



Heartbeat

Jackson Heart Study 17th birthday celebration shines spotlight on genetics research, ethics

During the Jackson Heart Study's (JHS) 17th Birthday Celebration activities held Sept. 29-30, JHS participants, community members, faculty, students of the JHS academic partner institutions and staff from national health science agencies were provided with a wealth of knowledge about the not so distant history of unethical research studies and practices and the researchers' burden of responsibility for minority populations. The birthday celebration theme was: *Genetics and Ethics in the Jackson Heart Study: What you should Know.*

On both days, presentations were given by Dr. Anne R. Simpson, a uniquely qualified, nationally acclaimed physician ethicist. Simpson, who hails from The University of New Mexico Health Sciences Center (HSC) School of Medicine Department of Internal Medicine, where she serves as associate vice-chancellor for African American Health and professor of medicine and geriatrics, delivered a spirited account of the ways research abuses can creep into valuable, meaningful processes and potentially reduce community input, thereby disrupting the community's trust, which is vitally important for successful, effective research to take place, particularly among minority communities. Her presentations titled, *"A Broader History: Medical Research in America"* and *"Please make Informed Decisions,"* elicited rich discussions and thought-

provoking questions.

Simpson discussed with the audience the importance of making informed decisions. She emphasized that providing informed consent for participation in research must involve discussion and a thorough understanding of all aspects of the research and all potential consequences of participants' involvement and data collection prior to agreeing to participate. She emphasized the need for information to be presented at a level of understanding rather than level of education. Simpson stressed that it is the responsibility of research organizations and research investigators to honor, respect, and empower study participants to make decisions as equal partners in the



Anne R. Simpson, MD

research enterprise and the decision-making processes.

"Dr. Simpson's presentations were very well received by the audiences on both days. JHS was pleased to have representatives from the National Institutes of Health the National Heart, Lung and Blood Institute, and National Institute on Minority Health and Health Disparities," said Dr. Donna Antoine-LaVigne, JHS Community Outreach Center principal investigator.

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Jackson State University JHS Daniel H. Williams scholars showcased

Michael Ramsey, a 4th cohort scholar and third-year clinical psychology doctoral student at Jackson State University, was awarded an internship in the Graduate Summer Opportunity to Advance Research Program (GSOARP) at the National Institutes of Health (NIH) in Bethesda, Md. During the program, he conducted research using big data strategies to examine the social determinants of health and cigarette smoking among U.S. blacks. In August, he presented his research as a three-minute scientific talk at the NIH Summer Poster Day event and on the main campus in Bethesda. Ramsey also completed a leadership training program at NIH in the Translational Science Training Program.



Michael Ramsey

Recently, Ramsey was awarded an Intramural Research Training fellowship at the National Institute on Minority Health and Health Disparities, where he is researching why and in what contexts close/intimate relationships promote or hinder good health. His research proposal is titled, *“Intersectionality of Social Determinants of Health and Smoking Behaviors among U.S. Black Adults.”* He has submitted a manuscript proposal to the Jackson Heart Study Publication and Presentation Subcommittee investigating *“Depression, Perceived Stress, and Perceived Discrimination as Predictors of Obesity among African American Adult Males: The Jackson Heart Study.”*

Taryn Ellis is a 4th cohort scholar and a second-year medical degree candidate at The University of Mississippi Medical Center. She received a bachelor of arts degree in global public health from The University of North Carolina at Chapel Hill and earned a master of science degree in biomedical sciences from The University of Mississippi Medical Center. Ellis was awarded a fellowship from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) to be a Summer Medical Student Research Scholar. She was matched to Children’s Hospital



Taryn Ellis

Colorado, which is affiliated with the University of Colorado School of Medicine Denver, and assigned to a physician mentor in pediatric endocrinology. Ellis worked on several clinical research projects focusing on type II diabetes mellitus (T2D) in adolescents, a rapidly growing health problem in the U.S. with unique concerns.

In conjunction with her research, Ellis was able to attend seminars, lab meetings, as well as observe and participate in various clinical research procedures. Additionally, she presented her summer project titled, *“Standardizing Depression Screening in Adolescents with Type 2 Diabetes Mellitus within a Multi-Disciplinary Pediatric Clinic”* during a symposium on health at Vanderbilt University in Nashville, Tenn. in August. Ellis also presented this work at the Jackson Heart Study 17th Annual Birthday Celebration, Sept. 30. Her current research using Jackson Heart Study data is titled, *“Hormone Replacement Therapy and Cardiovascular Risk in Postmenopausal African-American Women: Jackson Heart Study.”*

Adam Keasling, a 3rd cohort scholar and a recent University of Mississippi graduate, has secured a position as a pharmacologist at the Food and Drug Administration in Silver Spring, Md. While attending UM, Keasling was enrolled in pharmaceutical sciences in the Department of Biomolecular Sciences and maintained a 3.5 GPA. **Trimella Jefferson** is a 3rd cohort scholar and a recent graduate of the Jackson State University School of Public Health in epidemiology and biostatistics. Jefferson’s research is titled, *“Association between Sleep and Obesity in African Americans in the Jackson Heart Study.”* She has developed a manuscript for publication using Jackson Heart Study data. She presented her work at the American Public Health Association Meeting in Chicago, Ill. in 2015 and is currently working as a lab technician at The University of Mississippi Medical Center.



Adam Keasling



Trimella Jefferson

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Findings from JHS research on CVD, hypertension, diabetes shared

Title: Cardiovascular health and hypertension among African Americans

Purpose of the Study

High blood pressure is a chronic condition that causes heart disease, heart failure, stroke, and kidney disease. High blood pressure can be controlled by having a healthy body weight, eating healthy, being active, and taking medications.

Researchers in the Jackson Heart Study (JHS) wanted to see if the development of high blood pressure may be prevented or delayed in African Americans who have 1 or more of 7 positive health factors (normal blood pressure, normal blood sugar, normal cholesterol) and lifestyle behaviors (normal body weight, eating a healthy diet, regular exercise, not smoking).

Major Findings

In the JHS, more than one in two men and women developed high blood pressure between the first and third exam visits. Few participants had more than 5 of the health factors and lifestyle behaviors in the first exam. Participants with a higher number of the positive health factors and lifestyle behaviors had a lower chance of getting high blood pressure.

Take Away Message

This study shows the need to increase the number of ideal healthy goals among African Americans as well as the number of African Americans with higher numbers of these ideal healthy goals to prevent the development of high blood pressure in this at-risk population.

Citation: Booth JN, Abdalla M, Tanner RM, Diaz KM, Bromfield SG, Tajeu GS, Correa A, Sims M, Ogedegbe G, Bress AP, Spruill TM, Shimbo D, Muntner P. Cardiovascular health and incident hypertension in African Americans: The Jackson Heart Study. *Hypertension*. 2017;70(2):285-292. PMID 28652461

The Jackson Heart Study is supported by contracts HHSN268201300046C, HSN268201300047C, HHSN268201300048C, HHSN268201300049C, and HHSN2682013-00050C from the National Heart, Lung, and Blood Institute and the National Institute on Minority Health and Health Disparities (NIMHD).

Editor's Note: The above lay summaries were provided by Dr. Mario Sims, chief science officer, The University of Mississippi Medical Center, Jackson Heart Study. For more information, contact him at msims2@umc.edu.

Title: Cardiovascular health and diabetes among African Americans

Purpose of the Study

Diabetes or high blood sugar is a common chronic disease that causes heart disease, kidney disease, loss of vision, and loss of legs and feet. Diabetes can be controlled by losing weight, exercising, and taking medications.

Researchers in the Jackson Heart Study (JHS) wanted to see if diabetes may be prevented or delayed in African Americans who have 1 or more of 7 positive health factors (normal blood pressure, normal blood sugar, normal cholesterol) and lifestyle behaviors (normal body weight, eating a healthy diet, regular exercise, not smoking).

Major Findings

In the JHS, one in four men and women developed diabetes between the first and third exam visits. Few participants had more than five of the positive health factors and lifestyle behaviors in the first exam. Participants with a higher number of the positive health factors and lifestyle behaviors had a lower chance of getting diabetes by the third exam visit.

Take Away Message

This study shows the need to increase the number of ideal healthy goals among African Americans as well as the number of African Americans with higher numbers of these ideal healthy goals to prevent the development of diabetes in this at-risk population.

Citation: Effoe VS, Carnethon MR, Echouffo-Tcheugui JB, Chen H, Joseph JJ, Norwood AF, Bertoni AG. The American Heart Association Ideal Cardiovascular Health and Incident Type 2 Diabetes Mellitus among African Americans: The Jackson Heart Study. *J Am Heart Assoc*. 2017;6(6). PMID 28637777

The Jackson Heart Study is supported by contracts HHSN268201300046C, HSN268201300047C, HHSN268201300048C, HHSN268201300049C, and HHSN2682013-00050C from the National Heart, Lung, and Blood Institute and the National Institute on Minority Health and Health Disparities (NIMHD).

JSU JHS GTEC director Dr. Brenda Jenkins lauded for journal publication

Dr. Brenda Jenkins, program director of the Jackson Heart Study (JHS) Graduate Training and Education Center (GTEC) at Jackson State University was commended by the **Journal of Endocrinology, Diabetes & Obesity** as one of the best and prestigious authors for her recently published manuscript, titled, *“The Patterns of Association between Psychosocial Stress and Obesity Differ by Gender in African Americans: The Jackson Heart Study.”* The article citation is: *Journal of Endocrinology, Diabetes & Obesity*, May 2017; 5(3); 1106. and it can be accessed online at: <https://www.jscimedcentral.com/Endocrinology/endocrinology-5-1106.pdf>.

The study examined the association of two measures of stress on two measures of obesity. The two measures of stress were: negative life events (NLE) and global perceived stress (GPS), and the two measures of obesity were: waist circumference (WC) and body mass index (BMI).

The study utilized data from

3,589 of the participants in the Jackson Heart Study. The authors hypothesized that stress would be positively associated with measures of obesity (BMI and WC).

The data indicated that women had higher BMI and larger WC than men. The results from the study indicated that men exhibited less stress than women. For women, both obesity measures (BMI and WC) were associated with both stress measures (GPS and NLE). For men, only one measure of obesity (WC) was associated with stress. Examining the association of stress on obesity depends on the measurements used to assess stress because there are variations in the way men and women handle stressful events.

“Many times, the work you do goes unnoticed. However, it is gratifying that this journal recognized this paper as being of high quality and worthy of high

accolades. Thanks to the journal, and thanks to the co-authors for supporting me and being a part of this writing team,” said Jenkins.

Jenkins leads the efforts of Jackson State University to manage and direct the Daniel Hale Williams Scholars Program that is the hallmark of the Jackson Heart Study Graduate Training and Education Center, the first and only graduate training and education center attached to a major

research project sponsored by the National Institutes of Health National Heart, Lung, and Blood Institute and National Institute on Minority Health and Health Disparities.

Jenkins has been employed with the Jackson Heart Study since its inception, during which time she has served in numerous capacities that assisted the Jackson Heart Study to accomplish its objectives.



Brenda Jenkins, PhD

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Milton Dawkins is a member of the 2nd cohort and a clinical psychology major at Jackson State University. He completed an internship at Walter Reed Military Hospital as a Research Scholar in 2015.

Before accepting the internship, Dawkins developed a manuscript proposal titled, *“Is Goal-Striving Stress Related to the Mental Health and Physical*

Health of African Americans,”

which was submitted to the Jackson Heart Study Publications and Presentations Subcommittee.

The proposal was approved, and an abstract was derived and accepted for oral presentation at two professional

conferences: The American Heart Association EPI Lifestyle 2015 Scientific Sessions and the American Public Health Association 2016 Annual Meeting.

Dawkins is working toward a doctoral degree in clinical psychology at JSU and is developing a manuscript proposal for publication using Jackson Heart Study data.



Milton Dawkins

JSU JHS Community Health Advisors Network (CHAN) News and Notes

The Bolton/Edwards CHAN sponsored the Fifth Annual Jimmie Ray Lewis Walk-A-Thon on Saturday, July 22, at the Jimmie Ray Lewis Sr. Park Pavilion in Bolton. Approximately 25 persons participated in the one and a half mile walk-a-thon which is traditionally held on the fourth Saturday in July. Healthy refreshments, door prizes and merchandise gift bags were provided for those who participated. Guest speaker was KeAmber Harris, a student in the bachelor of social work program at Jackson State University.



Jimikia Lewis and Chera Harper, daughters of the late Jimmie Lewis Sr., register to participate in the July walk-a-thon that honors their father.

The Bolton/Edwards CHAN also collaborates with local churches to plan and organize its Annual Health Awareness Day event. This year's event was held August 12. Entertainment featured Clinton CHAN members who performed a skit, titled, "Doctor's Visits." The skit, written and directed by Marty Fortenberry, Jackson State University Jackson Heart Study Community Outreach Center outreach specialist, and Rocheryl Ware of the Clinton CHAN, focused on the importance of asking the right questions during a doctor's visit.

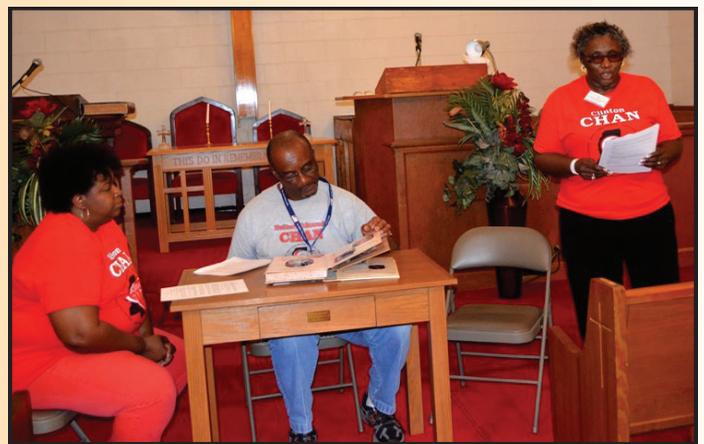
A recruitment and retention event will be held on Tuesday, Dec. 19, from 6 p.m. to 8 p.m. at Asbury United Methodist Church in Bolton. Persons interested in becoming a Bolton/Edwards CHAN member, please contact Laurry Greenfield, Bolton/Edwards CHAN president, at: 601-968-7434.

The Canton CHAN works to help keep Canton families healthy by providing activities that are geared for all ages, and distributing information, offering seminars, training sessions and community events on a healthy lifestyle. "Our core message is a call for action. African Americans can take on and defeat the biggest killers of our time – heart disease and stroke. Canton CHAs will continue informing our community about risk factors that cause heart disease in African Americans," said Bobby Jean Jones, Canton CHAN

president. If you are interested in joining the Canton CHAN, contact Jones at: 601-966-1323.

Under the leadership of Clinton CHAN President Tommie Winters, the group sponsors an annual Holiday Celebration for senior citizens who receive services at the Clinton Community Christian Corporation (4Cs), and also conducts other activities to support Jackson Heart Study cohort retention.

The Clinton CHAs meet on the fourth Monday of every month. For more information on how you can become involved in the Clinton CHAN, contact Winters at: 601-924-6195.



Jacqueline Carter (left), Tommie Winters (right) of the Clinton CHAN and Marty Fortenberry perform "Doctor's Visits," during the Bolton/Edwards CHAN Health Awareness Day.

The Jackson CHAN participated in the 2017 MS Walk for Diabetes on Oct. 1, at the Southern Farm Bureau Life Insurance Company, Jackson.

The Jackson CHAN disseminates health awareness messages related to cardiovascular disease and its associative risk factors at local churches. The group meets bi-monthly at the Jackson State University Jackson Heart Study Community Outreach Center in the Jackson Medical Mall, second floor, suite 2900-B. The Jackson CHAN is actively recruiting new members. For more information on how you can become a Jackson CHAN member, contact Marty Fortenberry at: 601-979-8736.

The Rankin CHAN in partnership with the Sweet Rest Church of Christ (Holiness) USA, Pearl, Health Ministry, hosted the annual Fall Health and Wellness Fair, Oct. 7. A breast cancer walk, health screenings, nutritional counseling and chair exercises were offered. To join the Rankin CHAN, contact Marty Fortenberry at: 601-979-8736.

Former Tougaloo College JHS Undergraduate Training and Education Center scholar relies on her experiences as a student to coordinate the current program

Amel E. Mohamed, a former Tougaloo College Jackson Heart Study (JHS) scholar, has been named coordinator of the JHS Undergraduate Training Center (UTEC) at Tougaloo College.

Mohamed, who began her position on Aug. 1, will be responsible for teaching the JHS Tougaloo scholars two core public health courses: introduction to public health and epidemiology. Her duties also include coordinating student research placements throughout both the academic year and the summer research experience for students.

The research placements will expose students at the undergraduate level to biomedical laboratory and public health research.

In addition, Mohamed serves as the coordinator of the various services that scholars provide during the Jackson Heart Study community engagement events such as assisting with event registration, serving as ushers and providing food service.

Having had the experience of being a JHS scholar, Mohamed is keenly aware of what kinds of research experiences and academic preparation that students entering the program

will need in order to be successful.

“I worked with Mary Lou Gutierrez researching health

disparities in Mississippi and I worked with Dr. John Hall at UMMC in the Department of Physiology and Biophysics conducting cardiovascular disease research. The important thing is that being a JHS scholar opened so many doors for me and gave me exposure to both lab research and public health research methods which helped me as I embarked on my career as a public health practitioner. Opening doors of research opportunity is what I want to provide now for our scholars,” said Mohamed.

Mohamed holds a bachelor’s degree in biology from Tougaloo College and a master of public health degree with a concentration in epidemiology and biostatistics from the Jackson State University School of Public Health, formerly the JSU School of Health Sciences.

She has held several public health positions with the Mississippi State Department of Health during her career. She served as an epidemiologist with the Office of Tobacco Control and Prevention, as deputy director in the Office of Health Promotion and Health Equity, and as an epidemiologist in the Office of Health Data and Research, Office of Preventive Health and Health Equity, Chronic Disease Bureau.

The entire JHS congratulates Mohamed and welcomes her back.



Amel E. Mohamed

CORC teaches Kids Kollege students healthy behaviors

The Jackson State University College of Education and Human Development’s Kids Kollege hosted the JSU Jackson Heart Study (JHS) Community Outreach Center (CORC) staff during its 2017 summer program in conjunction with JSU’s Gallery1.

JHS CORC staff Dr. Donna Antoine-LaVigne, principal investigator, and Marty Fortenberry, community outreach specialist,



JSU Jackson Heart Study Community Outreach Center Staff lead Kids Kollege students in exercise routines.

of taking care of their bodies at a young age in order to build healthy hearts and strong bodies as they grow.

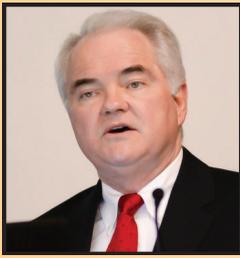
“It is imperative that we begin to cultivate healthy heart behaviors in our youth as early as possible so that when they reach adulthood, and as they age, they will experience fewer adverse cardiovascular health conditions,” said Antoine-LaVigne

provided active play and educational activities for the group of 7- and 8-year-old children.

The activities included games that focused on the importance of eating healthy foods, exercising daily and getting enough sleep. Staff led exercise routines and stressed to the children the benefits

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Dr. James G. Wilson, JHS genetics coordinator, The University of Mississippi



James G. Wilson, MD

Medical Center, presented the topic, “*Sharing Genetic Data: Safeguards and Implications.*” He informed the audience about the safeguards that protect JHS participants’ identifiable data from being shared, mechanisms by which data can be shared with other scientists and touted the uniqueness of the JHS in addressing ethnic disparities in epidemiological research.

“Dr. Wilson’s presentation was extremely informative and community-friendly. Participants always want to be reassured that their data are being protected. He did an excellent job explaining what those protections are and in engaging the audience. As

always, they really enjoyed him,” said Antoine-LaVigne.

The celebration included presentations by Dr. Mario Sims, Jackson Heart Study chief science officer, The University of Mississippi Medical Center; and Taryn Ellis, a JSU JHS Graduate Training and Education Center Daniel Hale Williams scholar.

Sims provided information about the translation of JHS published manuscripts. Ellis presented her summer research experience.

Also present for the festivities were: Dr. Regina James, Clinical and Health Services Research director, Institute on Minority Health and Health Disparities, National Institutes of Health; Dr. Lenora Johnson, director, Health Education, Communications, and Science Policy,

Office of the Director; National Heart, Lung, and Blood Institute; and Cheryl Nelson, project officer, JHS, NHLBI.

The JHS 17th Birthday, hosted by the JHS Community Outreach Center in the School of Public Health at Jackson State University and held in the Jackson Medical Mall at The University of Mississippi Medical Center Conference Center, was truly a celebration!



JHS 17th birthday participants were: (l-r back row) Dr. Donna Antoine-LaVigne, JSU JHS; Cheryl Nelson, NHLBI; Dr. Mario Sims, UMMC JHS; Dr. Lenora Johnson, NHLBI; Marty Fortenberry, JSU JHS; Dr. Regina James, NIH; and Dr. James Wilson, UMMC JHS. Front row (l-r) are: Amel Mohamed, Tougaloo College JHS; Dr. Adolfo Correa, UMMC JHS; Dr. Anne R. Simpson, The University of New Mexico; and Dr. Marinelle Payton, JSU JHS.

Jackson State University to pursue new contract for JHS community engagement center

The Request for Proposal (RFP) for the new Jackson Heart Study contracts for the period 2018-2024 was released Oct. 12! In the spirit of full disclosure and transparency, the Jackson Heart Study (JHS) Community Outreach Center (CORC) at Jackson State University (JSU) is obligated to share with you the major differences between this RFP for the new “Community Engagement Center (CEC)” and CORC’s current responsibilities to the JHS community.

Key functions currently performed by the JSU JHS CORC that have been associated with JSU for almost eighteen years are not included in the new RFP for a JHS Community Engagement Center. They are now in the RFP for the JHS Field Center. Functions not included in the new CEC RFP for the Community Engagement Center are major annual

activities and key community outreach activities, such as the Celebration of Life and Community Monitoring Board. Other critical responsibilities such as coordination and management of the Community Ethics Advisory Board, created (2006), managed and coordinated through Jackson State University Coordinating Center (2000-2013) will no longer be channeled through the new Community Engagement Center.

The current CORC staff is excited about and committed to supporting the JHS objectives and the opportunities outlined in the new Community Engagement Center that remain alive to support the JHS research objectives and the community’s quest to eliminate health disparities and improve the health status of members of the Hinds, Madison, and Rankin communities and beyond.



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Article Submissions

The JHS Heartbeat Newsletter is published semi-annually (Spring and Fall). Its intent is to promote health awareness, provide items of interest to our CommUNITY, and publish information regarding cardiovascular related diseases, including diabetes, hypertension, strokes, cholesterol, physical activity, and nutrition by presenting research findings, articles, lay summaries, and reviews. The newsletter is an outlet for communication among the JHS staff and encourages contributions from investigators, cohort members, and partnering institutions.

Article submissions are invited for the upcoming editions of the JHS Heartbeat Newsletter. The submission deadline is February 15th for the Spring Edition and August 15th for the Fall Edition.

Submissions should be approximately 250 words or less. Relevant pictures, illustrations, and charts may be submitted with the articles. Information regarding upcoming educational conferences and meetings is also requested. All material information is subject to copy editing. Include the author's/agency's full name, credentials, mailing address, website (if applicable), telephone, fax number, and e-mail address. The use of all photos is subject to consent approval. All information should be e-mailed to Dr. Brenda Jenkins at brenda.w.campbell@jsums.edu, or mailed to JHS Heartbeat Newsletter, 350 W. Woodrow Wilson Ave., Suite 2900-B, Jackson, MS 39213.

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