



## 18th Annual Celebration of Life focuses on nutrition, urban farming, healthy cooking

The Jackson Heart Study (JHS) 18<sup>th</sup> Annual Celebration of Life was held Feb. 24 at the Jackson Medical Mall Thad Cochran Center, with approximately 200 community members, study participants, JHS scholars, investigators and staff in attendance. It was the final Celebration of Life that will be sponsored by the Jackson State University JHS Community Outreach Center. The Celebration's theme was: *"This is It! Nutrition for a Healthy Heart."* This year's event included three speakers: Dr. Latrice G. Landry, who also spoke to investigators, staff and scholars Feb. 23; Dr. Cindy Ayers Elliott, and Chef Nick Wallace, who provided

compelling presentations around the theme.

Landry is no stranger to the JHS. She began her involvement with us approximately 14 years ago as a medical/PhD student from Harvard. She is a translational geneticist with training in epidemiology, bioinformatics and clinical molecular genetics. Her research focuses on identifying gaps in access, and includes the relationship of genetics and environment to health disparities. Landry's Friday presentation,



*Continued on page 11*

## JHS CORC extends gratitude, bids farewell to traditions

As is customary in the African American community, our Jackson Heart Study family celebrates our achievements together. We recognize and highlight the contributions of all of our family members, and we cherish the memories that we have built over our years of companionship, collaboration, cooperation and accomplishments.

The JSU CORC staff extends heartfelt thanks to the JHS community for affording us the opportunity to be your trusted partner and friend throughout the years of the JHS and to keep the community informed through the *JHS Heartbeat* newsletter. Beginning in August 2018, many of the community activities and annual community events that have been associated with the Jackson State University Community

Outreach Center that began as Community Mobilization and renamed the Community Partnership Office will be shifted to another JHS center. It will operate under the banner of another institution and not under JSU as has been the norm for approximately the past two decades.

With this final issue of the *JHS Heartbeat*, the JSU CORC staff takes this opportunity to bid farewell to some of the traditions that we established with our beloved community. As we close this chapter in the history of the JHS, we assure the JHS community that JSU and its JHS staff will continue to support the goals of eliminating health disparities by working to improve the quality of life for the JHS community through support of continuing research and promotion of prevention and intervention activities. We will continue to be in business together as a community.



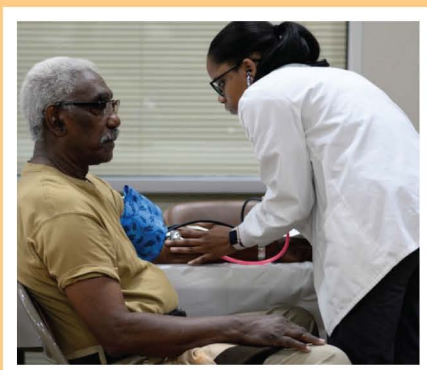
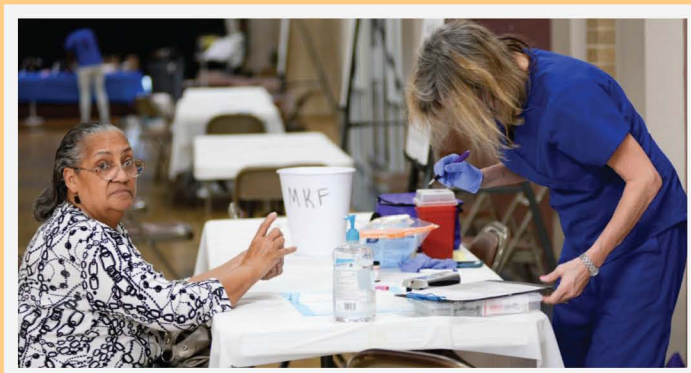
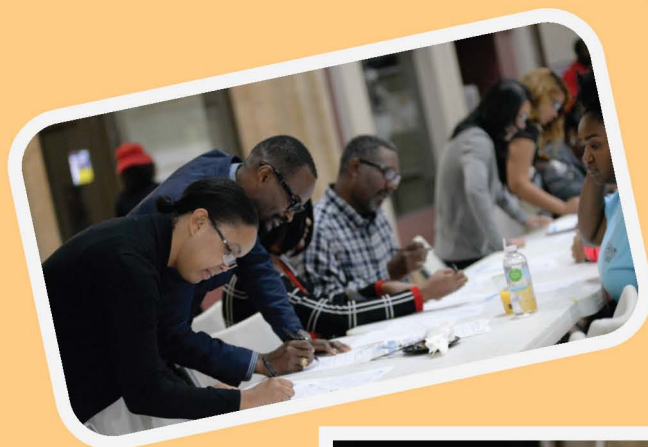


# Jackson Heart





# Heart Study



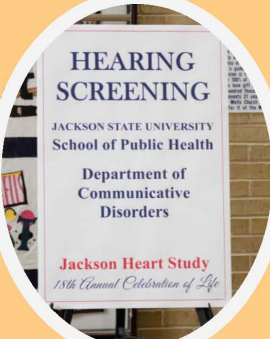


# 18th Annual Celeb





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## JHS reports research findings on diabetes, kidney disease, physical activity

### **Title: Diabetes and kidney disease contribute to heart disease**

#### **Purpose of the Study**

African Americans are more likely to have heart disease and die from heart disease than other racial and ethnic groups in the United States. Diabetes (high blood sugar) and kidney disease cause heart disease and death. Jackson Heart Study (JHS) investigators wanted to see if a JHS participant with diabetes or kidney disease at the first exam had a stroke, got heart disease, or died from heart disease in the years after the first exam.

#### **Major Findings**

1. Compared to JHS participants without diabetes at the first exam, JHS participants with diabetes at the first exam had a greater chance of having a stroke, getting heart disease and dying from heart disease in the years after the first exam visit.
2. Compared to JHS participants without kidney disease at the first exam, JHS participants with kidney disease at the first exam had a greater chance of dying from heart disease, diabetes and kidney disease in the years after the first exam visit.
3. Compared to JHS participants without diabetes or

kidney disease at the first exam, JHS participants who had both diabetes and kidney disease at the first exam visit had a greater chance of having a stroke, getting heart disease, and dying from these diseases in the years after the first exam visit.

#### **Takeaway Message**

African Americans who have kidney disease or diabetes should see their health care providers regularly to be evaluated for heart disease. African Americans with diabetes should have their kidneys checked to see how well their kidneys work. This can help doctors know who has a higher chance of having a stroke, getting heart disease, or dying from heart disease.

**Citation:** Afkarian M, Katz R, Bansal N, Correa A, Kestenbaum B, Himmelfarb J, de Boer IH and Young B. Diabetes, Kidney Disease, and Cardiovascular Outcomes in the Jackson Heart Study. *Clinical journal of the American Society of Nephrology: CJASN*. 2016 Aug;11:1384-91. PMID 27340284

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).

### **Title: Neighborhoods and physical activity in the Jackson Heart Study**

#### **Purpose of the Study**

Neighborhoods can be important in determining the health of the people who live in them. For example, the neighborhood you live in can impact your ability to be active, eat healthy foods and feel safe. A study in the Jackson Heart Study (JHS) wanted to see if participants living in neighborhoods that were more rural or with families of different levels of education and income participated in different kinds of physical activity. We looked at two kinds of physical activity: 1) *Active lifestyle* that includes activities like walking or biking to and from work every day, and 2) *Sports and exercise* that includes activities like playing baseball, football or doing Zumba.

#### **Major Findings**

JHS participants who live in rural neighborhoods had a more active lifestyle (e.g., daily walking). In neighborhoods with higher numbers of families with

less than a high school education, participants had a less active lifestyle and spent less time playing sports and exercising.

#### **Takeaway Message**

In the JHS, where participants live impact the physical activities they are able to do.

**Citation:** Robinson JC, Wyatt SB, Dubbert PM, May W and Sims M. The impact of neighborhood on physical activity in the Jackson Heart Study. *Prev Med*. 2016;90:216-22. \_PMCID: PMC5074390

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 lay summaries in this issue 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.



## Community health advisors promote heart health in Hinds, Madison, Rankin counties

The Community Health Advisors Network (CHAN) was founded in 2000 at Jackson State University under the auspices of the Jackson Heart Study (JHS) Community Outreach Center (CORC) and the leadership of Cynthia Dorsey Smith, former JHS health educator. Since that time, the CHAN has evolved into a full-fledged group of staunch advocates actively engaged in promoting heart health within their local communities of Hinds, Madison and Rankin counties.



Some activities and events of the CHANs during 2017-2018 were:

- Communicated health messages in community-friendly language
- Conducted and participated in health fairs, community walks/forums, trainings, CORC Town Hall meetings and other related activities
- Provided information to CORC on health topics of interest in their respective communities
- Participated in policy and advocacy workshops to develop ideas in support of policies that address issues in their communities
- Participated in manuscript development
- Played an intricate role in setting up focus groups in CHAs' respective counties
- Participated in focus groups in Hinds, Madison and Rankin counties for evaluation of and feedback on CHAN activities
- Participated in the Association of Black Cardiologists' (ABC) "Spirit of the Heart" forum
- Participated in advocacy training sponsored by the ABC
- Presented on a manuscript developed and published by CHAs at an advisory board meeting
- Continued to be engaged in developing informational flyers for dissemination in the community, churches and other gatherings
- Hosted holiday retention/recruitment activities and
- Developed and presented health education and promotion skits on stroke, heart health and the importance of complying with provider appointments to take charge of personal health

"The CHAN is a volunteer group. They receive specialized training to work to make their communities and themselves healthier through health promotion and education," said Fortenberry.

Membership is open to adults age 18 and older who reside in Hinds, Madison or Rankin counties. If you are interested in joining a CHAN group in your area, please contact Marty Fortenberry, JHSCORC community outreach specialist, at 601-979-8736 or [marty.fortenberry@jsums.edu](mailto:marty.fortenberry@jsums.edu).

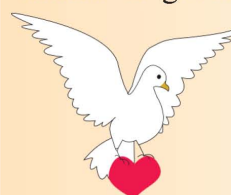
### JHS community advocate Korey Harrion passes

The Jackson Heart Study family was saddened to learn of the passing of Korey Harrion. At the young age of 40, Harrion will be remembered as one of the strongest advocates for transparency and data-sharing between the JHS investigators and the JHS community. He understood the sacrifices made by his family members and other community members who made the commitment to ensure the success of the JHS, and he openly expressed his desire to see the JHS community enjoy some health benefits as a result of the contributions they have been making to science.



**Korey Harrion**

Harrion firmly believed that the JHS needed to do more to translate its research findings to the JHS community so that community members could apply new knowledge from the data they provided to the JHS to help them improve habits and behaviors that would lead to a longer, healthier life. He echoed his sentiments every chance he got at the JHS community events. As part of the younger generation of JHS community partners, Harrion displayed a remarkable understanding of the devastation of cardiovascular disease, the toll it takes on African Americans, especially young African Americans, and the responsibility of the JHS to make a difference. The JHS is deeply appreciative to him for being a true representative and advocate for his community!





## Former Bolton/Edwards CHAN president Oceal Rozell succumbs

Oceal Rozell, former president of the Bolton/Edwards Community Health Advisors Network (CHAN), died on Jan. 27. Funeral services for Rozell were held on Feb. 3 at Friendship Missionary Baptist Church in Edwards.

Rozell, who served six years as the Bolton/Edwards CHAN president was instrumental in ensuring that it remained visible and active in the community.

Under her leadership, the CHAN experienced tremendous

growth in membership and also established several annual health awareness events that continue to be observed in the Bolton/Edwards community. Some of those events are the Jimmie Lewis Walk-a-Thon, the Annual Fall Festival and the Bolton/Edwards Health Awareness Day.

“Ms. Rozell was definitely a great asset to the Bolton/Edwards CHAN both as president and as a member,” said Marty Fortenberry, Jackson Heart Study Community Outreach Center

community outreach specialist. “We extend our deepest sympathy to her family. She will be greatly missed.”

IN MEMORIAM  
*Mrs. Oceal Rozell -*

*April 23, 1941*



*Jan. 27, 2018*



## Taylor aims to combine public health training, study abroad to launch global health career

Jasmine R. Taylor, a Jackson Heart Study Graduate Training and Education Center Daniel Hale Williams Scholar (DHWS) at Jackson State University, aims to launch a career in global health through her public health and study abroad experiences.

Despite an extensive work and academic schedule of participating in the DHWS program and pursuing a master of public health degree in epidemiology in the School of Public Health at JSU, Taylor has managed to study abroad in countries such as Cape Town, South Africa; Buenos Aires, Argentina; and Tokyo and Sendai, Japan in order to better prepare herself for her career goal of working on a global level with multi-cultures.

In Cape Town, South Africa she examined public health issues from the perspective of a developing

country, comparing access to health systems in the United States with those in South Africa.

She recently won first place in the JSU Global



Passport to **Jasmine R. Taylor** the World's Journal Contest for her entry that journaled her study abroad experience in Buenos Aires. She worked with the Argentine public health system's medicine bank and other medical and social service programs.

Taylor's interest in public health increased with her undergraduate study and early career public health experiences, including serving as a peer educator with Peers Against Spreading the Epidemic while she was a student at Mississippi Valley

State University and as a participant in the Community Research Fellows Training (CRFT) program with the Mississippi State Department of Health's Office of Health Disparity Elimination.

She is employed at Tougaloo College as the program coordinator for the Owens Health and Wellness Center's Zero Tolerance Campus Program to Reduce Domestic Violence, Dating Violence, Sexual Assault, and Stalking on college campuses.

A native of Brandon, Taylor is a graduate of Mississippi Valley State University where she earned political science and speech communication degrees. She is a member of Delta Sigma Theta Sorority, Inc. and she enjoys devoting her time to church, family, animals, playing softball, horseback riding, volunteering and serving communities in need.



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

### Bolton/Edwards CHAN

The Bolton/Edwards CHAN continues to be involved in events that promote health awareness of cardiovascular disease, diabetes, physical fitness and healthy eating. In addition, the Bolton and Edwards CHAN has developed an interest in policy issues that may contribute to the health and well-being of their community.

The Bolton Edwards CHAN is actively recruiting new members. For more information, contact Laurry Greenfield at 601-968-7434.

### Canton CHAN

The Canton CHAN continues to strive to bring special attention to the adverse impact of cardiovascular disease on African Americans.

"We are an inclusive organization, with membership open to everyone. We believe that good health is the cornerstone of progress. Our core message is a call to action. We can take on and defeat the biggest killers of our time, heart disease and stroke. We also provide activities that are geared for all ages," said Bobby Jean Jones, Canton CHAN president.

By choosing a healthier lifestyle, people can live longer lives. For more information, contact Jones at 601-966-1323.



The Canton CHAN sponsored a heart health information event in February for the Canton community held at St. Matthew M.B. Church. The event featured a presentation by Marty Fortenberry, Jackson State University Jackson Heart Study Community Outreach Center community outreach specialist. Pictured from left are Dr. Donna Antoine-LaVigne, JSU JHS CORC principal investigator; Doris Gillum, Canton CHAN President Bobbie Jean Jones, Savannah Fleming and Pearl Otis.

### Clinton CHAN

The Clinton CHAN is seeking individuals who have the heart to make a difference in the Clinton community for the sake of health. The Clinton CHAN is a body of women, men and young people with the purpose of putting a special emphasis on living long and healthy lives.

For more information, contact Tommie Winters at 601-924-6195.

### Jackson CHAN

The Jackson CHAN is currently recruiting new members interested in providing information for the Jackson community about living healthier lives and reducing the risk of heart disease.

The Jackson CHAN is undergoing reorganization by electing new officers and planning/organizing new health awareness messages and activities. Meetings are traditionally held on the third Monday of each month. A conference call option has been instituted for those whose schedules do not permit them to physically attend meetings.

Anyone who is interested in joining the group, may contact Marty Fortenberry at 601-979-8736.

### Rankin CHAN

The Rankin CHAN is actively recruiting new members.

Members continue their efforts to plan, develop and organize health awareness activities that will focus on risk reduction of cardiovascular disease and its associative risk factors for the Rankin County community. For more information, please contact Augustine Kelly at 601-939-4111.



The Sweet Rest Church of Christ Holiness, USA held a health fair in October for the Rankin County community. Dr. Kim Bibb (left), Sweet Rest Health Ministry president, and Rankin CHAN President Augustine Kelly prepare to open the festivities.



## Scott credits JSU JHS GTEC with her development as a junior investigator

Hannah Scott, a Jackson State University Jackson Heart Study (JHS) Graduate Training and Education (GTEC) scholar, has utilized her GTEC academic preparation, opportunities and experiences to enhance her research that have helped her develop into a Jackson Heart Study junior investigator. Scott is pursuing a master of science degree in biology-genetics at JSU.

In February, she conducted a poster presentation at the 82<sup>nd</sup> Annual Mississippi Academy of Science meeting highlighting preliminary findings from her current research on gene-to-gene interaction on non-alcoholic

fatty liver disease (NAFLD) in participants in the JHS. She is investigating whether a gene-to-gene interaction in African Americans could result in modifications among non-alcoholic hepatic steatosis patients. This research will not only contribute to the field of genetic research but will also add to the understanding of how disease-related genes function.

Scott has been accepted to present a poster in April titled *"Influence of PNPLA3 Interaction with Physical Activity and Dietary Pattern on Hepatic Steatosis among African Americans in the Jackson Heart Study"* at The University of Mississippi Medical

Center Department of Medicine's 2018 Research Day. The PNPLA3 gene provides instructions for making a protein called adiponutrin, which is found in fat cells (adipocytes) and liver cells (hepatocytes).

Scott also presented a poster of a systematic review of (NAFLD) in participants in the JHS at Xavier University of Louisiana College of Pharmacy Health Disparities Conference in March 2017. During the Association of State Public Health Nutritionists



**Hannah Scott**

Health Equity in Public Health Nutrition conference in 2017, Scott presented her research on natural product treatments used for colorectal cancer patients.

Being selected as a GTEC scholar also enabled her to receive certifications in Successful Scientific Writing and Effective Oral Communication from The University of Michigan-Ann Arbor in 2017.

"The Jackson Heart Study Daniel Hale Williams Scholar program is allowing me to fulfill my dreams of promoting health education and diminishing health disparities, as well as moving me one step closer to fulfilling my biggest dream of becoming a physician-scientist," said Scott. "The Robert Frost quote 'I took the road less traveled by, and that has made all the difference' depicts many decisions that I have made that led to my current success as a Jackson Heart Study Daniel Hale Williams Scholar."

### CORC investigators develop African American trust scale

Trust is critical to any relationship, especially in research where individuals are asked to supply private, personal data and information about their lives and their health status to strangers who may then have total control of the destination and use of the acquired information. Forging trusting relationships is vital for the success of any institution eager to recruit and retain participants for conducting research studies, but trust between African Americans and research institutions has never been strong and continues to erode. The successes enjoyed by the Jackson Heart Study (JHS) to date are largely attributed to the JHS community's trusting relationship developed over the years with the Jackson State University (JSU) JHS Community Outreach Center (CORC) and its staff.

CORC investigators have developed a Trust Scale for use with African American populations that will add to the science of community engagement and outreach by measuring the extent of trust that exists between the JHS community and the JHS CORC, its operations and activities. Trust (or lack of trust) is a psychosocial factor known to not only contribute to cardiovascular malfunction but also has an impact on the willingness of African Americans to participate in research studies that can potentially uncover unknown risk factors for the prevalence of CVD in the African American community. The scale was developed to provide insights about what is required for research organizations to create trusting relationships with the community. Development of the scale involved in-depth literature reviews and advice from JHS Community Health Advisors Network leaders on how best to open the door to community connections in order to set up the working relationship for success.



*Continued from page 1*

titled, *“Health Disparities in the Era of Precision Medicine,”* pointed out that “traditional medical practice involving family history and lifestyle data will be enhanced with the use of genomic technology, and genetic testing and screening technologies aim to make prevention, diagnosis and treatment strategies more efficient and effective.” Her Saturday presentation, *Dietary Patterns: Nutrition and Diet in the Jackson Heart Study,* focused on finding a balance between food and physical activity, being cognizant of portion size, and reducing fatty fried foods to healthier options.

Dr. Cindy Ayers Elliott, a native Mississippian, has been a true advocate/activist all of her life, most notably in social justice, civil rights, education, and healthcare. Never one to be idle and always seeking new challenges to improve the quality of life for Mississippians, she can now add to her list *farmer*. Over recent years, Elliott has developed her *family land* into *farm land* and uses novel methods to share much of what she grows with communities experiencing shortages of fresh fruits and vegetables. Her take-home message to the audience was that we can all grow some of our own at home and she shared ideas on how to “farm at home!”

Jackson-raised Chef Nick Wallace shared healthy cooking tips and provided information about how to tastily prepare vegetables that are not as popular on the dinner table in the south (asparagus and cauliflower) but available in local grocery stores or at farmer’s markets. He also informed the audience that using natural products in cooking is overall healthier for us.

An interactive discussion followed the presentations with the audience enthusiastically engaged. The survey administered after the program indicated over 90% of the audience rated the program as “good” to “excellent.”

## Exploring physical activity barriers, access in a Miss. African American community

By Dr. Brenda Campbell Jenkins

Physical activity (PA) is one of those interventions that can help reduce negative outcomes resulting from obesity and overweight. PA is equally as important as good dietary practices in maintaining healthy weight and improving health status. Environmental factors play a major role in accessing PA opportunities and contribute to obesity-related behaviors. Public health professionals have been advocating the importance of creating opportunities for PA at worksites, coalitions, agencies, and communities in an attempt to change the local environment to increase the opportunity for PA. Some of the recommended changes to improve health status include: creating walking trails, building exercise facilities, or providing access to existing facilities. People residing in many low-income communities are adversely affected by obesity and other risk factors for cardiovascular disease (CVD)

because their communities offer limited opportunities for their families to become physically active. This study was designed to examine the level of participation in physical activity in a Mississippi African American community.

We selected the metro Jackson area comprised of Hinds, Madison and Rankin counties because it is a combination of urban and rural communities. The sample consisted of 70 participants from seven sites. A total of seven focus groups were asked to respond to five questions and statements to assess physical activity participation: Focus groups consisted of 6–12 participants who were asked to comment on their participation in physical activity. The focus group interviews were recorded. The recorded interviews were transcribed by a professional transcriptionist.

The following are some of the key results of the focus groups’ discussions: Focus group members were aware of facilities that were available in their communities to facilitate physical activity. They also

cited the built environment as a contributing factor in the decision to participate or not participate in physical activity. The built environment refers to human-made surroundings that provide the setting for physical activity, such as sidewalks and bicycle or walking trails that provide opportunities for physical activity that can help reduce obesity, cardiovascular disease, and diabetes. They also felt that interventions to target inadequate physical activity should also target the safety of the physical environment and personal and social factors that relate to PA.

Sustaining physical activity and exercise routines continue to be a challenge to many individuals, particularly African American communities where opportunities and facilities for large-scale organized exercise may be limited. It may be up to individual African American communities to devise intervention programs that include regular physical activity to limit the rise in obesity and cardiovascular disease.





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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 15<sup>th</sup> for the Spring Edition and August 15<sup>th</sup> 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](mailto: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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