



Jackson Heart Study CORC lauds stalwart study pioneers Dr. Sharon Wyatt and Willie Richardson

The Jackson State University Jackson Heart Study Community Outreach Center lauds two stalwart pioneers of the historic and landmark African American cardiovascular disease study, Dr. Sharon B. Wyatt who died Nov. 5, 2015 and Willie L. Richardson who died Feb. 8, 2016. Without their stellar contributions and dedication, the study could not have gained the prominence it enjoys today.

Wyatt who was instrumental in the development of the Jackson Heart Study grant application and served as co-principal investigator for 10 years. She also held major responsibilities for the management and operations of the JHS Exam Center where the examinations and data collection of our participants took place.



Dr. Sharon B. Wyatt

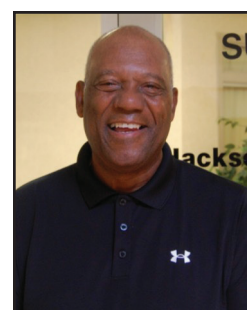
Wyatt played a key role as part of the Jackson Heart Study (JHS) team that laid the foundation for the development of all Jackson Heart Study data collection instruments and the Manual of Operations.

Wyatt, who joined the University of Mississippi Medical Center in 1993, worked closely with Jackson State University staff Dr. Brenda Campbell Jenkins, aka “the forms lady,” and Lavon Young in the first contract period of the JHS to develop the repository of all official JHS documents. Campbell Jenkins and Young both operated as representatives of the JHS Coordinating Center with responsibility for developing and disseminating all JHS required documents. Together, the three labored tirelessly generating in a team effort between the Coordinating Center operated by JSU and the Exam Center operated by UMMC to make it possible for examinations and data collection to begin in September 2000.

An extremely well-published and well-funded researcher, Wyatt maintained a research focus on cardiovascular health

disparities and innovative, community-driven solutions to overcoming health disparities, all while continuing clinical practice.

Richardson, an NFL all-pro receiver, who played most of his career with the Baltimore Colts, served in the voluntary capacity as the spokesperson for the Jackson Heart Study Community Outreach Center. He was featured in publications and on audio recordings promoting the benefits of participating in the study to community members. Richardson willingly shared his personal health history in an effort to encourage others to complete important medical examinations offered by the study.



Willie L. Richardson

“Mr. Willie Richardson was extremely instrumental in recruiting African American males between the ages of 45 and 54 to become participants in the Jackson Heart Study and he regularly participated in JHS CORC events,” said Dr. Donna Antione-LaVigne, JHS CORC principal investigator. “He was always one that you could call on. He was generous with his time and always willing to serve,” she added.

JHS staff receive excellence awards

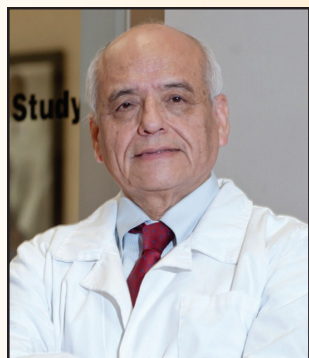
Three Jackson State University Jackson Heart Study Community Outreach Center staff in the School of Public Health (Initiative) were honored during the One JSU Excellence Awards ceremony April 19.

Dr. Donna Antione-LaVigne, JHS CORC principal investigator, received the Exemplary Achievement and Performance Award. Dr. Clifton Addison, JHS CORC Senior research scientist, was presented the Staff Excellence Award for Outstanding Education Support/Initiative and Creativity. Dr. Brenda Campbell Jenkins, JHS Graduate Training and Education Center program director, was an Excellence Award nominee.



Correa named Jackson Heart Study Director, Principal Investigator

Dr. Adolfo Correa, a physician-scientist with a strong record of clinical care, population-based research and leadership, has been appointed director and principal investigator of the Jackson Heart Study (JHS), following a national search.



Adolfo Correa, MD

Correa was the unanimous choice of the chief executive officers of the study's three participating institutions: Jackson State University, Tougaloo College and the University of Mississippi Medical Center. Their recommendation has been acknowledged by the National Heart, Lung, and

Blood Institute (NHLBI) of the National Institutes of Health, which provides funding support for the JHS.

"I consider it an honor and privilege to have this opportunity. The vision of the JHS from its inception has been to elucidate the reasons for the high burden of cardiovascular disease among African Americans and in the process engage minority institutions and investigators in research capacity building. Our tasks are now to make this vision a reality and to ensure that the JHS becomes a national resource for population-based and community-based participatory research, and an important source of evidence for translational research aimed at reducing inequities in cardiovascular health in Mississippi and nationally," Correa said.

Correa joined the JHS as chief science officer in 2011 and has served as interim director since the departure of Dr. Herman Taylor in 2013. He is a professor in the UMMC Departments of Medicine and Pediatrics.

Born in Mexico, Correa earned a bachelor's degree from San Diego State University and master's and medical degrees from University of California San Diego. He also holds a master's of public health and a doctorate in epidemiology from the Johns Hopkins University School of Hygiene and Public Health and earned an MBA from the University of Georgia in 2010.

He completed a residency in pediatrics at the University of California San Francisco Medical Center and San Francisco General Hospital, including serving as chief resident. He also completed a residency in general preventive medicine at the Johns Hopkins School of Hygiene and Public Health. He spent two years with the Centers for Disease Control's Epidemic Intelligence Service. - Jackson State University Newsroom

Shahbazi selected as JSU School of Public Health (Initiative) interim dean

Jackson State University Provost and Senior Vice President for Academic and Student Affairs Dr. Evelyn J. Leggette recently announced that Dr. Mohammad Shahbazi, a tenured professor, has been named interim dean of the School of Public Health (Initiative).

This change in leadership will afford Shahbazi the opportunity to continue the effort to obtain accreditation as a School of Public Health for Jackson State University.

Shahbazi has previously served as associate dean and chair in the College of Public Service. He succeeds Dr. Dorothy Browne, who will join the Division of Research and Federal Relations as a Research Development Officer. Shahbazi has served Jackson State University for 16 years.

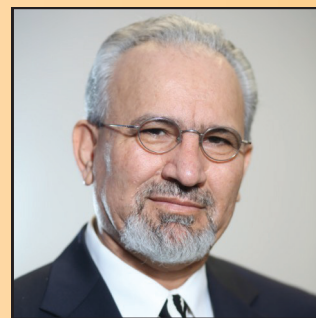
Shahbazi brings outstanding credentials in higher education. He earned a doctor of philosophy degree and a master's degree in cultural anthropology from Washington University in St. Louis, Mo. He holds master's degrees in public health and computer education from the University of California, Los Angeles, and National University, San Diego, Calif., respectively.

His experiences include a solid record of publications, presentations and professional services on the local, state, national and international levels. He holds membership in several professional organizations, including, the Mississippi Public Health Association, the Society for Public Health Education, the Delta Chapter of the Society for Public Health Education and the American Anthropological Association. Shahbazi has received numerous honors and awards. He holds a master-level certified health education specialist credential granted by the National Commission for Health Education Credentialing, Inc.

"I am looking forward to working closely with Dr. Shahbazi in his expanded role," Leggette said. "We are grateful to Dr. Dorothy Browne for her contributions to the School of Public Health. The university will continue to build upon her work."

"I am excited to have the opportunity to work along with our faculty, staff and students to lead the effort to gain an accredited School of Public Health at Jackson State University," said Shahbazi.

- Jackson State University Newsroom and JHS Staff Reports



Dr. Mohammad Shahbazi

Jackson Heart Study Community Outreach Center annual Celebration of Life focuses on diet, physical activity to reduce cardiovascular disease risk

The Jackson Heart Study (JHS) celebrated its 16th annual Celebration of Life event Feb. 27 at the Walter Payton Recreation and Wellness Center on the Jackson State University campus. Lenora Reed, a community member, served as the program president.

The focus of this year's celebration was reducing cardiovascular disease through diet and exercise.

The featured speaker was Dr. Arnita Norwood, an assistant professor at The University of Mississippi Medical Center and a junior investigator with the Jackson Heart Study at UMMC. Her presentation was titled, *"Easing the Burden of Cardiovascular Disease with Diet and Physical Activity."*

Canton Community Health Advisor Doris Gillum gave a rousing testimonial about how changing her diet and increasing her physical activity has improved her health.

JHS JSU Graduate Training and Education Center students presented posters. Tougaloo College Undergraduate Training Center Students served as hosts and hostesses for the event.

Cheryl Nelson, JHS project officer, National Heart, Lung, and Blood Institute, and Dr. Adolfo Correa, JHS director and principal investigator, offered greetings and remarks, respectively.

The Rev. Dr. Martha A. Alexander, retired United Methodist Church elder and Leadership Next-Generation Plus, Inc. CEO offered the invocation and blessing of the food.

Blood pressure, glucose and cholesterol screenings and health information were provided.

JSU President Dr. Carolyn W. Meyers and JSU School of Public Health (Initiative) Interim Dean Dr. Mohammad Shahbazi also attended.



Dr. Arnita Norwood



Participant gets a health screening.



Attendees get some physical activity as they enjoy dancing for their hearts.



JSU JHS Graduate Training and Education Center students and staff



Tougaloo College JHS Undergraduate Training and Education Center students and staff

Jackson Heart Study selected as a primary study for NHLBI TOPMed project

By James Wilson, MD

African Americans have suffered disparities not only in health and health care, but in medical research. The Jackson Heart Study (JHS) was initiated to address the disparity in medical research, and is now recognized as the premiere study regarding the health of African Americans. This was emphasized recently when the JHS was selected as one of the primary studies included in the National Heart, Lung, and Blood Institute's "Trans-Omics for Precision Medicine" (TOPMed) Project. The term "trans-omics" refers to the fact that this project

will collect a broad and deep body of information in several biologic "domains", producing complete information on the genetic (DNA) make-up of each study participant, as well as extensive measurements of the proteins, fats, and small molecules (metabolites) that circulate in each person's blood.

Among other things, the TOPMed project is supporting "whole genome sequencing" in all JHS participants who gave consent that allows this. "Whole genome sequencing" means that the

DNA of each of these study participants will be analyzed to determine the identity of each "base" or "nucleotide" (DNA building block) in all of the DNA of each individual, amounting to more than three billion bases for each person.

After whole genome sequencing is complete, the results will be compared to other measurements that have been made in JHS participants such as blood tests, height, weight, medical history, and imaging studies like carotid ultrasound (analyzing the structure of the arteries in the neck) to determine whether specific differences in DNA are associated with differences in these other measures. This can provide important information about the genetic factors that contribute to key traits and diseases. To maximize the findings that can be made, many scientists may have access to "de-identified" data of JHS participants. This access is regulated by each participant's signed, informed consent document, and is closely controlled and monitored by the National Institutes of Health to maintain the highest computer security, to protect each participant's privacy, and to prevent unauthorized disclosure or use of genetic or other information.

We believe that the TOPMed Project will help the JHS to stay at the forefront of medical research, and will be an important step toward *reducing* disparities in medical research and *exploring* health disparities that affect African Americans.

Dr. James Wilson is the genetics coordinator for the Jackson Heart Study at The University of Mississippi Medical Center.



Health testimonial given at 16th Celebration of Life

By Doris Gillum

I have been a participant in the Jackson Heart Study for 16 years. I believe in taking care of the body (temple) God gave each one of us to live in. Get up and get moving. There is no excuse.

When you are standing in line you can raise on your tip toes, up and down. When watching TV or just sitting around, raise your arms above your head and just stretch. Don't just sit still. Let's get up and get moving. I always take advantage of health fairs. That way you will always know your numbers, blood pressure, glucose and cholesterol. Start today. It's never too late to start one day at a time and one step at a time. Start moving!

Remember,
3 John, 1:2,
*Beloved, I wish
above all
things that thou
mayest prosper
and be in
health, even as
thy soul
prospereth.*

Since I decided to take charge of my health, I exercise regularly. I have lost weight, and I have lowered my blood pressure. Exercising makes me feel better and I am proud that I no longer take any medication.

My exercise routine consists of an intense boot camp workout twice a week, line dancing one day a week and march aerobics. I believe it is never too late and one is never too old to start moving.

You are as young as you feel. There are great benefits in taking charge of your health and body

Gillum is a Canton community health advisor.



Doris Gillum, Canton community health advisor, demonstrates how easy it is to incorporate movement into daily life such as exercising while standing in line.

Bolton/Edwards community health advisors achieve membership milestone

The Bolton/Edwards Community Health Advisors Network (CHAN) held its annual Recruitment and Retention Celebration Dec. 15, at the Friendship Missionary Baptist Church in Edwards.

Membership in the Bolton/Edwards Community Health



Cassandra Bishop (right) presents Cynthia Dorsey-Smith with a token of appreciation from the Bolton/Edwards CHAN for serving as their event speaker.

Advisors Network has experienced a major increase overall, and in particular, the membership of male participation has increased greatly.

"I am extremely proud of the Bolton/Edwards Community Health Advisors Network, because when I started in 2011, there were only seven members, including one male. Today, we are boasting a membership of 31, including seven men," said Marty Fortenberry, community outreach specialist at the Jackson Heart Study Community Outreach Center.

Cynthia Dorsey-Smith served as the guest speaker. Dorsey-Smith, a community advocate and a former health educator for the Jackson Heart Study, challenged the audience with a heart health knowledge quiz. She posed questions to the attendees on a variety of topics ranging from nutrition to reading food labels,

daily exercise requirements and healthy blood pressure and glucose readings. The first person to answer the questions correctly was awarded a prize.

The event was attended by recently-elected Edwards Mayor Marcus Wallace, who expressed an interest in assisting the CHAN with their endeavors to improve the community's health.



Edwards Mayor Marcus Wallace (left) and Jackson Heart Study Community Outreach Specialist Marty Fortenberry

Clinton community health advisors' fall festival, health fair focus on seniors

The Clinton Community Health Advisors Network (CHAN) held their Fall Festival Nov. 2 at the Clinton Community Christian Corporation (4Cs). The event, which is held annually, highlighted the work that the Clinton CHAN is doing to address health disparities in Clinton and the surrounding areas, particularly among the senior population.

The fall festival was attended by local clergy from Clinton, Bolton and by community members from the surrounding areas. The festival also served as an opportunity for the Clinton CHAN to recruit new members. An estimated 50 participants attended the festival and enjoyed good fellowship and healthy food.

A community health fair, sponsored by the Clinton CHAN, was held at the Clinton Community Christian Corporation (4Cs) Feb. 3. Community health advisors provided blood pressure screenings, glucose screenings, body mass index (BMI) readings and health education materials to senior citizens who receive services at 4Cs and the community at large. A total of 25 senior citizens attended the events.

Additionally, Tommie Winters, president of the Clinton CHAN, conducts exercise classes for seniors at 4Cs three days per week (Monday, Wednesday and Friday) for approximately hour. The classes are attended by about 30 seniors who reside in Clinton and receive services at 4Cs.



Tommie Winters demonstrates how seniors can exercise safely by holding on to a stable object to steady themselves as they prepare to do leg lifts or other exercises at the Jimmie R. Lewis Sr. Park Plaza in Bolton.

JHS Graduate Training and Education Center to hold graduation ceremony for first five Daniel Hale Williams scholars May 13

The first graduation ceremony for the Jackson Heart Study Graduate Training and Education Center (GTEC) Daniel Hale Williams Scholars will be held at the Jackson State University Student Center in the Senate Chambers Room Friday, May 13, at 5 p.m.

According to the GTEC Program Director Dr. Brenda Campbell Jenkins, this ceremony marks the end of an intensive two-year program. During the program, scholars participated in cardiovascular epidemiological studies that provided them with avenues for developing expertise to lead research and prevention activities that will impact public health.

“Our scholars believe that they are now better equipped to engage in important public health issues in chronic disease prevention in our communities. We congratulate our scholars for reaching this milestone, and we wish them much success in their future endeavors,” said Campbell-Jenkins.

Scholars who are graduating are: Amanda Berry, Vanessa Bland, Corvell Coburn, Milton Dawkins and James Fisher.

GTEC is dedicated to increasing the capacity of graduate public health and liberal arts students from Jackson State University and medical, nursing, and pharmacology students from The University of Mississippi Medical Center to prevent disease, prolong life, and promote health. GTEC aspires to improve the science and practice of keeping the public safe and healthy by empowering graduate students

to enhance their ability to improve community health as they matriculate through the program with the potential to assume careers in public health or related fields.

Daniel Hale Williams Scholars are able to expand their public health skills from the academic training they receive in cardiovascular epidemiology, biostatistics, social epidemiology, basic public health skills and information relevant to public health practitioners.

The Daniel Hale Williams Scholar program provides a certificate enrichment curriculum that occurs concurrently with the students’ regular academic program.

An added advantage of the DHW Scholar program is that the scholars get an opportunity to conduct research using the JHS data sets and they are able to interact on a regular basis with researchers and investigators who are familiar with the Jackson Heart Study data and JHS research.

Scholars are also afforded opportunities to interact with renowned scientists from institutions around the country and have the opportunity to participate in research, presentations, and publications.



Amanda Berry



Vanessa Bland



Corvell Coburn



Milton Dawkins



James Fisher

GTEC orientation and research camp scheduled

Orientation and Research Camp activities are being finalized for the 2016-2017 Cohort 4 of the Daniel Hale Williams Scholar program.

Dr. Brenda Campbell Jenkins, the program director, has been meeting with her planning committee to complete a program of activities that will introduce the Jackson State University Jackson Heart Study Graduate Training and Education Center (GTEC) scholars to epidemiology and biostatistics research skills.

Scholars will also be introduced to Jackson Heart Study (JHS) investigators and the JHS data that they will use for the bulk of their activities during the next two years of the program. Six new scholars will be added for the new cohort, and GTEC is looking forward to exciting interactions and productive sessions. Orientation for the scholars will be held Thursday, May 12. The Research Camp is scheduled for Monday – Friday, May 16 – 20.

Tougaloo College Undergraduate Training Center student values experiences

By Michael Cleveland

As a Jackson Heart Study (JHS) Tougaloo College Undergraduate Training Center scholar, I have found value in my academic experiences and as the JHS Student Celebration chairman.

Having been a participant since 2014, I have taken courses in public health, epidemiology, biostatistics and research methods; and ethics, medicine and technology. My affiliation with JHS allowed me the opportunity to participate in the Centers for Disease Control and Prevention Undergraduate Public Health Scholars program and the Morehouse College Project IMHOTEP, an Undergraduate Training Program in Public Health.

During my first summer as a scholar, my cohort was trained to become Mindfulness Certified. Being a JHS scholar opens a network pool of previous scholars as well as future scholars that work in a wide variety of fields. As scholars we are trained to understand the impact of health in all areas and how to educate the populace on solutions for their health problems.

In the world today, public health issues have focused on developing ways to provide longevity in the human civilization. JHS is a key component in the field of cardiovascular disease. To celebrate such a historical study, the only one of its kind, JHS throws annual birthday celebrations for its participants. Through the Birthday Celebrations, scholars are afforded the opportunity to serve and witness the participants of such a significant study. Scholars are allowed to assist with serving food, helping with door prizes, registering the participants and even enjoying line dancing with some of the elders. The scholars have the opportunity to give back to the community and

understand that the data that we analyze come from human beings. We make it our mission to always keep the participant first and to think what our research can do to better their lives and those to come. Being a part of such a huge study has afforded us



Michael Cleveland

numerous opportunities that we would not have received anywhere else. The JHS scholars truly enjoy helping those who have made such a large contribution in the medical field and community. “The best way to find yourself is to lose yourself in the service of others” – Mahatma Gandhi

Michael Cleveland of Natchez is the son of Michael James Cleveland and Colleen Scott. A senior biology major at Tougaloo College, he plans to attend graduate school and obtain a master's and a doctoral degree in public health.

JHS Bulletin Board

SAVE THE DATE: Jackson Heart Study Community Monitoring Board Meeting, Saturday, June 4, 2016

Registration 8:30 a.m. | Program 9:00 a.m. at the University of Mississippi Medical Conference Center Conference Center located inside the Jackson Medical Mall. This community meeting will help you find out what's going on with your data.

4th Annual Jimmie Ray Lewis, Sr. Walk-A-Thon

Saturday, July 23, 2016 at the Jimmie Ray Lewis Sr., Park Plaza in Bolton. Sponsored by the Bolton/Edwards Community Health Advisors (CHA), the towns of Bolton and Edwards and the JHS Community Outreach Center.

Jackson Heart Study 16th Annual Birthday Celebration

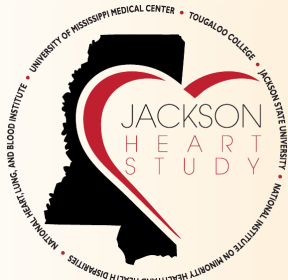
Saturday, Sept. 24, 2016 at the Jackson Medical Mall Center Stage.

Interested in conducting research in your community?

Contact Dr. Clifton Addison at: (601) 979-8700 or via e-mail at: clifton.addison@jsums.edu. JHS CORC is eager to help you develop as an investigator to conduct community research.

Comments or suggestions:

E-mail your articles, suggestions and comments to: Dr. Clifton Addison at: 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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