



JHS celebrates 17 years of excellence!

17 Years of Excellence! February 25, 2017 marked the 17th Jackson Heart Study Celebration of Life. This year's event, titled, *A Town Hall Meeting*, continued the history of demonstrated participant and community engagement and support.

Attendees participated in small groups to express their opinions, concerns and provide future directions for the study. Their knowledge, perceptions, personal actions and behaviors related to the Jackson State University JHS Community Outreach Center (CORC) and JHS activities/events were documented by the *Evaluation Assessment Tool*. Developed by Dr. Jeffrey Guidry, evaluator for the CORC, the results of the analysis indicate 88% of the

respondents want continued and improved communication regarding JHS study results and 82% indicate trust was a motivating factor for working with the CORC. Trust and longevity are two major indicators of successful community engagement research and community-based participatory research (CBPR).

Please know that CORC appreciates the continued trust of participants and community.

It is exciting to know the history of CORC's successful community outreach and engagement activities are validated by the results of this assessment tool. The community has "spoken;" it is engaged in JHS Community Outreach Center activities.



Antoine-LaVigne accepts two board appointments

Dr. Donna Antoine-LaVigne, Jackson State University Jackson Heart Study Community Outreach Center principal investigator, has recently accepted two new appointments.

Antoine-LaVigne was appointed as a board member of the American Heart Association/American Stroke Association Greater Southeast Affiliate and as a member of the Mississippi Tobacco Control Advisory Council.

The Greater Southeast Affiliate, which serves Alabama, Florida, Georgia, Louisiana, Mississippi, Tennessee and Puerto Rico, is committed to reducing disability and death due to heart disease and stroke through its mission, "Building healthier lives, free of cardiovascular diseases and stroke."

The Mississippi Tobacco Control Advisory Council advises the Office of Tobacco Control on the development and implementation of tobacco-related programs and activities and maintains an active role in the development and implementation of the comprehensive programs implemented within the state.

Jackson Heart Study founding member and Tougaloo College educator retires

Dr. Nimr Fahmy, a Tougaloo College educator since 1985, one of the founding members of the Jackson Heart Study (JHS) and an original member of the Jackson Heart Study staff, will retire at the end of the 2017 spring semester after serving 30 years. During his tenure, Fahmy served as chairman of the JHS Publications and Presentations Subcommittee of the JHS for over 10 years when most of the formative JHS publications were initiated and finalized.

Fahmy provided unbiased and impeccable leadership to the Publications and Presentations Subcommittee which laid the foundation for the success in scientific productivity that the Jackson Heart Study has enjoyed. His leadership has contributed immensely to the development of the Undergraduate Training Center at Tougaloo College where numerous students have developed into medical and public health professionals influenced by their training as Jackson Heart Study scholars.

Fahmy's expertise in research and biostatistics was instrumental in laying the foundation for the research methods training provided to the Jackson Heart Study

scholars. Skilled in information technology, he was key in designing and implementing the tracking system for all of the JHS publications and presentations manuscript proposals and manuscripts, a technique that set the stage for the JHS tracking process that is being used today. "All of us at the Jackson Heart Study wish him a very happy, peaceful and relaxing retirement as he leaves behind his imprint on the Jackson Heart Study's Undergraduate Training Program, the Jackson Heart Study Education Subcommittee and the Jackson Heart Study staff. He is a hero, and he will be missed. On behalf of the Jackson Heart Study staff, we wish him well as he moves to another chapter in his life," said Dr. Brenda Jenkins, program director, Jackson State University Graduate Training and Education Center.



Nimr Fahmy, PhD

Guidry lends expertise to Jackson Heart Study as program evaluator

Dr. Jeffrey J. Guidry has recently joined the Jackson State University Jackson Heart Study in the School of Public Health as a consultant to provide technical assistance in program evaluation. His area of expertise is evaluating community engagement and retention, health disparities programs, and community-based participatory research.



Jeffrey Guidry, PhD

He holds a doctorate in community health sciences from the University of Texas School of Public Health, a master of public administration degree from Texas A&M University and a

bachelor of science degree in political science from Lamar University. Guidry has over 25 years of experience in chronic disease and communicable disease prevention and self-management research and evaluation. He has provided evaluation technical assistance to over 14 health sciences and human services programs funded by the U.S. Department of Health and Human Services Maternal and Child Health Bureau's Healthy Start Program, the National Science Foundation, Centers for Disease Control and Prevention, Minority AIDS PREP Evaluation Committee and the Substance Abuse and Mental Health Services Administration's Cross-site Evaluation Committee. He has published over 30 peer-reviewed manuscripts and four book chapters.

Much of Guidry's work has been evaluating community-based participatory research programs with a

major focus on African American communities. He has provided evaluation technical assistance to a teen pregnancy prevention in high-risk, urban African American communities in Houston, Texas where he monitored assessments at pre/post follow-up, assessed implementation fidelity and monitored process and outcome performance measures. He also has considerable experience in mental health services. In Houston, Texas, Guidry provides evaluation technical assistance for a SAMHSA-funded project targeting chronically homeless, unaccompanied women with serious mental illness. He conducts qualitative and quantitative analyses. Guidry, an educator for 24 years, is an associate professor in the Department of Health and Kinesiology, College of Education at Texas A&M University and is also president of Guidry and Associates.

African American males among those most at risk for sleep apnea

What is Sleep apnea?

Sleep apnea is a common disorder in which there are one or more pauses in breathing or shallow breaths while sleeping. The Greek word “apnea” literally means “without breath.” Sleep apnea is an involuntary stoppage of breathing that occurs while a person is asleep.

Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound.

Sleep apnea usually is a chronic condition that disrupts sleep. When breathing pauses or becomes shallow, one often moves out of deep sleep and into light sleep.

As a result, the quality of sleep is poor, which causes tiredness during the day. Sleep apnea is a leading cause of excessive daytime sleepiness.

There are three types of sleep apnea: obstructive, central, and mixed. Of the three, obstructive sleep apnea, often called OSA for short, is the most common. Despite the difference in the root cause of each type, in all three, people with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer. Most people who have sleep apnea don't know they have it because it only occurs during sleep. In most cases the sleeper is unaware of these breath stoppages because they don't trigger a full awakening. A family member or bed partner might be the first to notice signs of sleep apnea.

A major symptom is extremely loud snoring, sometimes so loud that bed partners find it intolerable.

Other indications that sleep apnea may be present are obesity, persistent daytime sleepiness, bouts of awakening out of breath during the night, and frequently waking in the morning with a dry mouth or a headache. But none of these symptoms is always present. Sleep apnea often goes undiagnosed. Doctors usually can't detect the condition during routine office visits. Also, no blood test can help diagnose the condition. Only a sleep study in a sleep laboratory or a home sleep study can show definitively that sleep apnea is present and how severe it is.

Obstructive sleep apnea is caused by a blockage of the airway, usually when the soft tissue in the rear of the throat collapses and closes during sleep. This causes shallow breathing or breathing pauses. When trying to breathe, any air that squeezes past the blockage can cause loud snoring. Obstructive sleep apnea is more common in people who are overweight, but it can affect anyone. For example, small children who have enlarged tonsil tissues in their throats may have obstructive sleep apnea.

Central sleep apnea is a less common type of sleep apnea. In central sleep apnea, the airway is not blocked but the brain fails to signal the muscles to breathe. As a result, the person makes no effort to breathe for brief periods. Central sleep apnea can affect anyone. However, it's more common in people who have certain medical conditions or use certain medicines. Central sleep apnea can occur with

obstructive sleep apnea or alone. Snoring typically doesn't happen with central sleep apnea.

Mixed sleep apnea is a combination of the two. With each apnea event, the brain rouses the sleeper, usually only partially, to signal breathing to resume.

Who is at risk?

Sleep apnea affects more than 18 million Americans, according to the National Sleep Foundation. Sleep apnea is seen more frequently among men than among women, particularly African-American and Hispanic men. Risk factors include being male, overweight, and over the age of 40, but sleep apnea can strike anyone, even children.



What is the outlook?

Left untreated, sleep apnea can have serious and life-shortening consequences. It can increase the risk of high blood pressure, heart attack, stroke, obesity, and diabetes, and make arrhythmias or irregular heartbeats more likely. It can also lead to automobile accidents caused by falling asleep at the wheel, depression, and other ailments.

Lifestyle changes, mouthpieces, surgery, and breathing devices can successfully treat sleep apnea in many people.

Sources:

<https://www.nhlbi.nih.gov/health/health-topics/topics/sleepapnea>
<https://www.nhlbi.nih.gov/health/health-topics/topics/sleepapnea/names>
<https://sleepapnea.org/learn/sleep-apnea/>

JHS researcher Dr. Clifton Addison receives international recognition

Dr. Clifton Addison, Jackson Heart Study senior research scientist, has developed a method to assess the coping skills of patients battling serious illness, such as cardiovascular disease, that has become one of the most widely used measures of coping skills by researchers worldwide.

The assessment, known as the Coping Skills Inventory Short Form (CSI-SF), was utilized in a 13-country study to test its reliability for determining the

coping skills of hemodialysis patients experiencing kidney failure. CSI-SF was selected to be administered to more than 10,000 hemodialysis patients who were participants in Phase 4 of the Dialysis Outcomes and Practice Patterns Study (DOPPS) from 2009-2011 in Australia, Belgium, Canada, China, France, Germany, Italy, Japan, New Zealand, Spain, Sweden, the United Kingdom and the United States.

The DOPPS is the first study

to analyze the usefulness of CSI-SF with patients other than those with cardiovascular disease and is the first to translate the assessment in other languages to study its use in a large, diverse international group of hemodialysis patients. The translation included nine different languages: Mandarin (China), Dutch (Belgium), French (France, Canada, Belgium), German, Italian, Japanese, Swedish, and Spanish.

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CORC community outreach specialist speaks to JSU doctoral education class

Marty Fortenberry, Jackson Heart Study (JHS) Community Outreach Center (CORC) community outreach specialist, recently served as a presenter for a doctoral-level qualitative research design and methodology class in Jackson State University's School of Education. The JHS CORC is housed within the JSU School of Public Health.

Fortenberry's presentation focused on expanding community networks for the purpose of empowering Jackson area community members by building public awareness, community training and improving access to services, as well as through active public coordination of health promotion efforts. Such efforts include information about health promotion strategies that are feasible, meaningful, and accessible for improving the health status of the students, their families, and community members.

As part of the presentation, students were given the opportunity to explore their potential role in enhancing the development and progress of the Community Health Advisory



Fortenberry speaks about the tri-county JHS CHAN.

Networks in the tri-county area.

Students were invited to participate in the JHS Celebration of Life: "A Town Hall Meeting" that was held at the Jackson Medical Mall on Feb. 25. Students participated in all aspects of the Town Hall discussion, offering health promotion ideologies, advocating for their own health rights and recognizing the health promotion and research needs of people who live in the Jackson Heart Study area.

Participating side by side with other members of the community, they shared their experiences and sought to create new pathways for open communication in finding what is missing in the current structures or what actions need to take place to adequately address the deficiencies.

JHS CORC prioritizes community-based decision-making. Fortenberry's lecture emphasized the importance of engaging all stakeholders including

service providers, community members, organizations, educators, and students. He stated that change in behaviors, attitudes, knowledge, and practices that can ultimately impact health outcomes can only be effectively initiated when stakeholders engage in team dialogue to discuss the risks for developing diseases, recognize the barriers and then together develop ideas and strategies that can solve some of the problems that exist community-wide.

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

The **Bolton/Edwards CHAN** is involved in health walks and health fairs that focus on awareness of cardiovascular disease, diabetes and the importance that exercise plays in overall health. In addition, the Bolton/Edwards CHAN has developed an interest in policy issues that may contribute to the health and well-being of their community members. The Bolton/Edwards Chan is actively recruiting new members. If you are interested in joining the Bolton/Edwards CHAN, contact Laurry Greenfield at: 601-968-7434.

The **Canton CHAN** is an inclusive organization, with membership open to everyone. “We believe that good health is the cornerstone of progress,” said Bobby Jean Jones, Canton CHAN president. Jones said good health will only be achieved by lowering the high rate of cardiovascular disease and stroke in the African



Canton CHAN hosts annual walk-a-thon.

community through continuing to give information, providing seminars and training sessions, and providing activities that are geared for all ages. “In essence, we are trying to motivate and educate our community regarding cardiovascular disease. By choosing a healthier lifestyle, we as a group of people can live healthier and longer lives,” she added. If you are interested in joining the Canton CHAN, contact Bobby Jean Jones at: 601-966-1323.

The **Clinton CHAN** is a thriving body of women, men and young people with the purpose of making a difference in the community with special emphasis on living long and healthy lives. This is accomplished by planning and organizing health fairs, health walks and facilitating exercise classes for senior citizens who receive services at Clinton Community Christian Corporation (4Cs). “We are seeking individuals who have the hearts to make a difference in our community for the sake of health. We are encouraging individuals, community-based organizations (CBOs) as well churches congregations to become a part of our efforts,” said Tommie Winters, Clinton CHAN president. If you are



Clinton CHAN hosts a Valentine's party for the 4Cs exercise class participants.

interested in joining the Clinton CHAN, contact Winters at: 601-924-6195.

In January, the **Jackson CHAN** held a meeting at Cade Courtyard to recruit new members who have an interest in providing health information to their community and in participating in activities to make their communities healthier.

During the recent Jackson Heart Study Celebration of Life: “A Town Hall Meeting,” Jackson area residents were recruited to join. “We were excited to have six community members to sign up during the Celebration of Life event. Among our new members is a health advocate who has been presenting a health tip monthly to her church for more than three years. She tried to stop once, but the members enjoyed the tips, so she has continued,” said Lynette Ekunwe, Jackson CHAN president. If you are interested in joining the Jackson CHAN, contact Marty Fortenberry at: 601-979-8736.

During October, the **Rankin CHAN** partnered with Sweet Rest Church of Christ (Holiness) USA, Pearl, to host a Health and Wellness Fair. In addition to regular health screenings, presentations were given on breast cancer awareness by Dr. Kimberly Bibb, and on medication adherence by Dr. D’Andrea Campbell. As part of their community service, nursing students from Hinds Community College also participated. Vendors distributed information on various healthcare and other services.

In March, the Rankin CHAN focused on nutrition, brain awareness and diabetes. Members observed National Nutrition Month in March, Brain Awareness Week, March 14-20 and American Diabetes Alert Day on March 24. If you are interested in joining the Rankin CHAN, contact Marty Fortenberry at: 601-979-8736.

Tougaloo College JHS Undergraduate Training and Education Center propels Courtni T. Newsome throughout academic career and into chosen profession

Dr. Courtni T. Newsome, a former Tougaloo College Jackson Heart Study Undergraduate Training and Education Center scholar, has utilized the skills she learned as an undergraduate to propel her throughout her academic career and into her chosen profession.

Since March 2015, Newsome has worked at Bristol-Myers Squibb, a global biopharmaceutical company located in New Brunswick, N. J., as a research investigator II/study director in the Department of Immunotoxicology. Her roles include designing, justifying, developing, implementing and performing various immunologic, biochemical and molecular biology-based assays that address the immunogenic potential of drugs in development.

In 2004, Newsome graduated magna cum laude earning a bachelor of science degree in chemistry from Tougaloo. She earned a doctoral degree in pathobiology from Brown University in 2010.

At Tougaloo, Newsome was a National Dean's List scholar, voted Miss Alpha Lambda Delta National Academic Collegiate Honor Society and was also junior advisor. While a student at Tougaloo, Newsome was a Leadership Alliance scholar at Brown University during the summer of 2003.

Many honors and awards have been bestowed upon Newsome and she has presented at national and international research gatherings. Newsome is the daughter of Hazlehurst residents Barry and Sheryl Newsome.



Courtni T. Newsome, PhD

JHS CORC, GTEC scholars publish research

Jackson Heart Study Diversity Supplement Scholars, Adrienne Clark (Community Outreach Center) and Vanessa Bland (Graduate Training and Education Center Daniel Hale Williams Scholar), and former Diversity Supplement Scholar, Dr. Monique White (Community Outreach Center), have recently published manuscripts that present findings from their research. The authors, manuscript titles and journals are:

Clifton Addison, Brenda W. Campbell Jenkins, **Monique White**, Frances Henderson, Dorothy J. McGill, Donna Antoine-LaVigne and Marinelle Payton, *Perception of Policy and Environmental Action to Promote Healthy Behaviors in African American Communities*, **International Journal of Environmental Research and Public Health** 2017, 14(3), 271. The manuscript can be accessed online at doi:10.3390/ijerph14030271.

Monique S. White, Clifton C. Addison, Brenda W. Campbell Jenkins, **Vanessa Bland**, **Adrienne Clark**, and Donna Antoine-LaVigne, *Optimistic Bias, Risk Factors, and Development of High Blood Pressure and Obesity among African American Adolescents in Mississippi (USA)*, **International Journal of Environmental Research and Public Health** 2017, 14(2), 209. The manuscript can be accessed online at: doi: 10.3390/ijerph14020209.

White named TC UTEC PI

Dr. Wendy White has been appointed the new principal investigator (PI) of the Jackson Heart Study Undergraduate Training and Education Center (UTEC) at Tougaloo College. White had served as a co-PI along with Dr. Asoka



Wendy White, PhD

Srinivasan, who recently retired from his duties at the JHS, but she is better known as the director of the Tougaloo College Jackson Heart Study Scholar Program where she has guided and directed countless students through the scholar program into successful professional medical and biomedical careers.

The entire JHS family congratulates Dr. White on her new appointment, and looks forward to her continuing her ongoing legacy of successful scholar development, while uncovering opportunities for our scholars to excel.

Community members publish manuscript in research journal on women and hypertension

Four Jackson area community members affiliated with the Jackson Heart Study Community Outreach Center (CORC) and the Community Health Advisory Network (CHAN) have published a research manuscript in the **Online Journal of Rural and Urban Research (OJRUR)**, 2017, Vol. 7, No. 1, highlighting their research to address the prevalence of hypertension among women in the Jackson Heart Study residential neighborhood.

The four investigators, Bettye Tyler, Mangle Shanks, Saundra Hill, and Ruby Gray, spearheaded the research project, titled, "Step N2 Life." They teamed up with researchers from the JHS CORC and a Diversity Supplement Scholar to produce this work, titled, *Step N2 Life - A Pilot Investigation on the Benefits of Community-Developed Intervention to Reduce Hypertension in Mississippi*. The authors are: Bettye Tyler, Mangle Shanks, Saundra Hill, Ruby Gray, Clifton Addison, Brenda W. Campbell Jenkins, Adrienne Clark, Marty Fortenberry, Darcel Odom, Donna Antoine-LaVigne. The article can be accessed online at: <http://jsumurc.org/ojs>.

JHS Bulletin Board

- ♥ **SAVE THE DATE: 15th Annual Community Monitoring Board Meeting** - Saturday, June 3, 2017 at The University of Mississippi Medical Center's Conference Center located in the Jackson Medical Mall. Come hear the latest information about how your data are contributing to the reduction of cardiovascular disease in African Americans.
- ♥ **SAVE THE DATE: Jackson Heart Study 17th Annual Birthday Celebration** - Saturday, September 23, 2017 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. JSU 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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The English version was used in Australia, Canada, New Zealand, the United Kingdom and the U.S.



The CSI-SF Short Form

Clifton Addison, PhD

measures four coping strategies based on 16 items: four items each indicating problem- vs. emotion-focused engagement or disengagement.

"This coping instrument developed by Dr. Addison and his team was recently validated and featured in an international study, shining the spotlight on the important contributions to the world of research by researchers from the JSU School of Public Health," said Dr. Mohammad Shahbazi, interim dean.

A review of the coping instrument can be found in the December 2016 **Journal of Psychosomatic Research** article titled, *Reliability and Validity of the Coping Strategy Inventory-short form Applied to Hemodialysis Patients in 13 Countries: Results from the Dialysis Outcomes and Practice Patterns Study (DOPPS)*.

According to *Research Gate*, to date, the manuscript has been used by approximately 1,000 researchers and the list is growing. The original validation of the CSI-SF was published in the Dec. 31, 2007 **International Journal of Environmental Research and Public Health**. This research holds the distinction of being the first paper to be published using Jackson Heart Study participant data. Co-authors are JHS researchers Dr. Brenda W. Campbell Jenkins and Gregory Wilson, Sr.

Addison serves on the staff of the JHS Community Outreach Center and the Graduate Training and Education Center in the JSU School of Public Health.



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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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