

Women's Health Awareness Day 2018

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



Saturday, April 7, 2018

**North Carolina Central University
Mary Townes Science Building
1900 Concord Street, Durham, NC 27707**

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

Announcements and Notices

Customer Service Desk

Lose your badge? Forget your meal ticket? Need medical attention? Need assistance? Please come to the Customer Service Desk located in the lobby area on the first floor near the Registration Desk.

In Case of an Emergency

For life threatening medical emergencies, call 911.

The Customer Service Desk is the location to report all internal emergencies. For all external emergencies, please contact NCCU Police at 919-530-6106.

First Aid Room

Located in **Room 1205** in the Screening Hallway of the Mary Townes Science Building.

Noticias y Avisos

Centro de Servicio al Cliente

¿Perdío su insignia? ¿Se le olvidó el ticket para el almuerzo? ¿Necesita Atención Médica? ¿Necesita ayuda? Por Favor venga al 'escritorio de servicios de atención al cliente situado en la zona del vestíbulo en el primer piso cerca de 'la Mesa de Registro.'

En Caso de una Emergencia

Para emergencias médicas que amenazan la vida llame al 911.

La oficina de servicios al cliente' es el lugar para reportar todas las emergencias internas. Para todas emergencias externas favor de ponerse en contacto con la policía de NCCU al 919-530-6106.

Sala de Primeros Auxilios

Ubicado en la **sala 1205** en el pasillo de cribado.

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Women's Health Awareness Day 2018

Steering and Planning Committee

Joan P. Packenham, PhD

Chair, Event Steering and Planning Committee
Founder and Program Director, NIEHS Women's Health Awareness and Community Engagement and Outreach Initiative
Director, Office of Human Research Compliance, Clinical Research Branch, National Institute of Environmental Health Sciences (NIEHS)/National Institutes of Health (NIH)
Chair, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

La Verne Reid, PhD, MPH

Vice-Chair, Event Steering and Planning Committee
Professor, Department of Health Education, North Carolina Central University
Delta Sigma Theta Sorority, Inc.

Willa Robinson Allen, MPH, MAED, MCHES

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

Lynae Thomas Baker, BS

Administrative Support Specialist, Office of Human Research Compliance, Clinical Research Branch, NIEHS/NIH

Monica Barnes, BA

Community Affairs and Programming Director, WTVD 11, an ABC-Owned Station
Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Nadine Barrett, PhD, MA, MS

Director, Office of Health Equity and Disparities, Duke Cancer Institute
Director, Duke Community Connections Core, Center for Community and Population Health Improvement, Duke CTSA
Faculty, Department of Community and Family Medicine, Duke School of Medicine

Sharon Beard, MS

Industrial Hygienist/Program Administrator, NIEHS/NIH
Health Awareness and Emergency Management Committees, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Pamela Bivens-Pippin, MA

Diversity Educator, Duke University Health System

Deborah Breese, MS, LPC, LCAS, CRC

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Awanya Caesar, RN, BSN

Lincoln Community Health Center

Remell Clemons, BS, MA

School Counselor (Retired), Wake County Public Schools
Co-Chair, Bethune Recognition Luncheon (NCNW)
Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Tamera Coyne Beasley, MD, MPH, FAAP, FSAHM

Professor of Pediatrics and Internal Medicine, University of North Carolina at Chapel Hill
Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Cleta Davis, BS, ASQ, CQA

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Carlotta Dixon, MHS, CPM

Section Chief, Program Compliance, Division of Social Services, North Carolina Department of Health and Human Services
Western Wake Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Regina Gale Dozier, MBA

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Vanessa Flores, BA

NIH/OD UGSP Clinical Research Fellow, NIEHS/NIH

Michelle Graham-Freeman, BA

International Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Kearston Ingraham, MPH

Community Engagement and Research Evaluator, Office of Health Equity and Disparities, Duke Cancer Institute

Miriam McIntosh, DDS

Durham County Department of Public Health
Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Leatrice Martin, BS, CHES

Director, Duke Heart Center Community Outreach and Education Program, Duke University School of Medicine

Sharon Mosley, MS, LPC

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Wyvonia Perry, RN, BSN

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.; Phi Chapter, Chi Eta Phi Nursing Sorority, Inc.

Betty Reed, RN, BSN

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.; Phi Chapter, Chi Eta Phi Nursing Sorority, Inc.

Annette Rice, BS

Clinical Laboratory Manager, Clinical Research Branch, NIEHS/NIH

Stephanie Riley, BBA

Mammogram Coordinator; Personal Development Life Coach/Mental Health First Aid Instructor; Proprietor, Riley Royalty Resources Network, LLC

Joyce Siler, BA

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Carmelita Spicer, MEd

Program and Marketing Director, Community Health Coalition, Inc.

Tara Owens Shuler, MEd

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Sandra White-Olden, PhD

Professor and Founding Director (Retired), Department of Biology and Center for Science, Math, and Technology Education, North Carolina Central University

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Subcommittees

AV and IT Support

Joseph Sanders, North Carolina Central University

Catering

Dee Jackson, Sodexo Catering, North Carolina Central University

Customer Service

Annette Rice, BS, Clinical Laboratory Manager, Clinical Research Branch, NIEHS/NIH

Dental Hygiene Students

Ezie Ozoma, UNC School of Dentistry, Dental Hygiene Candidate

Sarah Liebkemann, UNC School of Dentistry, Dental Hygiene Candidate

Event Registration

Michelle Graham-Freeman, BA, International Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

QuRita Hunter, MS, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Facilities

Lucretia Pinckney, North Carolina Central University

First Aid Room

Wyvonia Perry, RN, BSN, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.; Phi Chapter, Chi Eta Phi Nursing Sorority, Inc.

Members of Phi Chapter, Chi Eta Phi Nursing Sorority, Inc.

Graphic Design/Art Direction

Paul Cacioppo, New Media Developer, Image Associates

Institutional Officials

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Arvis Bridges-Epps, MBA, President, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Janet E. Hall, MD, MS, Clinical Director and Principal Investigator, NIEHS/NIH

Debra Parker, PhD, Dean, College of Behavioral and Social Sciences, North Carolina Central University

Seronda Robinson, PhD, Chair, Department of Public Health Education, North Carolina Central University

Interpreters**Independent Interpreters**

Ana Maria Bonilla, Beatriz Chacon, Sara Maysonet-Walker, Angelo Navas, Language Service Solutions, LLC

Durham Technical Community College

Sara Juarez, MA, CHI (TM), Director of Interpretation/ Translation Programs, Center for the Global Learner Students in Interpretation/Translation Programs

NIEHS Logistics and Implementation Committee

Lynae Thomas Baker, BS, NIEHS/NIH

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Jane Lambert, BS, CIP, NIEHS/NIH

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Pamela Bivens, MA, Diversity and Inclusion Educator, Duke University Health System

Chonna Campbell, MBA, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Dawn Dudley, MS, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Selena Edwards-Jacobs, MBA, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Christine Flowers, MPA, NIEHS/NIH

Marva York, MPA, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Women's Health Awareness Day 2018

Subcommittees

NIEHS/NIH Latino Working Group

Verda Agan, BS, Reproductive and Developmental Biology Laboratory, Division of Intramural Research

Mercedes Arana, PhD, Genomic Integrity and Structural Biology Laboratory, Division of Intramural Research

Sierra Atwater, BS, Immunity, Inflammation, and Disease Laboratory, Division of Intramural Research

Montserrat Ayala-Ramirez, PhD, Clinical Research Branch, Division of Intramural Research

Vanessa Flores, BA, Clinical Research Branch, Division of Intramural Research

Marleny Garcia, BS, Reproductive and Developmental Biology Laboratory, Division of Intramural Research

Sylvia Hewitt, Reproductive and Developmental Biology Laboratory, Division of Intramural Research

Debra King, Cellular and Molecular Pathology Branch, National Toxicology Program Division

Erin Knight, MSLS, Library and Information Services Branch, Office of the Director

Andia Luzi, Epidemiology Branch, Division of Intramural Research

Emilie Mathura, Reproductive and Developmental Biology Laboratory, Division of Intramural Research

Gerard Roman, Division of Diversity and Inclusion, NIH Office of the Director

Juanita Roman, Administrative and Research Services Branch, Division of Intramural Research

Maria Sifre, Signal Transduction Laboratory, Division of Intramural Research

Nora Weston, Library and Information Services Branch, Office of the Director

North Carolina Breast and Cervical Cancer Control Program Coordinators

Awanya Caesar, RN, BSN, Lincoln Community Health Center

Stephanie Riley, BBA, Personal Development Life Coach/Mental Health First Aid Instructor, Riley Royalty Resources Network, LLC

Brittney Sala, MPH, Breast and Cervical Cancer Control Program Consultant, Division of Public Health, Cancer Prevention and Control Branch, North Carolina Department of Health and Human Services

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Maurice Noble, Independent Photographer

Kimberly Peterson, NIEHS/NIH

Veronica Robinson, NIEHS/NIH

Planning Volunteers

She'Leah Battle, BS, Fayetteville Street Elementary

Carmelita Spicer, MEd, Community Health Coalition, Inc.

Miriam McIntosh, DDS, Durham County Department of Public Health

Shannon Mitchell, Dental Hygiene Program, UNC School of Dentistry

Joyce Page, MPH, MSPH, Public Health Education Specialist, Durham Diabetes Coalition Coordinator, Durham County Department of Public Health

Laura Perez, student, Durham Technical Community College Duke Heart Center Outreach Volunteers

Office of Health Equity and Disparities, Duke Cancer Institute Volunteers

Security

Lieutenant Sammy Williams, North Carolina Central University

Translational Services

Vanessa Flores, BA, NIH/OD UGSP Clinical Research Fellow, NIEHS/NIH

Veteran Services

Jamie Upchurch, MSN, RN, Women Veterans Program Manager, Durham VA Medical Center, U.S. Department of Veterans Affairs

Volunteer Organizations

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

Employees of the National Institute of Environmental Health Sciences

Raleigh-Durham Area Chapter of Blacks In Government 85 Degrees of Distinction, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Members of Durham Alumnae Chapter of Zeta Phi Beta Sorority, Inc.

Women's Ministry of Mt. Vernon Baptist Church

United States Public Health Service Commissioned Corps

Members from various student organizations:

Men's Achievement Center, North Carolina Central University

Interpretation/Translation Programs at Durham Technical Community College

Alpha Lambda Chapter of Delta Sigma Theta Sorority, Inc., North Carolina Central University

UNC Eshelman School of Pharmacy; Student National Pharmaceutical Association (SNPhA)

Teen Girls Edition Coordinators

Tara Owens Shuler, MEd

Joan P. Packenham, PhD

Lynae Thomas Baker, BS

Teen Girls Edition Facilitators

She'Leah Battle, BS

Lillian Horne, MD

Welcome

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Greetings Conference Participants,

On behalf of the National Institute of Environmental Health Sciences (NIEHS); Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.; Durham Alumnae Delta House, Inc.; and Public Health Education Department, North Carolina Central University (NCCU), it is a pleasure to welcome you to the Fourth Annual Women's Health Awareness Day.

The theme of this women's health conference is "Transforming Communities by Enhancing Women's Health." It is no secret that women, in general, are the caregivers of their families and communities. We believe that if we motivate and empower women to take care of their health, they will, in turn, take care of their family's health, producing a healthier community, state, and nation.

The purpose of this health conference is to promote awareness and inform women so they can take greater responsibility for their health, understand their health options, and identify services and products to best help in reducing health issues and receiving equal access to health resources. Environmental awareness, as it relates to health outcomes for women, is extremely important. Exposures to environmental pollutants, chemicals, industrial products, unhealthy lifestyle choices, and social determinants can negatively impact women's health. Awareness of how the environment impacts our health is important for successful healthy living. This wellness conference has been designed to promote healthier lives through disease prevention, control, and management. We hope that bringing health education, environmental health awareness, and literacy to women of the Triangle will help develop healthier families, environmentally safer homes, and communities.

No event of this magnitude and scope can be organized without teamwork and partnerships. We take this opportunity to thank our many partners, event steering and planning committee members, and the subcommittee members for their support and dedicated service in the planning and implementation of this day. Without them, this event would not exist.

Secondly, we thank our corporate partners Cancer Prevention and Control Branch of the North Carolina Department of Health and Human Services, Duke University Hospital, Blue Cross and Blue Shield of North Carolina, Duke Cancer Institute, Duke Heart Center, and the Triangle Park Chapter of the Links, Inc. Thank you for your support through generous contributions and service. We also thank our business and local community partners for the donations and services they bring to this event. The monetary and in-kind support of all our partners makes it possible to offer this health and wellness conference free for our community. Finally, we thank our volunteers for their tireless service. We treasure your support and time given to make this event a success.

We have an impressive group of faculty and service providers supporting this event. The group includes researchers, public health practitioners, and health care professionals. These experts and leaders have effectively served as champions in our communities as advocates for women, minorities, the disabled, and disadvantaged populations. We are grateful for our event faculty and service providers, and sincerely thank each of them for agreeing to participate, helping to make Women's Health Awareness Day 2018 a success.

Most importantly, we are honored that YOU, the women (and men) of the Triangle and surrounding counties, have chosen to participate in this exciting health and wellness conference. We hope you will have a fun and constructive day of learning and gathering important health information that will positively impact your daily life and health. We are excited you are here!! Please let us know how we can make your experience more comfortable and pleasant.

Thank you for being here and enjoy your day.

Joan P. Packerham, PhD

Chair, Event Steering and Planning Committee; Founder and Lead, NIEHS Women's Health Awareness Community Engagement and Outreach Initiative; Director, Office of Human Research Compliances, National Institute of Environmental Health Sciences/National Institutes of Health; Chair, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

La Verne Reid, PhD, MPH

Vice-Chair, Event Steering and Planning Committee; Professor, Department of Public Health Education, North Carolina Central University; Member, Delta Sigma Theta Sorority, Inc.



Women's Health Awareness Day 2018
Conference Agenda

Agenda for Women's Health Awareness Day – April 7, 2018

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
8:00 a.m.	On-Site Registration Begins	Lobby
Greetings, Welcome, and Introduction		
8:45 – 9:00 a.m.	"Let's Move" Jannah Bierens, MPH , Health Education Specialist, Certified Fitness Trainer, Durham County Department of Public Health	Rooms 1111 and 1221 (overflow)
	Welcome Joan P. Pakenham, PhD , Founder and Chair, Women's Health Awareness Day Steering and Planning Committee; Director, Office of Human Research Compliance, National Institute of Environmental Health Sciences	
	Introduction to "Women's Health Awareness Day 2018 Fitness Challenge" Willa Robinson Allen, MPH, MAED, MCHES , and Sharon D. Beard, MS	
Session A		
9:05 – 9:50 a.m.	Cardiovascular Health Education "Heart Health in Your Hands!" Session Chair: Leatrice Martin, BS, CHES Speaker: Rushad D. Shroff, MD, FACP	Room 1111
	Environmental Health Education "Here Today – Not Gone Tomorrow: The Long-Lasting Health Effects of Hazardous Chemicals Around Us" Session Chairs: Joan P. Pakenham, PhD, and Jerry Heindel, PhD Speakers: Folami Y. Ideraabdullah, PhD, and Nneka Leiba, MPhil, MPH	Room 1221
	Diabetes Health Education "Successfully Managing Diabetes" Session Chair: Joyce C. Page, MPH, MSPH Speakers: Bryan Batch, MD	Room 2221
	Reproductive Health Education "Health and Hormones From Adolescence to Menopause" Speaker: Janet E. Hall, MD, MS	Room 2225
	Cancer Health Education "PROJECT PLACE: What We Learned From You Last Year!" Session Chair: Nadine J. Barrett, PhD, MA, MS Speakers: Nadine Barrett, PhD, MA, MS and Kearston L. Ingraham, MPH	Room 2235

Agenda for Women's Health Awareness Day – April 7, 2018

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
9:50 – 10:00 a.m.	Break and Transition to Next Session	
10:00 a.m. Health Screenings and Exhibits Open		
Session B		
10:00 – 10:45 a.m.	Latino Health Education "Let's Talk About Our Health: Three Important Conversations for Hispanic/Latina Women" Session Chair: Carlotta Dixon, MHS, CPM Speaker: Krista M. Perreira, PhD Panelists: Laura Villa-Torres, PhD, MSPH; Isaura Godinez, UNC PhD Candidate; and Claudia Rojas, CELAH Manager	Room 1111
	Breakout Session "Move More, Hurt Less: Dealing With Mobility Challenges" Speaker: Harry Stafford, MD, and Ellen Roeber, PT, DPT, Certified MDT	Room 1221
	Healthy Living Session "Understanding Medications: What? and Why?" Speakers: Cleta Davis, BS, ASQ, CQA, and Regina Dozier, BS Discussion Panelist: UNC PharmD Candidate	Room 2221
	Breakout Session "Autoimmune Disorders and Organ Donation" Speaker: Carmelita Spicer, MEd	Room 2225
	Breakout Session "Technically Fit" Speaker: Willa Robinson Allen, MPH, MAED, MCHES, and Sharon D. Beard, MS	Room 2235
	Healthy Living Session "Line Dancing and Your Brain Health" Fitness Instructor: Stani Nykki Sims, MA	Outside BRITE Building Alcove Rain Location: Big Tent
10:45 – 11:00 a.m.	Break and Transition to Next Session Refreshments available in main lobby	

Agenda for Women's Health Awareness Day – April 7, 2018

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
Session C		
11:00 – 11:45 a.m.	Cardiovascular Health Education "Heart Strong: How to Prevent Heart Disease in Women" Session Chair: Leatrice Martin, BS, CHES Speakers: Melissa A. Daubert, MD	Room 1111
	Behavioral Health Education "Discover the Simple Truth: What Everyone Should Know About Mental Health (But Were Too Afraid to Ask)" Session Chair: Deborah Breese, MS, LPC, LCAS, CRC Panelists: Tonya Armstrong, PhD, MTS; Moya Foster, PhD, MBA; Jennifer Rounds-Bryant, PhD; Cheryl Woods Giscombe, PhD, RN, PMHNP-BC; and Gabriela Nagy, PhD	Room 1221
	Environmental Health Education "Black Hair Care Products and Women's Reproductive Health" Session Chair: Joan P. Packenham, PhD Speaker: Tamarra James-Todd, PhD, MPH	Room 2221
	Diabetes Health Education "Caring for the Diabetic Foot, and Recognizing Early and Late Signs of Diabetes in the Skin, Hair, and Nails" Session Chair: Joyce C. Page, MPH, MSPH Speakers: Lynn McKinley-Grant, MD, and Catherine A. Page, DPM, MPH	Room 2225
	Pulmonary Health Education "S.I.M.P.L.E. Asthma Management" Session Chair: Stavros Garantziotis, MD Speaker: Isaretta L. Riley, MD, MPH	Room 2235
11:45 a.m. – 12:15 p.m.	Lunch A (Gold Lunch Ticket)	Large Tent
12:25 – 12:55 p.m.	Lunch B (Red Lunch Ticket)	Large Tent
	Healthy Living Session Cooking Demonstration Executive Chef: Derrick McCorkle, Sodexo Catering, North Carolina Central University	Large Tent

Agenda for Women's Health Awareness Day – April 7, 2018

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
1:00 – 2:00 p.m.	<p>Greetings and Introduction of Mistress of Ceremonies Joan P. Pakenham, PhD, Founder and Chair, Women's Health Awareness Day Steering and Planning Committee; Director, Office of Human Research Compliance, National Institute of Environmental Health Sciences</p> <p>Mistress of Ceremonies Monica Barnes, BA, Community Affairs and Programming Director, WTVD 11, an ABC-Owned Station; Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.</p>	Rooms 1111 and 1221 (overflow)
	<p>Greetings Linda S. Birnbaum, PhD, DABT, ATS, Director, NIEHS and NTP Johnson O. Akinleye, PhD, Chancellor, North Carolina Central University Jillian Johnson, City of Durham Mayor Pro Tempore Gayle Harris, MPH, RN, Director, Durham County Department of Public Health Selena Brent, NC Coordinator, South Atlantic Region, Delta Sigma Theta Sorority, Inc. Lalethia Bethea, First Vice President, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.</p>	
	<p>"The State of Our Health" The Honorable G.K. Butterfield, United States House of Representatives</p>	
2:00 – 2:10 p.m.	Break and Transition to Next Session	
Session D		
2:10 – 2:55 p.m.	<p>Cancer Health Education "What You Don't Know about Breast Cancer: Staying A-Breast" Session Chair: Nadine J. Barrett, PhD, MA, MS Speakers: Nadine Barrett, PhD, MA, MS, and Julius M. Wilder, MD, PhD</p>	Room 1111
	<p>Environmental Health Education "Link Between Environmental Exposures, Low Socioeconomic Status, and Diabetes" Session Chairs: Joan P. Pakenham, PhD, and Jerry Heindel, PhD Speaker: Robert M. Sargis, MD, PhD</p>	Room 1221
	<p>Behavioral Health Education "Self-Care Strategies to Achieve Harmony and Health!" Session Chair: Deborah Breese, MS, LPC, LCAS, CRC Speaker: Cheryl Woods Giscombe, PhD, RN, PMHNP-BC</p>	Room 2221
	<p>Breakout Session "Food, Folks, and Funds" Speakers: Tracy McNeil, BA, MCC, CWCM, and Deanna Hamilton, BS</p>	Room 2225
	<p>Healthy Living Session "Fierce and Limitless: Line Dancing for Chronic Pain" Fitness Instructor: Marvis Henderson-Daye</p>	Outside BRITE Building Alcove Rain Location: Big Tent

Agenda for Women's Health Awareness Day – April 7, 2018

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
2:55 – 3:05 p.m.	Break and Transition to Next Session Refreshments available in main lobby provided by Duke University Hospital	
Session E		
3:05 – 3:50 p.m.	Latino Health Breakout Session "Total Health: Taking Care of Our Minds and Our Bodies" Speaker: Gabriela Stein, PhD	Room 1111
	Breakout Session "Stop in the Name of 'SELF' Love: Long-Range Health Implications of Domestic Violence" Speaker: Shirrell L. Thomas	Room 1221
	Breakout Session "HAIR Today...Gone Tomorrow: Your Skin Is the Mirror of Health and Reflection of Age" Speaker: Lynn McKinley-Grant, MD	Room 2221
	Breakout Session "Making a Difference at Home – Keeping Yourself and the Community Prepared for Emergencies" Speakers: Sharon D. Beard, MS, and Kelly Lindsey, BAsC	Room 2225
	Healthy Living Session "Kemetica Yoga: The Power of Breathwork and Balance" Fitness Instructor: Jilene Hope-Spencer	Big Tent
3:50 – 4:00 p.m.	Break and Transition to Next Session	

Agenda for Women's Health Awareness Day – April 7, 2018

All sessions are in the Mary Townes Science Building unless otherwise indicated.

Time	Session	Room
Session F		
4:00 - 4:45 p.m.	Breakout Session "Representation Matters: Melanin, Pleasure, and Communication" Speakers: Alicia Andrews, MEd; Shemeka Thorpe, MS; and Gabrielle Evans, MPH, CHES	Room 1111
	Breakout Session "Sleep Health Matters: Practical Tips to Reclaim Your Time" Speakers: Chandra Jackson, PhD, MS; Symielle A. Gaston, PhD, MPH; and Ketrell L. McWhorter, PhD, MBA	Room 1221
	Healthy Living Session "Zumba®" Fitness Instructors: Aya Zaghloul and Coleman Lowe Jr.	Outside BRITE Building Alcove Rain Location: Big Tent
	Healthy Living Session "Container Gardening: Small Space ... Big Yield" Presenter: Kareemah Abdusamad, Certified Master Gardener	Small Tent
4:45 – 5:00 p.m.	RAFFLE PRIZE GIVEAWAY	Room 1111

Teen Girls Agenda: The Future is Bright

Time	Session	
10:00 a.m.	On-Site Registration Begins	BRITE Building Lobby
10:15 a.m.	Greetings, Welcome, and Overview of the Day	BRITE Room 1050
10:30 – 11:30 a.m.	<i>"All About Equity and Why it Matters Most"</i>	Joanne Pierce, MA, MPH Deputy Public Health Director, Durham County
11:30 a.m. – noon	Lunch provided by Duke University Hospital	
Noon – 12:30 p.m.	Exhibitor Booths	
12:30 – 1:15 p.m.	<i>"#TheWaitIsOver: Finally Giving Girls All the Tea on ReproHealth"</i>	Kamiya Dancy, BSW Health Educator, Independent Contractor, SHIFT NC, North Carolina Youth Connected Tamra Morris, MPH Teen and Young Adult Health Educator, Cumberland County Department of Public Health, North Carolina Youth Connected
1:15 – 2:00 p.m.	<i>"Yoga: Easing Stress and Finding Balance"</i>	Ingrid Saddler Walker Proprietor, Wytha Balance Yoga Counseling, LLC
2:00 – 2:10 p.m.	Break	
2:10 – 2:55 p.m.	<i>"Safe Dating in a Digital World"</i>	Shereka Dunston, MSHR Youth Prevention Educator, Durham Crisis Response Center
2:55 – 3:00 p.m.	Evaluations and Wrap-Up	

All-Day Screenings and Services (10:00 a.m. – 5:00 p.m.)

Health Screening	Room Number	Sponsor
Bone Marrow Registry	Screening Hallway	Be the Match® On Campus, NCCU Chapter
Breast Mammography and Cervical Cancer Screening Sign-Up	Room 2226	N.C. Department of Health and Human Services Lincoln Community Health Center
Cancer Screenings (Lung and Skin)	Room 1233	Duke Cancer Institute
Cardiovascular Screening	Room 1229	Duke Heart Center
Dental Screenings	Room 1223-B	N.C. Men Baptists Mobile Unit UNC School of Dentistry Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc. National Institute of Environmental Health Sciences
Dementia Simulation	BRITE Building Rooms 1008 and 1009	Spring Arbor of Cary
Depression Survey	Screening Hallway	Alliance Behavioral Healthcare
Diabetes Screenings	Room 1234	Duke University Health System National Institute of Environmental Health Sciences Durham County Department of Public Health
Environmental Health Assessment "You Matter! Let Your Voice Be Heard"	Room 1225	Office of Human Research Compliance, National Institute of Environmental Health Sciences
Glaucoma Screening	Room 1223-A	Thomas Hunter, MD Duke Eye Center Duke University Health System
HIV/HCV/Syphilis Screenings	Room 2229	Durham County Department of Public Health
Kidney Function Testing	Screening Hallway	UNC Kidney Center
Lung Function Testing	Room 2236	National Institute of Environmental Health Sciences
Organ Donation Registry	Screening Hallway	Community Health Coalition, Inc.
Operation Medicine Drop	Small Tent	NC Safe Kids Durham County Sheriff's Office
Radon Home Screening and Education	Screening Hallway	N.C. Department of Health and Human Services N.C. Division of Health Service Regulation Radiation Protection Section
Spinal Screening	Screening Hallway	Bull City Family Chiropractic
Express Checks		
Blood Pressure and Rapid Glucose Checks	Screening Hallway	Community Health Coalition, Inc.

Programa de Concienciación Sobre el Día de Salud de las Mujeres

Todas las sesiones en Mary Townes edificio a menos que se indique lo contrario.

Hora	Tema	Sala
8:00 a.m.	Inicio de Registración	Lobby
Bienvenida		
8:45 – 9:00 a.m.	“¡Movámonos!” Jannah Bierens, MPH , Health Education Specialist, Certified Fitness Trainer, Durham County Department of Public Health	Sala 1111 y 1221 (rebosar)
	Bienvenida Joan P. Packerham, PhD , Founder and Chair, Women's Health Awareness Day Steering and Planning Committee; Director, Office of Human Research Compliance, National Institute of Environmental Health Sciences	
	Introducción al “Reto Deportivo (Fitness Challenge) del Día de la Concientización sobre la Salud de la Mujer 2018” Willa Robinson Allen, MPH, MAED, MCHES, y Sharon D. Beard, MS	
Sesión A		
9:05 – 9:50 a.m.	Educación para la Salud Cardiovascular “¡La Salud del Corazón está en sus Manos!” Silla de Sesión: Leatrice Martin, BS, CHES Presentadore: Rushad D. Shroff, MD, FACP	Sala 1111
	Educación para la Salud Ambiental “Presente Hoy – Todavía Presente Mañana: Los Efectos a Largo Plazo de la Salud de Sustancias Químicas Peligrosas que Nos Rodean” Sillas de Sesión: Joan P. Packerham, PhD, y Jerry Heindel, PhD Presentadores: Folami Y. Ideraabdullah, PhD, y Nneka Leiba, MPhil, MPH	Sala 1221
	Educación para la Salud sobre la Diabetes “Manejando Exitosamente la Diabetes” Silla de Sesión: Joyce C. Page, MPH, MSPH Presentadores: Bryan Batch, MD	Sala 2221
	Educación Sobre Salud Reproductiva “Salud y Hormonas desde la Adolescencia hasta la Menopausia” Presentadore: Janet E. Hall, MD, MS	Sala 2225
	Educación para la Salud sobre el Cáncer “PROJECT PLACE: ¡Lo que Aprendimos de Ustedes el Año Pasado!” Silla de Sesión: Nadine J. Barrett, PhD, MA, MS Presentadores: Nadine Barrett, PhD, MA, MS y Kearston L. Ingraham, MPH	Sala 2235

Programa de Concienciación Sobre el Día de Salud de las Mujeres

Todas las sesiones en Mary Townes edificio a menos que se indique lo contrario.

Hora	Tema	Sala
9:50 – 10:00 a.m.	Descanso y Transición a la Siguiente Sesión	
10:00 a.m. Apertura de Exhibiciones y Pruebas de Salud		
Sesión B		
10:00 – 10:45 a.m.	Sesión Plenaria: Salud en la Comunidad Latina “Hablemos de Nuestra Salud: Tres Conversaciones Importantes Para Mujeres Hispanas/Latinas” Silla de Sesión: Carlotta Dixon, MHS, CPM Presentadore: Krista M. Perreira, PhD Presentadores: Laura Villa-Torres, PhD, MSPH; Isaura Godinez, UNC PhD Candidate; y Claudia Rojas, CELAH Manager	Sala 1111
	Taller de Salud “Muévase Más, Tenga Menos Dolor: Lidiando con las Dificultades de la Movilidad” Presentadore: Harry Stafford, MD, y Ellen Roeber, PT, DPT, Certified MDT	Sala 1221
	Sesión de Vida Sana “Entendiendo sus Medicamentos: ¿Qué y Para qué son?” Presentadores: Cleta Davis, BS, ASQ, CQA, y Regina Dozier, BS Miembro del Panel: PharmD Candidate from the UNC Eshelman School of Pharmacy Student National Pharmaceutical Association	Sala 2221
	Taller de Salud “Enfermedades Autoinmunes y Donación de Órganos” Presentadore: Carmelita Spicer, MEd	Sala 2225
	Taller de Salud “Usando la Tecnología Para Estar en Forma” Presentadore: Willa Robinson Allen, MPH, MAED, MCHES, y Sharon D. Beard, MS	Sala 2235
	Sesión de Vida Sana “Line Dancing y su Salud Mental” Instructor de Fitness: Stani Nykki Sims, MA	BRITE Building el nicho Ubicación de Lluvia: Tienda
10:45 – 11:00 a.m.	Descanso y Transición a la Siguiente Sesión Refrescos servidos en el lobby principal	

Programa de Concienciación Sobre el Día de Salud de las Mujeres

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Hora	Tema	Sala
Sesión C		
11:00 – 11:45 a.m.	Educación de Salud Cardiovascular “Corazón Fuerte: Cómo Prevenir la Enfermedad Cardíaca en las Mujeres” Silla de Sesión: Leatrice Martin, BS, CHES Presentadore: Melissa A. Daubert, MD	Sala 1111
	Educación de Salud del Comportamiento “Descubra la Verdad: Lo que Todos Deberían Saber Sobre la Salud Mental (Pero Tenían Demasiado Miedo de Preguntar)” Silla de Sesión: Deborah Breese, MS, LPC, LCAS, CRC Miembros del Panel: Tonya Armstrong, PhD, MTS; Moya Foster, PhD, MBA; Jennifer Rounds-Bryant, PhD; Cheryl Woods Giscombe, PhD, RN, PMHNP-BC; y Gabriela Nagy, PhD	Sala 1221
	Educación de Salud Ambiental “Productos Para El Cuidado Del Cabello Negro Étnico y Salud Reproductiva De La Mujer” Silla de Sesión: Joan P. Pakenham, PhD Presentadore: Tamarra James-Todd, PhD, MPH	Sala 2221
	Educación para la Salud sobre la Diabetes “Cuidado del pie diabético y reconocimiento de señales de alerta tempranas y tardías de diabetes en la piel, el cabello y las uñas” Silla de Sesión: Joyce C. Page, MPH, MSPH Presentadores: Lynn McKinley-Grant, MD, y Catherine A. Page, DPM, MPH	Sala 2225
	Educación de Salud Pulmonar “Manejo del Asma con el Método S.I.M.P.L.E.” Silla de Sesión: Stavros Garantziotis, MD Presentadore: Isaretta L. Riley, MD, MPH	Sala 2235
11:45 a.m. – 12:15 p.m.	Almuerzo A (Boleta Dorada)	Tienda Grande
12:25 – 12:55 p.m.	Almuerzo B (Boleta Roja)	Tienda Grande
	Sesión de Vida Saludable Demostración de Cocina Chef Ejecutivo: Derrick McCorkle, Sodexo Catering, North Carolina Central University	Tienda Grande

Programa de Concienciación Sobre el Día de Salud de las Mujeres

Todas las sesiones en Mary Townes edificio a menos que se indique lo contrario.

Hora	Tema	Sala
1:00 – 2:00 p.m.	<p>La Bienvenida y Introducción de la Maestra de Ceremonias Joan P. Packenham, PhD, Founder and Chair, Women's Health Awareness Day Steering and Planning Committee; Director, Office of Human Research Compliance, National Institute of Environmental Health Sciences</p> <p>Maestra de Ceremonia Monica Barnes, BA, Community Affairs and Programming Director, WTVD 11, an ABC-Owned Station; Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.</p>	Sala 1111 y 1221 (rebosar)
	<p>Saludos a Cargo de Linda S. Birnbaum, PhD, DABT, ATS, Director, NIEHS and NTP Johnson O. Akinleye, PhD, Rector, North Carolina Central University Jillian Johnson, City of Durham Mayor Pro Tempore Gayle Harris, MPH, RN, Director, Durham County Department of Public Health Selena Brent, NC Coordinator, South Atlantic Region, Delta Sigma Theta Sorority, Inc. Lalethia Bethea, First Vice President, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.</p>	
	<p>"El Estado de Nuestra Salud" The Honorable G.K. Butterfield, United States House of Representatives</p>	
2:00 – 2:10 p.m.	Descanso y Transición a la Siguiente Sesión	
Sesión D		
2:10 – 2:55 p.m.	<p>Educación para la Salud sobre el Cáncer "Lo Que No Sabe Sobre el Cáncer de Mama: Quede Informada" Silla de Sesión: Nadine J. Barrett, PhD, MA, MS Presentadores: Nadine Barrett, PhD, MA, MS, y Julius M. Wilder, MD, PhD</p>	Sala 1111
	<p>Educación de Salud Ambiental "Vínculo Entre Exposiciones Ambientales, Bajo Nivel Socioeconómico y Diabetes" Sillas de Sesión: Joan P. Packenham, PhD, y Jerry Heindel, PhD Presentador: Robert M. Sargis, MD, PhD</p>	Sala 1221
	<p>Educación de Salud del Comportamiento "¡Estrategias de Cuidado Personal para Lograr Armonía y Salud!" Silla de Sesión: Deborah Breese, MS, LPC, LCAS, CRC Presentador: Cheryl Woods Giscombe, PhD, RN, PMHNP-BC</p>	Sala 2221
	<p>Taller de Salud "Nutrición, Estilo de Vida y Dinero" Presentadores: Tracy McNeil, BA, MCC, CWCM, y Deanna Hamilton, BS</p>	Sala 2225
	<p>Sesión de Vida Saludable "Feroz y Sin Límites: Line Dancing para el Dolor Crónico" Instructor de Fitness: Marvis Henderson-Daye</p>	BRITE Building el nicho Ubicación de Lluvia: Tienda

Programa de Concienciación Sobre el Día de Salud de las Mujeres

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Hora	Tema	Sala
2:55 – 3:05 p.m.	Descanso y Transición a la Siguiente Sesión Refrescos servidos en el lobby principal	
Sesión E		
3:05 – 3:50 p.m.	Sesión de Salud para Latinos "Salud total: cuidando nuestras mentes y nuestros cuerpos" Presentadore: Gabriela Stein, PhD	Sala 1111
	Taller de Salud "Deténgase en nombre del amor a "uno mismo": implicaciones de salud a largo plazo en la violencia doméstica" Presentadore: Shirrell L. Thomas	Sala 1221
	Taller de Salud "Tu piel es el espejo de la salud y el reflejo de la edad" Presentadore: Lynn McKinley-Grant, MD	Sala 2221
	Taller de Salud "Marcando la diferencia en el hogar – Manteniéndole a si mismo y a su comunidad preparada para las emergencias" Presentadores: Sharon D. Beard, MS, y Kelly Lindsey, BASc	Sala 2225
	Sesión de Vida Saludable "Kemeti Yoga: El poder de la respiración" Instructor de Fitness: Jilene Hope-Spencer	Tienda Grande
3:50 – 4:00 p.m.	Descanso y Transición a la Siguiente Sesión	

Programa de Concienciación Sobre el Día de Salud de las Mujeres

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Hora	Tema	Sala
Sesión F		
4:00 - 4:45 p.m.	Taller de Salud "La Representación Importa: Melanina, Placer y Comunicación" Presentadores: Alicia Andrews, MEd, Shemeka Thorpe, MS, y Gabrielle Evans, MPH, CHES	Sala 1111
	Taller de Salud "La Salud Del Sueño Importa: Consejos Prácticos Para Recuperar Su Tiempo" Presentadores: Chandra Jackson, PhD, MS; Symielle A. Gaston, PhD, MPH; y Ketrell L. McWhorter, PhD, MBA	Sala 1221
	Sesión de Vida Saludable "Zumba®" Instructors de Fitness: Aya Zaghloul y Coleman Lowe Jr.	BRITE Building el nicho Ubicación de lluvia: Tienda
	Sesión de Vida Saludable "Jardinería de Contenedores: Espacio Pequeño... Gran Rendimiento" Presenter: Kareemah Abdusamad, Certified Master Gardener	Tienda Pequeña en Área Cubierta de hierba entre BRITE Building y Mary Townes Science Building
4:45 - 5:00 p.m.	RIFA Y CIERRE DEL EVENTO	Sala 1111

Servicios y Exámenes de Salud Durante Todo el Día (10:00 a.m. – 5:00 p.m.)

Prueba de Detección	Número de Salón	Patrocinador
Registro de Donantes de Médula Ósea	Pasillo de Selección	Be the Match® On Campus, NCCU Chapter
Mamografía y Registro de Cáncer de Cuello Uterino a Través de NC BCCCP	Sala 2226	N.C. Department of Health and Human Services Lincoln Community Health Center
Detección de Cáncer (Pulmón y la Piel)	Sala 1233	Duke Cancer Institute
Examen Cardiovascular	Sala 1229	Duke Heart Center
Examen Dental	Sala 1223-B	N.C. Men Baptists Mobile Unit UNC School of Dentistry Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc National Institute of Environmental Health Sciences
Dementia Simulation	BRITE Building Sala 1008 and 1009	Spring Arbor of Cary
Diagnóstico de Depresión	Pasillo de Selección	Alliance Behavioral Healthcare
Detección de Diabetes	Sala 1234	Duke University Health System National Institute of Environmental Health Sciences Durham County Department of Public Health
Evaluación de Salud Ambiental "Deja que se escuche tu voz... ¡Tú importas!"	Sala 1225	Office of Human Research Compliance, National Institute of Environmental Health Sciences
Examen de la Visión	Sala 1223-A	Thomas Hunter, MD Duke Eye Center Duke University Health System
Prueba de VIH/VHC/Sífilis	Sala 2229	Durham County Department of Public Health
Detección de Enfermedades del Riñón	Pasillo de Selección	UNC Kidney Center
Prueba de Capacidad Pulmonar	Sala 2236	National Institute of Environmental Health Sciences
Registro para Donación de Órganos	Pasillo de Selección	Community Health Coalition, Inc.
Operación Desecho de Medicamentos	Tienda Pequeña	NC Safe Kids Durham County Sheriff's Office
Detección y Educación sobre el Radón en el Hogar	Pasillo de Selección	N.C. Department of Health and Human Services N.C. Division of Health Service Regulation Radiation Protection Section
Detección de Enfermedades de la Columna Vertebral	Pasillo de Selección	Bull City Family Chiropractic
Express Checks		
Presión Arterial y Prueba Rápida de Glucosa	Pasillo de Selección	Community Health Coalition, Inc.



Women's Health Awareness Day 2018

Health Education Sessions

Diabetes Health Education



Session Chair:

Joyce C. Page, MPH, MSPH

*Public Health Education Specialist,
Durham County Department of Public Health*

“Successfully Managing Diabetes”

9:05 – 9:50 a.m.: Mary Townes Science Building, Room 2221

Speaker:

Bryan Batch, MD, *Assistant Professor of Medicine, Department of Medicine, Duke University School of Medicine; and Staff Physician, Durham VA Medical Center*

“Caring for the Diabetic Foot and Recognizing Early and Late Signs of Diabetes in the Skin, Hair, and Nails”

11:00 – 11:45 a.m.: Mary Townes Science Building, Room 2225

Speakers:

Lynn McKinley-Grant, MD, *Associate Professor and Vice Chair for Diversity and Community Engagement, Department of Dermatology, Duke University School of Medicine; Co-Chair, for Innovative Learning, Diversity and Inclusion Council*

Catherine A. Page, DPM, MPH, *Podiatrist, Private Practice, Danville, Virginia*

Abstract

Managing your diabetes may not be easy, but it is worth it! It is possible to live a full, healthy, and happy life with diabetes. Working with a great team of health providers is key to understanding diabetes and gaining the knowledge to manage the condition and prevent disease complications. Sessions will educate, inspire, and transform common views of diabetes so you are empowered to live well with the disease. Presenters include specialists in endocrinology (conditions related to hormonal imbalances, like diabetes, menopause, and hypertension), dermatology (conditions of the skin), and podiatry (conditions of the foot and ankle).

If you or a loved one are among the 29 million Americans living with diabetes, take time to learn the causes of diabetes complications and how to prevent them. Discover how uncontrolled diabetes impacts every part of your body from head to toe. Leave these sessions knowing that you and your health care team can prevent and treat complications, including amputations, high blood pressure, heart disease, hormonal imbalance, and pain.

Our experts are committed to helping patients heal, reduce, or eliminate pain, and improve their quality of life and function, and often they save lives and limbs. They will provide guidance on the long-term management of diabetes and resources to support and maintain a healthy lifestyle. Bring loved ones and be prepared to be transformed about the way you view living with diabetes.

Participants Will

- Receive empowering diabetes education from outstanding experts in the field of diabetes care.
- Learn that caring for your body, head to toe, not only can save your life and limbs, but increases health, happiness, and well-being for the entire family.
- Have an opportunity to ask questions about diabetes from the experts.

Cardiovascular Health Education



Session Chair:

Leatrice Martin, BS, CHES

Director, Duke Heart Center Community Outreach and Education Program, Duke University School of Medicine

“Heart Health in Your Hands”

9:05 – 9:50 a.m.: Mary Townes Science Building, Room 1111

Speaker:

Rushad D. Shroff, MD, FACP

Geriatrician, Duke Primary Care; Midtown Internal Medicine Consulting Associate, Department of Medicine, Duke University School of Medicine

“Heart Strong: How to Prevent Heart Disease in Women”

11:00 – 11:45 a.m.: Mary Townes Science Building, Room 1111

Speaker:

Melissa A. Daubert, MD

Director, Duke Women's Cardiovascular Health Program, Duke University Medical Center

Abstract

Cardiovascular disease is a national tragedy in the United States, with heart disease and stroke being the first and third leading killers. More than 610,000 people die of these diseases every year, and one in five adults have some form of cardiovascular disease. It is the leading cause of health-related disparities impacting race and gender.

Participants Will

- Learn about prevention and management of cardiovascular disease through diet, exercise, and lifestyle modification.
- Receive a practical guide on the dietary links to cardiovascular disease.
- Be provided with suggestions on how to lower the risk of cardiovascular disease.

Cancer Health Education

**Session Chair:****Nadine J. Barrett, PhD, MA, MS***Director, Office of Health Equity and Disparities, Duke Cancer Institute**Director, Duke Community Connections Core, Center for Community and Population Health Improvement, Duke CTSA; Faculty, Department of Community and Family Medicine, Duke School of Medicine***“PROJECT PLACE: What We Learned From You Last Year!”****9:05 – 9:50 a.m.: Mary Townes Science Building, Room 2235****Speakers:****Nadine J. Barrett, PhD, MA, MS****Julius M. Wilder, MD, PhD***Gastroenterologist and Transplant Hepatologist, Duke Division of Gastroenterology; Assistant Professor, Department of Medicine; Lecturer, Sociology; Member, Duke Clinical Research Institute***Kearston L. Ingraham, MPH***Community Engagement and Research Evaluator, Office of Health Equity and Disparities, Duke Cancer Institute***Abstract**

During this session, speakers will describe and share the reported cancer screening knowledge and behaviors from participants that completed a Project PLACE survey last year at Women's Health Awareness Day.

Participants Will

- Have an increased awareness of cancer screenings by cancer type, to include risk, symptoms, and screening guidelines.
- Be able to connect to resources and services, as needed, through DCI Community Screening Navigation.

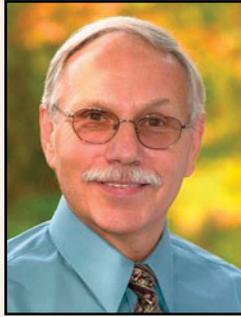
“What You Don't Know about Breast Cancer: Staying A-Breast”**2:10 – 2:55 p.m.: Mary Townes Science Building, Room 1111****Speaker:****Nadine J. Barrett, PhD, MA, MS****Julius M. Wilder, MD, PhD***Gastroenterologist and Transplant Hepatologist, Duke Division of Gastroenterology; Assistant Professor, Department of Medicine; Lecturer, Sociology; Member, Duke Clinical Research Institute***Abstract**

During this session, attendees will have a discussion about inflammatory breast cancer. Speakers will share the risk, symptoms, and breast cancer screening guidelines.

Participants Will

- Have the opportunity to connect to resources and services through DCI Community Screening Navigation.

Environmental Health Education



Session Chairs:

Joan P. Packenham, PhD

Director, Office of Human Research Compliance, Clinical Research Branch, Division of Intramural Research, National Institute of Environmental Health Sciences

Jerry Heindel, PhD

Retired, Scientific Program Administrator, Division of Extramural Research and Training, National Institute of Environmental Health Sciences

"Here Today – Not Gone Tomorrow: The Long-Lasting Health Effects of Hazardous Chemicals Around Us"

9:05 – 9:50 a.m.: Mary Townes Science Building, Room 1221

Speakers:

Folami Y. Ideraabdullah, PhD

Assistant Professor, University of North Carolina at Chapel Hill; Departments of Genetics and Nutrition, Nutrition Research Institute

Nneka Leiba, MPhil, MPH

Director of Health Living Science, Environmental Working Group

Abstract

During this interactive session, you will hear from two experts in the field of environmental science, Nneka Leiba, MPhil, MPH, Director of Healthy Living Science at the Environmental Working Group, and Folami Ideraabdullah, PhD, Assistant Professor at the University of North Carolina at Chapel Hill. They will provide an up-to-date description of an emerging group of hazardous chemicals called endocrine disruptors. These chemicals can have long-lasting impacts on our health by interfering with the body's natural hormones. They are found in a wide range of everyday consumer items, such as canned foods (bisphenol A), furniture (flame retardants), and plastic food containers (phthalates). The presentation will highlight the health effects of exposure to hormone-disrupting chemicals, particularly during pregnancy; explore how vulnerable groups may be more highly exposed; and offer tips on how to avoid exposure in everyday life.

Participants Will Learn

- About resources for identifying the names of different endocrine-disrupting chemicals and the products in which they are found.
- The types of health effects related to endocrine-disrupting chemicals.
- Tips for avoiding endocrine-disrupting chemicals.

Environmental Health Education

**Session Chair:****Joan P. Packenham, PhD**

*Director, Office of Human Research Compliance, Clinical Research Branch,
Division of Intramural Research, National Institute of Environmental Health Sciences*

“Black Hair Care Products and Women’s Reproductive Health”**11:00 – 11:45 a.m.: Mary Townes Science Building, Room 2221****Speaker:****Tamarra James-Todd, PhD, MPH**

*Mark and Catherine Winkler Assistant Professor of Environmental Reproductive and Perinatal Epidemiology,
Departments of Environmental Health and Epidemiology, Harvard T.H. Chan School of Public Health;
Instructor in Medicine, Harvard Medical School; Epidemiologist, Brigham and Women’s Hospital*

Abstract

Hair products are a possible source of hormonally active chemicals known as endocrine disruptors. In this session, you will learn about environmental endocrine disrupting chemicals and their use in personal care products, including hair products. You will also learn about these chemicals and their associations with early puberty, pregnancy complications, diabetes, and metabolic syndrome in women. Differences in hair product use and chemical exposures across a woman’s lifetime will also be discussed. This session will highlight hair products as a potential source of endocrine-disrupting chemicals, and their potential role in racial/ethnic disparities for several conditions disproportionately affecting women of color.

Participants Will Learn

- What types of chemicals might be present in hair products and other personal care products commonly used by women of color, including usage patterns in racially/ethnically diverse populations.
- About studies that show associations between hair product use, endocrine-disrupting chemical exposures, and adverse health outcomes in women, including associations between hair product use and early onset of puberty.
- The impact of hair product use on racial/ethnic disparities and strategies for avoiding exposures to endocrine-disrupting chemicals in hair products.

Environmental Health Education



Session Chairs:

Joan P. Packerham, PhD

Director, Office of Human Research Compliance, Clinical Research Branch, Division of Intramural Research, National Institute of Environmental Health Sciences

Jerry Heindel, PhD

Retired, Scientific Program Administrator, Division of Extramural Research and Training, National Institute of Environmental Health Sciences

“Link Between Environmental Exposures, Low Socioeconomic Status, and Diabetes”

2:10 – 2:55 p.m.: Mary Townes Science Building, Room 1221

Speaker:

Robert M. Sargis, MD, PhD

Assistant Professor, Division of Endocrinology, Diabetes, and Metabolism, Department of Medicine, University of Illinois at Chicago

Abstract

Diabetes is an increasingly common disease characterized by high blood sugars. The result of these elevated sugars is an increased risk of blindness, kidney problems, and amputations. Importantly, while diabetes rates are increasing across the U.S. and around the world, certain groups have more risk than others. Specially, African-Americans, Latinos/Hispanics, and those with low incomes are at increased risk of having the disease and its complications. While many factors have been proposed to explain the elevated burden of disease in these communities, one factor that has not been fully appreciated is the contribution of exposures of environmental pollutants acting as hormone-disrupting chemicals. In this session, we will review disparities in diabetes risk, discuss the potential environmental contributors to those disparities, and review potential approaches for addressing environmental injustice as a means of lowering the burden of diabetes in vulnerable communities.

Participants Will

- Understand the heightened risk of diabetes and its complications in communities of color.
- Appreciate some of the potential environmental contributors to diabetes risk.
- Identify opportunities to address diabetes risk and its environmental contributors.

Behavioral Health Education

**Session Chair:****Deborah Breese, MS, LPC, LCAS, CRC***Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority, Inc.***“Discover the Simple Truth: What Everyone Should Know About Mental Health (But Were Too Afraid to Ask)”****11:00 – 11:45 a.m.: Mary Townes Science Building, Room 1221****Speakers:****Tonya Armstrong, PhD, MTS***Founder and CEO of The Armstrong Center for Hope***Moya Foster, PhD, MBA***Senior Psychologist, Medical Management, Alliance Behavioral Healthcare***Jennifer Rounds-Bryant, PhD***Licensed Clinical Psychologist, Executive Director, Teen Fest Foundation; Faculty, Capella University and University of Phoenix***Cheryl Woods Giscombe, PhD, RN, PMHNP-BC***Melissa and Harry Levine Family Professor of Quality of Life, Health Promotion, and Wellness, University of North Carolina at Chapel Hill***Gabriela Nagy, PhD, Clinical Psychologist, Duke University School of Medicine****“Self-Care Strategies to Achieve Harmony and Health”****2:10 – 2:55 p.m.: Mary Townes Science Building, Room 2221****Speaker:****Cheryl Woods Giscombe, PhD, RN, PMHNP-BC***Melissa and Harry Levine Family Professor of Quality of Life, Health Promotion, and Wellness, University of North Carolina at Chapel Hill***Abstract**

Amazingly, many people will experience some form of mental health disorder during their lifetime. With this information, you could be positioned to help your family, friends, and self receive the benefits of treatment when needed. In this health education session, you will have the rare opportunity to ask remarkably effective psychologists and clinicians for the simple truth about emotions, behavioral treatments, mental concerns, and/or experiences that have too often frightened people from seeking help instead of encouraging them to receive support.

Participants Will

- Confidently develop a response to mental health dilemmas (in the community, or with family and friends.)
- Identify how to locate treatment and when it may be beneficial.
- Use this information to actively change and improve the lives of individuals experiencing a mental health episode.

Latino Health Education



Session Chair:

Carlotta Dixon, MHS, CPM

NC Division of Social Services-Program Compliance, North Carolina Department of Health and Human Services

**“Hablemos de Nuestra Salud: Tres Conversaciones Importantes para Mujeres Hispanas/Latinas”
 (“Let’s Talk about Our Health: Three Important Conversations for Hispanic/Latina Women”)**

10:00 – 10:45 a.m.: Mary Townes Science Building, Room 1111

Speaker:

Krista M. Perreira, PhD

Professor of Social Medicine at the UNC School of Medicine

Panelists:

Laura Villa-Torres, PhD, MSPH

Post-Doctoral Research Associate, Center for Health Equity Research, Department of Social Medicine, UNC School of Medicine

Isaura Godinez, UNC PhD Candidate

Anthropology Department, University of North Carolina at Chapel Hill

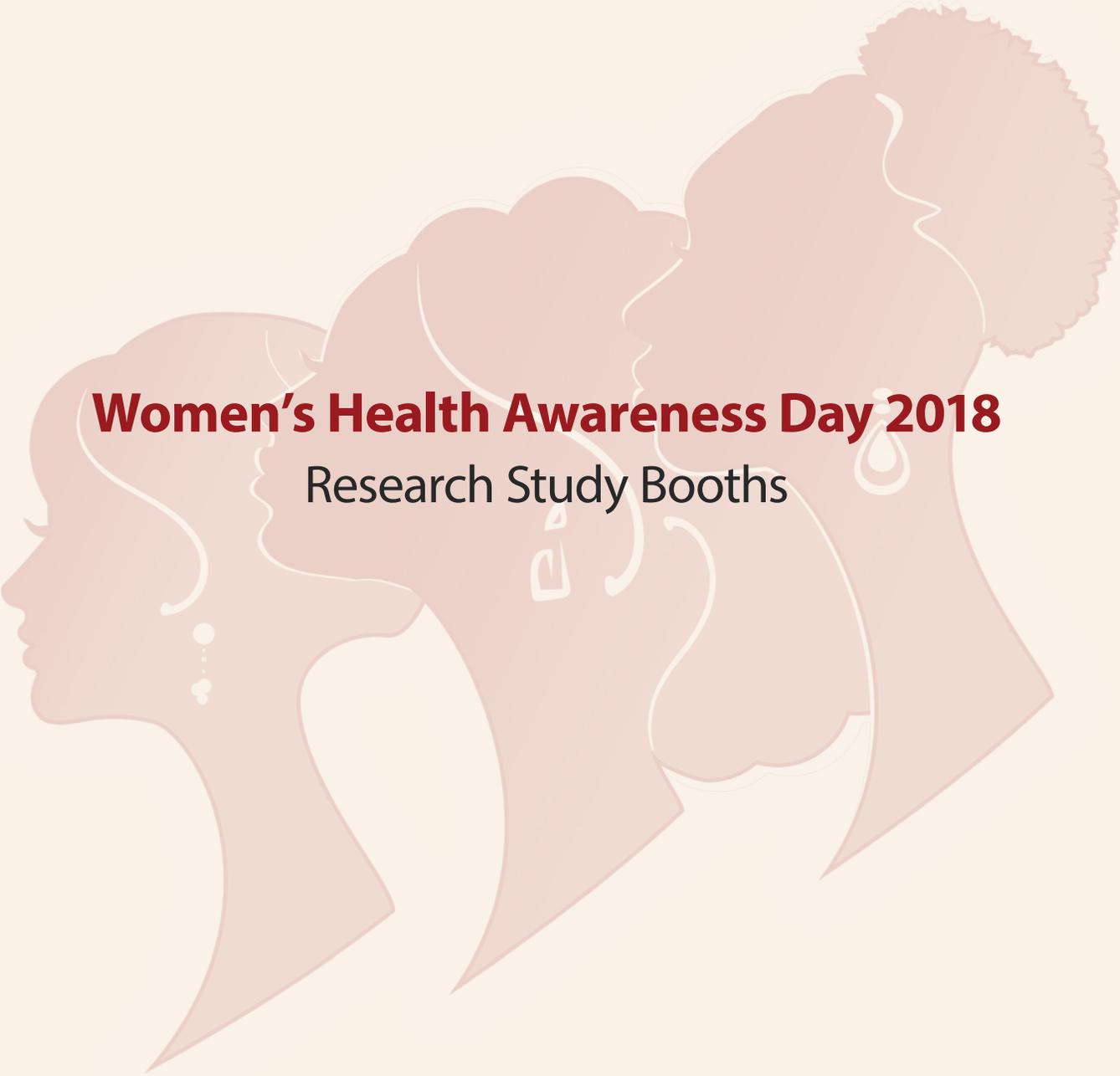
Claudia Rojas

CELAH Manager, UNC Center for Latino Health

Abstracto (Abstract)

Esta sesión brindará una oportunidad para que las mujeres discutan tres temas importantes con profesionales hispanos / latinos que trabajan en medicina y salud pública: (1) cómo protegerse del cáncer, (2) cómo protegerse del corazón y las enfermedades cardiovasculares, y 3) la mejor manera de acceder a la atención médica, encontrar un médico y hablar con ellos sobre su salud.

This session will provide an opportunity for women to discuss three important topics with Hispanic/Latina professionals working in medicine and public health: (1) How to protect yourself from cancer, (2) how to protect yourself from heart and cardiovascular disease, and (3) how best to access medical care, find a doctor, and talk with them about your health.



Women's Health Awareness Day 2018

Research Study Booths

Research Study Booths

National Institute of Environmental Health Sciences Clinical Research Program

The National Institute of Environmental Health Sciences (NIEHS) is located in Research Triangle Park, North Carolina, and is one of the National Institutes of Health (NIH), the nation's premier biomedical research agency. The mission of NIEHS is to reduce the burden of human illness and disability by understanding how the environment influences the development and progression of disease. To help fulfill the mission of NIEHS, a new Clinical Research Unit was opened in 2009.

The NIEHS Clinical Research Branch strives to:

- Translate basic laboratory findings to advances in human health.
- Study interactions between genetics and environmental factors in the development of human diseases.
- Identify populations at increased risk, and develop novel preventative and therapeutic strategies to combat human diseases.
- Protect the rights, welfare, and well-being of human research participants recruited to participate in research conducted or supported by NIEHS.

The Clinical Research Unit at NIEHS is currently recruiting for the following ongoing research studies at Women's Health Awareness Day 2018:

- Body Weight and Puberty Study
- CaREFREE Study
- Environmental Polymorphisms Registry

Body Weight and Puberty Study

**Girls grow into women.
Does body weight say when?**

Calling all healthy girls, 8-14 years old, who live in and around Raleigh, Durham, or Chapel Hill, North Carolina, to join this important study. We want to find out if body weight affects when a girl starts puberty.

For more information about this study, parents may



- Call 1-855-MYNIHES
- Email puberty@nih.gov
- Visit us online at <https://bodyweightandpuberty.niehs.nih.gov>

Lead Researcher: Natalie Shaw, MD



Research Study Booths

National Institute of Environmental Health Sciences Clinical Research Program

CaREFREE Study

Calorie Restriction, Environment, and Fitness: Reproductive Effects Evaluation

This important research will teach us how nutrition, fitness, and the environment affect women's reproductive cycles.

For more information about this study,

- Call 1-855-MYNIEHS
- Email carefree@nih.gov
- Visit us online at <http://carefree.niehs.nih.gov>

Lead Researcher: Janet E. Hall, MD



Environmental Polymorphisms Registry

The Environmental Polymorphisms Registry (EPR) is a long-term research initiative to collect and store DNA from up to 20,000 individuals in a biobank. These DNA samples will be used to examine risk factors for common health conditions, such as heart disease, cancer, diabetes, asthma, and Alzheimer's disease.

The EPR is designed to help researchers develop new and better ways of diagnosing, preventing, and treating common diseases both in individual patients and whole populations.

For general information about the EPR, contact

Shepherd H. Schurman, MD

For more information about this study, contact

Emily Learner, 919-287-4353, elearner@s-3.com

Nicole P. Edwards, 919-316-4976, nicole.edwards@nih.gov



Research Study Booths

National Institute of Environmental Health Sciences Office of Human Research Compliance

The overall mission of the Office of Human Research Compliance (OHRC) is to manage a comprehensive Human Research Protection Program at the National Institute of Environmental Health Sciences (NIEHS).

Helping to protect the rights, welfare, and well-being of human research participants recruited to participate in research conducted or supported by NIEHS

For general information about OHRC, contact



Joan P. Packenham, PhD, Director, Office of Human Research Compliance

Telephone: 919-541-0766

Administrative Line: 919-541-9844

Email: packenhm@niehs.nih.gov

Black-White Sleep Disparities



Researchers at the National Institute of Environmental Health Sciences are studying the impact of daily activities on overall general health and wellbeing.



Women and men needed for focus group on daily activities and well-being

(Durham, NC / Silver Spring, MD)

**To find out if you are eligible, come visit our
table at Women's Health Awareness Day!**

**Or, sign up by calling:
800-697-0094**

ALL information kept confidential.

You may be eligible to participate if you are:

- ❖ 25+ years of age
- ❖ Black/African-American or White
- ❖ Non-Hispanic
- ❖ Born in the United States
- ❖ Living within 25 miles of Raleigh-Durham-Chapel Hill, NC or Silver Spring, MD
- ❖ Fluent in English
- ❖ Employed and working 38 or more hours/week

You would receive:

- ❖ A gift card (\$100.00)

Research Study Booths

North Carolina Agricultural and Technical State University Center for Outreach in Alzheimer's Aging and Community Health

Our Mission

The mission of Center for Outreach in Alzheimer's Aging and Community Health (COAACH) is to improve the health and well-being of communities by providing education, community empowerment, and evidence-based research so that individuals, particularly the most vulnerable, can live life with quality, dignity, and independence.



Center for Outreach in Alzheimer's, Aging, and Community Health

Goldie Byrd, COAACH Founding Director and Professor of Biology,
North Carolina A&T State University, 2105 Yanceyville Street, Greensboro, NC 27405

For more information about this study, contact

Takiyah D. Starks, MS, Clinical Research Coordinator, 336-285-2172, tdstarks@ncat.edu

Help us understand stress in pregnant African American women



We are conducting a research study with pregnant African American women to help us understand their experiences with stress

If you are:

At least 18 yrs old

African American/Black

Fluent in English

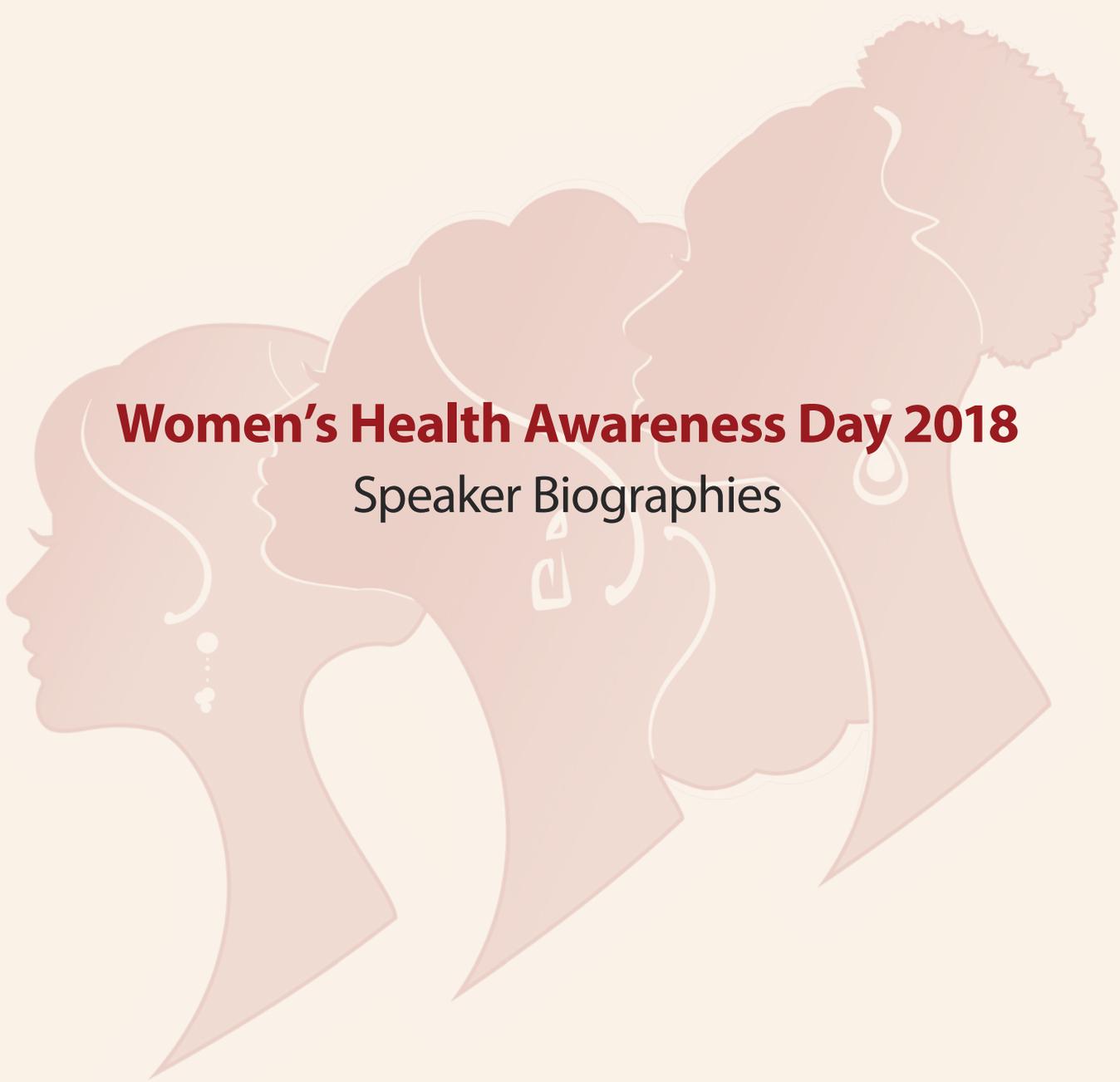
Pregnant

We want to talk to you! Participants will receive a gift card for \$15-\$40 for completing this study. If interested, please contact UNC

School of Nursing PhD student or scan the QR code:

Karen Sheffield at ksheffie@email.unc.edu or (919) 670-7060





Women's Health Awareness Day 2018

Speaker Biographies

Speaker Biographies



Kareemah Abdusamad

Certified Master Gardener

Kareemah Abdusamad initially began her journey into gardening to enhance the well-being of villagers in her adopted home of Senegal, West Africa. She studied the value of gardening to reduce health disparities. In Durham, North Carolina, she has shared her love of gardening with students at East Way Elementary School. Students proudly display items grown in the garden and encourage their families to participate in patio or small space gardening. While homeschooling her five children, gardening served as the foundation for many academic lessons, including math, science, and economics. Currently, her garden provides nearly 40 percent of the vegetables and herbs used by her family. In addition to gardening, she is a beekeeper and sold honey to finance homeschool adventures. Certified as Master Gardener by the Durham County Department of Agricultural Extension, she works at SEEDS, a local nonprofit organization that educates urban youth about gardening, marketing, and community gardening.



Alicia Andrews, MEd

Public Health Sexologist

Alicia Andrews is currently working as a Youth Development Educator with Wake County's Cooperative Extension 4-H Program, specializing in sexuality education. As a trained and experienced Public Health Sexologist, she is passionate about educating and cultivating an environment where sexuality education methods and comprehensive programming is adopted and integrated into traditional sectors. With a public health education degree from North Carolina Central University and a Master of Education degree in human sexuality studies from Widener University, Alicia has merged her love of public health education and the complex support of sexuality studies. Alicia has 10 years of experience working in the public health/sexual health field as a health education specialist, developing and implementing community education programs for youth and adults.

Alicia's goal as a Public Health Sexologist is to normalize sexuality conversations by encouraging and educating the community on the importance of understanding that one's total well-being is impacted by the comprehension of their sexual beingness. She hopes her work in the field of sexuality health education will free people from the bondage of oppression and lack of knowledge. Alicia loves to educate the masses about the things people do not want to talk about, SEX and SEXUALITY. She believes freedom lies in the power of communication and knowledge.

Speaker Biographies



Tonya D. Armstrong, PhD, MTS

Founder and CEO of The Armstrong Center for Hope

A graduate of Northern High School in Durham, North Carolina, **Dr. Tonya D. Armstrong** matriculated at Yale University, where she double-majored in psychology and music. From the University of North Carolina at Chapel Hill, she earned master's and doctoral degrees in clinical psychology with a focus on child, adolescent, and family issues. Subsequently, Dr. Armstrong obtained a master's degree in theological studies (magna cum laude) from Duke Divinity School in 2003. Currently, Dr. Armstrong is the founder and CEO of The Armstrong Center for Hope (www.armstrongcfh.com), a private group practice of multi-disciplinary mental health professionals cultivating psychological and spiritual wellness for all ages. Since 2000, she has served as the Minister of Congregational Care and Counseling at Union Baptist Church (www.myubc.org) in Durham. Additionally, she serves as the Dean of the Counseling Studies Department at the Apex School of Theology (www.apexsot.edu) in Durham, where she directs the Counseling Studies Department.

Ever a lover of gospel music, "Dr. T" Tonya Armstrong released in 2009 her debut gospel album, *Choose Hope*, which is available on iTunes and cdbaby.com. She is also the author of the newly released book/CD set, *Blossoming Hope: The Black Christian Woman's Guide to Mental Health* and *Wellness and Blossoming Hope Companion: Soothing Songs and Spoken Word Recordings*, available on Amazon, Kindle, and cdbaby.com. She firmly believes that because Christ lives, loves us, and towers above even our worst problems, every day is a new opportunity to choose hope!



Nadine J. Barrett, PhD, MA, MS

*Director, Office of Health Equity and Disparities, Duke Cancer Institute
Director, Duke Community Connections Core, Duke CTSA*

Dr. Nadine Barrett is a Medical Sociologist and an Assistant Professor in the Department of Community and Family Medicine within Duke University's School of Medicine. She is the inaugural director of the Office of Health Equity and Disparities at the Duke Cancer Institute, and serves as the Director of the Duke Community Engagement Core within the Center for Community and Population Health Improvement. Dr. Barrett is a health equity and stakeholder engagement strategist, and applies her expertise across three interrelated areas: (1) linking vulnerable communities to health services and research, (2) leveraging community and health system assets and services to align priorities and improve community and population health, and (3) convening diverse stakeholders to develop community and patient centered programs, services, and research. She is the recipient of several awards including a 2017 ACCC National Innovator Award, the American Sociology Association's Minority Fellowship Award, an NIH Postdoctoral Fellowship in Health Services Research, and the MLK Southern Christian Leadership Conference Drum Major for Justice Award. Her national appointments include the PCORI Health Disparities Advisory Panel Board and the Association of Community Cancer Centers' Board of Trustees. Dr. Barrett is both passionate and committed to achieving health equity.

Speaker Biographies



Representative G. K. Butterfield

United States House of Representatives

Congressman Butterfield is a life-long resident of eastern North Carolina. Raised in Wilson, Congressman Butterfield spent his formative years attending Charles H. Darden High School, and worked tirelessly in the Civil Rights Movement as a young adult. His parents were Dr. and Mrs. G. K. Butterfield, Sr. His father practiced dentistry for 50 years and served as one of North Carolina's first black elected officials since Reconstruction. His mother was a classroom teacher for 48 years.

Congressman Butterfield graduated from college and law school at North Carolina Central University. After earning his law degree, Congressman Butterfield founded a law practice in Wilson and served the community in that capacity for 13 years. He is best known for his successful litigation of voting rights cases that resulted in the election of African-American elected officials throughout eastern North Carolina. In 1988, Congressman Butterfield was elected as Resident Superior Court judge. In this role, he presided over civil and criminal court in 46 counties of North Carolina. For two years, he served on the North Carolina Supreme Court by appointment of the governor. Butterfield retired from the judiciary after 15 years of service and successfully ran for Congress. He was elected to serve the First District of North Carolina in the U.S. House of Representatives in a special election on July 20, 2004, where he continues to serve today. In Congress, Butterfield is a champion of affordable health care, education, investments in rural communities, veterans, renewable energies, and federal programs that support low-income and middle-class Americans. Butterfield serves in the Democratic leadership as Chief Deputy Whip and is the immediate past Chair of the Congressional Black Caucus. He sits on the influential Committee on Energy and Commerce as the fourth most senior democrat on the Health Subcommittee. In addition, he serves as a member of the Subcommittees of Communications and Technology, and Energy.

Congressman Butterfield is a life-long member of Jackson Chapel First Missionary Baptist Church. He is a veteran of the U.S. Army and a proud father and grandfather.



Bryan Courtney Batch, MD

Assistant Professor, Division of Endocrinology, Metabolism, and Nutrition, Duke University Medical Center

Dr. Bryan Batch graduated from the University of North Carolina at Chapel Hill School of Medicine in 2000, and completed her internship, residency, and chief residency at Boston University Medical Center in 2004. She started her endocrine fellowship at Duke University in 2004 and, after completing the fellowship, joined the faculty in the Endocrine Division in 2007. She is currently an Assistant Professor of Medicine at Duke University Medical Center and a Staff Physician at the Durham VA Medical Center. Dr. Batch practices general adult endocrinology, but has a special interest in diabetes and obesity. She is passionate about partnering with patients to help them achieve their goals.

Speaker Biographies



Sharon D. Beard, MS

Industrial Hygienist, Worker Education and Training Branch, National Institute of Environmental Health Sciences (NIEHS), National Institutes of Health (NIH)

Sharon D. Beard is currently an Industrial Hygienist in the Worker Education and Training Branch at NIEHS. As an industrial hygienist, Beard is primarily responsible for coordinating, evaluating, and improving the nationwide Worker Training Program, especially in the area of the Environmental Career Worker Training Program (ECWTP) initiative. She works to facilitate and coordinate translational research, education, and training through the NIEHS Partnership for Environmental Public Health (PEPH) program and environmental justice activities within the HHS Environmental Justice Strategic Planning Working Group. Beard holds a master's in environmental science/engineering from Tufts University, Medford, Massachusetts, where she received the prestigious Environmental Science and Management Fellowship from the National Urban Fellows, Inc. She also holds a bachelor's in biology, with a minor in business, from Western Carolina University. In 2013, Beard was honored with the prestigious American Public Health Association Lorin Kerr Award from the Occupational Health and Safety Section for her 19 years of leadership establishing high-impact safety and health training programs and her tireless dedication to serving low-income workers in highly hazardous occupations.

Beard is also the emergency coordinator for the Durham Alumnae Chapter of Delta Sigma Theta Sorority, Inc., and a past chair of the Durham (North Carolina) City-County Environmental Affairs Board.



Kamiya Dancy, BSW

Health Educator, Independent Contractor of SHIFT NC, North Carolina Youth Connected

Kamiya Dancy hails from Durham, North Carolina and is a 2009 graduate of the City of Medicine Academy. She is currently a health educator for Cumberland County through SHIFT NC and the North Carolina Youth Connected Program. She received her bachelor's in social work in December 2014 and is in pursuit of her master's from Fayetteville State University. She has been active in the public health arena for two years, and prides herself on the work she has been able to accomplish in such a short period of time. Recruitment, retention, and community involvement are some of her areas of expertise. She is an activist for sexual adolescent health. She teams up with other health heroes to spread knowledge to students in Cumberland County communities by creating remixes to popular songs, video promotion, and creating opportunities for community engagement from recreation center youth. She is an active member of Sigma Gamma Rho Sorority, Inc., and enjoys spreading the word and working to improve one community at a time.



Clea Davis, BS, ASQ, CQA

Clea Davis has more than 25 years of experience in the biotech/pharmaceutical industry, and is a Certified Quality Auditor through the American Society of Quality (ASQ, CQA). She began her career as a synthetic organic chemist in drug discovery and chemistry innovation. Research involved small molecule and protein drugs. Oral insulin was one of the projects. She later transitioned from research to quality control as a senior analytical chemist within the biotechnology industry.

She currently works in quality assurance and compliance within the pharmaceutical industry.

She received a bachelor's degree in chemistry from Wayne State University in Detroit.

Speaker Biographies



Melissa A. Daubert, MD

Director, Duke Women's Cardiovascular Health Program, Duke University Medical Center

Dr. Melissa Daubert is an Assistant Professor of Medicine at Duke University Medical Center and Director of the Duke Women's Cardiovascular Health Program. This program incorporates personalized clinical care, sex-specific research, and community outreach with the goal of reducing cardiovascular disease in women. Dr Daubert is well published in the field of women's heart disease, and was the 2015 recipient of the WomenHeart Alliance Award.



Regina G. Dozier, MBA

Regina Gale Dozier spent more than 20 years in the pharmaceutical industry as a hospital specialist in areas of formulary access, infectious disease, cardiology, psychiatry, managed care, and professional medical skin care products used by dermatologists and plastics surgeons. Regina Gale now serves as a speaker, songstress, poet, and author of "Sometimes He Buys Me Grapes." She currently serves as the director of communications for the Friends of North Carolina Public Library. She writes a monthly newspaper column called Dancing Through Life by Regina Gale. See www.reginagale.com.



Shereka Dunston, MSHR

Youth Prevention Educator, Durham Crisis Response Center

Shereka Dunston is the Youth Prevention Educator for the Durham Crisis Response Center (DCRC), an agency whose mission is to work with the community to end domestic and sexual violence through advocacy, education, support, and prevention.

In her capacity, Shereka facilitates workshops for local middle and high school youths and their parents about healthy relationships, teen dating violence, and sexual assault. She works alongside allied professionals to reduce the prevalence of youth relationship violence and sexual violence in the Durham community.

Aside from her advocacy work, Shereka is a certified life coach, an empowerment speaker, and the author of "Proceeding from Pain to Purpose: To Embark on Your Destiny Workbook." She graduated from North Carolina Central University with a Bachelor of Arts in mass communications, and Western Carolina University with a Master of Science in human resources. Shereka is currently pursuing a master's in social work from the Boston University School of Social Work.

Speaker Biographies



Gabrielle Evans, MPH, CHES
Sexuality Educator

Gabrielle Evans is a sexuality educator from North Carolina, and recently started her career in HIV prevention research. She holds a master's in public health from the University of North Carolina at Greensboro, and is also a Certified Health Education Specialist (CHES). She has taught comprehensive sexuality education to youth, adolescents, and adults across North Carolina. She is committed to expanding sexuality education and positive sexuality development in rural areas, and reducing the rates of STIs and unintended pregnancies among people of color, especially Native American populations.



Moya Foster, PhD, MBA
Senior Psychologist, Medical Management, Alliance Behavioral Healthcare

Dr. Moya Foster is a North Carolina-licensed psychologist and certified health services provider. Her early experiences working with children and families in multiple environments lend to her work in supporting clinical teams and improving service delivery in Wake, Durham, Johnston, and Cumberland counties. Dr. Foster collaborates with local mental health providers and service agencies to ensure that individuals receive needed supports and treatment in our community.



Isaura Godinez, PhD Candidate
Anthropology Department, University of North Carolina at Chapel Hill

Isaura Godinez's work employs a biocultural lens to learn more about the factors shaping human biology and health. She currently works alongside an indigenous Mexican population, the Purepecha, in North Carolina. Her dissertation research examines how the process of migration to a new environment contributes to the development of cardiometabolic conditions among the group.



Deanna Hamilton, BS
CEO, Success Coaching Systems

Deanna Hamilton is a multifaceted and award-winning business woman! Her credits include television personality, renowned national speaker, author, and licensed real estate broker. She is also known as "The Great Mentor" because of her explosive success and results she gets for clients. She grew a home-based business into a substantial company. Deanna has lost more than 35 pounds and 10 inches. She has increased her income by 50 percent, incorporated additional revenue streams, reduced personal and business debt by 80 percent, and increased her savings by 60 percent by using the same money management techniques to co-facilitate "Food, Folks, and Funds". She is a member of the Western Wake Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Speaker Biographies



Janet E. Hall, MD

Senior Investigator, NIH; Clinical Director, National Institute of Environmental Health Sciences

Dr. Janet Hall's graduate and medical training were at McMaster University in Canada, followed by training in endocrinology and metabolism at Massachusetts General Hospital where she was Associate Chief of the Reproductive Endocrine Unit in the Department of Medicine, and Professor of Medicine at Harvard Medical School. Dr. Hall is an internationally known clinician and clinical investigator. Her research has focused on the neuroendocrine control of reproduction and its disorders. Her research group has elucidated key fundamental aspects of neuroendocrine and gonadal regulation of reproduction in women, focusing on the actions and complex interrelationships of hormones secreted by the hypothalamus, pituitary, and ovary. She has made unique contributions to our understanding of the neuroendocrine underpinnings of hypothalamic amenorrhea, polycystic ovarian syndrome and premature ovarian insufficiency, and the genotype/phenotype relationships in women with congenital GnRH deficiency. She has contributed key mechanistic insights into the process of reproductive aging and the effects of the associated loss of ovarian function in menopause on cognition, vasomotor symptoms, and depression. Included in this work are studies of circadian and sleep-related dynamics that occur in normal reproductive-aged women, and studies of sleep during puberty and in adolescents. Dr. Hall was elected to the Association of American Physicians in recognition of her contributions to both the science and academics of medicine, and is a recipient of the A. Clifford Barger Excellence in Mentoring Award from Harvard Medical School. She is Past President of the Endocrine Society, and of Women in Endocrinology. She was an Associate Editor of the *Journal of Endocrinology and Metabolism* from 2000-2004 and 2009-2010, and is currently Associate Editor for *Endocrine Reviews*.



Marvis Henderson-Daye

Owner, M. E. Henderson, Inc.

Marvis Henderson-Daye's college degrees did not prepare her for the biggest challenges of her life. Since 2002, she has suffered with fibromyalgia. In 2014, she did not have the energy to take her child to school. In less than six months, he would be entering college. She knew she had to change her lifestyle. First, she changed her diet and became gluten-, yeast-, and caffeine-free. It was not enough. She unsuccessfully tried water therapy, yoga, and the gym. She finally started to participate in a line dance class. This low-impact exercise worked for her.

Three years later, she is line dancing almost five days per week. She is teaching line dance classes and throwing parties. She still suffers from fibromyalgia, but with diet and exercise, she has improved her health and is living as well as she can be.



Jilene Hope-Spencer

Yoga Practitioner, RYT-200, Owner/Operator, Sky Fiyah L.L.C

Jilene Hope-Spencer is a certified KemetiC yoga practitioner. She completed her formal training in the Westmoreland Parish of Jamaica with Master Instructor, Yirser Ra Hotep. The core of her practice supports internal balance with breath work. Today, with iron roots, she pushes a ripple of positive intentions outward to the world. One breath at a time...

Speaker Biographies



Folami Y. Ideraabdullah, PhD

Assistant Professor, University of North Carolina at Chapel Hill; Departments of Genetics and Nutrition, Nutrition Research Institute

Dr. Folami Ideraabdullah, is an Assistant Professor of Genetics in the School of Medicine at the University of North Carolina at Chapel Hill. She holds a secondary appointment in the Department of Nutrition, and is an affiliate member of the UNC Nutrition Research Institute. She received her PhD in comparative mouse genetics at the University of North Carolina at Chapel Hill, and her postdoctoral training in epigenetics and genomic imprinting at the University of Pennsylvania. These works helped to understand how to make better animal models of human disease. Her current research combines genetic and epigenetic tools in animal models to understand how maternal diet and toxicant exposures affect child development and, specifically, how these effects persist into adulthood and impact the next generation. She uses an interdisciplinary approach, integrating genetics, epigenetics, nutrition (vitamin D and folate), and toxicant (vinclozolin, antibiotics) exposure models to characterize the extent, timing, stability, and heritability of offspring epigenetic and developmental outcomes caused by maternal environment. The ultimate goal of her work is to understand how an individual's genetic and epigenetic makeup determines their risk of disease, the origins and longevity of these effects, and how we can use this information to establish more effective prevention, diagnoses, or treatment.



Kearston Ingraham, MPH

Community Engagement and Research Evaluator, Office of Health Equity and Disparities, Duke Cancer Institute

Kearston Ingraham, is a public health practitioner and certified patient navigator with significant project management leadership, evaluation, and community engagement achievements. She is committed to building long-lasting relationships with stakeholders from health-focused communities. She is the Research Program Evaluator in the Duke Cancer Institute's Office of Health Equity and Disparities in which she is responsible for implementing and evaluating educational outreach and cancer screening endeavors for the office.

Kearston received her master's in public health in international health and human development, with concentrations in nutrition and monitoring, as well as evaluation, from Tulane University. She obtained her Bachelor of Science degree in biobehavioral health, with minors in Health Policy Administration, African-American Studies, and African Studies from Pennsylvania State University. In addition, she is a University of California at San Francisco Minority Training Program in Cancer Control Research Fellow. Her areas of interest include health disparities, monitoring and evaluation, bioinformatics, and behavioral cultural assessments.

Speaker Biographies



Chandra L. Jackson, PhD

Investigator, Epidemiology Branch, National Institute of Environmental Health Sciences

Dr. Chandra Jackson is an Earl Stadtman Investigator who leads the Social and Environmental Determinants of Health Equity group in the Epidemiology Branch of the National Institute of Environmental Health Sciences with a joint appointment in the intramural program of the National Institute of Minority Health and Health Disparities. She has a master's degree in epidemiology from the Harvard T.H. Chan School of Public Health, and a PhD in epidemiology from the Johns Hopkins Bloomberg School of Public Health.

Dr. Jackson's research group focuses on how the physical and social environments impact racial/ethnic and socioeconomic disparities in sleep health and subsequent risk of cardiovascular disease. Her research has been presented at national scientific conferences and published in both academic journals, like *JAMA Internal Medicine* and the *American Journal of Epidemiology*, as well as major media outlets like the *US News & World Report* and *The New York Times*. She has earned merit-based awards, including the Charlotte Silverman Award for outstanding commitment to public health, policy, and community outreach at Johns Hopkins, and an Outstanding Fellows Award at Harvard.



Kelly Lindsey, BASc

Emergency Management Coordinator, Office of Emergency Management and Special Events, City of Raleigh

Kelly Lindsey is a career public administrator who strives to serve her community through the careful implementation of thoughtful, transparent, efficient, and innovative policies. Throughout her time in Raleigh, she has helped build the inaugural Special Events Office, increased the city's ability to respond to and recover from critical incidents, and worked across departmental lines to advance citywide preparedness and resiliency goals. Kelly attended Elon University where she received her Bachelor of Science in applied mathematics, and is currently enrolled at North Carolina State University where she is pursuing her master's in public administration with a concentration in disaster psychology.



Nneka Leiba, MPhil, MPH

Director of Health Living Science, Environmental Working Group

Nneka Leiba joined the science team at the Environmental Working Group in 2006. She currently leads EWG's Healthy Living Science team to translate complicated scientific topics, particularly ones dealing with the effects of everyday chemical exposures on our health, into easily accessible tips and advice.

Over the years, she has become an expert in a wide range of issues, including the safety of ingredients in cosmetics and other consumer products, and drinking water quality.

Nneka has appeared on CNN and the CBS Evening News, as well as other national and local television stations, talking about consumer exposure to toxic chemicals, and has been quoted in a wide range of publications, including *Time*, *Yahoo News*, and *Huffington Post*. In 2009, she was named a "Green Game Changer" by *O Magazine* for her unique research for EWG.

She earned graduate degrees in zoology and public health from the University of the West Indies and Johns Hopkins University.

Speaker Biographies



Coleman Lowe Jr.

Coleman Lowe Jr. is fun and energetic, and brings that to his classes. He absolutely loves Zumba. He's taken classes for a few years, but enjoys teaching it more. As a guy, he knows he's a minority in this Zumba game, but his class is in no way inferior to others, so check it out!



Lynn McKinley-Grant, MD

Associate Professor and Vice Chair for Diversity and Community Engagement, Department of Dermatology, Duke University School of Medicine; Co-Chair, for Innovative Learning, Diversity and Inclusion Council

Dr. McKinley-Grant received her MD from Harvard Medical School and did research at NIH in the Dermatology Branch, where she was involved in research to identify filaggrin. She has more than 20 years of clinical experience in dermatology and is co-editor of the textbook *Visual DX: Essential Dermatology in Pigmented Skin*. She also authored many chapters in *Dermatology in Skin of Color* by Paul Kelly and Susan Taylor. Within dermatology, she has specialized in the skin, hair, and nail signs of internal disease, hair disorders, and skin lymphoma, and in diagnosing diseases in skin of color. She is secretary/treasurer of the Skin of Color Society (<http://skinfofcolorociety.org>), co-founder of the Insight Institute (<http://insightinstitute.org>), and on the editorial board of *Visual DX*, specializing in skin of color.



Tracy "TracyMac" McNeil, BA, MCC, CWCM

CEO, TRACYMAC Solutions for Life Institute and Coaching Firm

Tracy McNeil blends her 28 years of experience with federal, state, and local governments, corporations, nonprofit organizations, and being an ordained elder since 1996 into her expertise as a certified, professional life coach, consultant, and mentor. She started her coaching practice in Okinawa, Japan in 2004. She is the owner and Senior Fellow of TRACYMAC Solutions for Life Institute and Coaching Firm, a three-time Amazon best-selling author, transformational speaker, and a state certified Mental Health First Aid Instructor. Her 85-pound weight loss inspired her to integrate health and wealth awareness into her coaching and mentoring services to promote healthier and wealthier lifestyles for her clients. She is a member of the Knightdale-Wake Forest Alumnae Chapter, Delta Sigma Theta Sorority, Inc.

Speaker Biographies

**Tamra Morris, MPH**

Teen and Young Adult Health Educator, Cumberland County Department of Public Health, North Carolina Youth Connected

Tamra Morris is a Teen and Young Adult Health Educator at the Cumberland County Department of Public Health. She serves in this role as a community partner with North Carolina Youth Connected, an initiative of SHIFT NC, in promoting teen pregnancy prevention. Her experience in advocacy for youth began with her degree from the University of North Carolina at Charlotte. She has continued that work receiving a master's in public health from Walden University, and is currently an ABD PhD candidate from Walden, as well. She is a dedicated health hero, working with other passionate youth advocates, aiming to inform and empower youth through social media and popular music. She extensively works in the community on parental engagement and sexual health education initiatives to ensure all youth are able to grow up healthy. She makes it a personal goal to educate, promote wellness, and encourage prevention while being proud, positive, and productive at all times.

**Gabriela A. Nagy, PhD**

Clinical Psychologist, Duke University School of Medicine

Dr. Gabriela Nagy received her bachelor's degree in psychology from the University of Colorado-Boulder (2011), and master's (2014) and PhD degrees in clinical psychology from the University of Wisconsin, Milwaukee (2017). Her clinical, research, and education interests have largely centered on the areas of multicultural psychology/cultural competence, community-engaged research, health disparities, and implementation science. To date, she has published several peer-reviewed manuscripts and book chapters, and presented at local and national conferences on these topics. Currently, she is engaged in implementation science research to extend evidence-based practices that are culturally adapted, bilingual, and culturally sensitive and responsive for Latino immigrants and their families served through a community clinic in Durham, North Carolina. Additionally, she is teaching a graduate seminar entitled Multicultural Considerations in Clinical Psychology at Duke University.

**Dr. Catherine A. Page, DPM, MPH**

Dr. Catherine Page graduated with from the University of North Carolina at Chapel Hill with a bachelor's degree in biology. She obtained her doctorate from Des Moines University in Des Moines, Iowa, and a master's in public health from the University of Illinois at Chicago. Dr. Page completed a Podiatric Orthopedic Residency in the Boston area at the West Roxbury VAMC, an affiliate of Harvard Medical School (which included training at the Joslin Diabetes Center). She then completed a Podiatric Surgery Residency in Baltimore, Maryland at Francis Scott Key Hospital, an affiliate of the Johns Hopkins Medical Center (now called Johns Hopkins Bayview). She is currently in private practice in Danville, Virginia.

Speaker Biographies



Krista M. Perreira, PhD

Professor of Social Medicine, UNC School of Medicine

For more than 20 years, **Dr. Krista Perreira** has worked to improve health and access to healthcare for Hispanics/Latinas living in the United States. An expert on cardiovascular health, mental health, and reproductive health, Dr. Perreira aims to work in concert with community-based organizations to translate her research into interventions and changes in policy and practices that can improve the lives of Hispanic/Latina women and children.



Willa Y. Robinson Allen, MPH, MAED, MCHES

Program Manager, Health Promotion and Wellness, Health Education Division, Durham County Department of Public Health

Willa Robinson 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. Allen supervises a team of six health educators, and works closely with many dedicated volunteers and community partners.

Although her original home was Georgia, she grew up in Fayetteville, North Carolina, and 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 completed a MAED in adult education from the University of Phoenix, and a master's in public health (MPH) from the University of North Carolina at Greensboro. She is also a certified childbirth instructor (Rex Birthing Center, Raleigh), CPR instructor, and a certified group fitness and licensed Zumba instructor.

In addition to her community contributions as an educator, volunteer, and supporter of community events, Allen served 20 years in the armed forces, and retired as a E7/SFC (Sergeant First Class) in the United States Army Reserves. In the military, she was trained as an Operating Room Technician, an EMT-B, and a Licensed Practical Nurse (LPN).

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



Ellen Roeber, PT, DPT, Certified MDT, Owner

Ellen Roeber graduated in 1993 with a bachelor's in physical therapy from the University of Tennessee, and afterward began practicing physical therapy at the prominent UNC Hospitals. She continued to develop her skills and expertise working in home healthcare, outpatient orthopedics, and as a contract therapist in both skilled facilities and Veterans Affairs (VA) centers.

After working with Triangle Orthopedics for five years, Ellen partnered with a local colleague in 2003 to open a practice in Durham. Having now earned her Doctorate in Physical Therapy from the University of North Carolina, Ellen ventured out and began her own private practice, also located in Durham.

Ellen was credentialed in 2001 in the McKenzie Method of Spine Care (mckenziemdt.org), and currently serves her professional association at the state level (NCPTA) as a member of the legislative and reimbursement committees. Ellen is a presenter at NCPTA chapter meetings, and is a guest lecturer for universities around the state. In the summer of 2010, Ellen joined as adjunct faculty at UNC Chapel Hill where she teaches courses in the physical therapy program.

Speaker Biographies

**Claudia Rojas**

CELAH Manager, UNC Center for Latino Health

Claudia Rojas has been the UNC Center for Latino Health's (CELAH) manager for more than 10 years. She is passionate about supporting the Hispanic/Latino community through patient visits at clinics and various programs, including the annual St. Thomas Moore Health Fair. Rojas coordinates UNC student volunteers, collaborates with various hospital departments, and creates educational opportunities specific to the Hispanic/Latino population's needs.

**Jennifer Rounds-Bryant, PhD**

Licensed Clinical Psychologist, Executive Director, Teen Fest Foundation; Faculty, Capella University and University of Phoenix

Dr. Jennifer Rounds-Bryant is a licensed clinical psychologist who wears many hats, from therapist and scientist to educator and philanthropist, within the context of her 25-year career. Dr. Jenn is passionate about addressing mental health topics "outside of the doctor's office." She believes that public health forums offer a great context for discussing building and sustaining psychological wellness. Connect with her on Facebook at Dr. Jenn Moved Me Forward, and at www.drjennmovedmeforward.com.

**Isaretta L. Riley, MD, MPH**

Pulmonary and Critical Care Physician, Clinical Researcher and Medical Instructor, Duke University School of Medicine

Dr. Isaretta Riley aims to develop and implement clinical interventions to improve the health outcomes of adults with asthma. Dr. Riley earned a Bachelor of Arts in biology, with a concentration in animal physiology, at Cornell University (2004), and an Doctor of Medicine at Weill Medical College at Cornell University (2008). Dr. Riley then completed an internal medicine residency (2011) and pulmonary and critical care fellowship (2014) at Duke University Health System. After completing medical training, she was selected as a Health Services Research and Development fellow at the Durham Veteran's Affairs Medical Center (2014-2016), during which she obtained a master's in public health, with a concentration in public health leadership, at the University of North Carolina at Chapel Hill. Dr. Riley is an implementation scientist—one who studies "methods to promote the adoption and integration of evidence-based practices, interventions, and policies into routine health care and public health settings" (NIH). She is a former NHLBI Research in Implementation Science for Equity (RISE) scholar, and is currently obtaining a certificate in implementation science at the University of California, San Francisco. Dr. Riley is committed to eliminating disparities in health outcomes and quality of life of adults living with asthma. Her current projects focus on designing and implementing interventions to improve adherence to asthma medications in adults with asthma.

Speaker Biographies



Robert M. Sargis, MD, PhD

*Assistant Professor, Division of Endocrinology, Diabetes, and Metabolism,
Department of Medicine, University of Illinois at Chicago*

Dr. Robert Sargis has had a lifelong interest in the impact of human activity on the environment. In addition to his work as a practicing clinical endocrinologist caring for patients with diabetes and lipid disorders, Dr. Sargis has an active research program examining the means by which environmental toxicants promote the development of metabolic diseases such as obesity and diabetes. Recently, an emerging focus of Dr. Sargis' work moves beyond studies in cells and animals to explore how environmental injustice contributes to higher rates of diabetes among African-Americans, Latinos, those with low incomes, and other groups. The goal of this work is to translate basic science into meaningful interventions to eliminate the devastating burden of diabetes in vulnerable communities.



Rushad D. Shroff, MD, FACP

Geriatric Medicine Specialist, Internal Medicine Doctor, Primary Care Doctor

Dr. Rushad Shroff is an internist and geriatrician. He cares for adults 18 years of age and older, including the elderly. He is also fellowship trained in integrative medicine, with more than 15 years of clinical experience in inpatient and outpatient settings. He is committed to providing evidence-based, efficient, comprehensive, and individualized care for his patients. His approach is patient-centered, proactive, and holistic. He is open to considering safe, evidence-based conventional and alternative modalities in the care of his patients. He feels privileged and grateful for the opportunity to serve his patients as their primary care physician. He decided to join the medical profession to serve and make a difference in people's lives. On a personal note, Dr. Shroff enjoys spending time with his wife and children. In his free time, he likes to read, write, listen to music, and exercise.



Stani Nykki Sims, MA

Owner/Operator of Remixxx, Inc., LLC

Stani Sims is always at the head of the class. As a child, Stani vividly remembers always sitting in the front row of her classes; now as an adult, Stani is still in the front, but now as the instructor. Stani is a previous college and high school educator. Since moving to Durham in August of 2010 and not being able to secure a job in education, she has turned her lifelong passion of line dancing into a new career. Stani is affectionately known as "Remixxx" because of her innovative way of remixing line dances to create a venue for health, wellness, and healing. She has taken her own struggles with obesity and began a new revolution of helping and healing others through her line dance classes. To understand her difficulties with weight management, she became a certified group fitness instructor, as well as a certified line dance instructor. In addition, she is in the process of becoming a personal trainer to help people who maybe facing the same struggles with weight that she is working hard to overcome. She grew up in Dayton, Ohio. She holds a bachelor's in accounting from Central State University in Wilberforce Ohio, and a master's in administration from Central Michigan University. You can attend one of Stani's many classes throughout the Raleigh/Durham area.

Speaker Biographies



Harry Stafford, MD, CAQSM

Primary Care Sports Medicine Fellowship Director, UNC Team Physician, Family Practice, Orthopaedics

Dr. Harry Stafford has served as a team physician at the University of North Carolina since 2008. He is currently the head primary care physician for Women's Basketball, as well as the Men's and Women's Track and Field and Cross Country teams.

Dr. Stafford received his undergraduate degree from the University of North Carolina at Chapel Hill, where he was a member of the varsity track team. He also completed his medical training at the University of North Carolina at Chapel Hill. Upon completion of medical school, Dr. Stafford completed the family medicine residency at Duke University in 2005. Following his residency, Dr. Stafford went on to complete his sports medicine fellowship training at Duke University in 2006, at which point he joined the Duke Sports Medicine faculty. In 2008, Dr. Stafford returned to UNC to become the Director of the Primary Care Sports Medicine Fellowship.

Dr. Stafford is also an Assistant Professor in the Departments of Orthopedics and Family Medicine specializing in platelet rich plasma procedures, specifically targeting treatment of acute and chronic muscle injury and sports hernias. Additionally, he is the current Head Medical Team Physician for North Carolina Central University.

Dr. Stafford is an active member of the American Medical Society for Sports Medicine and American College of Sports Medicine. He has authored many book chapters and journal articles. He is currently doing research in the areas of sports nutrition, EKG changes in African-American athletes, and Sickle Cell Trait in athletics.

He and his wife, Bethany, reside in Durham.



Gabriela Livas Stein, PhD

Licensed Psychologist, Associate Professor of Clinical Psychology, Department of Psychology, University of North Carolina at Greensboro

Dr. Gabriela Stein's program of research revolves around three themes: (1) understanding the role of familial cultural values in Latino families and their impact on the development of Latino youth, (2) identifying individual risk and protective processes for Latino and other ethnic minority youth when facing cultural stressors (e.g., discrimination, acculturative stress), and (3) improving mental health treatment access for Latino families in community mental health. Additionally, Dr. Stein is co-investigator of a U.S. Department of Health and Human Services, Health Resources and Services Administration graduate training grant for culturally competent care for underserved populations. She also has past funding from NIDA and Patient-Centered Outcomes Research Institute.

Speaker Biographies



Carmelita Spicer, MEd

Director of Programs and Marketing, Community Health Coalition, Inc.

For more than 30 years, **Carmelita Spicer** has been actively involved in senior management positions in the areas of marketing, advertising, and health promotions in corporate America, higher education, nonprofits, and in her own business

Currently, she serves as director of programs and marketing for Community Health Coalition, Inc. (CHC) in Durham, a nonprofit dedicated to reducing health disparities and obtaining health equity for the underserved. Some responsibilities include maintaining the website; creating advertising campaigns; planning, directing, and evaluating healthcare events and programs, such as organ donation registration and education on the myths and realities; diabetes self-management education workshops; alcohol and substance abuse education for youth; and hypertension education programs and Health Tips, a monthly newsletter.

Spicer holds a master's in education from Rutgers University in New Brunswick, New Jersey, and several certifications in marketing, health education, and evidence-based training in breast health, diabetes, and chronic disease management.



Shirrell L. Thomas

Community Outreach Coordinator, Durham Crisis Response Center

Shirrell Thomas is a native New Yorker, but calls North Carolina home. Her mother and father are from North Carolina, and she has lived here for 30 years. She is the proud mother of two sons, and grandmother of eight grandsons. Her passion is her love for travel, which evolved during her work as an Eastern Airlines flight attendant for 25 years. Thomas' favorite Scripture is King James Version, Micah 6:8, "He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God."

Speaker Biographies



Dr. Tamarra James-Todd, PhD, MPH

Mark and Catherine Winkler Assistant Professor of Environmental Reproductive and Perinatal Epidemiology, Departments of Environmental Health and Epidemiology, Harvard T.H. Chan School of Public Health; Instructor in Medicine, Harvard Medical School; Epidemiologist, Brigham and Women's Hospital

Dr. Tamarra James-Todd is also an Instructor in Medicine at Harvard Medical School, and an Epidemiologist at Brigham and Women's Hospital. Her research focuses on environmental chemical exposures, reproductive health outcomes, and racial/ethnic disparities in women's long-term chronic disease risk. Specifically, Dr. James-Todd evaluates the link between environmental endocrine disrupting chemicals commonly found in consumer products, including hair products, and their association with breast cancer, diabetes, obesity, and cardiovascular disease risk factors during pregnancy and in later life. She currently serves on the EPA's Scientific Advisory Board for the Chemical Assessment Advisory Committee, as well as the National Academies of Sciences, Engineering, and Medicine's Committee on Gulf War and Health. Dr. James-Todd is the Principal Investigator of the NIEHS-funded ERGO study, an ongoing prospective cohort study exploring the role of endocrine disrupting chemical exposures during the perinatal period as they relate to pregnancy complications. She served as PI of the Greater New York Hair Products Study, which was one of the first studies to evaluate black hair care products and breast cancer risk factors. Dr. James-Todd received her bachelor's in molecular biology from Vanderbilt University; MPH in International Health from Boston University; and PhD in Epidemiology from Columbia University. She completed her postdoctoral work at the Harvard T.H. Chan School of Public Health, and Brigham and Women's Hospital's Division of Women's Health.



Shemeka Thorpe, MS

Sexuality Educator

Shemeka Thorpe is a sexuality educator and researcher from North Carolina. She has taught comprehensive sex education to adolescents and young adults in North Carolina and Florida. While completing her master's at Florida State University, she served as a member of the Campus Action Team for the Improvement of Sexual Health. She is currently working on her doctoral degree in Community Health Education. Her research focuses on the sexual health of Black women and sexual health programming on college campuses.

Speaker Biographies



Cheryl L. Woods Giscombe, PhD, RN, PMHNP-BC

Melissa and Harry Levine Family Professor of Quality of Life, Health Promotion, and Wellness, University of North Carolina at Chapel Hill

Dr. Cheryl Woods Giscombe's program of research focuses on understanding and reducing stress-related health disparities among African-Americans. She has a particular interest in the potential for integrative approaches to reduce mental health-related disparities among African-Americans. Dr. Woods Giscombe is dually trained in nursing and psychology. She completed a Bachelor of Arts in psychology from North Carolina Central University, and a Bachelor of Science in nursing from Stony Brook University in New York. She earned a Master of Arts, doctorate degree, and PhD degrees in social and health psychology from Stony Brook University, and a Master of Science in nursing from the Psychiatric-Mental Health Nurse Practitioner/Clinical Nurse Specialist Program at the University of North Carolina (UNC) at Chapel Hill. Dr. Woods Giscombe completed certification in holistic health from the Institute of Integrative Nutrition in Manhattan, New York. In addition, she completed postdoctoral training at UNC Chapel Hill on interventions to prevent and manage chronic illness, which was funded by the National Institute of Nursing Research and the Substance Abuse and Mental Health Services Administration Minority Fellowship Program, in collaboration with the American Nurses Association. In 2007, Dr. Woods Giscombe was selected as a leader in the field by the American Psychological Association when she was awarded the Carolyn Payton Early Career Award. She is particularly grateful for her immediate family (husband, Kessonga, and two daughters, Zuri and Zola), her extended family, friends, and mentors who support and inspire her both professionally and personally.



Julius M. Wilder, MD, PhD

Gastroenterologist and Transplant Hepatologist, Duke Division of Gastroenterology; Medical Instructor, Department of Medicine, Duke University School of Medicine; Lecturer, Sociology; Member, Duke Clinical Research Institute

Dr. Julius Wilder obtained the first MD, PhD in medical sociology at Duke University. Following medical school and graduate school, he completed a residency in internal medicine at Duke. At the end of his residency, Dr. Wilder completed a fellowship in gastroenterology and an advanced transplant hepatology fellowship. He is boarded in internal medicine, gastroenterology, and advanced hepatology and transplant. He has a faculty appointment in the Duke School of Medicine, the Duke Clinical Research Institute, and the Duke Department of Sociology.

Dr. Wilder's research and training focuses on how fundamental causes of disease like race, gender, education, and wealth contribute to adverse health outcomes and health disparities. He aspires to identify and understand these fundamental causes of disease through research in hopes of identifying mechanisms to address and circumvent these barriers to care within the fields of gastroenterology and transplant hepatology. His pursuit of academic medicine stems from a hope to not only provide medical care to communities in need, but to perform research that will help address those social conditions that adversely impact health within these communities. Dr. Wilder has numerous publications and has won numerous awards for research. He is currently the Principal Investigator (PI) or Co-PI on multiple clinical trials in gastroenterology and hepatology. His clinical duties include working as a gastroenterologist/hepatologist at Duke University and Duke Regional Hospitals. He also has a hepatology (liver disease) outpatient clinic.

Speaker Biographies



Laura Villa-Torres, PhD, MSPH

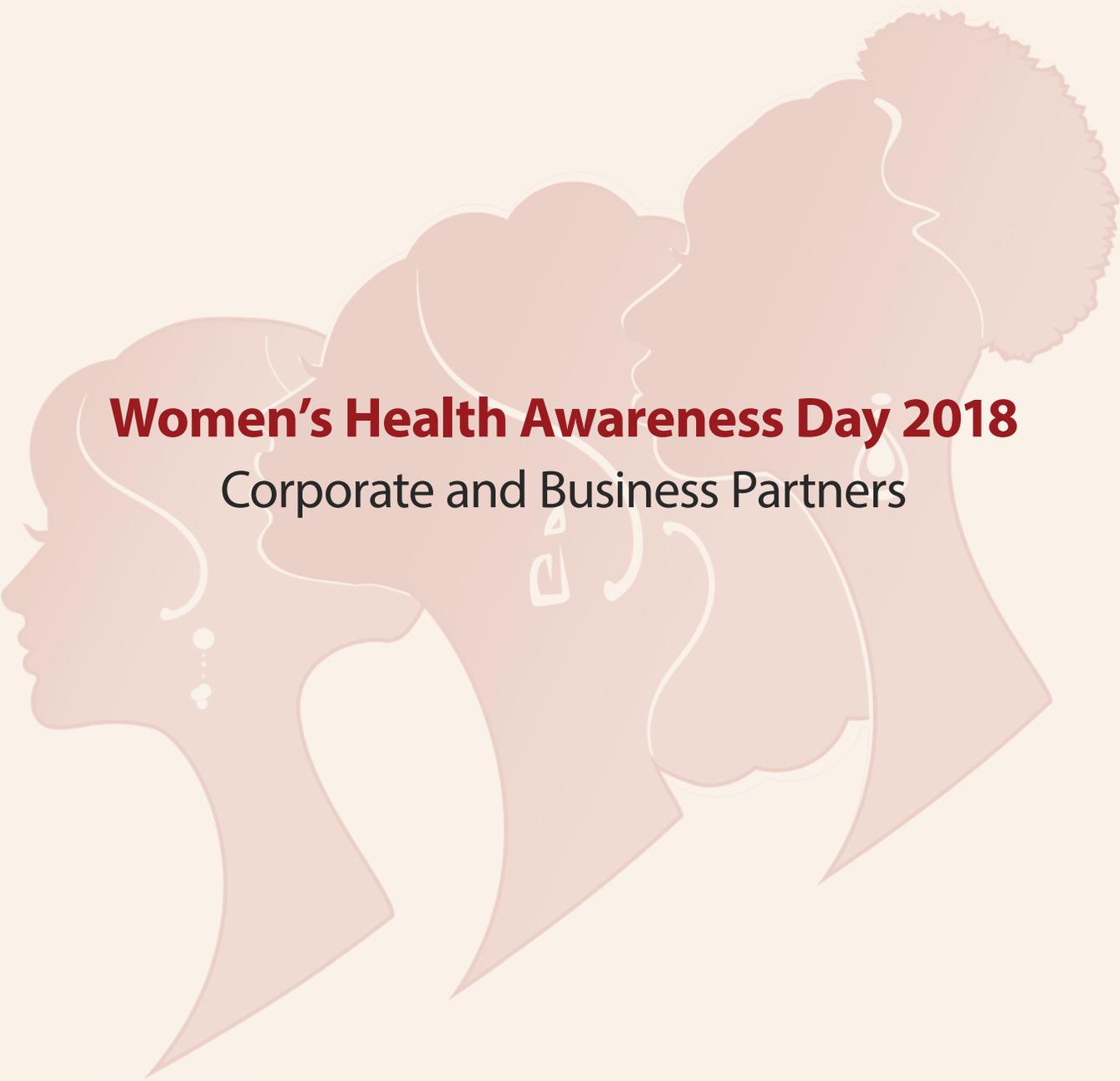
Post-Doctoral Research Associate, Center for Health Equity Research, Department of Social Medicine, UNC School of Medicine

Dr. Laura Villa-Torres has worked both on issues of sexual and reproductive health, and health of migrants in the United States. Dr. Villa-Torres aims to improve the health of the Hispanic/Latino community by conducting intersectional research and developing interventions.



Aya Zaghloul, BS

Aya Zaghloul graduated from North Carolina State University with a computer science degree, and worked as a developer for IBM for 10 years. She and her husband have four kids, and after having their last, she decided to stay home and take a break. All her life, she has had a passion for dance. She started taking Zumba classes in 2009 and was hooked! The rhythms, the beats, the moves, the people = therapy! Zumba is for ANY age and ANY experience level. So, come check out her ZUMBA class! Because after all ... "Dance is a way to find yourself and lose yourself...all at the same time!"



Women's Health Awareness Day 2018

Corporate and Business Partners

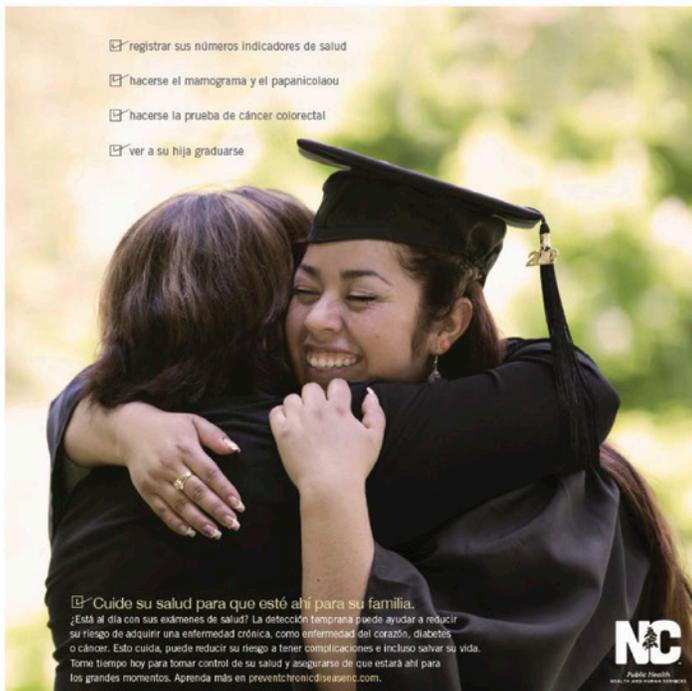


Corporate Partner

A Special "THANK YOU" to Cancer Prevention and Control Branch of the North Carolina Department of Health and Human Services for their generous contribution to the Women's Health Awareness Day

The Cancer Prevention and Control Branch, North Carolina Department of Health and Human Services, is honored and thrilled to support Women's Health Awareness Day. The Cancer Branch works to ease the burden of cancer through education, information, screenings, resources, and opportunities that promote healthy lifestyles.

The North Carolina Breast and Cervical Cancer Control Program (BCCCP) exists to reduce mortality and morbidity from breast and cervical cancers in low-income, uninsured, and underinsured North Carolina women. BCCCP's screening services are available statewide in local health departments, federally qualified health centers, community health centers, and hospitals statewide.



At each screening location, our Breast and Cervical Cancer Program navigators consistently provide high-quality care and health screenings, recognize and manage patient barriers, and identify clinical and community resources to help women access and receive health screenings.

We hope to see you at our mammogram and cervical cancer screening room located in room 2226.





Corporate Partner

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



Women's Health Awareness Day 2018

We support you.

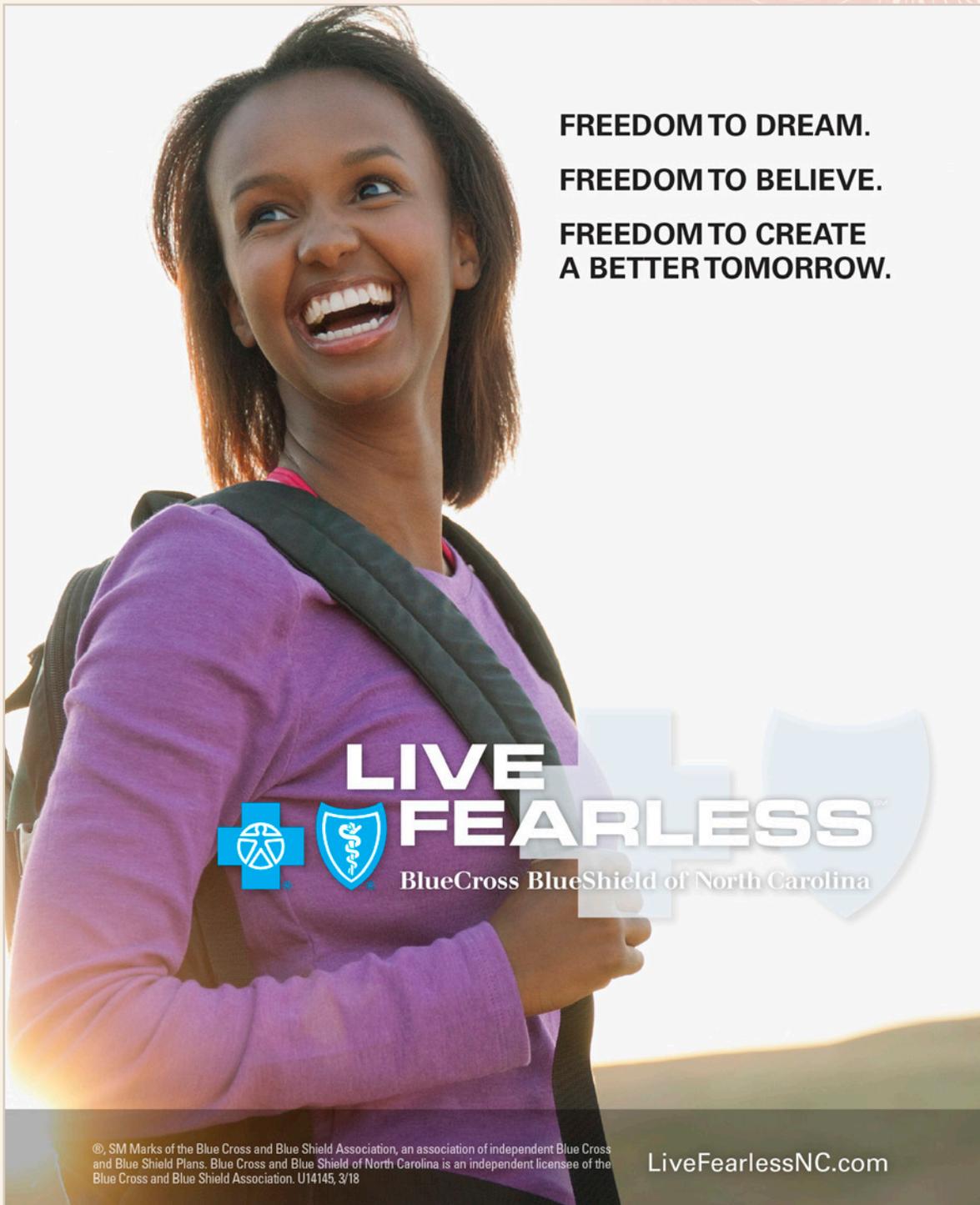
Duke Hospital System proudly supports all women—our mothers, daughters, sisters and friends for the critical role they play in the health and wellness of our community.





Corporate Partner

**A Special "THANK YOU" to Blue Cross and Blue Shield of NC
for their generous contribution to the Women's Health Awareness Day**



**FREEDOM TO DREAM.
FREEDOM TO BELIEVE.
FREEDOM TO CREATE
A BETTER TOMORROW.**





Corporate Partner

A Special **"THANK YOU"** to **Duke Cancer Institute**
for their generous contribution to the Women's Health Awareness Day



Duke Cancer Institute thanks our community partners

Duke Cancer Institute is proud to serve as a Corporate Partner for the 2018 Women's Health Awareness Day Cancer Track. Our community partnerships are critically important to us and we are committed to providing cancer outreach, education, screenings and valuable services to those in our communities.

To find our more about these services, please call our office at 919-684-0409 or visit dukecancerinstitute.org/ohed.



Corporate Partner

**A Special "THANK YOU" to Duke Heart Center
for their generous contribution to the Women's Health Awareness Day**



Caring for the Hearts of Women

Duke Heart Center supports the women of our community—on Women's Health Awareness Day and every day. Our researchers and care providers are dedicated to better understanding women's unique heart-health needs, providing expert care and offering guidance in leading healthy lifestyles.



Corporate Partner

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



"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 4th Annual Women's Health Awareness Day

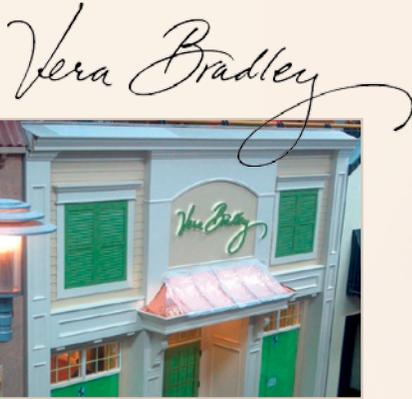
We, too, are actively dedicated to "Transforming Communities by Enhancing Women's Health"

Link DiJuana McDougal
PRESIDENT



Business Partners

A Special "THANK YOU" to our Business Partner Vera Bradley for their contribution to Women's Health Awareness Day 2018



Vera Bradley at the Street at Southpoint
 Store Manager: April
 The Streets at Southpoint,
 6910 Fayetteville Road, Durham, NC 27713
 Telephone: 919-248-4044

Women's health and well-being is important to Vera Bradley. We greatly support the Women's Health Awareness Day Initiative and the women of the Triangle.

A Special "THANK YOU" to our Local Business Partners for your support and generous contributions

	Organization	Contact Information
	Athleta	Telephone: 919-248-0578 6910 Fayetteville Road, Durham, NC 27713
	By Donna	Gift Baskets – Florals – Weddings Email: bydonna@frontier.com Telephone: 919-686-0219, Cell: 919-622-2508 Forestview Heights, Durham, NC Contact: Donna M. Parker, Owner/Designer
	Coastal Federal Credit Union	Telephone: 919-420-8000 3125 Shannon Road, Durham, NC 27707
	Home Depot	Home Depot (Durham #3620) Telephone: 919-419-0208 3701 Mt. Moriah Road, Durham, NC 27707
	L'Occitane	Telephone: 919-484-2890 6910 Fayetteville Road, Suite #138, Durham, NC 27713

Business Partners

	Organization	Contact Information
SEPHORA	Sephora	Telephone: 919-544-4905 6910 Fayetteville Road, Durham, NC 27713
<i>Stridekick</i>	Stridekick	Telephone: 312-758-0313 223 W. Erie Street, Suite 6E, Chicago, IL 60654

Gift Card Contributors

\$25 - \$50



\$100





Women's Health Awareness Day 2018

Exhibitors and Community Partners



Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
	Alliance Behavioral Healthcare	Telephone: 919-651-8401 4600 Emperor Blvd., Durham, NC 27703	★
	American Heart Association American Stroke Association	Contact: Linda King, MPA Director, Multicultural Health Initiatives Telephone: 919-463-8352 Email: linda.king@heart.org Mid-Atlantic Affiliate – Health Strategies 3131 RDU Center Drive, Suite 100, Morrisville, NC 27560	★
	Arbonne International	Independent Distributor: Cheryl Godwin Telephone: 919-539-3633 Email: cgodwin.envp@gmail.com www.godwinintl.myarbonne.com 3117 Waterford Ridge Lane, Wake Forest, NC 27587	★
	Blacks In Government	Raleigh-Durham Chapter P.O. Box 13173 Durham, NC 27709-3173	
	Blue Cross and Blue Shield of North Carolina	Telephone: 919-765-4600 Toll Free: 1-800-228-6216 P.O. Box 2291, Durham, NC 27702-2291	★
	Bull City Family Chiropractic	Contact: Dr. Rachel Sorg Telephone: 919-973-3320 Email: info@bullcityfamilychiropractic.com https://bullcityfamilychiropractic.com 6104 Fayetteville Road, Suite 102, Durham, NC 27713	★
	Cherish	I-Am-Recycling, Inc. Contact: Quintus McDonald Telephone: 317-677-2258 Email: quintus@i-am-recycling.org http://www.shopmycherish.com/iamrecycling	★
	Community Health Coalition, Inc.	Telephone: 919-470-8680 Email: healthcoali@gmail.com http://www.chealthc.org P.O. Box 15176 407 Crutchfield St., Durham, NC 27704	★
	doTERRA International Veronica Wetzel Wellness Advocate	Contact: Veronica Wetzel Telephone: 919-818-5520 Email: pulsgrl63@yahoo.com 1114 Shady Lane, Durham, NC 27712	★
 Office of the Sheriff	Durham County Sheriff's Office	Telephone: 919-560-0897 If you have an EMERGENCY, please call 911 or 919-560-0900 510 S. Dillard St., Durham, NC 27701	★
	Durham Crisis Response Center	Contact: Aurelia Sands Belle, Executive Director Telephone: 919-403-9425 Need help via email? crisisline@durhamcrisisresponse.org 206 N. Dillard St., Durham, NC 27701	★

Exhibitors and Community Partners

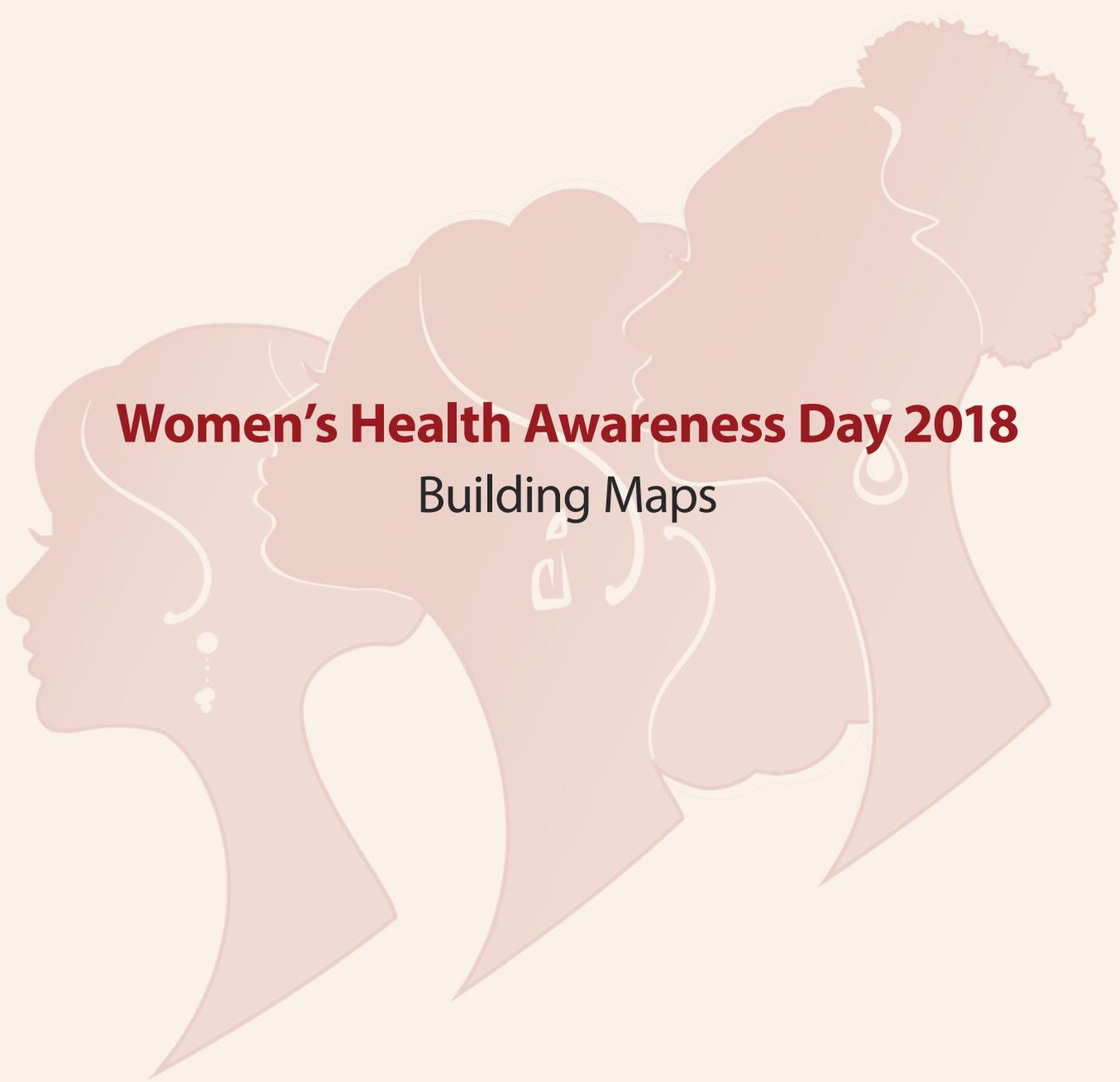
	Organization	Contact Information	Exhibitor
	Environmental Working Group (EWG)	Telephone: 202-667-6982 https://www.ewg.org 1436 U St. NW, Suite 100, Washington, DC 20009	★
	Harris & Smith OB-GYN Duke Health	Telephone: 919-471-1573 Email: info@harrissmith.com 4116 Capitol St., Durham, NC 27704	★
	Hope for Hair with Elegance Foundation	Contact: Tangie Warren Owens Telephone: 919-806-8300 or 919-824-6393 Email: hopeforhair2009@gmail.com 2223 E. NC 54, Suite K, Durham, NC 27713	★
	Joseph & Kathleen Bryan Alzheimer's Disease Research Center	Contact: Henry Edmonds Telephone: 919-668-2676 2200 W. Main St., Suite A-200, Durham, NC 27705	★
	LisaP Foundation	Contact: LaManda Pryor, President of LisaP Foundation Telephone: 614-547-2712 http://www.lisapangels.com	★
	Mount Level Missionary Baptist Church	Telephone: 919-477-3893 316 Hebron Road, Durham, NC 27704	
	Durham Chapter of The National Epicureans, Inc.	Email: webmaster@nationalepicureans.com	
	National Eye Health Education Program and Duke Eye Center/ Duke University School of Medicine Duke Ophthalmology	Contact: Julia Rosdahl, MD, PhD Assistant Professor, Ophthalmology-General Telephone: 919-684-8850 Fax: 919-681-8267 Email: jullia.rosdahl@duke.edu Duke Eye Center, 2351 Erwin Road, Durham, NC 27705	★
	National Institute of Environmental Health Sciences Library	Library Manager: Erin N. Knight, MSLS Telephone: 984-287-3606 Email: erin.knight2@nih.gov	★
	N.C. Department of Health and Human Services Division of Public Health	<i>Immunization Branch</i> Contact: Sandy R. Allen Telephone: 919-707-5550, Email: sandy.allen@dhhs.nc.gov <i>Sickle Cell Program, Women's Health Branch</i> Contact: Sandra Boyd Telephone: 919-707-5705, Email: sandra.boyd@dhhs.nc.gov	★

Exhibitors and Community Partners

	Organization	Contact Information	Exhibitor
 <p>Services for the Deaf and the Hard of Hearing HEALTH AND HUMAN SERVICES</p>	<p>N.C. Department of Health and Human Services</p> <p>Division of Services for the Deaf and the Hard of Hearing</p>	<p>Division of Services for the Deaf and the Hard of Hearing Contact: Darian J. Burwell Telephone: 919-859-8526 Email: darian.burwell@dhhs.nc.gov</p>	★
 <p>EMERGENCY MANAGEMENT NORTH CAROLINA</p>	<p>N.C. Department of Public Safety</p> <p>Emergency Management</p>	<p>North Carolina Emergency Management Contact: Samantha Royster Telephone: 919-825-2500 Email: cert@ncdps.gov</p>	★
 <p>TEST • FIX • BREATHE www.ncradon.org</p>	<p>N.C. Department of Health and Human Services</p> <p>North Carolina Radon Program</p>	<p>N.C. Division of Health Service Regulation Radiation Protection Section Telephone: 828-712-0972 http://www.ncradon.org 1645 Mail Service Center, Raleigh, NC 27699-1645</p>	★
 <p>NORTH CAROLINA CENTRAL UNIVERSITY FOUNDED 1910</p>	<p>North Carolina Central University</p> <p>Department of Student Health and Counseling</p>	<p>Contact: Ruth Gilliam Phillips, DPM Executive Director Telephone: 919-530-5102 1801 Fayetteville St., Durham, NC 27707</p>	★
 <p>BE THE MATCH ONCAMPUS</p>  <p>NORTH CAROLINA CENTRAL UNIVERSITY FOUNDED 1910</p>	<p>North Carolina Central University</p> <p>Chapter of Be The Match®</p>	<p>Campus Advisor: Seronda Robinson, PhD Chair/Associate Professor, Public Health Education Telephone: 919-530-7965 North Carolina Central University 1801 Fayetteville St., 138 Miller-Morgan Building Durham, NC 27707</p>	★
 <p>CHIEPHI</p>	<p>Pi Chapter of Chi Eta Phi Sorority, Inc.</p> <p>Professional Nursing Organization</p>	<p>Contact: Riley Walters, BSN, RN https://chietaphi.com P.O. Box 61085, Durham, NC 27712</p>	
 <p>HELP Health Equipment Loan Program a service of Project Access of Durham County</p>	<p>Project Access of Durham: Health Equipment Loan Program (HELP)</p>	<p>Contact: Amy Armstrong Telephone: 919-470-7281 Fax: 919-479-1620 Email: help@projectaccessdurham.org P.O. Box 15339, Durham, NC 27704</p>	★
 <p>SPRING ARBOR</p>	<p>Spring Arbor Senior Living</p>	<p>Contact: Tonya Headen-Lee Executive Director Telephone: 919-805-3861 901 Spring Arbor Court, Apex, NC 27502</p>	★
 <p>Synergy FITNESS FOR HER</p>	<p>Synergy Fitness for Her</p>	<p>Contact: Kat Reher Telephone: 919-402-0888 Email: info@synergyfitnessforher.com http://www.synergyfitnessforher.com 1125 W. NC Highway 54, Suite 404, Durham, NC 27707</p>	★
 <p>Triple P Positive Parenting Program</p>	<p>Triple P Positive Parenting Program</p>	<p>Contact: America Allen Telephone: 919-885-3721 Email: aaallen@dconc.gov 414 E. Main St., Durham, NC 27701</p>	★

Exhibitors and Community Partners

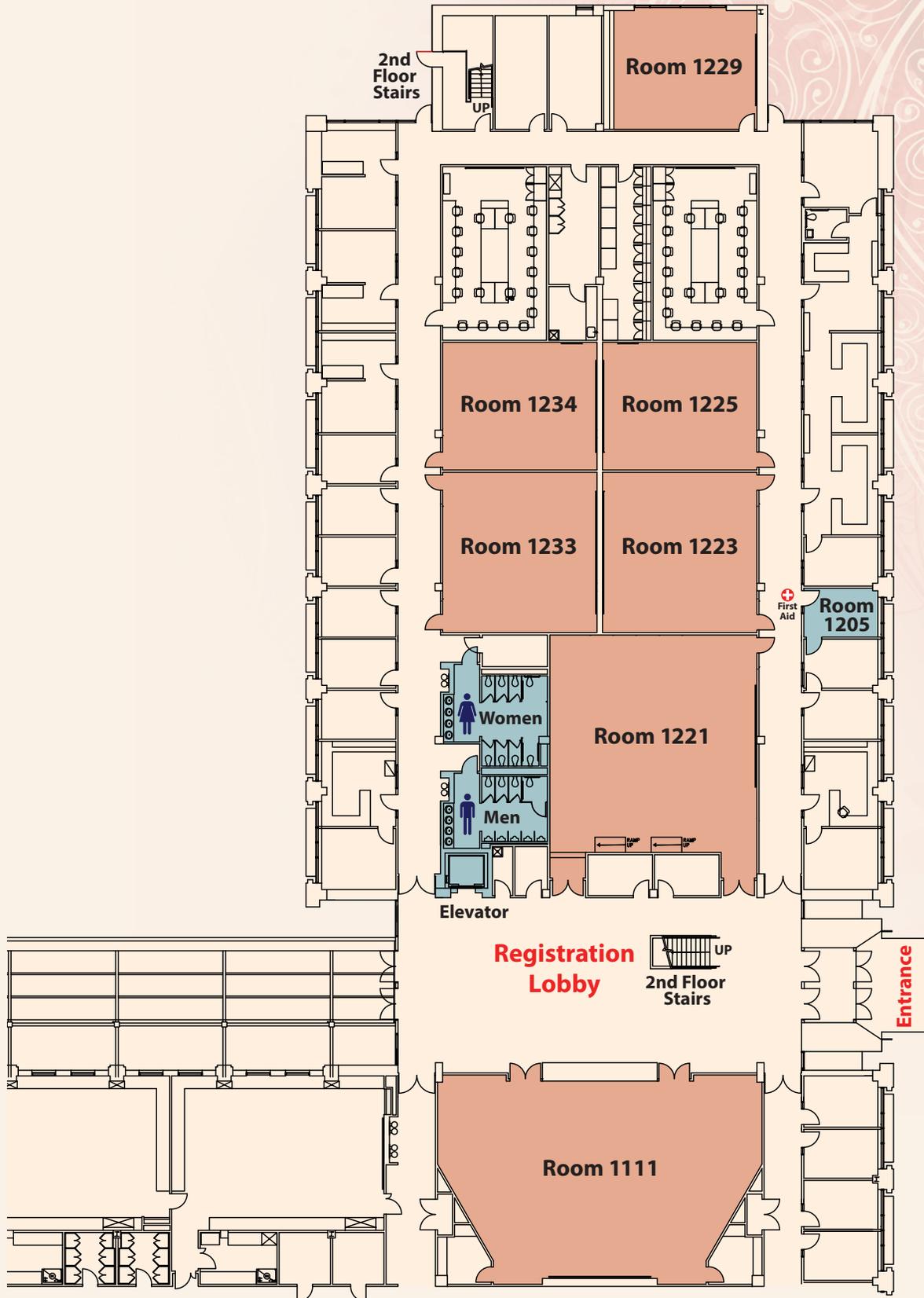
	Organization	Contact Information	Exhibitor
	Division of Endocrinology, Diabetes, and Metabolism Department of Medicine University of Illinois at Chicago	835 Wolcott St. (North Entrance) Telephone: 312-996-6060 Suite 625E M/C 640, Chicago, IL 60612	★
	UNC School of Dentistry	UNC Student National Dental Society Telephone: 919-537-3737 https://www.dentistry.unc.edu 101 Manning Drive, Chapel Hill, NC 27514	
	UNC School of Dentistry Dental Hygiene Program	Contact: Shannon Mitchell RDH, MS, Clinical Associate Professor Director, Dental Hygiene Programs Telephone: 919-537-3464 Email: shannon_mitchell@unc.edu UNC School Of Dentistry 3221 First Dental Building CB #7450, Chapel Hill, NC 27599	★
	UNC Eshelman School of Pharmacy	Student National Pharmaceutical Association (SNPhA), UNC Eshelman School of Pharmacy 330 South Road, Chapel Hill, NC 27514	★
	UNC School of Medicine Division of Nephrology and Hypertension, UNC Kidney Center	UNC Kidney Center and Division of Nephrology and Hypertension Telephone: 919-966-2561 7024 Burnett-Womack, CB #7155, Chapel Hill, NC 27599	★
	Commissioned Corps of the U.S. Public Health Service	Telephone: 1-800-279-1605 Email: corpsrecruitment@hhs.gov https://www.usphs.gov	★
	Veritas Collaborative	Telephone: 919-908-9740 Email: info@veritascollaborative.com http://www.veritascollaborative.com 4024 Stirrup Creek Drive, Durham, NC 27703	★
	Vitamin Shoppe	Telephone: 919-572-1754 http://www.vitaminshoppe.com 6917 Fayetteville Road, Durham, NC 27713	★
	Volunteer Doula Program, UNC Birth Partners, N.C. Women's Hospital	Contact: Rhonda Lanning Telephone: 984-974-8033 Email: doula@unchealth.unc.edu https://www.uncmedicalcenter.org/doulas 101 Manning Drive, Chapel Hill, NC 27514	★
	Women's Birth & Wellness Center	Contact: Tori Hinde Telephone: 919-933-3301 930 Martin Luther King Jr. Blvd., Suite 202, Chapel Hill, NC 27514	★
	Durham VA Medical Center Women Veterans Comprehensive Health Center	Durham VA Medical Center Contact: Jamie Upchurch, MSN, RN Women Veterans Program Manager Telephone: 919-286-0411 x5229 Email: jamie.upchurch@va.gov 508 Fulton St., Durham, NC 27705	★



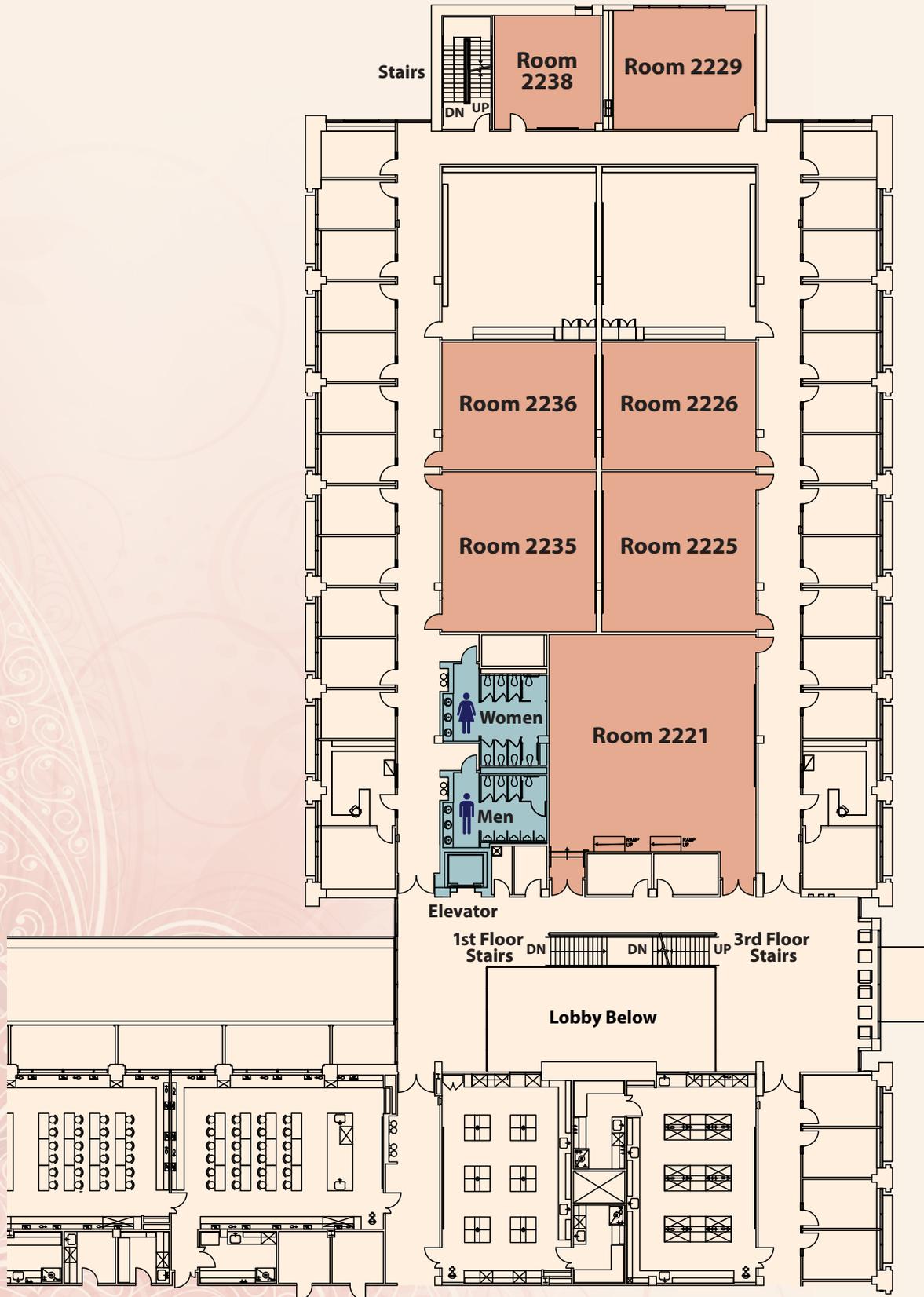
Women's Health Awareness Day 2018

Building Maps

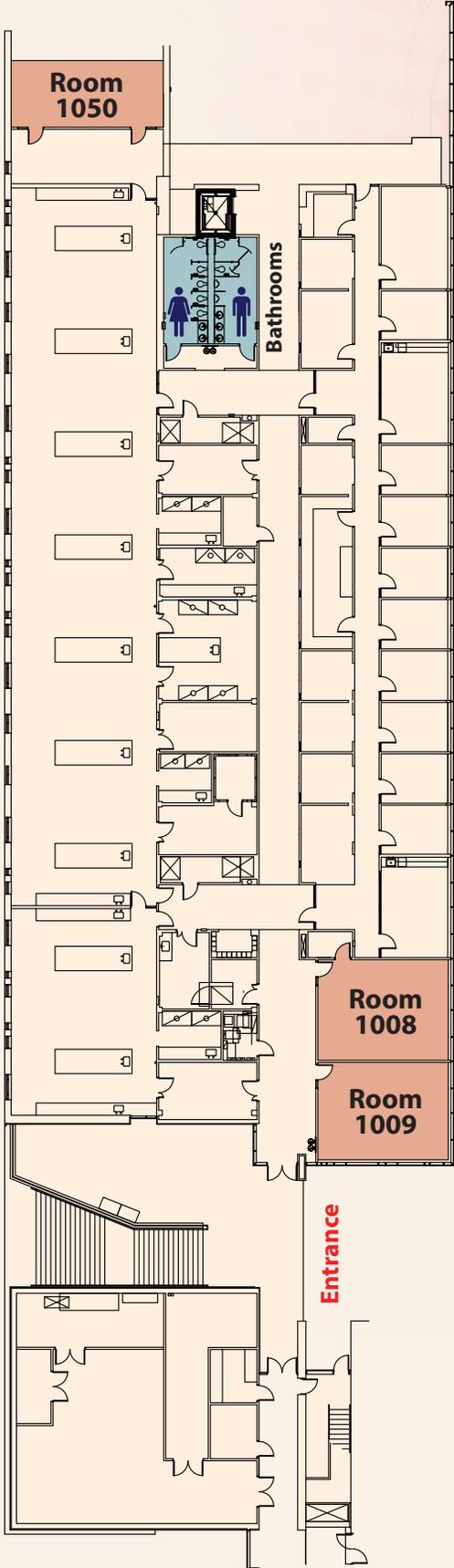
Mary Townes Science Building – 1st Floor Map –



Mary Townes Science Building - 2nd Floor Map -



BRITE Building



Women's Health Awareness Day 2018
Transforming Communities by Enhancing Women's Health

North Carolina Central University
Mary Townes Science Building
1900 Concord Street, Durham, NC 27707