Yasmin, M.D., FACOG, IF, NCMP, AASECT(CSC)

Founder, Alray Direct Gynecology and Intimate Health Center

Hajira Yasmin, is a board-certified OB-GYN with expertise in sexual medicine being an AASECT-certified Sexuality Counselor and North American Menopause Society (NAMS)-certified Menopause Practitioner. She has obtained a sexual medicine fellowship in women's health with the International Society for Study of Women's Sexual Health (ISSWSH), and postgraduate training as a Sexuality Counselor from the University of Michigan, Ann Arbor.

She specializes in treating perimenopause, menopause hormonal balance, sexual dysfunction in women, and vulvovaginal disorders, including vulvovaginal pain, skin disorders of the vulva, and pelvic pain.



Women's Health Awareness 2022

Corporate and Business Partners



Corporate Partner

A Special **"THANK YOU"** to **Duke Health**
for their generous contribution to **Women's Health Awareness 2022**



Women's Health Awareness 2022

We support you.

Duke University Hospital proudly supports all women— our mothers, daughters, sisters and friends for the critical role they play in the health and wellness of our communities.





Corporate Partner

A Special **"THANK YOU"** to **WTVD ABC11**
for their generous contribution to Women's Health Awareness 2022

ABC11 is proud to support the movement to raise awareness for women's health.



Together, we can be a relentless force to ensure all mothers, wives, sisters, and daughters live a happier, heart-healthier life.





Corporate Partner

A Special "THANK YOU" to the Durham (NC) Chapter of The Links Inc. for their generous contribution to Women's Health Awareness 2022

DURHAM (NC) LINKS SUPPORTS WOMEN'S HEALTH AWARENESS DAY





Corporate Partner

A Special "THANK YOU" to the Triangle Park Chapter of The Links Inc. for their generous contribution to Women's Health Awareness 2022



"Communities and countries and ultimately the world are only as strong as the health of their women."

- Michelle Obama

The Triangle Park Chapter (NC) of The Links, Incorporated proudly supports the
8th Annual Women's Health Awareness Day

We, too, are actively dedicated to
"Transforming Communities by Enhancing Women's Health"

Link DiJuana McDougal
PRESIDENT



Linked in Friendship. Connected in Service
Triangle Park (NC) Chapter

Business Partner

A Special **"THANK YOU"** to our Business Partner
for their contribution to Women's Health Awareness 2022



Spectacular Magazine

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www.spectacularmag.com

Women's Health Awareness 2022 Satellite Conference Sites

A Special "THANK YOU" to our Community Partners in Granville County for your support and collaboration with the Women's Health Awareness Conference to provide health access for women in your county

Richard H. Thornton Library

The Richard H. Thornton Library of Granville County proudly supports the women of our community. We are happy to be of service and partner with the 2022 Women's Health Awareness Women's Wellness Conference.

210 Main Street, Oxford, NC 27565

Telephone: 919-693-1121



Women's Health Awareness 2022 Satellite Conference Sites

A Special "THANK YOU" to our Community Partners in Granville County for your support and collaboration with the Women's Health Awareness Conference to provide health access for women in your county

The Oxford-Henderson Alumnae Chapter of Delta Sigma Theta Sorority Inc. is pleased to be a local community partner in collaboration with the Women's Health Awareness Program, Office of Human Research and Community Engagement, Clinical Research Branch, National Institute of Environmental Health Sciences (NIEHS) and Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. to serve the women of Granville County and surrounding communities.



Granville Vance Public Health

We strive to protect and promote the health of women and their families in Granville and Vance counties. We gladly support the Women's Health Awareness program and their efforts to improve the health and well-being of families within our community.

Granville County

101 Hunt Dr, Oxford, NC 27565

Clinic: 919-693-2141



GRANVILLE VANCE
public health

Women's Health Awareness 2022 Satellite Conference Sites

A Special **"THANK YOU"** to our Community Partners in **Haywood County** for your support and collaboration with the Women's Health Awareness Conference to provide health access for women in your county

Long's Chapel United Methodist Church

Service and outreach to our community is at the forefront of our mission. We are proud to be of service and collaborate with the Women's Health Awareness Women's Wellness Program as they take on the "divine assignment" of promoting wellness, increasing health resiliency, and improving the overall health of women in Haywood County.

133 Old Clyde Road
Waynesville, NC 28785



LONG'S CHAPEL
REACH • GROW • SERVE



Women's Health Awareness 2022 Satellite Conference Sites

A Special "THANK YOU" to our Community Partners in Haywood County for your support and collaboration with the Women's Health Awareness Conference to provide health access for women in your county

Asheville Alumnae Chapter of Delta Sigma Theta Sorority Inc.

Providing 65 years of steadfast service to our community in Asheville, North Carolina. Our chapter supports a healthy lifestyle for the total woman: Mind, Body, and Spirit. We are proud to be a collaborative partner for the 2022 Women's Health Awareness Women's Wellness Conference, and support the work and mission of eliminating environmental health disparities and promoting health access and equity for the women within our community.





Women's Health Awareness 2022

Exhibitors



Exhibitors

	Organization	Contact Information	Exhibitor
	Community Health Coalition Inc.	P.O. Box 15176, 308 Crutchfield Street, Suite D., Durham, NC 27704 Telephone: 919-470-8680 Email: contact@CommunityHealthCoalition.com www.chealthc.org	★
	Green Health First	Contact: Angie Ceroli Telephone: 919-656-0963 Email: angceroli@gmail.com	★
	Duke Smoking Cessation Program Duke Cancer Institute	Contact: Jillian Dirkes, MSW, LCSW, Program Manager Telephone: 919-613-QUIT (7848) dukehealth.org/quit	★
	Durham County Department of Social Services	Contact: Deborah Cousin 414 East Main St., Durham, NC 27701 Telephone: 919-560-8092 Email: dcousin@dconc.gov dconc.gov/dss	★
	North Carolina Central University Chapter of Be The Match®	Campus Adviser: Seronda Robinson, Ph.D., Associate Professor, Public Health Education North Carolina Central University 1801 Fayetteville St. 138 Miller-Morgan Building Durham, NC 27707 Telephone: 919-530-7965	★
	N.C. Department of Health and Human Services	Division of Health Service Regulation, North Carolina Radon Program, Radiation Protection Section 1645 Mail Service Center, Raleigh, NC 27699-1645 Telephone: 828-712-0972 www.ncradon.org Division of Public Health, Cancer Prevention and Control Branch Contact: Debi Nelson Telephone: 919-707-5300 Email: debi.nelson@dhhs.nc.gov	★
	Program for Precision Medicine in Health Care Department of Genetics UNC Chapel Hill School of Medicine	Contact: Grace E. Byfield, Ph.D. University of North Carolina at Chapel Hill UNC SOM Office of Research CB# 7000 Chapel Hill, NC 27599-7264	★



Women's Health Awareness 2022

Strive to Thrive Health Video Series

Strive to Thrive Health Video Series

https://niehs.nih.gov/research/programs/wha/strive_to_thrive

Cardiopulmonary Resuscitation (CPR)

In this video, Roger Collins, RN, BSN, MSPH, of the North Carolina Central University (NCCU) School of Nursing teaches viewers how to perform basic CPR life-saving techniques for adults and children.

Creating an Environmentally Safe and Healthy Home

Neasha Graves, MPA, of the UNC Center for Environmental Health and Susceptibility shares practical steps for reducing in-home environmental exposures.

How to Help a Choking Victim

In this video, Roger Collins, RN, BSN, MSPH, of the NCCU School of Nursing teaches viewers how to help adults choking victims. He is accompanied by Ashley Enrique, an NCCU School of Nursing student.

Managing Your Blood Pressure

Tina Scott, RN, MSN, CHSE, and Dana L. Carthron, Ph.D., RN, AGACNP-BC, of the NCCU School of Nursing teach viewers how to self-monitor their blood pressure numbers. NCCU School of Nursing students, Carolyn Brockway and Christa Parker, also participated in the video production.

Mindfulness Matters of the Heart

Karen Sheffield-Abdullah, Ph.D., RN, CNM, of the UNC School of Nursing teaches viewers how to practice mindfulness-based stress reduction to improve health and reduce the burden of chronic disease.

Self-Breast Awareness

Valarie Worthy, RN, MSN, breast cancer survivor, shares three steps for increased self-breast awareness: (1) annual mammograms beginning at age 40; (2) annual clinical breast exams beginning at age 20; (3) for all ages, check your breasts monthly.

Women's Health Awareness 2022
Transforming Communities by Enhancing Women's Health
A Virtual Women's Wellness Conference