



National Institute of
Environmental Health Sciences

Women's Health Awareness 2024

Transforming Communities by
Enhancing Women's Health

Saturday, April 13, 2024



Activities of the Day
8:00 a.m. – 5:00 p.m.

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

Women's Health Awareness Main Site: Hillside High School, 3727 Fayetteville Road, Durham, N.C.

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 at the Volunteer Check-In next to the theater.

In Case of an Emergency

For life-threatening medical emergencies, call 911.

The Customer Service Desk is the location to report all internal emergencies.

First Aid Room

Located in **Room 117**.

Anuncios y Avisos

Servicio de atención al cliente

¿Perdiste tu identificación? ¿Olvidaste tu ticket de comida? ¿Necesita atención médica? ¿Necesita ayuda? Acércate al mostrador de atención al cliente que se encuentra en la mesa de registro de voluntarios, junto al teatro.

En caso de emergencia

En caso de emergencias médicas que pongan en peligro la vida, llame al 911.

El servicio de atención al cliente es el lugar para informar de todas las emergencias internas.

Sala de Primeros Auxilios

Ubicado en la sala 117.

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Women's Health Awareness 2024

Steering and Planning Committee

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Chair, Women's Health Awareness Program and Steering and Planning Committee; Founder and Director, Women's Health Awareness Community Engagement Program

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Senior Program Coordinator, Office of Health Equity, Duke Cancer Institute

Sharon Beard, M.S.

Director and Branch Chief, Worker Training Program, NIEHS, NIH

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Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

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Board Certified Family Physician, Duke Primary Care
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Sandra White-Olden, Ph.D.

Professor and Founding Director (Retired), Department
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Education, North Carolina Central University
Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Satellite Planning Committees

Granville-Vance County Committee Members

- Katrina Burton-Waters, Chairman, Health and Wellness Committee, Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Shasheena Johnes, RN, BSN, Community Health Nurse, Duke University School of Nursing
- Gerald L. McNair, M.P.H., Team Lead, Granville Vance District Health Department
- LaHoma Romocki, Ph.D., Associate Professor and Chair, Public Health Education Department, North Carolina Central University
- Tara Owens Shuler, M.Ed., LCCE, CD(DONA), Co-Chair, Physical and Mental Health Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Brenda Williamson, Ph.D., Vice President, Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Event Space Coordinators

- City of Creedmoor
 - Christopher Horrigan
- South Granville Senior Center
 - Christy Southall

Western N.C. Committee Members

- Ronda Birtha, Executive Director, One Dozen Who Care
- Rasheeda Hall, B.A., BSW, MSW, Gamma Gamma Omega Chapter, Alpha Kappa Alpha Inc.
- Tara Foster, B.A., MSW, Chair, Physical and Mental Health Committee, Asheville Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Kol Gold, M.P.H., Program Manager, UNC Health Sciences at MAHEC
- Lisa J. Leffler, Ph.D., Director, Culturally Based Native Health Programs, College of Health and Human Services, Western Carolina University
- Tammy McDowell, Community Leader, Chair, Haywood County MLK Committee
- Jewana McEachin, B.A., Executive Director, Asheville-Buncombe Institute of Parity Achievement
- Kai Moore, M.A., BSW, Physical and Mental Health Committee Member, Asheville Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Joan P. Pakenham, Ph.D. Chair, Physical and Mental Health Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.
- Soni Pitts, B.A., B.S., Program Manager, WNC Health Policy Initiative
- Jennifer Poore, BSW, Community Health Worker, Asheville-Buncombe Institute of Parity Achievement
- Zakiya Bell Rogers, BSW, Community Development Specialist I, Community Engagement, Buncombe County Government
- Ann Woodford, Community Leader

Women's Health Awareness 2024

Subcommittees

Audiovisual and Information Technology Support

Attended Event Planning & Production LLC

NIEHS

- Tom Bunker
- Bryan Duran
- Grant Friedlein
- Alex Patino
- Deepa Prabhu
- Vick Shah
- Stan Skinner
- Etan Ulanday

Cardiovascular Screening Coordinators

Yolanda Vanriel, Ph.D., RN, MEDSURG-BC, OCN, CNE, ACUE, ANE, Department of Nursing, North Carolina Central University

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Dana Carthron, Ph.D., AGACNP-BC, School of Nursing, North Carolina A&T State University

Catering

David Lauffer, District Manager, Aramark Collegiate Hospitality

Eddie Gibson, Aramark Collegiate Hospitality

Brandon Tisdale, Catering Director, Aramark Collegiate Hospitality

Marci Oliver, Catering Chef, Aramark Collegiate Hospitality

Customer Service

Annette Rice, B.S., Clinical Laboratory Manager (Retired), Clinical Research Branch, NIEHS and NIH; Raleigh-Durham Area Chapter of Blacks In Government

Dental Screening Coordinators

Kierston Bethea, DMD

James R. Harris, M.A., Director of Dental Services, Durham County Department of Public Health

Chitrakala Jagadeesan, DDS, Durham County Department of Public Health

Durham Public Schools

Building Services Department

- Clifton Williams, CFM, Director, Maintenance and Environmental Services
- LeKecia Flowers, Facility Rental Specialist

Safety and Security

- Eva Howard, Executive Director, Safety and Security
- Jen Fleming, Security Technical Support and Data Management

Hillside High School

- William P. Logan, Ph.D., Principal
- Margaretta Reid, Assistant Principal
- Leroy Meadows, MFA, Technical Theatre Director

Information Technology

- Joy Malone, Information Technology
- Javin Griffin, Senior Audiovisual Technician
- Shatasha Boney, Audiovisual Technician

Durham County Sheriff's Office

Andre D. Hinton, Captain

Durham Technical Community College

Health and Wellness

- Melissa Oakley Ockert, M.S., CCRA, CCRP, Dean, Health and Wellness
- Letitia Johnson-Arnold, M.S., CHES, NBC-HWC, CHWI, Behavioral and Community Health Programs – Coordinator/Instructor
- Community Health Worker Program Students

Interpretation and Translation Programs

- Sara Juarez, M.A., CHI (TM), Director, Interpretation and Translation Programs, Center for the Global Learner
- Suzanna Hernandez, Instructor – Translation and Interpretation
- Laura Price, Instructor – Translation and Interpretation
- Students in Interpretation and Translation Programs

Event Registration

Rojulynne Fike, M.A., Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

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

First Aid Room

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

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Mary Thomas, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Kimberley Burnette-Hoke, Community Member

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Janet E. Hall, M.D., M.S., Clinical Director and Principal Investigator, NIEHS

LaHoma Romocki, Ph.D., Associate Professor and Chair, Public Health Education Department, North Carolina Central University

Trish Harleston, D.Min., President, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Interpreters

American Sign Language

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- Linda Kiefer, Program Manager, Interpreting Services, NIH

Logistics and Implementation

Office of Human Research and Community Engagement, NIEHS and NIH

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- Mya Love-Whitley, B.S.
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DLH Corp, Social and Scientific Systems Inc.

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- Terence Johnson, M.S.
- Nathaniel MacNeil, Ph.D.
- Thais Ramirez, MSGH
- Steven Ramsey, M.P.H.
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- Meredith Thanner, Ph.D.

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Durham County Women's Commission

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

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

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

Orange Grove Girl Scout Troop #3750

Leaders: Jeryl Anderson and Brenda Gilliam

Partners for the 2024 Women's Health Awareness Satellite Conference Sites

Raleigh-Durham Area Chapter of Blacks In Government (BIG)

Women of Markham Chapel Baptist Church

Members From Various Student Organizations

Students of Interpretation and Translation Programs, Durham Technical Community College

Students of the Community Health Worker Program, Durham Technical Community College

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

Students of the Department of Nursing, North Carolina Central University

Students of the Department of Public Health Education, North Carolina Central University

Students at the the University of North Carolina at Chapel Hill Adams School of Dentistry/American Association of Public Health Dentistry

Welcome



Greetings Conference Participants,

We are delighted to extend our warmest welcome as we celebrate the remarkable milestone of the 10th anniversary of the Women's Health Awareness (WHA) Wellness Conference, celebrating 10 years of transforming communities by enhancing women's health.

On behalf of the National Institute of Environmental Health Sciences (NIEHS) and our co-sponsors, Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House, the Public Health Education Department at North Carolina Central University, and our Planning and Steering Committee, it is a pleasure to welcome you to the 10th Women's Health Awareness Wellness Conference.

Over the past decade, this conference has empowered and informed women to take responsibility for their health; to understand their health options; and to identify services, resources, and products to best help women reach their full health potential to live healthier lives.

Our goal is to reduce health and environmental health disparities, build resilient communities, and address health equity. We have listened to you, your interests and needs, and have been responsive with programming to improve wellness and environmental public health.

As we reflect on the past 10 years, we are filled with a profound sense of gratitude for the invaluable support and contributions from our attendees, partners, sponsors, volunteers, and communities. Your unwavering commitment has made this conference a successful and enduring legacy. I want to share a few highlights of the program:

- The WHA conference, which began as a day-long conference, has grown into a program that includes virtual programming, newsletters, and public health messaging to ensure you remain aware and knowledgeable.
- WHA began with approximately 400 attendees in 2015, and now has more than 1,000 attendees (2023).
- We have reached more than 6,000 women and their families across our great state of North Carolina and beyond.
- The conference is now offered in three sites across North Carolina, adding Granville-Vance counties and Buncombe County in Western, N.C., as satellite sites in 2022.
- We have established authentic, collaborative partnerships with more than 100 organizations.
- Over the 10 years, we have offered more than 400 unique educational health sessions tailored to participants' needs; provided more than 100 important free health screenings, including mammograms; and hosted approximately 200 exhibitors to provide health services, resources, and health information.

In commemorating this significant milestone, we are not only celebrating the accomplishments of the past, but looking to the future with renewed vigor and enthusiasm. As we continue to navigate new challenges and opportunities, we remain steadfast in our commitment to uphold the core values of the Women's Health Awareness Program and to drive positive impact within our community and beyond.

Once again, we have an impressive program and a wonderful group of faculty and service providers who support this event. We are grateful to each of them for sharing their invaluable expertise to ensure WHA's success.

We thank our corporate, business, and local community partners again for their generous contributions and services. Their monetary and in-kind support makes it possible to offer this conference to you for free. Finally, we thank our volunteers for their enthusiastic effort and time to make this event a success.

We would like to express our heartfelt appreciation to everyone who has been a part of this incredible journey. Your dedication, passion, and vision have been the driving force behind our success, and we are profoundly grateful for your continued support.

Lastly, we are honored that **YOU** have chosen to participate in this exciting conference. We hope that 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 grateful for your presence here today!! Please let us know how we can make your experience more comfortable and pleasant.

Thank you for participating in the 10th anniversary of the Women's Health Awareness Conference!

Warmest and Best Regards,

Joan P. Pakenham, Ph.D., Chair, Women's Health Awareness Program and Steering and Planning Committee; Founder and Director, Women's Health Awareness Community Engagement Program; Director, Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences, National Institutes of Health; Chair, Physical and Mental Health Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.



Women's Health Awareness 2024

Conference Agenda

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
8:00 a.m.	On-Site Registration Begins	Lobby
Opening, Welcome, and Greetings		
8:45 – 9:30 a.m.	<p>“Let’s Move” Willa Robinson Allen, M.P.H., M.A.Ed., MCHES, Senior Public Health Educator, Health Promotion and Wellness, Program Manager, Durham County Department of Public Health</p>	Theater
	<p>Welcome Joan P. Packenham, Ph.D., Founder and Chair, Women’s Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p>	
	<p>Greetings Leonardo Williams, M.Ed., Mayor, City of Durham Richard P. Woychik, Ph.D., Director, NIEHS and National Toxicology Program, NIH, U.S. Department of Health and Human Services David H. Jackson, Jr., Ph.D., Provost and Vice Chancellor for Academic Affairs, North Carolina Central University Trish Harleston, D.Min., President, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc. Trish Rhyne Johnson, Ph.D., South Atlantic Regional Director, Delta Sigma Theta Sorority Inc. William T. Logan III, Ph.D., Principal, Hillside High School Mina Forte, President, Hillside High School National Alumni Association, Durham Public Schools</p>	
9:30 – 9:35 a.m.	Transition to Next Session	
9:35 – 10:20 a.m.	<p>Environmental Health Education “Exposure to Lead in Communities of Color – An Environmental Justice Issue for Women and Children at Higher Risks”</p> <p>Speaker: Sharunda Buchanan, Ph.D., M.S., Director, Office of Priority Projects, Innovation, and Environmental Justice, National Center for Environmental Health/Agency for Toxic Substances and Disease Registry, Centers for Disease Control and Prevention; Interim Director, Office of Environmental Justice, Office of the Assistant Secretary for Health, Department of Health and Human Services</p> <p>Session Chair: Melissa Smarr, Ph.D., Program Director, Center to Reduce Cancer Health Disparities (CRCHD), National Cancer Institute (NCI), National Institutes of Health</p> <p>Abstract: Lead is a highly toxic metal occurring naturally in the earth’s crust. Lead has been mined and used by humans for centuries, resulting in widespread environmental contamination. Exposure to lead can cause significant insult to every organ in the human body, but primarily affects the central nervous system, particularly the developing brain. Children (particularly under the age of 6) are at greater risk of significant health outcomes because their bodies are still developing and growing rapidly. Research has shown that even small amounts of lead can cause damage to a child’s brain and nervous system, resulting in slowed growth and development and learning and behavioral problems.</p> <p>Lead exposure is also harmful to adults. Some associated effects include cardiovascular effects; nerve disorders; decreased kidney function; adverse effects on sperm and semen, such as lower sperm counts and motility; and fertility problems, including delayed conception.</p> <p>The risk of being exposed to lead is not the same for all individuals, thereby making this an environmental justice issue. Data show disparities in exposure for African American and lower-income households, and for certain geographic locations. This presentation will offer some of the primary and secondary prevention efforts that may be used to protect pregnant women and children, particularly those living in environmental justice communities.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand what environmental justice is and how it relates to lead exposure. • Be familiar with the health effects associated with lead exposure. • Be able to describe primary and secondary prevention efforts that may be used to address lead exposures. 	Theater

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
	<p>Breakout Session "Addressing Unmet Needs in North Carolina Communities Through NC Medicaid"</p> <p>Speaker: LaQuana Palmer, MPA, Deputy Director, Communications and Engagement, Division of Health Benefits (NC Medicaid), N.C. Department of Health and Human Services</p> <p>Session Chair: Carlotta Dixon, MHS, CPM, Section Chief, State Emergency Response Team (SERT) ESF/RSF 6 Human Services Lead, Title VI/ADA-Civil Rights Administrator, N.C. Division of Social Services-Program Compliance, N.C. Department of Health and Human Services</p> <p>Abstract: In this interactive presentation, the Department of Health and Human Services will share strategies to address social drivers of health through Medicaid programs. The speaker will discuss the strategies used to meet people where they are, the resources available to existing and potential beneficiaries, community partners, and the collaborative efforts that are shaping a healthier future for North Carolina. The presentation will also include the communications and outreach strategy crafted for the NC Medicaid Expansion campaign, which will give more than 600,000 North Carolinians access to health coverage through Medicaid.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss unmet needs that impact social drivers of health across North Carolina. • Provide examples of the strategies implemented to address social drivers in North Carolina (e.g., Medicaid expansion campaign). • Understand how to apply this knowledge to work in communities and be aware of resources to support those efforts. 	<p>Media Center</p>
<p>9:35 – 10:20 a.m.</p>	<p>Diabetes Health Education "New Drugs for Diabetes: Finding the Right Fit"</p> <p>Speaker: Tamara de Souza, MDPGCME, B.Sc., B.MedSci., MBBS., Diplomate ABIM Fellow, Division of Endocrinology, Department of Medicine, Duke University School of Medicine</p> <p>Session Chair: Susan Spratt, M.D., Associate Professor, Medicine; Assistant Professor, Department of Family Medicine and Community Health, Duke University School of Medicine</p> <p>Abstract: The past decade has seen an explosion of new, highly effective medications for diabetes mellitus. The medical community has never before had such a diverse arsenal at our disposal in the fight against high blood sugars. Patients, along with their families and caretakers, need to firstly know of the existence of these varied agents and, secondly, understand how particular drug classes may be individually suited to help them attain their goals. This knowledge will empower persons to advocate for the best possible personalized diabetes drug plan to fit their biology and lifestyle. This session will start by reviewing the basic biology of diabetes mellitus with a focus on drug targets exploited by recently developed agents, along with the particular benefits conferred by each drug class. Building on this foundation, we will discuss practical aspects of agent use, such as route of delivery, frequency of administration, and strategies to address common side effects.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Gain awareness of recently developed agents used to treat diabetes mellitus. • Appreciate individualized factors that guide the selection of particular agents for particular patient profiles. • Develop the capacity for advocating for personalized, effective treatment for the self or others living with diabetes. 	<p>124</p>

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
	<p>Cardiovascular Health Education "Heart Health in Your Hands"</p> <p>Speaker: Rushad D. Shroff, M.D., FACP, Practice Medical Director, Duke Primary Care Midtown, Raleigh, N.C.</p> <p>Session Chair: Dana Todd, M.D., Board-Certified Family Physician, Duke Primary Care</p> <p>Abstract: "Heart Health in Your Hands" is a practical guide to empower individuals to take ownership of their own health. It sheds light on the significance and risk factors of cardiovascular disease, as well as valuable insights on dietary and lifestyle interventions to prevent and treat it. This presentation dives deeper into the building blocks of nutrition and what role they play in heart health. A brief overview of the Mediterranean, DASH, and anti-inflammatory diets is also included. The important role of supplements, botanicals, herbs, and spices is also discussed. Finally, lifestyle factors, including the mind-body connection, social support, physical activity, and spirituality are vital to holistic heart health!</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn about the prevention and management of cardiovascular disease through diet, exercise, and lifestyle modification. • Discover a practical guide on dietary links to cardiovascular disease. • Hear suggestions on how to lower the risk of cardiovascular disease. 	<p>112A</p>
<p>9:35 – 10:20 a.m.</p>	<p>Breakout Session "Effects of Family Caregiving on Women's Health: Why Equity in Caregiving Is Important!"</p> <p>Speaker: Jennifer Link, MSW, Aging Program Coordinator, Central Pines Area Agency on Aging</p> <p>Session Chair: Toni Chatman, MHA, Associate Director, Oral and Allied Health Education, Wake Area Health Education Center</p> <p>Abstract: This presentation will identify the impacts of unpaid caregiving on a woman's health, offer explanations on why family caregiving disproportionately falls to female family members, discuss ways to mitigate negative health outcomes for female family caregivers, and highlight why equity in caregiving is critical for women as they enter older adulthood and why the intersectionality of gender and race needs particular attention.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand why women disproportionately find themselves in the role of an unpaid caregiver. • Understand specific health conditions that can arise and/or worsen as a direct result of engaging in family caregiving. • Increase knowledge on how to manage stressors from family caregiving. • Become aware of gender, race, and class issues related to caregiving that impact women throughout adulthood. 	<p>119</p>

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
10:20 – 10:30 a.m.	Transition to Next Session	
10:30 – 11:15 a.m.	<p>Breakout Session "Thyroid Disease: The Hot, the Cold, and Lumpy"</p> <p>Speaker: Randol Kennedy, M.D., Fellow, Department of Medicine, Division of Endocrinology, Duke University School of Medicine</p> <p>Session Chair: Susan Spratt, M.D., Associate Professor, Medicine; Assistant Professor, Department of Family Medicine and Community Health, Duke University School of Medicine</p> <p>Abstract: Thyroid disease is very common, yet so many patients are not aware of the characteristics of thyroid gland diseases, how they can be treated — or even what the thyroid gland is! Want to learn about the 'butterfly-shaped' gland in your neck and why it can be referred to as 'the thermostat' of your body? This session will provide basics about the thyroid gland, why it is vital to your health and well-being, and the common diseases associated with it.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand the role of the thyroid gland in maintaining the body's key functions. • Become familiar with the signs and symptoms of an overactive thyroid (hyperthyroidism) and an underactive thyroid (hypothyroidism), as well as treatments available. • Become familiar with thyroid nodules and how your doctor screens for cancer in these nodules. 	Media Center
10:30 – 11:15 a.m.	<p>Breast Health Education "Worth the Squeeze: Breast Cancer Detection and Treatment"</p> <p>Speakers: Kendra Modell Parrish, D.O., FACS, Breast Surgical Oncologist, Department of Surgery, Duke University School of Medicine, and Rani Bansal, M.D., Breast Medical Oncologist, Department of Medicine, Duke Cancer Institute</p> <p>Session Chair: E. Shelley Hwang, M.D., M.P.H., Mary and Deryl Hart Distinguished Professor of Surgery, Professor of Surgery, Duke University School of Medicine</p> <p>Abstract: The goal of this session is to empower women with knowledge about breast cancer, which affects one in eight U.S. women, and will address topics including the detection and treatment of breast cancer. This session will provide a deeper awareness and understanding of important information that you or your loved ones will need to make informed decisions about care and treatment.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Review recommendations for breast cancer screening and genetic testing. • Learn about surgical options for breast cancer. • Understand the importance of clinical trials. • Explore treatment options for local and advanced breast cancer. 	124

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
	<p>Healthy Living Education "How To Boost Heart Health With Plant-Forward Eating Patterns"</p> <p>Speaker: Kelli Wood, M.S., RD, LDN, Regional Registered Dietitian, Aramark Collegiate Hospitality</p> <p>Abstract: Heart disease stands as the primary cause of death for both men and women in the U.S. This presentation aims to guide you in enhancing heart health through the incorporation of plant-forward dietary practices and the exploration of culinary skills and techniques needed for preparing delicious dishes.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand the importance of dietary choices and the implications on heart health. • Understand the components of a heart-healthy diet. • Explore culinary techniques to adapt plant-forward eating. 	<p>112A</p>
<p>10:30 – 11:15 a.m.</p>	<p>Maternal Health Education "Addressing Substance Use and Mental Health Concerns for Pregnant and Parenting Women"</p> <p>Brought to you by the Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.</p> <p>Speaker: Melissa L. Godwin, LCSW, Clinical Associate Professor, Behavioral Health Springboard, School of Social Work, University of North Carolina at Chapel Hill, NC Pregnancy and Opioid Exposure Project</p> <p>Session Chair: Sharon Mosley, LCMHC, Owner, The Fit Talk PLLC; Author, "My First Time"</p> <p>Abstract: Substance use during pregnancy can have health effects on a pregnant person and baby, yet many people may use more than one substance during pregnancy. According to a new report released February 2024 by North Carolina's Maternal Mortality Review Committee, drug overdoses and violence were the top killers of pregnant and recently pregnant women in North Carolina during the two years prior to COVID-19. In this session, we will discuss substance use and mental health concerns for pregnant and parenting women.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Educate participants about the prevalence and impact of substance use and mental health disorders during pregnancy. • Address the prevalence of prenatal alcohol exposure and fetal alcohol spectrum disorder. • Identify the importance of acknowledging the barriers to accessing care. • Increase knowledge of North Carolina resources for pregnant and parenting women with a substance use disorder and how to access care. 	<p>119</p>
	<p>Healthy Living Session "Let's Dance It Out!"</p> <p>Fitness Instructor: Marvis Henderson-Daye, Ed.D., MPA, Owner, M. E. Henderson Inc.</p> <p>Abstract: Join Marvis, your Chief Fun Officer, for an interactive workshop that will invigorate you by demonstrating how to get out of your way and dance! Marvis uses urban soul line dancing for low-impact exercise and, well, fun! Of all the dances, line dancing gives you the most freedom because you do not need a partner. Come to this session if you are ready to shake, roll, and bounce to beginner-friendly dances.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Jumpstart your fitness life with a low-impact activity. • Take a respite from our challenging world. • Make fun a necessity. 	<p>Band Suite</p>

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
11:15 – 11:30 a.m.	Mid-Morning Snack: Theater Hallway	
11:30 a.m. – 1:00 p.m.	<p>Greetings and Introduction of Keynote Address and Facilitator</p> <p>Joan P. Packenham, Ph.D., Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p> <hr/> <p>Keynote Session "Enhancing Environmental Justice in North Carolina"</p> <p>Moderator: Deborah Holt Noel, Senior Producer, Black Issues Forum; Host and Feature Producer, North Carolina Weekend, PBS North Carolina</p> <p>Speakers: Sharunda D. Buchanan, Ph.D., M.S., Interim Director, U.S. Department of Health and Human Services' Office of Environmental Justice, Office of Climate Change and Health Equity, Office of the Assistant Secretary for Health; Director, Office of Priority Projects, Innovation, and Environmental Justice, National Center for Environmental Health/Agency for Toxic Substances and Disease Registry, Centers for Disease Control and Prevention</p> <p>Sherri White-Williamson, Director, Environmental Justice Strategy, NC Conservation Network</p> <p>Cassandra Campbell, Executive Director, Robeson County Disaster Recovery Coalition Inc.</p> <p>Kennedy Holt, MSPH, Environmental Toxicologist, Public Health, Occupational, and Environmental Epidemiology, N.C. Department of Health and Human Services</p> <p>Chandra T. Taylor-Sawyer, ESQ, Senior Attorney and Leader, Environmental Justice Initiative, Southern Environmental Law Center</p> <p>Session Chairs: Sharon Beard, M.S., Director and Branch Chief, Worker Training Program, NIEHS, NIH, and Joan P. Packenham, Ph.D., Director, NIEHS Office of Human Research and Community Engagement</p> <p>Abstract: With the increased effects of climate change becoming more visible each season, environmental justice efforts in North Carolina have become even more important. The environmental justice movement of North Carolina has existed for many years, with a 1982 protest against the hosting of a hazardous waste landfill in an African American community cited as the primary kickoff to the movement. From there, environmental justice has grown to include a wide array of issues that impact disadvantaged communities. Leaders from federal and state agencies, N.C. technical assistance programs, and advocacy projects will speak on their efforts to support community change.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn about the environmental justice work being done across the U.S. and North Carolina. • Learn about the grassroots efforts by technical assistance leaders. • Be able to describe what environmental justice looks like in your community. 	Theater
1:00 – 1:30 p.m.	Lunch Break	

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
	<p>Reproductive Health Education <i>"Women's Health and Reproductive Rights: Federal Strategies"</i></p> <p>Speaker: Melanie Fontes Rainer, J.D., Director, Office for Civil Rights, U.S. Department of Health and Human Services</p> <p>Session Chair: Roshunda Ivory, Dr.P.H., CHES®, Regional Minority Health Analyst, Office of Regional Health Operations, Region 4, Office of the Assistant Secretary for Health, U.S. Department of Health and Human Services</p> <p>Abstract: The goal of this session is to educate individuals about the work being done at the federal level to protect the reproductive health rights of women and other people who can get pregnant. This session will focus on the work being done in the Office for Civil Rights at the U.S. Department of Health and Human Services, and how federal policies can inform local solutions for at-risk populations.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand the law and how it is enforced. • Be able to explain how your reproductive rights are enshrined in law. • Learn strategies for engaging with the administration. 	Theater
1:30 p.m. – 2:15 p.m.	<p>Cancer Health Education <i>"Oral and Neck Cancer: Early Detection and Prevention"</i></p> <p>Speaker: Trinitia Cannon, M.D., Director, Head and Neck Surgical Oncology, Duke Raleigh Hospital</p> <p>Session Chair: Angelo Moore, Ph.D., RN, NE-BC, Director, Center of Excellence for Integrative Health Disparities and Equity Research, North Carolina A&T State University</p> <p>Abstract: Oral cancer (aka mouth cancer) and oropharyngeal cancer (tonsil and base of tongue cancer) are the most common types of cancer that affect the head and neck. Head and neck cancers represent about 4% of all new U.S. cancer diagnoses (with an estimated 66,470 new cases in 2022) and 15,000 deaths. The most common risk factors include tobacco use, alcohol use, and a virus called the human papillomavirus (HPV). We will discuss some signs and symptoms to assess for head and neck cancer and preventative measures.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn signs and symptoms of head and neck cancers. • Learn ways to prevent head and neck cancers. 	Media Center
	<p>Behavioral Health Education <i>"Understanding Mental Health in the LGBTQ+ Community"</i></p> <p>Brought to you by the Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.</p> <p>Speaker: Adrienne Michelle, LMFT, Speaker, Therapist, and Educator</p> <p>Session Chair: Sharon Mosley, LCMHC, Owner, The Fit Talk PLLC; Author, "My First Time"</p> <p>Abstract: The goal of this workshop is to support participants who desire a better understanding of the mental health needs of the LGBTQ+ community and the disparities encountered.</p> <p>Objective:</p> <ul style="list-style-type: none"> • Understand mental health disparities facing LGBTQ+ people of color, centering on QTBIPOC communities. • Understand how to better show up for yourself and members of your family who share these identities. • Understand needs in holding queer relationships. 	124

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Time	Session	Room No.
<p>1:30 p.m. – 2:15 p.m.</p>	<p>Environmental Health Education Winners of the 2024 WHA Climate Change Science Challenge!!</p> <p>Teachers and Schools:</p> <p>Tara Anderson, Eighth Grade Science Teacher, Science Department, Northridge Middle School, Charlotte, N.C.</p> <p>Vashti Mosby, Sixth Grade Science Teacher, Science Department, Northridge Middle School, Charlotte, N.C.</p> <p>Alicia Yewcic, Sixth Grade Science Teacher, Integrated Science 6, Governors' Village STEM Academy, Charlotte, N.C.</p> <p>Abstract: The Climate Change and Your Community Science Challenge aimed to help students learn about climate change, the environment, and how to create change within their community. Middle school and high school science teachers and students were invited to submit a detailed proposal outlining a problem they see in their community and a proposed solution. The winners for the 2023-24 challenge are:</p> <p>Tara Anderson and Vashti Mosby Class Proposal: "The Impact of Drought on a Community"</p> <p>The environmental health concern in our community as it relates to climate change is the impact drought has had on our community. The drought has put in place concerns around water scarcity, reduced agricultural productivity, risk of wildfires, ecosystem disruption, and economic and social consequences. We see the opportunity to support our community by creating an easy, sustainable playbook for individuals or businesses to use to create a sustainable water collection and how to reuse that water for impact.</p> <p>Alicia Yewcic Class Proposal: "Light Pollution: Why You Should Care!"</p> <p>We are interested in light pollution because it disrupts the natural pattern of wildlife. It also increases the carbon dioxide (CO2) in the atmosphere. This is a revolving issue because if increasing CO2 levels destroys the ozone layer, as it does, it can and will kill plants we use for food, and increase the temperature extremely, destroy skin cells, and it could possibly cause skin cancer. To fix this issue, I suggest we start turning off lights when not in use. Some other solutions to this problem are making lights point down instead of upward and avoid or limit driving at night because we need to have our lights turned on while driving.</p>	<p>112A</p>
	<p>Behavioral Health Education Spanish Bilingual Session "Mental Health Matters"</p> <p>Speaker: Jackeline Noemi Vázquez Villafaña, LCMHC, LCAS-A, NCC, Director, The Counseling Center</p> <p>Abstract: Women's mental health continues to be a complicated topic in an ever-changing, fast-paced, post-pandemic culture. Mental health refers to emotional, psychological, and social well-being. It affects how we think, feel, and act. How we handle stress, relationships, and decision-making depends on the state of our mental health. How does mental health differ, if any, for women? What obstacles continue to get in the way of achieving optimal mental health? During this presentation licensed clinical mental health counselor, Jackeline Vázquez, will encourage women to develop an awareness of what state their mental health condition is in and what practical steps can be taken to begin to gain control of one's own well-being.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Identify mental health as it relates to women. • Identify personal and societal obstacles toward achieving mental health. • Discuss implementation of practical and positive change for well-being. • Explore how to have conversations normalizing mental health and topics of well-being. 	<p>119</p>

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Time	Session	Room No.
<p>1:30 p.m. – 2:15 p.m.</p>	<p>Healthy Living Session “Yoga, Breath, and the Central Nervous System”</p> <p>Speaker: Ingrid Saddler-Walker, M.A., E-RYT 500/RCYT 95, Wytha Balance Yoga-Counseling LLC</p> <p>Abstract: Stress and anxiety trigger the release of cortisol and adrenaline in the body. These hormones create an imbalance of the sympathetic nervous system — your fight-or-flight response — which can lead to an increased risk of illness and disease. Daily yoga practice is one of the best ways to relax the central nervous system, restore balance to the body and mind, and counteract the adverse reaction of cortisol.</p> <p>Do you want to learn how yoga relaxes the central nervous system? Do you experience much stress, worry, and unease? If so, it might be time to take a closer look at yoga, especially during these uneasy days.</p> <p>This gentle yoga class is for all levels of yoga students, from beginners to advanced. You will learn gentle yoga asanas (poses) that help you relax the central nervous system and promote calmness and relaxation. It consists of a slow-flowing sequence that links each pose to the breath, allowing cooling, relaxation, and grounding with each movement. Each pose will focus on different areas of your body to ground and release any anxieties or nervousness.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Focus on the breath. • Use the breath to calm down. • Use the breath to relax the body and the mind. • Learn the different yoga poses that will calm down the central nervous system. 	<p>Band Suite</p>
<p>2:15 – 2:20 p.m.</p>	<p>Transition to Next Session</p>	

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
<p>2:20 – 3:05 p.m.</p>	<p>Reproductive Health Education <i>"Go With the Flo: Let's Talk About Menstrual Health and Hygiene. Period."</i></p> <p>Speaker: Pattie Tucker, Dr.P.H., RN, Director, Office of Women's Health, Centers for Disease Control Office of Health Equity</p> <p>Session Chair: Sharunda Buchanan, Ph.D., M.S., Director, Office of Priority Projects, Innovation, and Environmental Justice, National Center for Environmental Health/ Agency for Toxic Substances and Disease Registry, Centers for Disease Control and Prevention</p> <p>Abstract: Every month, 1.8 billion people across the world menstruate,¹ which means they experience the monthly series of changes the body goes through to prepare for pregnancy.</p> <p>Cultural norms, stigma, and negative views around menstruation (or period) and, for some, the inability to afford period essentials increase individuals' feelings of stress, shame, and isolation. Period poverty is the lack of access to education, safe and clean period products, and sanitation facilities during monthly menstruation.² Period poverty can impact the number of days menstruators miss work, school, and social activities. According to a North Carolina nonprofit organization, a significant portion of low-income menstruating individuals in N.C. do not have access to affordable period products needed each month.³ Individuals who cannot afford traditional period products are often forced to create replacements out of toilet paper, paper towels, or clothing.⁴</p> <p>To achieve optimal menstrual health, all menstruators need access to accurate information, affordable period products, a positive and respectful environment, and proper health care services. Some states increased access to menstrual products by requiring schools, correctional facilities, or homeless shelters to provide supplies at no cost to individuals. In N.C., period products are available in more than 300 public schools.³ When menstruators have access to safe, affordable period products to manage menstruation, their fears are lowered and their personal dignity is raised.</p> <p>[1] Menstrual hygiene UNICEF [2] Period Poverty: A Neglected Public Health Issue - PMC (nih.gov) [3] Period Power — Diaper Bank of North Carolina - Diapers and Period Supplies (ncdiaperbank.org) [4] Why We Collect Period Products Infographic</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss facts about menstrual health and hygiene. • Recognize a normal menstrual cycle and when to seek health care. • Define period poverty. • Identify available menstrual health and hygiene resources. 	<p>Theater</p>
	<p>Cancer Health Education <i>"Gastrointestinal Health and Wellness"</i></p> <p>Speakers: Katherine Garman, M.D., MHS, Duke Cancer Institute, and Meria Epplein, Ph.D., Duke Cancer Institute</p> <p>Session Chair: Angelo Moore, Ph.D., RN, NE-BC, Director, Center of Excellence for Integrative Health Disparities and Equity Research, North Carolina A&T State University</p> <p>Abstract: This session will provide information on gastrointestinal health and wellness, with a particular focus on the prevention and interception of gastrointestinal cancers. We will describe the options for colorectal cancer screening, providing specific details about colonoscopies. We will discuss stomach cancer, including symptoms and important risk factors such as <i>H. pylori</i> infection. We will also discuss stomach cancer screening and prevention.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Recognize gastrointestinal red flags to share with your doctor. • Understand colorectal cancer screening options. • Learn about stomach cancer risk factors and prevention. 	<p>Media Center</p>

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
2:20 – 3:05 p.m.	<p>Reproductive Health Education “More Than Periods and Infertility: Demystifying Polycystic Ovary Syndrome, the Most Common Hormone Condition in Women”</p> <p>Speakers: Sasha Ottey, MHA, MT (ASCP), Executive Director, PCOS Challenge: The National Polycystic Ovary Syndrome Association, and Skand Shekhar, M.D., MHSc, FACP, Acting Medical Director, Clinical Research Unit, NIEHS, NIH</p> <p>Session Chair: Janet E. Hall, M.D., M.S., Clinical Director, Chief, Clinical Research Branch, Senior Investigator, NIEHS, NIH</p> <p>Abstract: Polycystic ovary syndrome (PCOS) is the most prevalent hormone condition in women and one of the most common causes of infertility. Historically viewed as primarily a reproductive disorder, PCOS is now understood to impact patients throughout their lifespan, as well as multiple areas of health, mental health, and well-being. PCOS increases cardiovascular, metabolic, and mental health, and some cancer risks, as well as maternal health complications such as gestational diabetes, miscarriage, and preeclampsia.</p> <p>This presentation will focus on understanding how PCOS impacts health, fertility, mental health, quality of life, strategies and challenges with diagnosis and management, and importantly, patients’ priorities for living better lives with PCOS.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand the health and mental health impact. • Identify PCOS symptoms and opportunities for earlier intervention. • Learn about treatment and management options for PCOS symptoms. • Understand the connection to disorders such as Type 2 diabetes, high blood pressure, endometrial cancer, etc. • Learn about opportunities for improving outcomes for PCOS patients. 	124
	<p>Cardiovascular Health Education “Separating Evidence From Misleading Medicine”</p> <p>Speaker: Nkiru Osude, M.D., M.S., Duke Cardiovascular Disease Fellow, Duke Clinical Research Institute Research Fellow</p> <p>Session Chair: Carmelita Spicer, M.Ed., Grants Administrator and Board Liaison Director, Community Health Coalition</p> <p>Abstract: Heart disease is the leading cause of death in America. Statins, a common medication recommended for heart disease, have many side effects: muscle pain, dementia, diabetes, GI symptoms, and the list goes on and on. Do statins cause all these things? Are there more effective naturopathic alternatives with fewer side effects? Let’s discuss this and more together. Bring your questions, your doubts, and your statins to this session.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss common statin side effects. • Discuss the effectiveness of naturopathic remedies or vitamins compared to statins. • Explore newer alternatives to statins. • Answer audience questions about statins and cholesterol-lowering medications. 	112A

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Time	Session	Room No.
2:20 – 3:05 p.m.	<p>Breakout Session "American Indian Women's Health Transforming Trauma: The Path to Hope and Healing"</p> <p>Speaker: Crystal Cavalier, Ed.D, MPA, Founder, 7 Directions of Service</p> <p>Abstract: We hope to empower American Indian women seeking holistic development, and we will accomplish this by engaging their mental, physical, emotional, and spiritual selves in this workshop. We will directly address trauma-induced biological damage and its psychological consequences. This workshop will discuss the techniques and antidotes to the fight-or-flight, stress, and freeze responses. These techniques reestablish broken brain connections and promote the healthy integration of thoughts and feelings. Also, these antidotes revive functions that have been compromised — memory, focus, self-awareness, judgment, emotional intelligence, and compassion.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn techniques on how to free yourself from the loop of hopeless and self-defeating thoughts that bind you to trauma. • Concentrative Meditation: Soft belly meditation quiets the stress response, making accepting and putting our emotions into perspective easier. • Mindfulness: Mindful eating is a "mindfulness meditation" designed to bring relaxed, moment-to-moment awareness into every aspect of eating. • Body scans focus relaxed attention on the various regions of our body. The inner journey we will take in this experiment begins with the awareness and relaxation of a body scan. • Expressive Meditation: Shaking and dancing, an "expressive meditation," uses intense, disruptive effort and unrestricted movement to help us shed stress and tension and bring up and release emotion. • Guided Imagery: This first experiment with imagery will give you a direct experience of how images can affect your autonomic nervous system and, through this, your physiological functioning. • Safe Place Imagery: Vital in giving you relief when troubling memories are surfacing, when you're facing an experience that evokes previous trauma, or when you're just living through a stressful time. 	119
	<p>Healthy Living Education Cooking Demonstration "Living Well Starts With Eating Well"</p> <p>Presenter: Eddie Wilson, Instructor and Executive Chef, Aramark Collegiate Hospitality</p> <p>Abstract: This demonstration will teach participants how to make a quick, healthy dish that meets their daily nutritional needs.</p> <p>Objective:</p> <ul style="list-style-type: none"> • Learn daily food groups for healthy, nutritious meals. 	Cafeteria
3:05 – 3:10 p.m.	Transition to Next Session	

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Time	Session	Room No.
3:10 – 3:55 p.m.	<p>Environmental Health Education <i>“Centering Equity to Eradicate Occupational Health Disparities”</i></p> <p>Speakers: John Staley, Ph.D., Deputy Director, N.C. Occupational Safety and Health Education and Research Center; Sylvia Zapata, Executive Director, Student Action With Farmworkers; Kim Dunn, MSPH, Technical Training Director, Deep South Center for Environmental Justice; Bruce McClue, Technical Training Manager, Deep South Center for Environmental Justice</p> <p>Session Chair: Sharon Beard, M.S., Director and Branch Chief, Worker Training Program, NIEHS, NIH</p> <p>Abstract: Physical and mental occupational health disparities exist across varying populations of workers. Gender, race, socioeconomic, and environmental factors mean workers may be starting at different points, and existing structures of historic inequality are doing nothing to rectify this matter. In many cases, these issues are further exacerbated in the workplace and why we see women suffering from twice the levels of stress-related illness as men, immigrants, or low-income workers overrepresented in contingent work arrangements. Speakers will share more about the occupational disparities greatly affecting low-income and disadvantaged communities. Speakers will also share more about resources to address these disparities, including training and educational materials.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn about occupational health disparities with a focus on women's health. • Learn about the impact on workers, employers, and families. • Learn about the work being done by health and environmental justice leaders to reduce occupational health hazards across the board. 	Theater
	<p>Breakout Session <i>“Why Does It Seem Hard to Diagnose Autoimmune Diseases in Women?”</i></p> <p>Brought to you by the Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.</p> <p>Speaker: Lisa Criscione-Schreiber, M.D., M.Ed., Professor of Medicine, Vice Chair for Education, Duke Department of Medicine; Co-Founder, Duke Lupus Clinic</p> <p>Abstract: In this session, we discuss some reasons why it can be challenging to figure out if a person has an autoimmune disease. We will do this by exploring the features of a few autoimmune diseases and how they are similar to other conditions. The session will present some of the understood science about how autoimmune illnesses develop. We will identify some potential barriers to diagnosis, treatments, and challenges to management that may be encountered by women of color. I will present a rheumatologist's perspective on how women can effectively self-advocate and where to find reputable information about autoimmune disorders.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Appreciate the challenges in identifying and diagnosing autoimmune diseases. • Gain an understanding of fixed and modifiable risk factors for developing autoimmune illnesses. • Share strategies to address barriers to care encountered by women of color. • Review how non-medical people can find and evaluate information about autoimmune disorders. 	Media Center

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Time	Session	Room No.
	<p>Reproductive Health Education <i>"The Menopause Journey: Exploring Its Impact on Women's Health"</i></p> <p>Speaker and Session Chair: Mariah Prince-Allen, DNP, FNP-BC, Telehealth for HER</p> <p>Abstract: Menopause is a journey undertaken by more than 1.3 million women annually in the U.S. Despite increased openness about women's health, menopause remains a cultural taboo. In this session, we'll delve deeper into the world of menopause, going beyond the commonly discussed hot flashes to understanding how menopause impacts every aspect of women's health and wellness. Together, we'll redefine the menopause experience, debunk myths, share practical tips, and empower you to navigate menopause with grace and resilience.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discover the role of female reproductive hormones. • Explore the holistic impact of menopause on women's health. • Gain practical strategies for managing menopausal symptoms. 	124
3:10 – 3:55 p.m.	<p>Breakout Session <i>"Your Health and Your Wealth Matters"</i></p> <p>Brought to you by the Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.</p> <p>Speaker: Lori Jones Gibbs, MBA, President/CEO, LJG Consulting LLC</p> <p>Abstract: Are you interested in learning more about how your health impacts your wealth? "Health is wealth" means that your physical and mental well-being are far more important than wealth in the realm of life satisfaction. As the saying goes, "Yes, money is great, yet money alone can't solve all problems. It can solve many problems and lead to a fantastic quality of life. But if you're not in good health, it means very little." Don't seek wealth to the detriment of your well-being! Know that you can't enjoy the financial achievements if you're in constant pain, unable to move, struggling to breathe, going to the hospital every few months, worrying about your health...or dead! Only if you're well can you take full advantage of your wealth. What's more, staying healthy is also crucial to reaching your full financial potential.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn the importance of having a relationship with a medical professional. • Understand why insurance matters. • Learn how to save for the unexpected and leverage employer benefits. 	112A
	<p>Maternal Health Education <i>"Birthing Inequity: Racial Disparities in U.S. Preterm Birth"</i></p> <p>Brought to you by the Triangle Park (NC) Chapter of The Links Inc.</p> <p>Speaker: Sarahn Wheeler, M.D., MHS, Associate Professor and Vice Chair, Equity, Diversity, and Inclusion; Director, Duke Prematurity Prevention Program, Duke University School of Medicine, Department of Obstetrics and Gynecology, Division of Maternal Fetal Medicine</p> <p>Abstract: Compared to all other racial and ethnic groups combined, the rate of preterm birth (PTB) is 50% higher among non-Hispanic Black pregnant people (NHBs). PTB is a leading cause of neonatal death, and babies who survive can face lifelong consequences ranging from respiratory infections, visual impairment, and learning delays.</p> <p>On average, each PTB costs \$76,000 dollars due to medical care for the infant, lost work for caregivers, and later special education needs. This cost translates to a conservative estimate of \$26 billion per year in the U.S. alone due to PTB. Therefore, the disproportionately high PTB rate among NHBs has long-term impacts on the family, community, and society.</p> <p>We will discuss the state of preterm birth and its racial disparities. We will also discuss the most impactful steps to avoid a PTB, including tobacco cessation, healthy weight, optimal pregnancy spacing, and optimization of chronic medical conditions.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Be able to define full-term, term, and preterm birth. • Be able to describe the rate of preterm birth in the U.S. by race and ethnicity compared to preterm birth globally. • Review evidence-based strategies to reduce the risk of preterm birth. 	119

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
3:10 – 3:55 p.m.	<p>Healthy Living Session "Ready! Set! Fitness!"</p> <p>Fitness Instructor: Anthony Jones, Owner and Operator, Ready Set Fitness Personal Training Studio</p> <p>Abstract: Get ready for an energizing and fun full-body workout that will "sculpt" you into the best shape of your life! ALL muscles are worked during this class! You will leave feeling stronger and leaner!</p> <p>Objective: Learn energizing and fun ways to get into shape.</p>	Band Suite
3:55 – 4:00 p.m.	Transition to Next Session	
4:00 – 4:45 p.m.	<p>Breakout Session "Karing for Your Kidneys – What Every Woman Should Know About Kidney Health"</p> <p>Speakers: Emily Chang, M.D., Assistant Professor, Medicine, Division of Nephrology and Hypertension, UNC School of Medicine, and Anisha Gerber, M.D., Pediatric Nephrology Program Fellow, UNC School of Medicine</p> <p>Session Chair: Jill Powell, M.P.H., Program Coordinator, UNC Kidney Center, UNC School of Medicine</p> <p>Abstract: There are more than 37 million people in the U.S. with kidney disease and, sadly, only one in nine affected are aware. The burden of kidney disease in North Carolina is high, affecting individuals, families, and communities. Women's health is unique, and women are at an even higher risk for kidney disease than men. During this session, we hope to increase knowledge and awareness of kidney disease and risk factors, and the importance of keeping kidneys healthy, thus decreasing the chances of needing dialysis or a kidney transplant in the future.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Review the function of the kidneys. • Educate ourselves about the risks for developing kidney disease and kidney disease progression in women. • Define strategies to protect kidney health. 	Media Center
	<p>Environmental Health Education "Effects of Vaping on Health"</p> <p>Speakers: Marlena Parson, PMHNP-BC, and Bolu Abe-Lathan, PA-C, Duke Smoking Cessation</p> <p>Session Chair: Kearston L. Ingraham, M.P.H., Assistant Director, Community Outreach, Engagement, and Equity, Duke Cancer Institute</p> <p>Abstract: This presentation focuses on the harmful effects of menthol cigarettes, e-cigarettes, and vapes, particularly on vulnerable populations and women's health. Menthol cigarettes pose significant health risks, leading to higher addiction rates and difficulty in quitting. E-cigarettes and vapes contain harmful substances that can impact lung health and serve as a gateway to traditional smoking, especially for younger populations. For women, the use of these products during pregnancy poses serious risks. The need for comprehensive public health strategies, including education, regulations, and cessation support, is highlighted to mitigate these risks.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand the unique health risks of menthol cigarettes. • Recognize the dangers of e-cigarettes and vapes. • Identify the specific health risks for women using tobacco products. • Advocate for effective policy and regulatory measures. 	124

Conference Agenda for Women's Health Awareness 2024

Time	Session	Room No.
4:00 – 4:45 p.m.	<p>Healthy Living Session "A Tai Chi Primer"</p> <p>Speaker: Benita Perkins, M.B.A., Director, Benniegirl Healthy Lifestyle Branding and Communication Inc.; Certified Fitness and Personal Training Instructor, Athletic and Fitness Association of America</p> <p>Abstract: This 45-minute session provides a background on the origin of tai chi, its health benefits, and a movement segment to relax and inspire you.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn about the origins of tai chi. • Discover the health benefits of tai chi and qigong. • Participate in some basic tai chi moves. 	Band Suite
	<p>Healthy Living Session "Container Gardening: Small Space...Big Yield"</p> <p>Presenter: Kareemah Abdusamad, Certified Master Gardener</p> <p>Abstract: Do you want to grow vegetables or herbs this year? If so, this session is perfect for you! You will learn practical ways to start your garden!</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn what herbs to grow in your garden. • Learn medicinal properties of herbs. 	Cafeteria
4:45 – 5:00 p.m.	<p>Closing and Raffle Prize Giveaway</p> <p>Joan Pakenham, Ph.D., Founder and Chair, Women's Health Awareness Program and Steering and Planning Committee; Director, Office of Human Research and Community Engagement, NIEHS, NIH</p>	Theater

All-Day Screenings and Services (9:30 a.m. – 4:30 p.m.)

Women's Health Awareness Main Site:
Hillside High School, 3727 Fayetteville Road, Durham, N.C.

Health Screening	Room Number	Sponsor
<ul style="list-style-type: none"> • Breast and Cervical Health Education • Breast Cancer and Cervical Cancer Prevention Program (BCCCP) Sign-Up • Mammogram Appointment Check-In 	Room 116	Duke Cancer Institute N.C. Department of Health and Human Services Sisters Network Triangle NC
On-Site Breast Mammography (Pre-Event Registration Required)	Outside (Front Parking Lot)	Donna Bernstein, Duke Cancer Institute, Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. Invision Diagnostics N.C. Department of Health and Human Services, Breast Cancer and Cervical Cancer Prevention Program
<ul style="list-style-type: none"> • Cancer Screenings • Colorectal Cancer • Skin Cancer 	Room 114A	Duke Cancer Institute Duke Gastroenterology Duke Dermatology
<ul style="list-style-type: none"> • Cancer Screenings • Oral, Head, and Neck Cancer • Lung Cancer Risk Assessments • Smoking and Vaping Cessation Screening and Education 	Room 114	Duke Cancer Institute Duke Raleigh Duke Cessation Program
Cardiovascular Education and Screening	Room 104	North Carolina Central University Department of Nursing North Carolina A&T University School of Nursing
Cardiovascular Screening North Carolina Central University Mobile Health Unit	Outside (Front Parking Lot)	North Carolina Central University Department of Nursing
Community Resiliency, Environmental Action, and Collaborations for Health (REACH) Equity Study Sign-Up	Room 122	Joan Packenham, Ph.D., Office of Human Research and Community Engagement, National Institute of Environmental Health Sciences
Dental Screenings	Room 110	Durham County Department of Public Health, Lincoln Community Health Center
Diabetes Screenings	Room 118	Duke University Health System National Institute of Environmental Health Sciences
First Aid Room (on-site medical assistance) Cardiopulmonary Resuscitation (CPR) Training	Room 117	Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. Phi Chapter, Chi Eta Phi Nursing Sorority Inc. Durham County Department of Public Health

All-Day Screenings and Services (9:30 a.m. – 4:30 p.m.)

Women's Health Awareness Main Site:
Hillside High School, 3727 Fayetteville Road, Durham, N.C.

Health Screening	Room Number	Sponsor
Glaucoma Screening	Room 120	Thomas Hunter, M.D., Duke Eye Center, Duke University Health System Jamie Karl and Symon Ma – Ophthalmology Interest Group for Duke Medical Students
Hearing Screening	Room 103	Division of Services for the Deaf and the Hard of Hearing, N.C. Department of Health and Human Services
HIV/HCV/Syphilis Screenings	Room 108	Durham County Department of Public Health
HIV Counseling	Room 110A	Durham County Department of Public Health
Immunization: COVID-19 Immunization, STI, and PrEP Education	Room 106 (9:00 a.m. – 1:00 p.m.)	Durham County Department of Public Health
Kidney Function Testing	Room 113	UNC Kidney Center
Liver Disease Screening Study	Room 109	Duke University Health System, Gastroenterology-Hepatology Clinical Research Unit
Mental Health Education and Screening Depression and Alzheimer's Survey	Room 107	Alliance Behavioral Healthcare
Mindfulness Meditation (New session at the top of every hour) Drums to Reduce Stress – Willa Robinson Allen Aromatherapy – Angie Ceroli and Benita Harrington Hand Massages – Angie Ceroli and Benita Harrington Reflexology Massages – Tonya Wooten Soft Belly Meditation – Crystal Cavalier	Room 105	Brought to you by the Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. Chair, Deborah Breese, M.S., LPC, LCAS, CRC, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.
Express Checks		
Blood Pressure and Rapid Glucose Checks	Screening Hallway	Community Health Coalition Inc.
Organ Donation	Screening Hallway	Community Health Coalition Inc.

Agenda-at-a-Glance

Granville-Vance and Surrounding Counties Women's Health Awareness Satellite Site: Creedmoor Community Center, 108 E. Wilton Ave., Creedmoor, N.C.

Time	Willow Oak Room	Meeting Room A	Fitness Classroom
8:45 – 9:30 a.m.	<p>"Let's Move" Willa Robinson Allen, M.P.H., M.A.Ed., MCHES</p> <p>Welcome and Opening</p>		
9:30 – 9:35 a.m.	Transition to Next Session		
9:35 – 10:20 a.m.	<p>On-Site Offering "More People Can Get Health Care Coverage Through NC Medicaid!" Jennifer Platts, and Gerald McNair, M.P.H.</p>		<p>Diabetes Health Education "New Drugs for Diabetes: Finding the Right Fit" Tamara De Souza, MDPGCME, B.Sc., B.MedSci., MBBS</p>
10:20 – 10:30 a.m.	Transition to Next Session		
10:30 – 11:15 a.m.	<p>On-Site Offering "Prioritizing Health Topics in Your Community: Granville-Vance Public Health Community Health Assessments" Terry Alston-Jones, MPA</p>	<p>Breakout Session "Thyroid Disease: The Hot, the Cold, and Lumpy" Randol Kennedy, M.D.</p>	<p>Breast Health Education "Worth the Squeeze: Breast Cancer Detection and Treatment" Kendra Parrish, D.O., FACS, and Rani Bansal, M.D.</p>
11:15 – 11:30 a.m.	Mid-Morning Snack		
11:30 a.m. – 1:00 p.m.	<p>Keynote "Enhancing Environmental Justice in North Carolina" Moderator: Deborah Holt Noel Speakers: Sharunda Buchanan, Ph.D., M.S; Sherri Williamson; Cassandra Campbell; Kennedy Holt, MSPH; Chandra Taylor-Sawyer, ESQ</p>		
1:00 – 1:30 p.m.	Lunch and snacks provided by Oxford-Henderson Alumnae Chapter, Delta Sigma Theta Sorority Inc.		
1:30 – 2:15 p.m.	<p>On-Site Offering "Shining a Light on Black Maternal Health: Addressing Inequities and Preventing Deaths" Ebony Tate, MSN, CNM, CPHN, and Tara Owens Shuler, M.Ed. LCCE, CD(DONA)</p>	<p>Cancer Health Education "Oral and Neck Cancer: Early Detection and Prevention" Trinitia Cannon, M.D.</p>	<p>Behavioral Health Education "Understanding Mental Health in the LGBTQ+ Community" Adrienne Michelle, LMFT</p>
2:15 – 2:20 p.m.	Transition to Next Session		
2:20 – 3:05 p.m.	<p>Reproductive Health Education "Go With the Flo: Let's Talk About Menstrual Health and Hygiene. Period." Pattie Tucker, Dr.P.H., RN</p>	<p>Cancer Health Education "Gastrointestinal Health and Wellness" Katie Garman, M.D., MHS, and Meria Eppelin, Ph.D.</p>	<p>Reproductive Health Education "More Than Periods and Infertility: Demystifying Polycystic Ovary Syndrome (PCOS), the Most Common Hormone Condition in Women" Sasha Ottey, MHA, MT(ASCP), and Skand Shekhar, M.D., MHSc, FACP</p>

Agenda-at-a-Glance

Granville-Vance and Surrounding Counties Women's Health Awareness Satellite Site: Creedmoor Community Center, 108 E. Wilton Ave., Creedmoor, N.C.

Time	Willow Oak Room	Meeting Room A	Fitness Classroom
3:05 – 3:10 p.m.	Transition to Next Session		
3:10 – 3:55 p.m.	Environmental Health Education "Centering Equity to Eradicate Occupational Health Disparities" John Staley, Ph.D., Sylvia Zapata, Kim Dunn, MSPH, Bruce McClue	Breakout Session "Why Does It Seem Hard to Diagnose Autoimmune Diseases in Women?" Lisa Criscione-Schreiber, M.D., M.Ed.	Reproductive Health Education "The Menopause Journey: Exploring Its Impact on Women's Health" Mariah Prince-Allen, DNP, FNP-BC
3:55 – 4:00 p.m.	Transition to Next Session		
4:00 – 4:45 p.m.		Breakout Session "Karing for Your Kidneys – What Every Woman Should Know About Kidney Health" Emily Chang, M.D., and Anisha Gerber, M.D.	Environmental Health Education "Effects of Vaping on Health" Marlena Parson, PMHNP-BC, and Bolu Abe-Lathan, PA-C
4:45 – 5:00 p.m.	Closing		

All-Day Screenings and Services (9:30 a.m. – 4:30 p.m.)

Health Screening	Room Number	Sponsor
Blood Glucose, Hypertension, and Cholesterol Screenings	Gym	Mobile Prevent and Care Team (M-PACT), Duke School of Nursing
Breast and Cervical Cancer Control Program (BCCCP) Screening and Enrollment	Gym	Rural Health BCCCP and Community Health Work Group
Eye Exam and Glasses	Gym/ Main Parking Lot	Durham Technical Community College In Her Sight
On-Site Breast Mammography (Pre-Event Registration Required)	Main Parking Lot	Donna Bernstein, Duke Cancer Institute Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. Invision Diagnostics
Mental Health Resources	Gym	Granville-Vance Public Health

Agenda-at-a-Glance: Speakers

Granville-Vance and Surrounding Counties Women's Health Awareness Satellite Site: Creedmoor Community Center, 108 E. Wilton Ave., Creedmoor, N.C.

Time	Session	Room No.
9:35 – 10:20 a.m.	<p>“More People Can Get Health Care Coverage Through NC Medicaid!” Speakers: Jennifer Platts, Communications Specialist, NC Medicaid, and Gerald McNair, M.P.H., Team Leader, Community Outreach, Granville Vance Public Health</p> <p>Abstract: NC Medicaid provides health care to eligible low-income adults, children, pregnant women, seniors, and people with disabilities. With Medicaid expansion, you may be able to get health care coverage through Medicaid even if you did not qualify before. NC Medicaid now covers people ages 19-64 with higher incomes. NC Medicaid pays for doctor visits, yearly checkups, emergency care, dental care, mental health, and more — at little or no cost to you.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Provide an overview of NC Medicaid expansion. • Review the eligibility guidelines for NC Medicaid. • Offer and describe multiple ways to apply for NC Medicaid. 	Willow Oak Room
10:30 – 11:15 a.m.	<p>“Prioritizing Health Topics in Your Community: Granville Vance Public Health Community Health Assessments” Speaker: Terry Alston-Jones, MPA, Health Promotion and Wellness Supervisor, Granville Vance Public Health</p> <p>Abstract: Every four years, Granville Vance Public Health conducts a Community Health Assessment (CHA). The purpose of the CHA is to collect and analyze data to determine the needs of a community, as well as identify community resources and assets that can improve the community's health and well-being. Assessment priorities are identified with community input. The last CHA for Granville and Vance counties was conducted in 2021. This session will share information on the latest assessment and its priorities.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn about the Granville Vance Public Health Community Health Assessment, why it is done, and what it accomplishes. • Discuss findings and priorities. 	Willow Oak Room
1:30 – 2:15 p.m.	<p>“Shining a Light on Black Maternal Health: Addressing Inequities and Preventing Deaths” Speakers: Ebony Tate, MSN, CNM, CPHN, State Maternal Health Nurse Consultant, Maternal Health Branch – Women, Infant, and Community Wellness Section, Division of Public Health, N.C. Department of Health and Human Services, and Tara Owens Shuler, M.Ed., LCCE, CD(DONA), Branch Head, Maternal Health Branch – Women, Infant, and Community Wellness Section, Division of Public Health, N.C. Department of Health and Human Services</p> <p>Abstract: This session will be interactive and informative for participants to gain a deeper understanding of the challenges facing pregnant and postpartum women in North Carolina, as well as the opportunities to drive change and improve outcomes. This session will encourage attendees to become advocates for improved maternal health care and driving progress toward a healthier future for all mothers and babies in the state.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Present current data related to N.C. maternal mortality and severe maternal morbidity to highlight clinical and social drivers of health that impact maternal health outcomes in the state. • Educate participants about the importance of perinatal health care before, during, and after birth, emphasizing the critical role it plays in ensuring positive outcomes for both mothers and babies. • Motivate participants to take concrete steps toward addressing inequities in Black maternal health within their organizations, communities, and spheres of influence, fostering a commitment to making tangible changes that will positively impact the lives of Black mothers and their families. 	Willow Oak Room

Agenda-at-a-Glance

Western N.C. Women's Health Awareness Satellite Site: UNC Health Sciences at Mountain Area Health Education Center (MAHEC) 121 Hendersonville Road, Asheville, NC 28803

Time	Balsam B	Blue Ridge B	Balsam A	Pisgah A	Pisgah B
8:45 – 9:30 a.m.	<p>"Let's Move" Willa Robinson Allen, M.P.H., M.A.Ed., MCHES Welcome and Opening</p>				
9:30 – 9:35 a.m.	Transition to Next Session				
9:35 – 10:20 a.m.	<p>Environmental Health Education "Exposure to Lead in Communities of Color – An Environmental Justice Issue for Women and Children at Higher Risk" Sharunda Buchanan, Ph.D., M.S.</p>	<p>On-Site Offering "More People Can Get Health Care Coverage Through NC Medicaid!" Monica Fuller Johnson</p>	<p>Diabetes Health Education "New Drugs for Diabetes: Finding the Right Fit" Tamara De Souza, MDPGCME, B.Sc., B.MedSci, MBBS</p>	<p>Cardiovascular Health Education "Heart Health in Your Hands" Rushad Shroff, M.D.</p>	<p>Breakout Session "Effects of Family Caregiving on Women's Health: Why Equity in Caregiving Is Important!" Jennifer Link, MSW</p>
10:20 – 10:30 a.m.	Transition to Next Session				
10:30 – 11:15 a.m.	<p>On-Site Offering "Native Health: Stress, Trauma, Resiliency, and Roots of Disparities" Ann Bullock, M.D., and Robin Callahan, RD, LDN, MHS</p>	<p>Breakout Session "Thyroid Disease: The Hot, the Cold, and Lumpy" Randol Kennedy, M.D.</p>	<p>Breast Health Education "Worth the Squeeze: Breast Cancer Detection and Treatment" Kendra Parrish, D.O., FACS, and Rani Bansal, M.D.</p>	<p>Healthy Living Education "How to Boost Heart Health With Plant-Forward Eating Patterns" Kelli Wood, M.S., RD, LDN</p>	<p>Maternal Health Education "Addressing Substance Use and Mental Health Concerns for Pregnant/ Parenting Women" Melissa Godwin, LCSW</p>
11:15 – 11:30 a.m.	Mid-Morning Snack				
11:30 a.m. – 1:00 p.m.	<p>Keynote "Enhancing Environmental Justice in North Carolina" Moderator: Deborah Holt Noel Speakers: Sharunda Buchanan, Ph.D., M.S.; Sherri Williamson; Cassandra Campbell; Kennedy Holt, MSPH; Chandra Taylor-Sawyer, ESQ</p>				
1:00 – 1:30 p.m.	Lunch Break – Lunch and snacks sponsored by VAYA Health and UNC Asheville-UNC Gillings Master of Public Health (M.P.H.)				
1:30 – 2:15 p.m.	<p>Reproductive Health Education "Women's Health and Reproductive Rights: Federal Strategies" Melanie Rainer, J.D.</p>	<p>Cancer Health Education "Oral and Neck Cancer: Early Detection and Prevention" Trinitia Cannon, M.D.</p>	<p>Behavioral Health Education "Understanding Mental Health in the LGBTQ+ Community" Adrienne Michelle, LMFT</p>	<p>Environmental Health Education "Winners of the 2024 WHA Climate Change Science Challenge!!" Tara Anderson; Vashti Mosby; Alicia Yewcic</p>	<p>Behavioral Health Education Spanish Bilingual Session "Mental Health Matters" Jackeline Vázquez Villafaña, LCMHC, LCAS-A, NCC</p>
2:15 – 2:20 p.m.	Transition to Next Session				

Agenda-at-a-Glance

Western N.C. Women's Health Awareness Satellite Site:
UNC Health Sciences at Mountain Area Health Education Center (MAHEC)
121 Hendersonville Road, Asheville, NC 28803

Time	Balsam B	Blue Ridge B	Balsam A	Pisgah A	Pisgah B
2:20 – 3:05 p.m.	Reproductive Health Education "Go With the Flo: Let's Talk About Menstrual Health and Hygiene. Period" Pattie Tucker, Dr.P.H., RN	Cancer Health Education "Gastrointestinal Health and Wellness" Katherine Garman, M.D., and Meria Eppelin, Ph.D.	Reproductive Health Education "More Than Periods and Infertility – Demystifying Polycystic Ovary Syndrome (PCOS), the Most Common Hormone Condition in Women" Sasha Ottey, MHA, MT (ASCP) and Skand Shekhar, M.D., MHSc, FACP	Cardiovascular Health Education "Separating Evidence From Misleading Medicine" Nkiru Osude, M.D., M.S.	Breakout Session "American Indian Women's Health Transforming Trauma: The Path to Hope and Healing" Crystal Cavalier, Ed.D., MPA
3:05 – 3:10 p.m.	Transition to Next Session				
3:10 – 3:55 p.m.	Environmental Health Education "Centering Equity to Eradicate Occupational Health Disparities" John Staley, Ph.D.; Sylvia Zapata; Kim Dunn, MSPH; Bruce McClue	Breakout Session "Why Does It Seem Hard to Diagnose Autoimmune Diseases in Women?" Lisa Criscione-Schreiber, M.D., M.Ed.	Reproductive Health Education "The Menopause Journey: Exploring its Impact on Women's Health" Mariah Prince-Allen, DNP, FNP-BC	Breakout Session "Your Health and Your Wealth Matters" Lori Jones Gibbs, MBA	Maternal Health Education "Birthing Inequity: Racial Disparities in U.S. Preterm Birth" Sarahn Wheeler, M.D., MHS
3:55 – 4:00 p.m.	Transition to Next Session				
4:00 – 4:45 p.m.		Breakout Session "Karing for Your Kidneys – What Every Woman Should Know About Kidney Health" Emily Chang, M.D., and Anisha Gerber, M.D.	Environmental Health Education "Effects of Vaping on Health" Marlena Parson, PMHNP-BC, and Bolu Abe-Lathan, PA-C		
4:45 – 5:00 p.m.	Closing				

All-Day Screenings and Services (9:30 a.m. – 4:30 p.m.)

Health Screening	Room Number	Sponsor
Blood Pressure Screenings	Conference Room (Upstairs)	Asheville Buncombe Institute for Parity Achievement (ABIPA) HERS LLC
Mammogram	Outside	Chronic Disease and Injury Section, Cancer Prevention and Control Branch, Breast and Cervical Cancer Control Program, N.C. Department of Health and Human Services, Breast Cancer and Cervical Cancer Prevention Program (BCCCP) UNC Health Pardee
Vaccines: COVID-19, Flu, Tdap, Hepatitis A and B, Shingles	Conference Room (Upstairs)	Buncombe County Public Health Department

Agenda-at-a-Glance: Speakers

Western N.C. Women's Health Awareness Satellite Site:
UNC Health Sciences at Mountain Area Health Education Center (MAHEC)
121 Hendersonville Road, Asheville, NC 28803

Time	Session	Room No.
<p>9:35 – 10:20 a.m.</p>	<p>“More People Can Get Health Care Coverage Through NC Medicaid!”</p> <p>Speaker: Monica Fuller Johnson, NC Medicaid Communications and Engagement, N.C. Department of Health and Human Services</p> <p>Abstract: NC Medicaid provides health care to eligible low-income adults, children, pregnant women, seniors, and people with disabilities. With Medicaid expansion, you may be able to get health care coverage through Medicaid even if you did not qualify before. NC Medicaid now covers people ages 19-64 with higher incomes. NC Medicaid pays for doctor visits, yearly checkups, emergency care, dental care, mental health, and more — at little or no cost to you.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Provide an overview of NC Medicaid expansion. • Review the eligibility guidelines for NC Medicaid. • Offer and describe multiple ways to apply for NC Medicaid. 	<p>Blue Ridge B</p>
<p>10:30 – 11:15 a.m.</p>	<p>“Native Health: Stress, Trauma, Resiliency, and Roots of Disparities”</p> <p>Speakers: Ann Bullock, M.D. (retired), and Robin Callahan, RD, LDN, MHS, Program Director, Nurse Family Partnership Program and Cherokee Choices</p> <p>Abstract: Inadequate nutrition, psychosocial stressors, and environmental toxins are the underlying “causes of the causes” of chronic problems such as diabetes, heart disease, substance abuse, and depression. These risk factors are impactful across the lifespan, but are particularly so when they occur in pregnancy and in early childhood. Native communities have been subjected to many of these risk factors over multiple generations. Today, tribes are using traditional knowledge, as well as evidence-based interventions, to heal the effects of adversities on their people and communities.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Describe the roots of health disparities for Indigenous populations. • Discuss the connections between adversities and chronic diseases, such as Type 2 diabetes. • Discuss the role of pregnancy and early childhood interventions for chronic disease prevention. • Describe the role of culture and practice-based evidence interventions for chronic disease prevention for the Eastern Band of Cherokee Indians. 	<p>Balsam B</p>

Agenda de la Conferencia para la Concientización sobre la Salud de la Mujer 2024

Hora	Sesión	Sala
8:00 a.m.	Comienzan Inscripciones y Check-In	Vestíbulo
Apertura, bienvenida y saludos		
8:45 – 9:30 a.m.	<p>“Vamos a movernos” Willa Robinson Allen, M.P.H., M.A.Ed., MCHES, Educadora Senior en Salud Pública, Promoción de Salud y Bienestar, Gerente de Programas, Departamento de Salud Pública del Condado de Durham</p>	Teatro
	<p>Bienvenida Joan P. Packenham, Ph.D., Fundadora y presidenta del Programa de Concientización de la Salud de la Mujer y el Comité Directivo de Planificación; Directora de la oficina de Human Research and Community Engagement, NIEHS, NIH</p>	
8:45 – 9:30 a.m.	<p>Saludos Leonardo Williams, M.Ed., Alcalde, Ciudad de Durham</p>	Teatro
	<p>Richard P. Woychik, Ph.D., Director, NIEHS y el Programa Nacional de Toxicología, NIH, Departamento de Salud y Servicios Humanos de EE. UU.</p>	
	<p>David H. Jackson Jr., Ph.D., Rector y Vicerrector de Asuntos Académicos, Universidad Central de Carolina del Norte</p>	
	<p>Trish Harleston, D.Min., Presidenta del Capítulo de Exalumnas de Durham, Delta Sigma Theta Sorority Inc.</p>	
	<p>Trish Rhyne Johnson, Ph.D., Directora Regional del Atlántico Sur, Delta Sigma Theta Sorority Inc.</p>	
	<p>William T. Logan III, Ph.D., Director, Hillside High School</p> <p>Mina Forte, Presidenta, Asociación Nacional de Ex Alumnos de Hillside High School</p>	
9:30 – 9:35 a.m.	Transición a la siguiente sesión	
9:35 – 10:20 a.m.	<p>Educación en salud ambiental “Exposición al plomo en las comunidades de color: Un problema de justicia ambiental para las mujeres y los niños con mayor riesgo”</p> <p>Oradora: Sharunda Buchanan, Ph.D., M.S., Directora, Oficina de Proyectos Prioritarios, Innovación y Justicia Ambiental, Centro Nacional de Salud Ambiental/Agencia para Sustancias Tóxicas y Registro de Enfermedades, Centros para el Control y la Prevención de Enfermedades; Director Interino, Oficina de Justicia Ambiental, Oficina del Subsecretario de Salud, Departamento de Salud y Servicios Humanos</p> <p>Moderadora: Melissa Smarr, Ph.D., Directora de Programa, Centro para Reducir las Disparidades en la Salud del Cáncer (CRCHD), Instituto Nacional del Cáncer (NCI), NIH</p>	Teatro
	<p>Sesión paralela “Atendiendo las necesidades insatisfechas en las comunidades de Carolina del Norte a través de NC Medicaid”</p> <p>Oradora: LaQuana Palmer, MPA, Directora Adjunta, Comunicaciones y Participación, División de Beneficios de Salud (NC Medicaid), Departamento de Salud y Servicios Humanos de Carolina del Norte</p> <p>Moderadora: Carlotta Dixon, MHS, CPM, Jefa de Sección, Equipo Estatal de Respuesta a Emergencias (SERT) ESF/RSF 6, Líder de Servicios Humanos, Título VI/ADA-Administrador de Derechos Civiles, División de Servicios Sociales-Cumplimiento del Programa de Carolina del Norte, Departamento de Salud y Servicios Humanos de Carolina del Norte</p>	Centro de medios

Agenda de la Conferencia para la Concientización sobre la Salud de la Mujer 2024

Hora	Sesión	Sala
9:35 – 10:20 a.m.	<p>Educación en diabetes "Nuevos medicamentos para la diabetes: Encontrando el ajuste adecuado"</p> <p>Oradora: Tamara de Souza, MDPGCME, B.Sc., B.MedSci., MBBS., Miembro Diplomado ABIM, División de Endocrinología, Departamento de Medicina, Facultad de Medicina de la Universidad de Duke</p> <p>Moderadora: Susan Spratt, M.D., Profesora Asociada, Medicina; Profesor Asistente, Departamento de Medicina Familiar y Salud Comunitaria, Facultad de Medicina de la Universidad de Duke</p>	124
	<p>Educación en salud cardiovascular "La salud del corazón está en tus manos"</p> <p>Orador: Rushad D. Shroff, M.D., FACP, Director Médico de Práctica, Duke Primary Care Midtown, Raleigh, N.C.</p> <p>Moderadora: Dana Todd, M.D., Médico de Familia Certificado por la Junta, Atención Primaria Duke</p>	112A
	<p>Sesión paralela "Efectos del cuidado familiar en la salud de la mujer: ¡Por qué es importante la equidad en el cuidado!"</p> <p>Oradora: Jennifer Link, MSW, Coordinadora del Programa de Envejecimiento, Agencia sobre el Envejecimiento del Área de Central Pines</p> <p>Moderadora: Toni Chatman, MHA, Director Asociado, Educación en Salud Oral y Aliada, Centro de Educación en Salud del Área de Wake</p>	119
10:20 – 10:30 a.m.	Transición a la siguiente sesión	
10:30 – 11:15 a.m.	<p>Sesión paralela "Enfermedad de la tiroides: El calor, el frío y la grumosidad"</p> <p>Orador: Randol Kennedy, M.D., Miembro del Departamento de Medicina, División de Endocrinología, Facultad de Medicina de la Universidad de Duke</p> <p>Moderadora: Susan Spratt, M.D., Profesora Asociada, Medicina; Profesor Asistente, Departamento de Medicina Familiar y Salud Comunitaria, Facultad de Medicina Familiar de la Universidad de Medicina de Duke</p>	Centro de medios
	<p>Educación en salud de las mamás "Vale la pena exprimir: Detección y tratamiento del cáncer de mama"</p> <p>Oradores: Kendra Modell Parrish, D.O., FACS, Oncóloga quirúrgica de mama, Departamento de Cirugía, Facultad de Medicina de la Universidad de Duke, y Rani Bansal, M.D., Oncóloga médica de mama, Departamento de Medicina, Instituto de Cáncer de Duke</p> <p>Moderador de la sesión: E. Shelley Hwang, M.D., M.P.H., Mary y Deryl Hart Profesor Distinguido de Cirugía, Profesor de Cirugía, Universidad de Medicina de Duke</p>	124
	<p>Sesión para una vida saludable "Cómo mejorar la salud del corazón con patrones de alimentación basados en plantas"</p> <p>Oradora: Kelli Wood, M.S., RD, LDN, Dietista Registrada Regional, Aramark Collegiate Hospitality</p>	112A

Agenda de la Conferencia para la Concientización sobre la Salud de la Mujer 2024

Hora	Sesión	Sala
10:30 – 11:15 a.m.	<p>Educación sobre salud materna "Atendiendo el uso de sustancias y problemas de salud mental para madres embarazadas"</p> <p>Oradores: Melissa L. Godwin, LCSW, Profesora Clínica Asociada, Behavioral Health Springboard, Escuela de Trabajo Social, Universidad de Carolina del Norte en Chapel Hill, Proyecto de Embarazo y Exposición a Opioides en NC</p> <p>Moderadora: Sharon Mosley, LCMHC, Propietaria, The Fit Talk PLLC; Autor, "Mi primera vez"</p>	119
	<p>Sesión para una vida saludable "¡Vamos a bailar!"</p> <p>Instructora de acondicionamiento físico: Marvis Henderson-Daye, Ed.D., MPA, Propietaria, M. E. Henderson Inc.</p>	Suite de Banda
11:15 – 11:30 a.m.	Merienda: Pasillo del teatro	
11:30 a.m. – 1:00 p.m.	<p>Saludos e introducción al discurso de apertura y del facilitador</p> <p>Joan P. Packenham, Ph.D., Fundadora y presidenta del Programa de Concientización de la Salud de la Mujer y el Comité Directivo de Planificación; Directora de la oficina de Human Research and Community Engagement, NIEHS, NIH</p>	Teatro
	<p>Sesión magistral "Mejorando la Justicia Ambiental en Carolina del Norte"</p> <p>Moderadora: Deborah Holt Noel, Productora Senior, Black Issues Forum; Presentadora y productora de largometrajes, North Carolina Weekend, PBS North Carolina</p> <p>Oradores: Sharunda D. Buchanan, Ph.D., M.S., Directora Interina de la Oficina de Justicia Ambiental del Departamento de Salud y Servicios Humanos de EE. UU., Oficina de Cambio Climático y Equidad en Salud, Oficina del Subsecretario de Salud; Director de la Oficina de Proyectos Prioritarios, Innovación y Justicia Ambiental, Centro Nacional de Salud Ambiental/Agencia para Sustancias Tóxicas y Registro de Enfermedades, Centros para el Control y la Prevención de Enfermedades</p> <p>Sherri White-Williamson, Directora, Estrategia de Justicia Ambiental, Red de Conservación de Carolina del Norte</p> <p>Cassandra Campbell, Directora Ejecutiva, Coalición de Recuperación de Desastres del Condado de Robeson Inc.</p> <p>Kennedy Holt, MSPH, Toxicóloga Ambiental, Salud Pública, Epidemiología Ocupacional y Ambiental, Departamento de Salud y Servicios Humanos de Carolina del Norte</p> <p>Chandra T. Taylor-Sawyer, ESQ, Abogada Sénior y Líder, Iniciativa de Justicia Ambiental, Centro de Derecho Ambiental del Sur</p> <p>Moderadoras: Sharon Beard, M.S., Directora y Jefa de Marca, Programa de Capacitación de Trabajadores, NIEHS, NIH y Joan P. Packenham, Ph.D., Directora, Oficina de Human Research and Community Engagement, NIEHS, NIH</p>	
1:00 – 1:30 p.m.	Almuerzo - Almuerzo y refrigerios auspiciados por Aramark Collegiate Hospitality	

Agenda de la Conferencia para la Concientización sobre la Salud de la Mujer 2024

Hora	Sesión	Sala
1:30 p.m. – 2:15 p.m.	<p>Educación en salud reproductiva "Salud de la mujer y derechos reproductivos: Estrategias federales"</p> <p>Oradora: Melanie Fontes Rainer, J.D., Directora, Oficina de Derechos Civiles, Departamento de Salud y Servicios Humanos de EE. UU.</p> <p>Moderadora: Roshunda Ivory, Dr.P.H., CHES,® Analista Regional de Salud de Minorías, Oficina de Operaciones Regionales de Salud, Región 4, Oficina del Subsecretario de Salud, Departamento de Salud y Servicios Humanos de EE. UU.</p>	Teatro
	<p>Educación sobre el cáncer "Cáncer oral y de cuello: Detección temprana y prevención"</p> <p>Oradora: Trinitia Cannon, M.D., Directora de Oncología Quirúrgica de Cabeza y Cuello, Duke Raleigh Hospital</p> <p>Moderador: Angelo Moore, Ph.D., RN, NE-BC, Director, Centro de Excelencia en Disparidades de Salud Integrativa e Investigación de Equidad, Universidad Estatal A&T de Carolina del Norte</p>	Centro de medios
	<p>Educación sobre salud conductual "Entendiendo la salud mental en la comunidad LGBTQ+"</p> <p><i>Presentado por el Capítulo de Ex Alumnos de Durham, Delta Sigma Theta Sorority Inc.</i></p> <p>Oradora: Adrienne Michelle, LMFT, Speaker, Therapist, and Educator</p> <p>Moderadora: Sharon Mosley, LCMHC, Propietaria, The Fit Talk PLLC; Autor, "Mi primera vez"</p>	124
	<p>Educación en salud ambiental ¡Ganadores del Desafío Científico del Cambio Climático de la Asamblea Mundial de la Salud 2024!</p> <p>Maestros y Escuelas:</p> <p>Tara Anderson, Maestra de Ciencias de Octavo Grado, Departamento de Ciencias, Escuela Secundaria Northridge, Charlotte, N.C.</p> <p>Vashti Mosby, Maestra de Ciencias de Sexto Grado, Departamento de Ciencias, Escuela Secundaria Northridge, Charlotte, Carolina del Norte</p> <p>Alicia Yewcic, Maestra de Ciencias de Sexto Grado, Ciencias Integradas 6, Academia STEM de Governors' Village, Charlotte, Carolina del Norte</p>	112A
	<p>Educación sobre salud conductual Sesión bilingüe "La salud mental importa"</p> <p>Oradora: Jackeline Noemi Vázquez Villafañe, LCMHC, LCAS-A, NCC, Directora, The Counseling Center</p>	119
	<p>Sesión para una vida saludable "Yoga, respiración y el sistema nervioso central"</p> <p>Oradora: Ingrid Saddler-Walker, M.A., E-RYT 500/RCYT 95, Wytha Balance Yoga-Counseling LLC</p>	Suite de Banda

Agenda de la Conferencia para la Concientización sobre la Salud de la Mujer 2024

Hora	Sesión	Sala
2:15 – 2:20 p.m.	Transición a la siguiente sesión	
2:20 – 3:05 p.m.	<p>Educación en materia de salud reproductiva <i>"Vamos con el Flow: Hablemos sobre la salud e higiene menstrual. Punto"</i></p> <p>Oradora: Pattie Tucker, Dra. P.H., RN, Directora, Oficina de Salud de la Mujer, Oficina de Equidad en Salud de los Centros para el Control y la Prevención de Enfermedades</p> <p>Session Chair: Sharunda Buchanan, Ph.D., M.S., Directora, Oficina de Proyectos Prioritarios, Innovación y Justicia Ambiental, Centro Nacional de Salud Ambiental/ Agencia para Sustancias Tóxicas y Registro de Enfermedades, Centros para el Control y la Prevención de Enfermedades; Director Interino, Oficina de Justicia Ambiental, Oficina del Subsecretario de Salud, Departamento de Salud y Servicios Humanos</p>	Teatro
	<p>Educación sobre el cáncer <i>"Cáncer gastrointestinal y bienestar"</i></p> <p>Oradores: Katherine Garman, M.D., MHS, Instituto de Cáncer de Duke y Meria Epplein, Ph.D., Instituto de Cáncer de Duke</p> <p>Moderador: Angelo Moore, Ph.D., RN, NE-BC, Director, Centro de Excelencia en Disparidades de Salud Integrativa e Investigación de Equidad, Universidad Estatal A&T de Carolina del Norte</p>	Centro de medios
	<p>Educación en salud reproductiva <i>"Más que menstruación e infertilidad: Desmitificando el síndrome de ovario poli-quístico, la condición hormonal más común en las mujeres"</i></p> <p>Oradores: Sasha Ottey, MHA, MT (ASCP), Directora Ejecutiva, PCOS Challenge: La Asociación Nacional del Síndrome de Ovario Poli-quístico, y Skand Shekhar, M.D., MHSc, FACP, Director Médico, Unidad de Investigación Clínica, NIEHS, NIH</p> <p>Moderadora: Janet E. Hall, M.D., M.S., Director Clínico, Jefe de la Subdivisión de Investigación Clínica, Investigador Principal, NIEHS, NIH</p>	124
	<p>Educación en salud cardiovascular <i>"Separando evidencia de medicina engañosa"</i></p> <p>Orador: Nkiru Osude, M.D., M.S., Becario de Enfermedades Cardiovasculares de Duke, Becario de Investigación del Instituto de Investigación Clínica de Duke</p> <p>Moderador: Carmelita Spicer, M.Ed., Administrador de subvenciones y enlace con la junta directiva Director, Coalición de Salud Comunitaria Inc.</p>	112A
	<p>Sesión paralela <i>"La salud de las mujeres indígenas americanas transformando el trauma: El camino hacia la esperanza y la curación"</i></p> <p>Oradora: Crystal Cavalier, Ed.D., MPA, Fundadora, 7 Direcciones de Servicio</p>	119
3:05 – 3:10 p.m.	<p>Sesión para una vida saludable Demostración de cocina <i>"Vivir bien empieza por comer bien"</i></p> <p>Eddie Wilson, Instructor y Chef Ejecutivo, Aramark Collegiate Hospitality</p>	Cafetería
	Transición a la siguiente sesión	

Agenda de la Conferencia para la Concientización sobre la Salud de la Mujer 2024

Hora	Sesión	Sala
3:10 – 3:55 p.m.	<p>Educación en salud ambiental "Centrando la equidad para erradicar las disparidades en la salud ocupacional"</p> <p>Oradores: John Staley, Ph.D., Director Adjunto del Centro de Educación e Investigación sobre Seguridad y Salud Ocupacional de Carolina del Norte; Sylvia Zapata, Directora Ejecutiva de Acción Estudiantil con Trabajadores Agrícolas; Kim Dunn, MSPH, Director de Capacitación Técnica, Centro para la Justicia Ambiental del Sur Profundo; Bruce McClue, Gerente de Capacitación Técnica, Centro para la Justicia Ambiental del Sur Profundo</p> <p>Moderadora: Sharon Beard, M.S., Directora y Jefa de Sucursal, Programa de Capacitación para Trabajadores, NIEHS, NIH</p>	Teatro
	<p>Sesión paralela "¿Por qué parece difícil diagnosticar enfermedades autoinmunes en las mujeres?"</p> <p>Presentado por el Capítulo de Ex Alumnos de Durham de Delta Sigma Theta Sorority Inc.</p> <p>Oradora: Lisa Criscione-Schreiber, M.D., M.Ed. Profesor de Medicina, Vicepresidente de Educación, Departamento de Medicina de Duke; Cofundadora de Duke Lupus Clinic</p>	Centro de medios
	<p>Educación en salud reproductiva "El viaje de la menopausia: Explorando su impacto en la salud de la mujer"</p> <p>Oradora: Mariah Prince-Allen, DNP, FNP-BC, Tele salud para HER</p>	124
	<p>Sesión paralela "Tu salud y tu riqueza importan"</p> <p>Presentado por el Capítulo de Ex Alumnos de Durham de Delta Sigma Theta Sorority Inc.</p> <p>Oradora: Lori Jones Gibbs, MBA, Presidenta/Directora Ejecutiva, LJG Consulting LLC</p>	112A
	<p>Educación sobre salud materna "Inequidad en el parto: Disparidades raciales en los nacimientos prematuros en los EE. UU."</p> <p>Presentado por el Capítulo de Triangle Park (NC) de The Links Inc.</p> <p>Oradora: Sarah Wheeler, M.D., MHS, Profesora Asociada y Vicepresidenta de Equidad, Diversidad e Inclusión; Directora, Programa de Prevención del Prematuro de Duke, Facultad de Medicina de la Universidad de Duke, Departamento de Obstetricia y Ginecología, División de Medicina Materno Fetal</p>	119
	<p>Sesión para una vida saludable "¡Preparados! ¡Listos! ¡Fitness!"</p> <p>Instructor de acondicionamiento físico: Anthony Jones, propietario y operador, personal de Ready Set Fitness</p>	Suite de Banda
3:55 – 4:00 p.m.	Transición a la siguiente sesión	

Agenda de la Conferencia para la Concientización sobre la Salud de la Mujer 2024

Hora	Sesión	Sala
4:00 – 4:45 p.m.	<p>Sesión paralela "Karing for Your Kidneys: Lo que toda mujer debe saber sobre la salud renal"</p> <p>Oradora: Emily Chang, M.D., Profesora Asistente, Medicina, División de Nefrología e Hipertensión, Facultad de Medicina de la UNC, y Anisha Gerber, M.D., Becaria del Programa de Nefrología Pediátrica, Facultad de Medicina de la UNC</p> <p>Moderadora: Jill Powell, M.P.H., Coordinadora de Programas, Centro Renal de la UNC, UNC Facultad de Medicina</p>	Centro de medios
	<p>Educación en salud ambiental "Efectos del vaping en la salud"</p> <p>Oradores: Marlena Parson, PMHNP-BC, y Bolu Abe-Lathan, PA-C, Duke Cessation</p> <p>Moderadora: Kearston L. Ingraham, M.P.H., Director Asistente, Alcance Comunitario, Participación y Equidad, Instituto del Cáncer de Duke"</p>	124
	<p>Sesión para una vida saludable "A Tai Chi Primer"</p> <p>Orador: Benita Perkins, M.B.A., Directora, Benniegirl Healthy Lifestyle Branding and Communication Inc.; Instructora Certificada en Fitness y Entrenamiento Personal, Asociación Atlética y de Fitness de América</p>	Suite de Banda
	<p>Sesión para una vida saludable "Jardinería en contenedores: Espacio pequeño...gran rendimiento"</p> <p>Oradora: Kareemah Abdusamad, Maestra Jardinera Certificada</p>	Cafetería
4:45 – 5:00 p.m	<p>Clausura y sorteo de premios</p> <p>Joan P. Pakenham, Ph.D., Fundadora y presidenta del Programa de Concientización de la Salud de la Mujer y el Comité Directivo de Planificación; Directora de la oficina de Human Research and Community Engagement, NIEHS, NIH</p>	Teatro

Exámenes de Salud y Servicios (9:30 a.m. – 4:30 p.m.)

Local principal de Concientización Sobre La Salud de la Mujer:
Hillside High School, 3727 Fayetteville Road, Durham, Carolina del Norte

Exámenes de Salud	Sala	Patrocinador
<ul style="list-style-type: none"> Educación sobre la salud mamaria y cervical Inscripción al Programa de Prevención del Cáncer de Mama y el Cáncer de Cuello Uterino Registro de citas para mamografías 	116	Departamento de Salud y Servicios Humanos de Carolina del Norte Instituto de Cáncer de Duke La Red de Hermanas del Triangulo NC
Mamografía de mama in situ (se requiere registro previo al evento)	Afuera en el estacionamiento principal	Donna Bernstein, Instituto de Cáncer de Duke Diagnóstico Invision Capítulo de Alumnas de Durham de Delta Sigma Theta Sorority Inc. Departamento de Salud y Servicios Humanos de Carolina del Norte
Exámenes de detección de cáncer Colorectal y de Piel	114A	Duke Cancer Institute Duke Gastroenterology Duke Dermatology
<ul style="list-style-type: none"> Exámenes de detección de cáncer (Pulmón, Oral, Cabeza, Cuello) Detección y educación para dejar de fumar y vapear 	114	Instituto de Cancer de Duke Programa de Dejar de Fumar de Duke
Examen Cardiovascular	104	Escuela de Enfermería de la Universidad Central de Carolina del Norte Escuela de Enfermería de la Universidad A&T de Carolina del Norte
Exámenes Cardiovascular en la Unidad Mobil de Salud de la Universidad Central de Carolina del Norte	Afuera en el estacionamiento principal	Escuela de Enfermería de la Universidad Central de Carolina del Norte
Inscripción en el estudio de Equidad sobre Resiliencia Comunitaria, Acción Ambiental y Colaboraciones para la Salud (REACH)	122	Joan Pakenham, Pn.D., Oficina de Investigación Humana y Participación Comunitaria, Instituto Nacional de Ciencias de la Salud Ambiental
Exámenes Dentales	110	Departamento de Salud Pública del Condado de Durham Centro de Salud de Comunidad de Lincoln
Exámenes de Detección de Diabetes	118	Sistema de Salud de la Universidad de Duke Instituto Nacional de Ciencias de la Salud Ambiental
Primeros Auxilios	117	Capítulo de Alumnas de Durham de Delta Sigma Theta Sorority Inc. Capítulo de Alumnas de Durham de Chi Eta Phi Enfermería Sorority Inc Departamento de Salud Pública del Condado de Durham

Exámenes de Salud y Servicios (9:30 a.m. – 4:30 p.m.)

**Local principal de Concientización Sobre La Salud de la Mujer:
Hillside High School, 3727 Fayetteville Road, Durham, Carolina del Norte**

Exámenes de Salud	Sala	Patrocinador
Detección de Glaucoma	120	Thomas Hunter, M. D., Duke Eye Center, Sistema de Salud de la Universidad de Duke Jamie Karl y Symon Ma, Grupo de Interes Oftamologo para estudiantes de Medicina de Duke
Examen de Audición	103	División de Servicios para Sordos y Personas con Dificultades Auditivas, Departamento de Salud y Servicios Humanos de Carolina del Norte
Exámenes de Detección de VIH/VHC/Sífilis	108	Departamento de Salud Pública del Condado de Durham
Terapia de VIH	110A	Departamento de Salud Pública del Condado de Durham
Inmunización COVID-19, STI y PrEP Educación	106 (Solo disponible de 9:00am-1:00pm)	Departamento de Salud Pública del Condado de Durham
Pruebas de Función Renal	Room 113	Centro del Riñón de la Universidad de Carolina del Norte (UNC)
Estudio de Pruebas de Función de Hígado	109	Unidad de Sistema de Salud de la Universidad de Duke, Gastroenterología-Hepatología Unidad de investigación Clínica
Detección Temprana de Salud Mental y Examen de Depresión y Alzheimer's	107	Alianza de Salud Conductual
Meditación Mindfulness (Nueva sesión al final de cada hora) Tambores para reducir el estrés – Willa Robinson Allen Aromaterapia – Angie Ceroli y Benita Harrington Masajes de manos – Angie Ceroli y Benita Harrington Masajes de reflexología – Tonya Wooten Meditación del Vientre Suave – Crystal Cavalier	105	Presentado por el Capítulo de Ex Alumnos de Durham de Delta Sigma Theta Sorority Inc. Presidenta, Deborah Breese, M.S., LPC, LCAS, CRC, Capítulo de Ex Alumnos de Durham, Delta Sigma Theta Sorority Inc.
Express Checks		
Prueba rápida de Glucosa y Presión Arterial	Pasillo de Exámenes	Coalición de Salud Comunitaria Inc.
Registro de Donación de Órganos	Pasillo de Exámenes	Coalición de Salud Comunitaria Inc.



Women's Health Awareness 2024

Research Study Booths



Women's Health Awareness
Community REACH Equity Study

Women's Health Awareness

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

Empower, Connect, Engage, and Advocate to Create Positive Change for Your Community!

This research study seeks to understand the long-term impacts of the COVID-19 pandemic on minority women and their families to assist in developing community-based programs for recovery and resiliency. A COVID-19 diagnosis is not required. By participating in all study activities, you may receive up to \$155.

Who can participate?

- Females who are African American or Black, Hispanic or Latina, American Indian or Alaskan Native, Asian American, Native Hawaiian, or other Pacific Islander.
- Aged 18 years or older.
- Reside in North Carolina.



What is required?

Completing a 45-minute survey and providing a photo ID is all that is required.

Participants may choose to participate in, and be paid for, additional activities, including:

- Collection of urine, household dust, saliva, or toenail clippings.
- Wearing a silicone wristband for up to a week.
- Completing a 15-minute reproductive health survey.
- Participating in a one-hour clinic visit that includes a blood draw and vital signs.

Who is running the study?

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

For more information about the study:

- Visit our website: <https://joinastudy.niehs.nih.gov/studies/reach>
- Call: 919-541-3852
- Email: NIEHSReachStudy@niehs.nih.gov





Environmental Impact on Adult Hormones and Reproductive Health

Part of the Observation of Environment and Reproductive Endocrine Effects Study (OBSERVE Study)

The purpose of this study is to learn how an adult's environment may cause problems with their hormones and reproductive system. Things in the environment may include pollution, chemicals at home and work, the food and medicine you take, and how much you sleep. Some of the health conditions to be studied are delayed puberty, irregular menstrual periods, polycystic ovarian syndrome (PCOS), female or male reproductive dysfunction and infertility (hypogonadism), and other disorders of androgen excess, including congenital adrenal hyperplasia (CAH).

Who can participate?

- Women and men who are 18 years of age or older.
- Confirmed or suspected diagnosis of endocrine-reproductive disorders.
- Able to travel to Research Triangle Park, North Carolina, or Bethesda, Maryland.

What is required?

- Study visits every 12-15 months for five years.
- Medical history, physical exam, blood and urine samples, answering questionnaires.
- Specialty testing measuring body composition and metabolism, if needed.

What are the advantages for participants?

- Evaluation and consultation by a specialist to confirm the diagnosis.
- Individualized medical care and treatment at no cost.
- Clinical laboratory tests, X-rays, and ultrasounds may be available at no cost.

Compensation is provided upon completion of each study visit.

Who is running the study?

- A team, led by Skand Shekhar, M.D., Janet Hall, M.D., and Natalie Shaw, M.D., from the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina, and the NIH Clinical Center in Bethesda, Maryland.

For information about this study:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email myniehs@niehs.nih.gov.
- Visit our website at joinastudy.niehs.nih.gov/studies.

September 2023

Environmental Impact on Children's Hormones and Reproductive Health

Part of the Observation of Environment and Reproductive Endocrine Effects Study (OBSERVE Study)

The purpose of this study is to research how the environment may affect a child's hormones and reproductive system. The study will focus on health conditions such as early or delayed puberty, irregular menstrual periods, and polycystic ovarian syndrome (PCOS).

Who can participate?

- Children from age 8 to 17 years old.
- Confirmed or suspected diagnosis of endocrine-reproductive disorders.
- Able to travel to Research Triangle Park, North Carolina.

What is required?

- Study visits every 12-15 months up to age 23 for clinical care.
- Medical history, physical exams, blood and urine samples, answering questionnaires.
- Specialty testing measuring body composition and metabolism, if needed.

What are the advantages for participants?

- Evaluation and consultation by a specialist to confirm the diagnosis.
- Individualized medical care and treatment at no cost.
- Clinical laboratory tests, X-rays, and ultrasounds may be available at no cost.

Compensation is provided upon completion of each study visit.



Who is running the study?

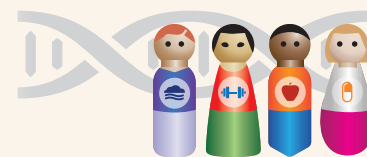
- A team, led by Skand Shekhar, M.D., Janet Hall, M.D., and Natalie Shaw, M.D., from the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina.

For information about this study:

- Call 1-855-MYNIEHS (1-855-696-4347).
- Email myniehs@niehs.nih.gov.
- Visit our website at joinastudy.niehs.nih.gov/studies.

September 2023





Personalized Environment and Genes Study (PEGS)

Powerful science for integrating genomic and environmental data to understand human health

Join PEGS to help scientists improve the prevention and treatment of diseases

The Personalized Environment and Genes Study (PEGS) collects health, exposure, medical, and genetic data to discover how the environment and genes affect our health.

Who can participate?

- Adults living in North Carolina.

What is required?

- Blood and urine samples.
- Optional samples may be requested and include stool, saliva, dust in your home, and others.
- Completion of surveys to answer questions about your health, diet, lifestyle, and environmental exposures.
- Periodically complete recontact surveys to update your information.

Why should I join?

By joining this study, you may help scientists:

- Find genetic and environmental factors that increase our risk of various diseases such as diabetes, heart disease, allergies, asthma, cancer, and many others.
- Better understand the causes of various diseases.
- Find better ways to prevent diseases.
- Compensation is provided based on the surveys completed and samples collected.

Who is running the study?

The study is led by Janet Hall, M.D., and Alison Motsinger-Reif, Ph.D., at the National Institute of Environmental Health Sciences Clinical Research Unit in Research Triangle Park, North Carolina.

For information about this study:

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



Teenage Menstrual Health Study

Part of the Demystifying a Girl's First Period Study

What's a normal period and what's not? Researchers will evaluate the menstrual cycles and reproductive health of teenagers compared to adult women.

Who can participate?

- Girls 11-17 years old.
- Have had their period for more than two years and less than five years.

What is required?

- An initial visit at the Clinical Research Unit, with a follow-up visit every six months until 18 years old.
- Parents or guardians must consent for the study, and a parent or guardian must be present at all study visits.
- Oral glucose tolerance test to measure how well the body can break down sugars.
- Finger prick and urine tests to measure hormones.
- Ultrasounds of the abdomen to look at the ovaries and uterus.
- Some test results will be provided.
- Study participants will be paid \$150 for the initial visit. Additional compensation will be paid for follow-up visits.



Who is running the study?

A team, led by pediatrician and hormone specialist Natalie Shaw, M.D., at the National Institute of Environmental Health Sciences Clinical Research Unit.

For more information:

- Call: 1-855-MYNIEHS (1-855-696-4347)
- Email: myniehs@niehs.nih.gov.
- Visit our website at joinastudy.niehs.nih.gov/studies/teenage-health.





Women's Health Awareness 2024

Distinguished WHA Faculty

Distinguished WHA Faculty



Kareemah Abdusamad
Certified Master Gardener



Ann Bullock, M.D.
Retired, Indian Health Service



Bolu Abe-Lathan, PA-C
Duke Smoking Cessation



Robin Callahan, RD, LDN, MHS
Program Director, Cherokee Choices and EBCI Nurse Family Partnership



Terry Alston-Jones, MPA
Health Promotion and Wellness Supervisor, Granville Vance Health Department



Cassandra Campbell
Executive Director, Robeson County Disaster Recovery Coalition Inc.



Rani Bansal, M.D.
Breast Medical Oncologist, Department of Medicine, Duke Cancer Institute



Trinitia Cannon, M.D.
Director, Head and Neck Surgical Oncology, Duke Raleigh Hospital



Sharunda Buchanan, Ph.D., M.S.
Director, Office of Priority Projects, Innovation, and Environmental Justice, National Center for Environmental Health/ Agency for Toxic Substances and Disease Registry, Centers for Disease Control and Prevention; Interim Director, Office of Environmental Justice, Office of the Assistant Secretary for Health, Department of Health and Human Services



Crystal Cavalier, Ed.D, MPA
Founder, 7 Directions of Service



Emily Chang, M.D.
Assistant Professor, Medicine, Division of Nephrology and Hypertension, UNC School of Medicine

Distinguished WHA Faculty



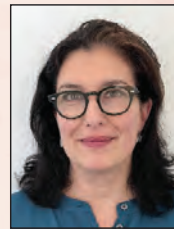
Lisa Criscione-Schreiber, M.D., M.Ed.
Professor of Medicine, Vice Chair for Education, Duke Department of Medicine; Co-Founder, Duke Lupus Clinic



Lori Jones Gibbs, MBA
President/CEO, LJG Consulting LLC



Tamara de Souza, MDPGCME, B.Sc., B.MedSci., MBBS
Diplomate ABIM Fellow, Division of Endocrinology, Department of Medicine, Duke University School of Medicine



Melissa Godwin, LCSW
Clinical Associate Professor, Behavioral Health Springboard, School of Social Work, University of North Carolina at Chapel Hill, NC Pregnancy and Opioid Exposure Project



Kim Dunn, MSPH
Technical Training Director, Deep South Center for Environmental Justice



Marvis Henderson-Daye, Ed.D., MPA
Owner, M. E. Henderson Inc.



Meria Eppelin, Ph.D.
Professor in Population Health Sciences, Professor in Medicine, Member, Duke Cancer Institute



Kennedy Holt, MSPH
Environmental Toxicologist, Public Health, Occupational, and Environmental Epidemiology, N.C. Department of Health and Human Services



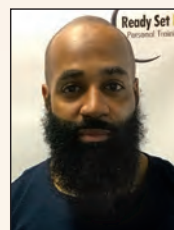
Katherine Garman, M.D., MHS
Associate Professor of Medicine, Department of Medicine, Division of Gastroenterology, Duke University



Monica Fuller Johnson, PS, TTS
NC Medicaid, Communications and Engagement, Division of Health Benefits (NC Medicaid), N.C. Department of Health and Human Services



Anisha Gerber, M.D.
Pediatric Nephrology Program Fellow, UNC School of Medicine



Anthony Jones
Owner and Operator, Ready Set Fitness Personal Training Studio

Distinguished WHA Faculty



Randol Kennedy, M.D.
*Fellow, Department of Medicine,
Division of Endocrinology,
Duke University School of Medicine*



Nkiru Osude, M.D., M.S.
*Duke Cardiovascular Disease Fellow,
Duke Clinical Research Institute
Research Fellow*



Jennifer Link, MSW
*Ageing Program Coordinator,
Central Pines Area Agency on Aging*



Sasha Ottey, MHA, MT (ASCP)
*Executive Director, PCOS Challenge:
The National Polycystic Ovary
Syndrome Association*



Bruce McClue
*Technical Training Manager,
Deep South Center for
Environmental Justice*



Joan Pakenham, Ph.D.
*Founder and Chair, Women's Health
Awareness Program and Steering and
Planning Committee; Director, Office
of Human Research and Community
Engagement, NIEHS, NIH*



Gerald McNair, M.P.H.
*Team Leader, Community
Outreach, Granville Vance
Public Health*



LaQuana Palmer, MPA
*Deputy Director, Communications and
Engagement, Division of Health Benefits
(NC Medicaid), N.C. Department of
Health and Human Services*



Adrienne Michelle, LMFT
Speaker, Therapist, and Educator



Kendra Parrish, D.O., FACS
*Breast Surgical Oncologist,
Department of Surgery,
Duke University School of Medicine*



Deborah Holt Noel
*Senior Producer, Black Issues Forum;
Host and Feature Producer,
North Carolina Weekend,
PBS North Carolina*



Marlena Parson, PMHNP-BC
Duke Smoking Cessation

Distinguished WHA Faculty



Benita Perkins, M.B.A.

Director, Benniegirl Healthy Lifestyle Branding and Communication Inc.; Certified Fitness and Personal Training Instructor, Athletic and Fitness Association of America



Rushad Shroff, M.D., FACP

Practice Medical Director, Duke Primary Care Midtown, Raleigh, N.C.



Jennifer Platts

Communications Specialist, Communications and Engagement, Division of Health Benefits (NC Medicaid), N.C. Department of Health and Human Services



Tara Owens Shuler, M.Ed., LCCE, CD(DONA)

Branch Head, Maternal Health Branch – Women, Infant, and Community Wellness Section, N.C. Department of Health and Human Services, Division of Public Health



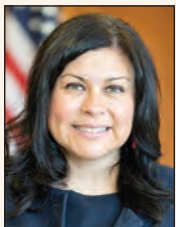
Mariah Prince-Allen, DNP, FNP-BC

Telehealth for HER



John Staley, Ph.D.

Deputy Director, N.C. Occupational Safety and Health Education and Research Center



Melanie Fontes Rainer, J.D.

Director, Office for Civil Rights, U.S. Department of Health and Human Services



Ebony Tate, MSN, CNM, CPHN

State Maternal Health Nurse Consultant, Maternal Health Branch – Women, Infant, and Community Wellness Section, N.C. Department of Health and Human Services, Division of Public Health



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Wytha Balance Yoga-Counseling LLC



Chandra Taylor-Sawyer, ESQ

Senior Attorney and Leader, Environmental Justice Initiative, Southern Environmental Law Center



Skand Shekhar, M.D., MHSc, FACP

Medical Director, Clinical Research Unit, NIEHS, NIH



Pattie Tucker, Dr.P.H., RN

Director, Office of Women's Health, Centers for Disease Control Office of Health Equity

Distinguished WHA Faculty



Jackeline Noemi Vázquez Villafañe,
LCMHC, LCAS-A, NCC
Director, The Counseling Center



Eddie Wilson
*Instructor and Executive Chef,
Aramark Collegiate Hospitality*



Sarahn Wheeler, M.D., MHS
*Associate Professor and Vice Chair,
Equity, Diversity, and Inclusion;
Director, Duke Prematurity Prevention Program,
Duke University School of Medicine,
Department of Obstetrics and Gynecology,
Division of Maternal Fetal Medicine*



Kelli Wood, M.S., RD, LDN
*Regional Registered Dietitian,
Aramark Collegiate Hospitality*



Sherri White-Williamson
*Director, Environmental Justice Strategy,
NC Conservation Network*



Sylvia Zapata
*Executive Director, Student Action
With Farmworkers*

**For full speaker biographies,
please visit the WHA website at
<https://www.niehs.nih.gov/wha2024>**





Women's Health Awareness 2024

Co-Sponsors

Corporate and Business Partners

Co-Sponsors

Celebrating 10 Years of Women's Wellness

With sincerest gratitude, we extend our heartfelt appreciation to our co-sponsors. Your unwavering support and commitment have been instrumental in the remarkable success of the Women's Health Awareness Wellness Conference and Program over the past decade. None of this would have been possible without your invaluable contribution.

We look forward to continuing this important work together, advancing the cause of women's wellness and shaping a brighter, healthier future for generations to come.



**Durham Alumnae Chapter of
Delta Sigma Theta Sorority Inc.**



**Durham Alumnae
Delta House Inc.**



NC Central
UNIVERSITY

**North Carolina Central University
Department of Public Health Education**



Corporate Partner

A Special **"THANK YOU"** to **Donna Bernstein** for Her Generous Contribution to Women's Health Awareness 2024!



We would like to recognize Donna Bernstein for her support of Women's Health Awareness 2024. Throughout her career as a successful businesswoman, she has prioritized service to support initiatives for those affected by disability or disparity. Her vision to provide a global reach to her support resulted in the Donna Bernstein Global Research Fund, which provides support to train neurosurgeons in Africa. Donna has been a long-standing and passionate supporter of the Duke Cancer Institute, where she herself and members of her family received treatment. Partnering with Duke, she established the Clifford Ray Prostate Cancer Fund in honor of her lifelong friend and NBA champion. She is also strongly committed to making a difference in addressing health care inequities that result in disparities in women's cancer outcomes, including breast cancer screening. We are proud that her generosity and vision have allowed us to provide free mammogram screening as part of Women's Health Awareness 2024. **Thank you, Donna, for being our SHERO!**



Corporate Partner

**A Special "THANK YOU" to Aramark Catering
for Their Generous Contribution to Women's Health Awareness 2024**



Aramark is committed to teaching communities that "Living Well Starts with Eating Well!" Aramark is proud to support Women's Health Awareness to improve the health of women in North Carolina by providing nutrition education and increasing access to healthy food options.

Our partnership with Women's Health Awareness aligns with Aramark's goal of "Putting People First."



Corporate Partner

A Special "THANK YOU" to Cancer Prevention and Control Branch, Breast and Cervical Cancer Prevention Program of the North Carolina Department of Health and Human Services for Their Generous Contribution to Women's Health Awareness 2024!

The Cancer Prevention and Control Branch, North Carolina Department of Health and Human Services, is honored and thrilled to support Women's Health Awareness. 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.

Take care of your health, so you will be there for your family.

Are you up to date on your health screenings? Early detection can help reduce your risk of getting a chronic disease, like heart disease, diabetes or cancer. It can reduce your risk of complications and even save your life. Today, take a moment to take control of your health to make sure you're there for the big moments. Learn more at preventchronicdisease.nc.com.

- track health numbers
- get mammograms and pap smear
- have colorectal cancer screening
- see son graduate

- registrar sus números indicadores de salud
- hacerse el mamograma y el papanicolaou
- hacerse la prueba de cáncer colorectal
- ver a su hija graduarse

Cuide su salud para que esté ahí para su familia.

¿Está al día con sus exámenes de salud? La detección temprana puede ayudar a reducir su riesgo de adquirir una enfermedad crónica, como enfermedades del corazón, diabetes o cáncer. Esto podría reducir su riesgo a tener complicaciones o incluso salvar su vida. Tome tiempo hoy para tomar control de su salud y asegurarse de que estará ahí para los grandes momentos. Aprenda más en preventchronicdisease.nc.com.

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 on the screening hallway.





Corporate Partner

**A Special "THANK YOU" to Durham Public Schools
for Their Generous Contribution to Women's Health Awareness 2024!**



Bright Futures Are Sparked

HERE!

Discover more at www.DPSNC.net



Corporate Partner

A Special "THANK YOU" to the Office of Health Equity of the North Carolina Department of Health and Human Services for Their Generous Contribution to Women's Health Awareness 2024



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
Office of Health Equity

The Office of Health Equity Presents:

NORTH CAROLINA HEALTH DISPARITIES DATA REPORT AND GUIDE

Expected April 2024



About the Report

The 2024 North Carolina Health Disparities Data Report and Guide is the newest iteration of data reports from the Office of Health Equity. This report is the fifth and most comprehensive report over the 20-year span of similar reports, with previous publications in 2003, 2006, 2010, and 2018. Data found in this report **highlight the health differences between historically marginalized population groups, including North Carolina's Women and Girls.**

Report Objectives

- 1 Tracks progress in eliminating health disparities for historically marginalized populations (HMP).
- 2 Offers current data and evidence-based recommendations for diverse organizations to address health disparities.
- 3 Explains historical, social, and root causes of health disparities, making data accessible to all.
- 4 Advises decision makers on eliminating health disparities through policy reform and system change.
- 5 Aligns with NCDHHS Strategic Plan, State Health Improvement Plan, Healthy North Carolina 2030, and community priorities.

Contact Us

- Breanna McGinnis, NCDHHS, OHE, Breanna.McGinnis@dhhs.nc.gov
- HealthEquityOffice@dhhs.nc.gov
- <https://www.ncdhhs.gov/divisions/office-health-equity>

Topics

- Access to Healthcare
- Aging Adults
- Child & Adolescent Health
- Chronic Disease
- Communicable Disease
- Economic Wellbeing
- Environmental Health
- Farmworker Health
- Health of People with Disabilities
- Immigrant Health
- Injury and Violence
- LGBTQ+ Health
- Maternal & Infant Health
- Mental & Behavioral Health
- Mortality
- Refugee Health
- Rural Health
- Social Drivers of Health



Corporate Partner

A Special **"THANK YOU"** to **WTVD ABC11**
for Their Generous Contribution to Women's Health Awareness 2024

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



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





Corporate Partner

**A Special "THANK YOU" to Duke Cancer Institute
for Their Generous Contribution to Women's Health Awareness 2024**



Duke Cancer Institute thanks our community partners

Duke Cancer Institute is proud to serve as a Corporate Partner for the 2024 Women's Health Awareness 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 out more about these services, please call our office at 919-684-0409 or visit dukecancerinstitute.org/ohed.





Corporate Partner

A Special "THANK YOU" to the Southern Environmental Law Center for Their Generous Contribution to Women's Health Awareness 2024

Solutions for a healthy environment start in the South.

The Southern Environmental Law Center is proud to support the movement to raise awareness for women's health. At SELC, we believe that everyone deserves to drink clean water, breathe healthy air, and live in thriving communities free from harmful pollution. Together, we can solve the greatest environmental challenges starting right here in the South.



SOUTHERN ENVIRONMENTAL LAW CENTER
southernenvironment.org





Corporate Partner

**A Special "THANK YOU" to the Triangle Park (NC) Chapter of The Links Inc.
for Their Generous Contribution to Women's Health Awareness 2024**



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

- Michelle Obama

The Triangle Park (NC) Chapter of The Links, Incorporated
proudly supports the
10th Annual Women's Health Awareness

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

Link DiJuana McDougal
PRESIDENT



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

Business Partner

A Special **"THANK YOU"** to our Business Partners
for Their Contribution to Women's Health Awareness 2024



**UNC Asheville-UNC Gillings
Master of Public Health (M.P.H.)**



Joyce's Specialties

Contact: Joyce Siler, Owner

Telephone: 919-477-0182

Email: joycesspecialties@gmail.com



MIHI Made in His Image Apparel

Contact: Marcus Green, CEO

Telephone: 757-619-8904

Email: mihiappllc@gmail.com



Spectacular Magazine

Contact: Phyllis Coley, CEO and Publisher

Telephone: 919-916-1640

Email: pcoley@spectacularmag.com

www.spectacularmag.com



VAYAHEALTH

www.vayahealth.com

Women's Health Awareness 2024 Satellite Conference Sites

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

City of Creedmoor, Creedmoor Community Center



Contact: Dennis W. Meshaw, Jr., CPRP, CPSI, CPO,
Recreation Director
108 East Wilton Ave., Creedmoor, NC 27522
Telephone: 919-764-1021
Email: dmeshaw@cityofcreedmoor.org
[www.cityofcreedmoor.org/recreation/parks-facilities/
creedmoor-community-center](http://www.cityofcreedmoor.org/recreation/parks-facilities/creedmoor-community-center)

South Granville Senior Center



Contact: Christy Southall, South Granville Center Coordinator
114 Douglas Drive, P.O. Box 766, Creedmoor, NC 27522
Telephone: 919-528-0848
Email: christy.southall@granvillecounty.org
www.granvillecounty.org/residents/senior-services

Women's Health Awareness 2024 Satellite Conference Sites

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

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

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



Granville Vance Public Health

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



GRANVILLE VANCE
public health

Granville County
101 Hunt Dr., Oxford, NC 27565
Clinic: 919-693-2141

Women's Health Awareness 2024 Satellite Conference Sites

A special "THANK YOU" to our Community Partners in Western N.C. for your support and collaboration with the Women's Health Awareness Conference to provide health access for women in your county.

Asheville Alumnae Chapter of Delta Sigma Theta Sorority Inc.

Providing 67 years of steadfast service to our community in Asheville, North Carolina.

Our chapter supports a healthy lifestyle for the total woman: Mind, Body, and Spirit.

We are proud to be a collaborative community partner for the 2024 Women's Health Awareness Women's Wellness Conference, and support the work and mission of eliminating environmental health disparities and promoting health access and equity for the women within our community.



Women's Health Awareness 2024 Satellite Conference Sites

A special **"THANK YOU"** to our Community Partners in **Western N.C.** for your support and collaboration with the Women's Health Awareness Conference to provide health access for women in your county.

UNC Health Sciences at Mountain Area Health Education Center (MAHEC)

The NC AHEC Program provides and supports educational activities and services with a focus on primary care in rural communities and those with less access to resources to recruit, train, and retain the workforce needed to create a healthy North Carolina. Located in Asheville, MAHEC is one of nine centers in the NC AHEC Program and serves the western part of our state.

121 Hendersonville Road
Asheville, NC 28803
Telephone: 828-257-4400



Buncombe County Communication and Public Engagement



www.buncombecounty.org/governing/depts/community-engagement

Buncombe County Department of Health



40 Coxe Avenue, Asheville, NC 28801
Telephone: 828-250-5211
www.buncombecounty.org/governing/depts/health



Women's Health Awareness 2024

Exhibitors



Durham – Exhibitors and Community Partners

	Organization	Contact Information
	<p>A Balance for MS Foundation</p>	<p>Contact: JuJuan Mitchell 3141 Winding Waters Way, Raleigh, NC 27614 Telephone: 919-604-1194 Email: abalanceformsfoundation@gmail.com www.linktr.ee/abalanceformsfoundation</p>
	<p>Adapt Chiropractic PLLC</p>	<p>Contact: Dr. Nikolai Simonsen 8837 Six Forks Road, Raleigh, NC 27615 Telephone: 919-827-0303 Email: info@adaptraleigh.com www.adaptraleigh.com</p>
	<p>Alliance Health</p>	<p>Contact: Victoria Mosey 5200 W. Paramount Parkway, Suite 200, Morrisville, NC 27560 Telephone: 984-302-1965 Email: vmosey@alliancehealthplan.org www.alliancehealthplan.org</p>
	<p>Arbonne International</p>	<p>Contact: Cheryl Godwin 3117 Waterford Ridge Lane, Wake Forest, NC 27587 Telephone: 919-539-3633 Email: cgodwin.envp@gmail.com www.cherylgodwin.arbonne.com</p>
	<p>Aunties Against Abuse</p>	<p>Contact: Stephanie Humphrey 1821 Hillandale Road, Suite 1B-204, Durham, NC 27705 Telephone: 919-813-0333 Email: info@auntiesagainstabuse.org www.auntiesagainstabuse.org</p>
	<p>Bridges Pointe</p>	<p>Contact: Jessica Miller 800 North Mangum Street, Durham, NC 27701 Telephone: 336-268-5638 Email: jmiller.bridgespointeinc.nc@gmail.com www.bridgespointenc.org</p>
	<p>Carolina Complete Health</p>	<p>Contact: Rebecca Hoggard 4309 Emperor Blvd., Durham, NC 27703 Telephone: 231-245-9661 Email: rebecca.hoggard@carolinacompletehealth.com www.carolinacompletehealth.com</p>
	<p>Central Pines Area Agency on Aging</p>	<p>Contact: Jennifer Link 4307 Emperor Blvd., Ste 110, Durham, NC 27703 Telephone: 919-558-9391 Email: jlink@centralpinesnc.gov www.centralpinesnc.gov/aging-human-services</p>
	<p>Community Health Coalition Inc.</p>	<p>Contact: Carmelita Spicer 308 Crutchfield St., Durham, NC 27704 Telephone: 919-794-1806 Email: carmelita@communityhealthcoalition.com www.communityhealthcoalition.com</p>
	<p>Dress for Success Triangle</p>	<p>Contact: Megan Risley (Mobile Boutique On-Site 11:00 a.m. - 3:00 p.m.) 1812 Tillery Place, Raleigh, NC 27604 Telephone: 919-286-2128 Email: megan.risley@dfstrianglenc.org www.dfstrianglenc.org</p>

Durham – Exhibitors and Community Partners

	Organization	Contact Information
	Duke Obstetrics and Gynecology	Contact: SirTauria Hilliard Duke University School of Medicine DUMC 3084, 203 Baker House, Durham, NC 27710 Telephone: 919-920-1700 Email: sirtauria.hilliard@duke.edu https://obgyn.duke.edu
	DukeWell	Contact: LaKeyta Johnson 3100 Tower Blvd., Suite 1100, Durham, NC 27707 Telephone: 919-724-5637 Email: lakeyta.johnson@duke.edu www.dukewell.org
	Durham County Board of Elections	Contact: Emma Trautmann-Galloway 201 N. Roxboro St., Durham, NC 27701 Phone: 919-560-0251 Email: etgalloway@dconc.gov www.dcovotes.com
	Durham County DSS – Foster Care	Contact: Deborah Cousin 414 East Main St., Durham, NC 27701 Telephone: 919-560-8411 Email: dcousin@dconc.gov www.dconc.gov/dss
	Chronic Care Initiative (CCI) Minority Diabetes Prevention Program (MDPP), Formerly Incarcerated Transitions (FIT)	Contact: Edith Slack 414 East Main St., Durham, NC 27701 Telephone: 919-724-5471 Email: edslack@dconc.gov www.dcopublichealth.org
	Improving Community Outcomes for Maternal and Child Health (ICO4MCH)	Contact: Breann Wyman 414 East Main St., Durham, NC 27701 Telephone: 919-560-7839 Email: breannwyman@dconc.gov www.dcopublichealth.org/services/health-education/communicable-disease-maternal-child-health/icomch
	Durham Crisis Response Center	Contact: Cheryl Geiger 101 E. Morgan St., Durham, NC 27701 Telephone: 919-564-6741 Email: cheryl@thedcrc.org http://www.thedcrc.org
	Extension Master Gardener Volunteers of Durham County	Contact: Janet Hunter 721 Foster St., Durham, NC 27701 Telephone: 919-724-9700 Email: janethunter1691@gmail.com www.durhammastergardeners.com

Durham – Exhibitors and Community Partners

	Organization	Contact Information
 <p>DURHAM TECH Do great things.</p>	<p>Durham Technical Community College – Health and Wellness Pathway</p>	<p>Contact: Melissa Ockert, Dean, Health and Wellness Telephone: 919-536-7233 x8127 Email: ockertm@durhamtech.edu www.durhamtech.edu</p>
	<p>Behavioral and Community Health Programs and Intrinsic Health & Wellness Solutions LLC</p>	<p>Contact: Dr. Letitia Johnson-Arnold 1722 Ellie Ave., Fayetteville, NC 28314 Telephone: 919-536-7222 Email: johnson-arnoldl@durhamtech.edu www.ihwellsolutions.com</p>
	<p>Durham Technical Community College – Translation/Interpretation Department</p>	<p>Contact: Sara Juarez 1637 E. Lawson St., Durham, NC 27703 Telephone: 336-264-9206 Email: juarezs@durhamtech.edu www.durhamtech.edu</p>
	<p>Eatwell Exchange</p>	<p>Contact: Jasmine Westbrook 1220 Bristoe Drive, Apt. 305, Knightdale, NC 27545 Telephone: 901-230-6505 Email: jasmine@eatwellexchange.org www.eatwellexchange.org</p>
	<p>El Centro Hispano</p>	<p>Contact: Rubi Morales 2000 Chapel Hill Road, Suite 26A, Durham, NC 27707 Telephone: 919-491-5535 Email: rmorales@elcentronc.org www.elcentronc.org</p>
	<p>Environmental Health and Disease Laboratory, North Carolina A&T State University</p>	<p>Contact: Emmanuel Obeng-Gyasi 1601 East Market St., Hines Hall 313, Greensboro, NC 27401 Telephone: 812-361-6788 Email: eobenggyasi@ncat.edu</p>
	<p>Foundation for Sarcoidosis Research</p>	<p>Contact: Alisia Galloway 320 West Ohio St., Suite 300, Chicago, IL 60654 Telephone: 704-615-9993 Email: alisiag@fsrvolunteers.org info@stopsarcoidosis.org www.stopsarcoidosis.org</p>
	<p>Jendayi Doula Services</p>	<p>Contact: Jekisha Elliott Telephone: 540-273-5923 Email: jendayidoula@gmail.com www.jendayidoula.com</p>
	<p>LATIN19</p>	<p>Contact: Sharon Muñoz 30100 Folklore Way, Cary, NC 27519 Telephone: 917-698-1594 Email: sharonmunoz2003@hotmail.com www.latin19.org</p>
	<p>Lincoln Community Health Center</p>	<p>Contact: Jahaziel Zavaleta 1301 Fayetteville St., Durham, NC 27707 Telephone: 919-956-4029 www.lincolnchc.org</p>

Durham – Exhibitors and Community Partners

	Organization	Contact Information
	Lung Cancer Initiative	Contact: Alisha Patel 5171 Glenwood Ave., Suite 401, Raleigh, NC 27612 Telephone: 919-784-0410 Email: apatel@lungcancerinitiative.org www.lungcancerinitiative.org
	Division of Services for the Deaf and Hard of Hearing	Contact: Martina Moore-Reid 3060 Hammond Business Place, Suite 141, Raleigh, NC 27603 Telephone: 919-439-0354 Email: martina.moore-reid@dhhs.nc.gov www.ncdhhs.gov/divisions/dsdhh
	NC Cancer Prevention and Control Branch, Breast and Cervical Cancer Control Program (BCCCP)	Contact: Erin Brown 1922 Mail Service Center, Raleigh, NC 27699-1922 Telephone: 919-707-5330 Email: erin.brown@dhhs.nc.gov https://bcccp.dph.ncdhhs.gov
	N.C. DPH Women, Infant, and Community Wellness Section	Contact: Tonya Chesney Telephone: 336-430-0189 Email: tonya.chesney@dhhs.nc.gov https://wicws.dph.ncdhhs.gov
	Office of Health Equity	Contact: Ava Hardiman 5605 Six Forks Road, Bldg. #3, Raleigh, North Carolina 27609 Email: healthequityoffice@dhhs.nc.gov Phone: 919-707-5043 www.ncdhhs.gov/divisions/office-health-equity
	NC Medicaid, North Carolina Department of Health and Human Services	Contact: LaQuana Palmer 1985 Umstead Drive, Kirby Bldg., Raleigh, NC 27603 Telephone: 948-297-1166 Email: laquana.palmer@dhhs.nc.gov https://medicaid.ncdhhs.gov
	NC Registry for Brain Health at Duke	Contact: Henry Edmonds 2400 Pratt St., 6th Floor, Durham, NC 27705 Telephone: 919-668-2676 Email: henry.edmonds@duke.edu www.ncbrainhealth.org
	NIEHS Clinical Research Unit	Contact: Stefanie Vidal 111 TW Alexander Drive, Durham, NC 27709 Telephone: 984-287-4676 Email: stefanie.vidal@nih.gov https://joinastudy.niehs.nih.gov/studies
	North Carolina A&T State University Department of Environmental Health and Disease Laboratory	Contact: Emmanuel Obeng-Gyasi, Ph.D. 1601 E. Market Street, Hines Hall 313, Greensboro, NC 27401 Telephone: 812-361-6788 Email: eobenggyasi@ncat.edu

Durham – Exhibitors and Community Partners

	Organization	Contact Information
	Bull City Strong Initiative	Contact: Carmen Linarte 500 Nelson St., Durham, NC 27707 Telephone: 786-270-7658 Email: clinarte@nccu.edu
	Department of Nursing	Contact: Dominique Williams 1801 Fayetteville St., Durham, NC 27707 Telephone: 919-530-5451 Email: dominique.williams@nccu.edu www.nccu.edu/nursing
	Department of Nutrition Sciences	Contact: Lamis Jomaa 1801 Fayetteville St., Durham, NC 27707 Telephone: 919-418-8611 Email: ljomaa@nccu.edu www.nccu.edu
	RCMI Center for Health Disparities Research	Contact: Seronda Robinson HOPE Program Co-director, Public Health Education 1801 Fayetteville St., Durham, NC 27707 Telephone: 919-597-0985 Email: seronda.robinson@nccu.edu www.nccu.edu/rcmi
	North Carolina State Coalition The National Council of Negro Women Inc.	Contact: Queen E. Degraphenreid Telephone: 910-922-4946 Email: degraphenreid12@gmail.com www.ncnw.org
	Oak Street Health of Durham	Contact: Charisma Haynes 1000 North Miami Blvd., Suite 121, Durham, NC 27703 Telephone: 919-884-7225 www.oakstreethealth.com
	PCOS Challenge: The National Polycystic Ovary Syndrome Association	Contact: Sasha Ottey 931 Monroe Drive, NE Suite A-470, Atlanta, GA 30308 Telephone: 404-855-7244 Email: info@pcoschallenge.org www.pcoschallenge.org
	Ready Set Fitness Training Studio	Contact: Anthony Jones 2945 S. Miami Blvd., Durham, NC 27703 Telephone: 919-521-1635 Email: anthony_j76@yahoo.com
	Reentry Center for Women	Contact: Tracey Hall 555 Fayetteville St., Suite 201, Raleigh, NC 27601 Telephone: 919-636-0658 Email: traceyhallexecutivedirector@gmail.com www.reentrycenterforwomen.org

Durham – Exhibitors and Community Partners

	Organization	Contact Information
	<p>Sisters Network Triangle NC</p>	<p>Contact: Portia Scott Hedgepeth P.O. Box 51592, Durham, NC 27717 Telephone: 919-490-1571 Email: trianglenc@sistersnetworkinc.org www.sisterstriangle.org</p>
	<p>Tigerlily Foundation</p>	<p>Contact: Sue Steele 42020 Village Center Plaza, Suite 120-156, Stone Ridge, VA 20105 Telephone: 1-888-580-6253 Email: sue@tigerlilyfoundation.org www.tigerlilyfoundation.org</p>
	<p>U.S. Department of Health and Human Services Centers for Medicare & Medicaid Services</p>	<p>Contact: Tamika Myles 61 Forsyth St. SW, Atlanta, GA 30303 Telephone: 404-780-1337 Email: tamika.myles@cms.hhs.gov www.cms.gov</p>
	<p>U.S. Department of Housing and Urban Development</p>	<p>Contact: Caitlin Humphreys 1500 Pinecroft Road, Suite 401, Greensboro, NC 27407 Telephone: 202-626-9828 Email: caitlin.m.humphreys@hud.gov www.hud.gov</p>
	<p>Wytha Balance Yoga – Bull City Yoga Festival</p>	<p>Contact: Ingrid Saddler-Walker 1301 Clermont Road, Durham, NC 27713 Telephone: 919-423-8844 Email: deesawalk@msn.com www.bullcityyogafestival.com</p>

Granville County – Exhibitors and Community Partners

	Organization	Contact Information
	AIMHigh – Keep Pressing	Contact: Jessica Hawkins 225 Horner St., Henderson, NC 27536 Telephone: 252-432-5356 www.keeppressing.org
	City of Creedmoor, Creedmoor Community Center	Contact: Dennis W. Meshaw Jr. 108 E. Wilton Ave., Creedmoor, NC 27522 Telephone: 919-764-1021 Email: dmeshaw@cityofcreedmoor.org www.cityofcreedmoor.org/recreation/parks-facilities/creedmoor-community-center
	Enjoy The Baby LLC	Contact: Tonya Daniel 1613 Irving Place, Creedmoor, NC 27522 Telephone: 919-939-1445 Email: chorrigan@cityofcreedmoor.org www.enjoythebaby.com
	Granville Vance Public Health – Women, Infant, and Children (WIC) Program	Contact: Gerald McNair Granville Vance Public Health P.O. Box 367, Oxford, NC 27565 Email: gmcnair@gvph.org www.gvph.org
	N.C. Cooperative Extension	Contact: Paul McKenzie 158 Rafters Lane, Warrenton, NC 27589 Email: paul_mckenzie@ncsu.edu www.ces.ncsu.edu
	NC Medicaid, North Carolina Department of Health and Human Services	Contact: Jennifer Platts Telephone: 919-302-9727 Email: jennifer.platts@dhhs.nc.gov www.medicaid.ncdhhs.gov
	Turning Point Community Development Corporation	Contact: Chalis Henderson 2495 U.S. 1/158 Hwy., Henderson, NC 27537 Email: chenderson@turningpointcdc.org www.turningpointcdc.org

Western N.C. – Exhibitors and Community Partners

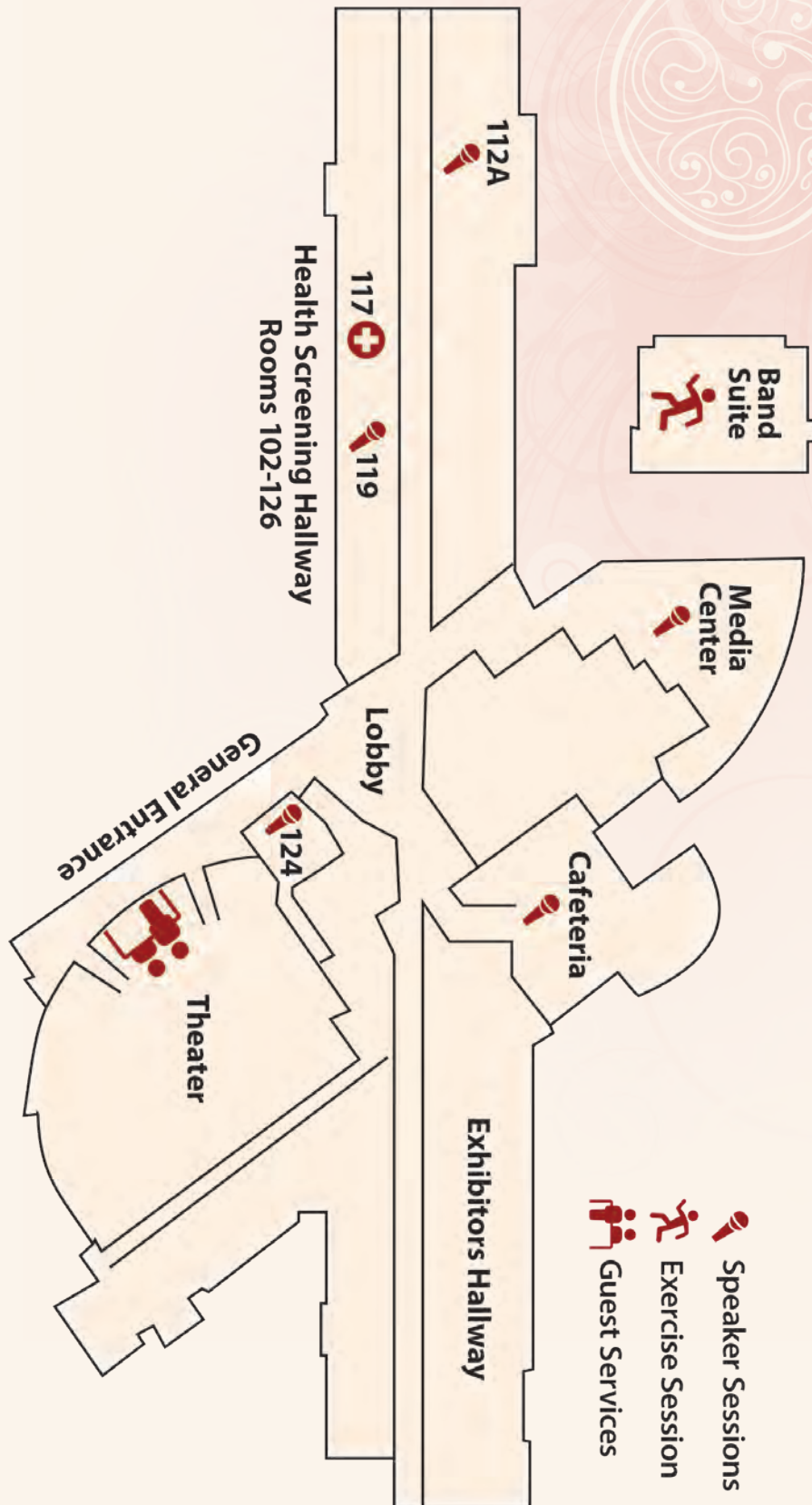
	Organization	Contact Information
	<p>ABIPA</p>	<p>Contact: JéWana Grier-McEachin 56 Walton St., Asheville, NC 28801 Telephone: 828-778-7122 www.abipa.org</p>
	<p>Asheville Chapter of The Links Incorporated</p>	<p>Contact: Charmaine (Pam) Lowe-Hoyte P.O. Box 1554, Asheville, NC 28801 Telephone: 828-329-9242 www.ashevillelinksinc.org</p>
	<p>Buncombe County BCCCP</p>	<p>Contact: Melanie Evans 40 Coxe Ave., Asheville, NC 28801 Telephone: 828-250-5230 www.buncombecounty.org/pink</p>
	<p>Buncombe County Public Health Mobile Team</p>	<p>Contact: Maggie Bogle 40 Coxe Ave., Asheville, NC 28801 Telephone: 828-620-1138 https://www.buncombecounty.org/governing/depts/health/mobile-team.aspx</p>
	<p>Eastern Band of Cherokee Indians/ Public Health and Human Services</p>	<p>Contact: Robin Callahan 806 Acquoni Road, Cherokee, NC 28719 Telephone: 828-359-6785 phhs.ebci-nsn.gov</p>
	<p>Helpmate</p>	<p>Contact: Caitrin Doyle 35 Woodfin St., Asheville, NC 28801 Telephone: 828-254-2968, ext. 160 www.helpmateonline.org</p>
	<p>HERS LLC</p>	<p>Contact: Yvette Jives 225 Fayetteville St., Asheville, NC 28806 Telephone: 828-242-5020 www.hersnc.org</p>
	<p>MAHEC (Patient Family Advisory Council)</p>	<p>Contact: Nikki Garcia 121 Hendrsonville Road, Asheville, NC 28803 Telephone: 828-337-1447 www.mahec.net</p>
	<p>Mission Health</p>	<p>Contact: Wendy Baker Hospital Drive, Asheville, NC 28801 Telephone: 828-775-3651 www.missionhealth.com</p>
	<p>Division of Services for the Deaf and Hard of Hearing</p>	<p>Contact: Susan Sacco 12 Barbeta Drive, Asheville, NC 28806 Telephone: 828-633-8733 www.ncdhhs.gov/divisions/services-deaf-and-hard-hearing</p>
	<p>NC Medicaid, North Carolina Department of Health and Human Services</p>	<p>Contact: Monica F. Johnson 1985 Umstead Drive, Kirby Bldg., Raleigh, NC 27603 Telephone: 919-604-1056 www.medicaid.ncdhhs.gov</p>
	<p>Vaya Health</p>	<p>Contact: Kevonna Martin 200 Ridgefield Court, Suite 218, Asheville, NC 28806 Telephone: 828-225-2785 www.vayahealth.com</p>



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Building Maps

Event Map



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