



Jackson Heart Study Undergoes Organizational Changes

The new version of the Jackson Heart Study (JHS) that was implemented in August 2013 brought with it changes in the organizational structure of the JHS. Instead of the original three centers directing the study, operations are now conducted through five centers; the Coordinating Center (CC) and the Field Center (FC) are now under the direction of the University of Mississippi Medical Center, and the Undergraduate Training and Education Center (UTEC) remains with Tougaloo College, as it was in the old contract period. Two new centers have been added and have been placed under the direction of Jackson State University. They are the Graduate Training and Education Center (GTEC) and the Community Outreach Center (CORC) which is an extension of the old Community Partnership Office (CPO) that was a part of



Dean Dr. Ricardo Brown

the Coordinating Center, formerly operated by Jackson State University. Another change that has occurred is that the Jackson State University Centers, CORC and GTEC, are

now housed in the College of Public Service at Jackson State University under Dean Dr. Ricardo Brown.

In this new version of the JHS, Jackson State University has the responsibility of providing health education and various preventive health-related information to the community through CORC, and training graduate students in cardiovascular epidemiology through GTEC. Tougaloo College is the home of the JHS UTEC where minority high school students, college students, and health professionals are trained in Public Health and Epidemiology. The University of Mississippi Medical Center was originally responsible for recruiting participants and conducting examinations at the JHS through the Exam Center. In the new structure, UMMC has taken over the functions of the Coordinating Center from Jackson State University, and are now responsible for management of the participant data.



Ms Cheryl Nelson,
NHLBI Project Officer

Jackson Heart Study Community Outreach Center Jackson State University

The Jackson Heart Study (JHS) Community Outreach Center (CORC) is an expansion of the highly successful operation of the Community Partnership Office (CPO), in the Jackson State University Coordinating Center, which operated from 1999–2013. During the era of the CPO, relationships and partnerships were developed with over 100 churches, community based organizations, governmental agencies, private non-profit organizations, other institutions of higher learning and individual partners. A community based participatory research (CBPR) component has been added under this new contract period. The goal of the CORC is to perform community health education activities to disseminate health promotion and prevention messages in the Jackson community.

The objectives of the CORC are to:

1. Plan and conduct community outreach activities and events to communicate study findings and health promotion messages, promote the JHS, retain study participants, and build trust in the community.
2. Administer the JHS Community Health Advisors Network to promote cardiovascular disease prevention in the Jackson area through health education programs and other activities as appropriate.
3. Convene a community-based Ethics Advisory Board to advise the JHS on ethical issues concerning participation in research, which will meet twice per year or more frequently as needed.
4. Publish a newsletter two times per year for JHS participants and the community reporting research findings, health promotion messages, and other appropriate items of interest.
5. Participate in JHS initiatives and committees, provide support for data analysis, and disseminate the achievements of the CORC through presentations, publications in peer-reviewed journals, and reports to the JHS Field Center, OSMB, and NHLBI.

Jackson Heart Study Graduate Training and Education Center Jackson State University

The Jackson Heart Study Graduate Training and Education Center (JHS GTEC) at Jackson State University is a new Center designed to contribute to building evidence-based approaches to training graduate students in the social, behavioral, and medical sciences to implement a robust education training program. The overall goals of the GTEC are to: (1) enrich the educational experiences and skills of African American graduate students to prepare them for future careers in academics, industry, and government research settings; (2) enhance the professional skills of graduate students to increase the likelihood of success and completion of graduate school; and (3) increase the interest in, and likelihood of, African American graduate students entering careers in biomedical sciences following degree and program completion.

The five objectives of the GTEC are to:

1. Establish a graduate level certificate program focused on cardiovascular epidemiology research.
2. Establish JHS data mentoring teams to oversee efforts by undergraduate and graduate students to analyze, present, and publish their research from JHS data.
3. Work closely with the other JHS centers to: (1) assure coordination of both the JHS graduate and undergraduate training and education programs, and (2) support the JHS in achieving its five major aims.
4. Work with the JHS Coordinating Center to develop and maintain a student database with evaluation metrics for student performance.
5. Disseminate the achievements of the JHS through presentations, publications in peer-reviewed journals, and reports to the JHS Coordinating Center, OSMB, and NHLBI.

Jackson Heart Study Undergraduate Training and Education Center Tougaloo College

The Jackson Heart Study Undergraduate and Training Center (UTEC) is maintained at Tougaloo College. The UTEC trains high school students through the Science Language Arts and Mathematics (SLAM) and operates the JHS Scholars program. The goal of the UTEC is to continue to expand minority participation in CVD epidemiology research by building research capacities at minority institutions and attracting minority students to careers in epidemiology and public health. The JHS Undergraduate Training and Education Center (UTEC) has four objectives which are as follows:

Enhance the scope of the Undergraduate Training and Education Center (UTEC) that focuses on (1) increasing the number of undergraduate students entering careers in health care in general and biomedical research in particular; (2) increasing the number of African American high school and middle school students

who pursue a science major in college; and (3) organizing short courses, seminars and workshops, designed to increase awareness of biomedical and cardiovascular research, on topics such as genetics, genetic epidemiology, and ethical issues related to medical research.

1. Work closely with the other JHS Centers to (1) assure coordination of UTEC programs and activities, and (2) support the JHS in achieving its five major aims.
2. Work with the JHS Coordinating Center to develop and maintain a student database with evaluation metrics for student performance, including (1) performance in didactic and hands-on activities; (2) presentations and publications, (3) internships and research project titles; and (4) post-JHS training status.
3. Disseminate the achievements of the JHS through presentations, publications in peer-reviewed journals, and reports to the JHS Coordinating Center, OSMB, and NHLBI.

Jackson Heart Study Coordinating Center University of Mississippi Medical Center

The JHS Coordinating Center (CC), now at the University of Mississippi Medical Center, was originally housed at Jackson State University during the previous contract period of the Jackson Heart Study. The goals of the JHS CC are to: (1) collaborate with all JHS Centers and subcontractors and the NHLBI Project Office (PO) in all aspects of study development and execution; (2) administrate and participate in the Steering Committee and subcommittees; (3) provide and deliver information and requested contributions to the NHLBI PO and Observational Study Monitoring Board (OSMB); (4) lead, participate actively and support data analysis and interpretation activities, presenting study findings at scientific/professional meetings and submitting abstracts and manuscripts to the Publications and Presentations Subcommittee, NHLBI and NIH PubMed Central, and peer-reviewed journals; (5) ensure safety, confidentiality, and security for participants and JHS data; (6) work cooperatively to provide training and mentorship across all JHS

Centers; (7) support efforts for JHS cohort retention and community outreach activities; and (8) coordinate reporting of technical and financial study aspects to overseeing entities.

The objectives of the JHS CC are to: (1) provide overall scientific and administrative leadership and coordination for the JHS and its collaborating centers; (2) implement quality control and quality assurance procedures for data collection activities of the JHS and its reviews and classifications of strokes among members of the JHS cohort; (3) maintain and update the JHS database management system; (4) maintain and update the JHS policies and protocol for data sharing and distribution; (5) coordinate operation of the JHS Ancillary Studies program; (6) maintain and update JHS repository datasets; (7) provide scientific and methodological expertise and support; (8) provide for JHS operational and scientific coordination and participate in JHS initiatives and committees; and (9) maintain and update JHS public and internal websites.

Jackson Heart Study Field Center University of Mississippi Medical Center

The JHS Field Center (FC) is housed at the University of Mississippi Medical Center. The goals of the JHS FC are to: (1) collaborate with all JHS Centers and subcontractors and the NHLBI Project Office (PO) in all aspects of study development and execution; (2) administrate and participate in the Steering Committee and subcommittees; (3) provide and deliver information and requested contributions to the NHLBI PO and Observational Study Monitoring Board (OSMB); (4) lead, participate actively and support data analysis and interpretation activities, presenting study findings at scientific/professional meetings and submitting abstracts and manuscripts to the Publications and Presentations Subcommittee, NHLBI and NIH PubMed Central, and peer-reviewed journals; (5) ensure safety, confidentiality, and security for participants and JHS data; (6) work cooperatively to provide training and mentorship across all JHS Centers; (7) support efforts for JHS cohort retention

and community outreach activities; and (8) coordinate reporting of technical and financial study aspects to overseeing entities.

The objectives of the JHS FC are to: (1) contact all surviving JHS cohort members annually to maintain current contact information, obtain medical information relevant to the JHS, and convey information about the JHS and its ancillary studies; (2) investigate and record morbidity and mortality status among JHS-only participants, and work collaboratively with the ARIC Coordinating Center to record morbidity and mortality status among members of both the JHS and ARIC cohorts; and (3) provide scientific and methodological expertise for analyzing and publishing JHS findings, facilitate access to JHS resources and expertise to interested researchers and students, and participate in JHS initiatives and committees, including manuscript development and reports.

Lay Summary: Joint Effects of Smoking and Sedentary Lifestyle on Lung Function in African Americans: The Jackson Heart Study Cohort

By Brenda W. Campbell Jenkins, Daniel Sarpong, Clifton Addison, Monique White, DeMarc Hickson, Wendy White, and Cecil Burchfiel

Published in *Int. J. Environ. Res. Public Health* 2014, 11, 1500-1519; doi:10.3390/ijerph110201500

In furthering the goal of the Jackson Heart Study, which is to find the cause and progression of cardiovascular disease, this study was designed to examine how smoking and sedentary lifestyle (physical inactivity) together affect the function of the lungs among African Americans. Previous research reported a strong relationship between poor lung function and diseases of the heart and blood vessels (cardiovascular disease). The results of our study are consistent with earlier findings indicating that participants who did not smoke and were physically active had the best lung function, whereas those who

smoked and were not physically active had the worst lung function. In addition, smokers who were physically active showed improved lung function compared to smokers who were not physically active. We also found that the harmful effect of smoking was not removed even when a person was physically active. Hence, the take home message from this study is that being physically active (be it through active living, home and yard activities, or sports) and not smoking can promote healthy lungs.

Jackson Heart Study 13th Anniversary

Approximately 200 participants and community partners gathered at the Jackson Medial Mall on November 23, 2013 to participate in the 13th Annual JHS Birthday Celebration: *JHS "On the Move"* was the theme for the event. Each JHS Center was represented at the event; Dr. Carolyn Meyers, President of Jackson State University, delivered the welcome and Dr. Ricardo Brown, Dean of the College of Public Service, provided greetings. Dr. Herman A. Taylor, Jr. was the main speaker.

Dr. Meyers expressed her gratitude to the community partners and JHS cohort for their continued support of the JHS and invited them to visit the campus of JSU to learn more about the University's academic advancements and community endeavors.



The Sillers Steppers, a group of female state employees who work at the Walter Sillers State Office building in downtown Jackson, provided "edutainment" on

how to improve and maintain your "numbers" through line dancing! Some of us even joined in!

Taylor announced that after 15 years at the helm of the JHS he was stepping down.

Some of the accomplishments cited by Taylor include:

- Assembling the largest cohort of its kind; 5301 African American men and women from a wide variety of backgrounds
- Achieving a 77% retention rate after 10 years of follow-up;
- Collecting a wealth of health and disease data as a result of completing three back-to-back cohort examinations that will continue to help people for generations to come
- Developing a large genetics database enabling significant scientific contributions to the field nationally and internationally.
- Built and sustained support for Community Based Participatory Research approach, an approach that involves community as equal partners in the research process



Jackson Heart Study 14th Celebration of Life!



The *Celebration of Life* is designed to celebrate the life and legacies of the African American family and highlight the importance of the Jackson Heart Study (JHS). The JHS 14th Annual Celebration of Life was held on March 1, 2014, Center Stage at the Jackson Medical Mall.

The theme was JHS: “A CommUnity Gathering.” Dr. Ricardo Brown, Dean, College of Public Service (CPS) Jackson State University extended Greetings and publicly welcomed the Jackson Heart Study Community Outreach Center to its new academic home within the CPS. He extended an open invitation to those in attendance to call and or visit the CPS. Cheryl Nelson, JHS Project Officer National Heart, Lung, and Blood Institute (NHLBI) National Institutes of Health, extended a warm welcome to the audience on behalf of NHLBI. She expressed her pleasure at seeing the continued interest and support of JHS participants and community partners. Each JHS Center Principal Investigator provided an overview of their Center and introduced their staff.

Vendors, healthcare providers and other resource programs from across the Metro Jackson Area joined us in celebrating the achievements of the JHS. Approximately 122 of the estimated 250 attendees

participated in health screenings and all enjoyed visiting with the local vendors to collect valuable lifestyle information. Screened participants were given written documentation of their health numbers to share with their health care provider(s). Participants whose numbers were abnormal were encouraged to see their health professional immediately. They were provided information on maintaining and/or achieving healthy blood pressure, cholesterol, body mass index (BMI) and glucose numbers.

The *Celebration of Life* is the largest JHS community participatory event. Internationally recognized speakers present information relevant to African American Health status. Health related resource information and health screenings (glucose, cholesterol, body mass index and blood pressure) are available to adults. In previous “Celebrations”, speakers have included: Drs. David Satcher, 16th United States Surgeon; Rodney Hood, former President of the National Medical Association; Vanessa Northington-Gamble, Physician and Medical Historian; and Rueben Warren, Director, National Center for Bio-Ethics in Research and Health Care.

Join us Next year for the 15th Annual JHS Celebration of Life February 28, 2015!



Darcel Odom, JHS CORC

JHS CommUnity at Celebration of Life 2014

The Inaugural Daniel Hale Williams Scholars—Cohort 1

The Jackson Heart Study Graduate Training and Education Center led by Dr. Marinelle Payton, Principal Investigator, and Dr. Brenda Jenkins, Program Director, launched the inaugural Daniel Hale Williams Scholar program with an orientation and Research Week that included a star-studded assembly of presenters and participants, including the former JHS Vice President for Research, Dr. Felix Okojie, and JHS former Director, Dr. Herman Taylor. Also participating in the sessions was an impressive group of luminaries and original JHS leaders, Dr. Donna Antoine LaVigne, the Principal Investigator of the new Community Outreach Center and JHS first Director of the Community Partnership Office, Dr. Sonja Fuqua, retired first JHS Director of Recruitment and Retention, Ms. Mary Crump, the retired Director and Manager of the JHS clinic, Dr. Daniel Sarpong, former Director of the JHS Coordinating Center, Ms. Dorothy Williams, longtime Jackson Educator, Community Advocate, and JHS Steering Committee member. The scholars were also privileged to hear from original JHS staff currently with CORC and GTEC, Dr. Clifton Addison, Dr. Brenda Jenkins, Mr. Gregory Wilson, and Ms. Lavon Young. Also participating in the program were current JHS investigators, Dr. Adolfo Correa and Dr. Mario Sims, as well as JSU professors, Dr. Kaye Sly, Dr. Jung Lee, Dr. Azad Bhuyian, Dr. Ramzi Kafouri, and Dr. Olugbemiga Ekundayo.



The first cohort of DHW Scholars includes Amanda Berry (University of Mississippi School of Nursing), Vanessa Bland (JSU School of Health Sciences), and Corvell Coburn (JSU School of Social Work). The scholars all expressed gratitude for the opportunity to interact with the esteemed investigators and are eagerly anticipating the two years of activities that will expand their knowledge and their skills in the area of public health and biomedical research.

Jackson Heart Study CommUNITY Health Advisors

Bolton/Edwards CHAN

The Bolton/Edwards Community Health Advisors (CHAs) have been diligently involved in an extensive campaign to recruit more African American males into the organization. Additionally, the CHAN has been participating in planning and organizing health fairs at local churches in their respective communities and have received training on proper procedures for taking blood pressure readings. The CHAN also held its annual Recruitment and Retention Holiday celebration in December, 2013 and were participants in the 2013

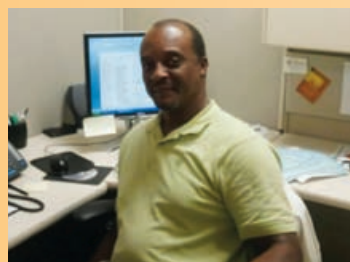
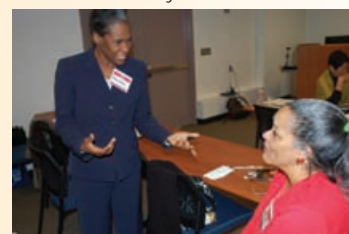
JHS Birthday Celebration, the 14th Annual JHS Celebration of Life. For more information about the Bolton/Edwards CHAN membership contact Oceal Rozell @ 601-852-4661.

Upcoming Events:

- The 1st Annual Bolton/Edwards Men's Health Conference: June, 2014
- "With Every Heartbeat Is Life training"
- The 2nd Annual Jimmie Lewis Walk-A-Thon: Jimmie R. Lewis, Sr. Park Plaza on July 26, 2014



Dr. Donna Antoine LaVigne and the Vinson family from Bolton, MS



Marty Fortenberry, JHS CORC

Clinton CHAN

The Clinton Community Health Advisors (CHAs) have been involved in various facets of community service. Under the leadership of President Tommie Winters, the Clinton CHAN partners with the Clinton Community Christian Corporation (4Cs) and Federation Towers to promote heart health through conducting exercise classes to senior citizens. The Clinton CHAN is also involved writing and performing skits that are designed to address healthy eating, nutrition and active lifestyles and are active participants in providing heart health educational information at local churches

in the Clinton and surrounding communities. The Clinton CHAN also sponsored their annual Book Bag Drive, the 4Cs Senior Citizens Celebration, the 2013 JHS Birthday Celebration and the 14th Annual JHS Celebration of Life and the Community Based Participatory Research Conference. For more information about Clinton CHAN membership, contact Tommie Winters @ 601-924-6195.

Upcoming Events:

- Passion Week: April 14–20, 2014
- "With Every Heartbeat There Is Life"
- Dash Into Wellness: May, 2014

Jackson Heart Study Partners with University of North Carolina to Host Health Disparities Conference

The Jackson Heart Study Community Outreach Center (CORC) facilitated a multidisciplinary student health conference on February 28th 2014 in the School of Health Sciences, College of Public Service, Jackson State University, in collaboration with the JHS Graduate Training and Education Center, Jackson State University's Center for Excellence in Minority Health and Health Disparities, the School of Health Sciences and other departments from across Jackson State University. Ms. Lavon Young coordinated this very successful event that included a forum/panel discussion on issues relating to public health.

This was a feature activity of the University of North Carolina 35th Annual Minority Health Conference entitled "Innovative Approaches to Youth Health: Engaging Youth in Creating Healthy Communities" which was convened through webinar. The event was moderated by the GTEC Director, Dr. Marinelle Payton, and was a good opportunity for area students and faculty to showcase their research and apply their expertise in discussing their research interests with colleagues and engaging in fruitful dialogue about public health issues that plague our local community.



Panel discussion with Dean, Dr. Ricardo Brown



Panel discussion moderated by Dr. Antoine LaVigne

Healthy Breakfast Recipe

Preparing quick and healthy meals enables you to have control over what you and your family are eating. Consuming healthy, nutritious meals can help prevent many common medical conditions. Breakfast, as the first meal of the day, gets your metabolism going and gives you energy. People who eat breakfast are less likely to be overweight.

Apple Cinnamon Oatmeal is a quick, easy, and nutritious recipe to start your day. Apples are naturally sweet. They have fiber and vitamin C, and help to curb your cravings for sweets. Cinnamon contains manganese, has a mild anti-inflammatory effect, has anti-microbial properties (helps stop the growth of bacteria as well as fungi), and stimulates better blood sugar control. The smell of cinnamon can boost brain activity.

Ingredients

- 1/3 cup rolled oats (or steel cut oats*)
- 2/3 cup liquid (1 cup liquid for steel cut oats*)
- 1/2 an apple cut into small pieces
- 1/2 tsp. cinnamon
- Dash of salt

Directions

1. Add all ingredients to a small pot.
2. Bring to a boil, then turn down to a simmer and cook until soft, about 5 to 7 minutes (about 20 minutes for steel cut oats*).

* Steel Cut Oats are a much heartier cereal. They have more fiber and nutrients. They have a wonderful, chewy texture and you will stay full longer when you eat steel cut oats.

This and other healthy recipes can be found at http://www.helpguide.org/life/healthy_recipes.htm



JHS Bulletin Board

- ♥ **SAVE THE DATE:** Jackson Heart Study Community Monitoring Board—June 7, 2014, Jackson Medical Mall Center Stage. This is the occasion to find out what is going on with your data.
- ♥ Community Based Participatory Research (CBPR) Training **June 25–26, 2014** in collaboration with the University of Michigan at the JMM. Seeking 50 participants from academia and community combined. Call 979-8700 for more information.
- ♥ **Interested in becoming one of our Research Partners** contact Dr. Clifton Addison 601-979-8765 or email clifton.addison@jsums.edu. We are eager to have you as an investigator on the community research component of the JHS.
- ♥ **HEALTH FAIRS** in your area? Call Ms. Darcel Odom at 601-979-8709
- ♥ **The Jackson Heart Study Graduate Training Center** will be accepting graduate student (**Public Health, Sociology, Psychology, Pharmacy, Nursing, Medicine, and Dental students**) applications throughout the year for the Daniel Hale Williams Scholars Program. Contact Dr. Benda White-Jenkins at 601-979-8731 for details.
- ♥ **Urgent that we hear from YOU:** This is YOUR Newsletter and you have a voice. Send an article, a healthy recipe, a story, a picture, a poem, a comment or suggestion. Email your articles, suggestions and comments to Clifton.Addison@jsums.edu or contact Dr. Addison at 601-979-8700.



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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 Drive, Suite 2260, Jackson, MS 39213.

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