Welcome to the Community Engagement e-Newsletter, a bi-monthly resource provided by the South Carolina Clinical and Translational Research Center for Community Health Partnerships (SCTR/CCHP). The purpose of this newsletter is to facilitate the exchange and dissemination of health and related research information between academic and community partners.

**News & Announcements**

Check out our Community Bulletin for the latest events and announcements at https://sctr.musc.edu/index.php/community (/index.php/community)!

Donors Cure - Projects Wanted Are you a biomedical research scientist, currently employed in a research capacity at a U.S. university of institution? In need of funding to pursue an innovative, forward-thinking research idea? Donors Cure is a 501(c)(3) nonprofit organization, founded in 2013 to bring together members of the general public and biomedical researchers to find a cure. Donors Cure helps to connect individuals who want to find a cure - for cancer, for Alzheimers' disease, for alcoholism, for any disease or condition - directly with the scientists who are on the frontline doing the work. Interested in more information or submitting a project? Visit the Donors Cure website at http://demo.ivistasolutions.com/how-to-start-a-project2 or contact Donors Cure for more information at admin@donorscure.org.
Free APHA Webinar - Transforming Community Food: Stories from the Ground Up

Community food projects have been an important tool for changing the community food environment, and helping to prevent food-related disease epidemics such as diabetes and heart disease. Since 2011, the CDC's (Centers for Disease Control and Prevention) Community Transformation Grants program has supported American Indian, Alaskan Native, Native Hawaiian, Hmong, Hispanic, African American, and many other communities doing this work through over $170 million in grants. We will hear from 3 different communities on how they're making change happen, as residents tackle food justice, community health, and health inequity. This webinar is one of four in the series Food, Justice, and Health Equity, co-sponsored by the National Medical Association, APHA and Healthy Food Action, and will be broadcast on Monday, June 9th, 3:00 pm. To register, visit https://attendee.gotowebinar.com/register/6792619366332103426, and register once to view all the webinars in this series. To view the first webinar from April 10th, Food Justice, Obesity & the Social Determinants of Health, visit http://healthyfoodaction.org/webinar-food-justice-obesity-the-social-determinants-of-health.

2014 NIMHD Translational Health Disparities Course

The National Institute on Minority Health and Health Disparities will again host a course on the science of health disparities this summer. The course will take place on the campus of the National Institutes of Health in Bethesda, MD, August 11 - 22, 2014. This two-week intensive course provides specialized instruction on the concepts, principles, methods, and applications of health disparities science, practice, and policy. It will also integrate principles and practice of community engagement. Nationally and internationally recognized experts in health disparities science will lead individual discussions. There is no cost for participation but admission is competitive and daily attendance in mandatory. Participants are responsible for room, board, and transportation. For more information or to apply, visit http://www.nimhd.nih.gov/courseHD-2013revised02.html.
Project Diabetes Looking for Volunteers  Project Diabetes is looking for African Americans with or without diabetes to participate in our 2014 survey. Come out and take a survey and tell your neighbors, friends, and family members about the survey as well. to call Project Diabetes at 866-551-3010 for information. A $35 Walmart gift card will be given to all volunteers as a thank you for participation. For more information, call Project Diabetes toll-free at 866.551.3010.

Reclaiming Empathy: Best Practices for Engaging with Patients  Learn about effective ways to help today's busy and often overwhelmed caregivers reconnect with their own feelings and the feelings of their patients. To listen to the audio broadcast, visit http://www.ihi.org/resources/Pages/AudioandVideo/WIHIReclaimingEmpathy.aspx

15th Annual Scientific Poster Session  The 20th Annual Diabetes Fall Symposium is fast approaching and the Diabetes Initiative of South Carolina is accepting abstract submissions for this year’s 15th Annual Scientific Poster Session to be held September 11-12, 2014. Posters will be displayed during the Diabetes Symposium at the North Charleston Convention Center. For more information visit http://clinicaldepartments.musc.edu/medicine/divisions/endocrinology/dsc/onlineregistration/Call%20for%20Abstracts%202013.pdf or contact Julie Benke-Bennett at benkej@musc.edu or 843.876.0968.

National Conference on Engaging Patients, Families, and Communities in Translational Research  The aims of the conference are to present models demonstrating community engagement in each phase of translational research to improve health; identify methods and metrics for assessing the success of community-engaged research in each phase of research; and determine best practices for sustaining community-engaged research in all phases of research. The conference will be held in Bethesda, MD August 21-22, 2014. For more information or to register, visit https://ccts.osu.edu/news-and-events/events/engaging-patients-families-communities-translational-research
Health Disparity Documentary  African Americans live sicker and die younger than any other ethnic group in the nation. Why is this happening? The Skin You're In is a feature documentary, website, and book about the astonishing African American health disparity - why it exists and what can be done about it. Our Town Films and Johns Hopkins Public Health researcher Dr. Thomas LaVeist investigate this disturbing phenomenon. A trailer for the film is available at [http://www.laveist.com/film](http://www.laveist.com/film).

APHA 142nd Annual Meeting  The American Public Health Association will hold its 142nd annual meeting November 15-19 in New Orleans, LA. The theme will be Healthography: How Where you Live Affects your Health and Well-being, and is the largest public health gathering in the world, with 12,000 members active in public health. Registration opens on June 2nd. For more information or to register, visit [http://www.apha.org/meetings/annual](http://www.apha.org/meetings/annual).

The Impact of the MUSC Community Engaged Scholars Program  The Institute of Medicine's (IOM) 2013 NIH CTSA Program Report highlighted two of SCTR's community engagement supported projects, including the Community Engaged Scholars Program (CES-P). The CES-P is one of the nation's first concurrent community-academic partner training focused on community-based participatory research. This unique model fosters shared learning, co-teaching, and provides pilot funding to maximize the capacity of community-academic partnerships to conduct ongoing research. As of January 2014, CES participants have received $6.3 million in extramural grant funding, have published or are in the process of publishing nine articles, and have presented 17 posters or oral presentations. The Bamberg Projects, also referenced in the IOM report, provides an opportunity for MUSC to work with local, underserved communities to explore models of diabetes prevention and develop tailored interventions. The active Community Advisory Board has recently evolved to support SCTR's
statewide efforts to promote translational research addressing community priorities.

Health Community Design Checklist Toolkit This toolkit can help planners, public health professionals, and the general public include health in the community planning process. Developed in partnering between the American Planning Association's Planning and Community Health Research Center (http://www.planning.org/nationalcenters/health/) and the Centers for Disease Control and Prevention's Health Community Design Initiative (http://www.cdc.gov/healthyplaces/default.htm), the toolkit is composed of four elements that work together to achieve this goal.

* Health Community Design Checklist
* Healthy Community Design PowerPoint Presentation
* Creating a Health Profile of Your Neighborhood
* Planning for Health Resources Guide

To download the toolkit, visit http://www.cdc.gov/healthyplaces/toolkit

Lowcountry AHEC Classes The class schedule for Lowcountry AHEC classes is available at http://lcahec.com/upcoming-classes. For more information, visit the Lowcountry AHEC website at http://www.lcahec.com/ceprogram.html

Call for Abstracts: 2014 International Symposium on Minority Health and Health Disparities The ISMHHHD is soliciting abstracts for oral and poster presentations for the 2014 International Symposium to be held December 1-3, 2014 in National Harbor, Maryland. In keeping with the theme of the symposium Transdisciplinary Collaborations: Evolving Dimensions of US and Global Health Equity, the scientific program will highlight the excellence and innovation in basic, translational, and clinical research from the programs supported by the National Institute on Minority Health and Health Disparities (NIMHD). The Symposium has been designed to offer opportunities for sharing research information in areas related to cardiovascular disease, diabetes and obesity, cancer, women's health, mental health, infectious disease, stroke and behavioral and community health with special emphasis on minority health and health disparities. Deadline: June 2, 2014. For more information or to submit an abstract visit http://www.ismhhd.com

Health Disparities Summer Workshop The 12th annual Disparities in Health in America workshop Working Towards Social Justice will be held at Prairie View A&M University College
of Nursing June 23-28, 2014. The goal of the six-day workshop is to provide a comprehensive understanding of health disparities, to investigate approaches to enhancing health equity, and to provide participants with a broad base of knowledge related to a bio-psychosocial approach in addressing health disparities in minority and medically underserved populations. Upon meeting all the requirements, attendees may receive three academic credits. For more information or to apply, visit [http://www.naatpn.org/blog/2014/3/13/12th-annual-summer-workshop](http://www.naatpn.org/blog/2014/3/13/12th-annual-summer-workshop).

**Funding Opportunities**

**Delaware Clinical and Translational Research Mentored Pilot Projects (a SCTR Institute partner)** The Clinical and Translational Pilot Grants Program solicits applications. Pilot grants provide funds for a one-year period that will allow a research team to develop a more substantial basis for independent external support from the NIH. Meritorious projects may be renewed for a second year. Each proposal must be submitted by faculty from one of the ACCEL partner institutions: The University of Delaware, Nemours, Christiana Care Health System, or the Medical University of South Carolina. Up to $84,000 per year (direct costs) may be requested, plus $4,500 for the mentor to travel and professional development ($88,500 total). For more information visit [http://accel-ctr.org/pilot-grants](http://accel-ctr.org/pilot-grants).

**SCTR Institute 2014-2015 Pilot Projects RFA** SCTR's Pilot Project Program aims to facilitate new and innovative, high-impact translational research with emphasis on diseases demonstrating significant prevalence in South Carolina. The primary objectives of pilot funding are to support new and innovative, scientifically meritorious projects to collect critical preliminary data for submission of extramural grant applications and to publish research findings. We place a premium on interdisciplinary team science and new collaborations, therefore if you are applying for this grant mechanism, it is required to have a multidisciplinary collaboration with at least one co-investigator/collaborator from a different discipline. For more information visit [https://sctr.musc.edu/index.php/programs/pilot-projects](https://sctr.musc.edu/index.php/programs/pilot-projects).

**Upcoming Events**

**Respite Care Charleston: Kathleen Castiglione Memorial Bowling Event** Organized by the Castiglione family and with support from Respite Care Charleston, Alzheimer's Association SC
Chapter, and the Charleston Elks Lodge #242, Kathleen Castiglione was an active member at Elks Lodge 242, the Charleston Rifle Club, and the American Legion, where she graced others with her charismatic personality and her love of dancing and bowling. We encourage participants to get family and friends involved as sponsors for Penny for Pins, making a monetary donation to support the person bowling. Saturday, June 21, 2014, 3:00 - 7:00 pm. For more information contact Colleen Castiglione at 917-821-0140 or stiggy66@aol.com or visit http://respitecarecharleston.org/news-and-events/events/kathleen-castiglione-memorial-bowling-event

Fit Family Challenge Are you ready for the challenge? Join the free Fit Family Challenge and get your family moving towards a healthier lifestyle. Log your family's healthy habits and minutes of physical activity on our mobile-friendly activity tracker to earn points for the chance to win weekly prizes and a family vacation to Orlando, Florida! Now through July 10th, 2014. Register online at www.fitfamilychallengesc.com.

Achievement Ceremony on Monday, August 11th from 6:00 - 7:30 pm. Keynote speaker is Dr. Mary Thornley, president of Trident Technical College. This event will celebrate and honor our students who earned their GED and/or WorkKeys Career Readiness certificates this year. So far, 50 students have earned their GED and 50 have earned WorkKeys CRCs. The location will be announced. Please check our website for updates at www.http://tridentlit.org. Everyone is invited and refreshments will be served.

Respite Care Charleston Alzheimer's Speaker Series Join us to explore holistic care approaches and innovative tools you can use to enrich the lives of people living with dementia at home or in a residential
community and their partners in care. Learn how to incorporate creative storytelling; music, art, and pet therapy; and other creative programs as part of your comprehensive approach to therapeutic care. Learn to create a positive environment for those with dementia by attempting to walk in their shoes through the Virtual Dementia Tour®, offered by Second Wind Dreams®. Featuring keynote speaker Lia Miller of Creative Aging Network, NC. Click [https://sctrweb2.musc.edu/pups/files/0000/0732/Franke_ALZ_lecture_pstr_5-20-14.pdf](https://sctrweb2.musc.edu/pups/files/0000/0732/Franke_ALZ_lecture_pstr_5-20-14.pdf) for flyer. For more information call 843.647.7405 or email [margaret@respitecarecharleston.org](mailto:margaret@respitecarecharleston.org). Visit the RCC website at [http://respitecarecharleston.org](http://respitecarecharleston.org).

DAE Foundation Oatmeal Recipe Program

How do you like your oatmeal? Do you add peanut butter, bananas or honey? Well, the DAE Foundation is cooking up something a little different. 50 kids will be chosen based on their academic performance to participate in Jermel President's Oatmeal Recipe program. Beginning in January 2015, the program will mentor and train young student athletes throughout their entire elementary, middle and high school careers.

**The Ingredients:** The first phase, Basketball Basics 101, is taught by college-bound athletes. During this phase, students will learn and execute basketball techniques, develop their skills and participate on recreational teams. The second phase, for ages 13 to 15, focuses on AAU basketball, nutrition, strength and conditioning and SAT/ACT prep. The third phase, for ages 15 to 17, has the same concepts as the second phase in addition to college visits, clearing house qualification, exposure camps and college workouts.

**Ready to Serve:** Just like any other non-profit organization, funding is limited to provide these services. The DAE Foundation will host the 2014 Gus Macker of Charleston Basketball Tournament on July 19th & 20th, in efforts to raise funding for the Oatmeal Recipe. No worries, the Macker is a family event for basketball players of all skill levels. In addition to a good game, attendees can expect food and activities from locally owned businesses.

Click [here](http://www.macker.com/macker-tournament/2014-gus-macker-tour/293-charleston-sc.html) to register your team for The Macker. See you on the court! For more information visit the DAE Foundation at [http://daefoundation.org](http://daefoundation.org).

**Dementia Dialogues** Dementia Dialogues is a five-part learning experience designed to educate caregivers of persons who exhibit signs and symptoms associated with Alzheimer's Disease or related dementia. A certificate of completion will be presented for each of the five sessions and a Dementia Specialist Certificate at the completion of all five sessions. Click for flyer.
South Carolina Study on Smoking Dangers Receives Widespread Media Attention A study, led by researchers at the University of South Carolina Arnold School of Public Health, finds that many smokers still do not fully understand the dangers of smoking. Published in the American Journal of Preventive Medicine, the study found that accurate and detailed information about smoking is novel or unknown to many smokers. The researchers examined the "corrective statements (CS)" ordered in 2006 by U.S. federal courts. The order called on the tobacco industry to make clear past deceptions. Five specific areas of concern needing to be addressed were health effects of smoking for smokers; health effects of secondhand smoke for nonsmokers; cigarette and nicotine addictiveness; industry design of cigarettes to increase addiction; and the lack of relative safety of low-tar and light cigarettes. One of the study's authors, Dr. James Thrasher, an associate professor at the Arnold School, said, "The tobacco industry systematically deceived the public for decades, denying that smoking was dangerous or addictive." However, the implementation of the court's ruling has been delayed while the industry has fought back in the courts. During this delay, tobacco marketing continues to make tobacco use seem like a "normal, important part of everyday behavior," the authors wrote. Dr. Thrasher said the study found that many smokers "are still unaware of tobacco industry lies" and that smokers indicate that receiving factual, corrective information about the dangers of smoking motivates them to quit. The study also found that members of groups that have been targeted by the tobacco industry we especially responsive to the corrective statements. These include women, African Americans, Latinos, and lower-income people.

Source: ASPPH Friday Newsletter, June 60, 2014

Keeping Blood Pressure Low Halves Risk of Second Stroke Controlling blood pressure after suffering a stroke can reduce the odds of having another stroke by more than half, a new study finds. But fewer than one-third of patients maintain a consistently low blood pressure more than 75 percent of the time, according to the two-year study. "This study showed that consistency of blood pressure control is an important factor influencing risk of another stroke, heart attack, or death from vascular causes," said the study's lead researcher, Dr. Amytis Towfighi. Key lifestyle changes and at-home blood pressure monitoring might help these people avoid another stroke,
said Towfighi, and assistant professor of neurology at the University of Southern California's Keck School of Medicine. Blood pressure varies, Towfighi said, and getting a decent blood pressure reading at an occasional checkup might not be enough for your doctor to make effective treatment decisions. "Use of home blood pressure monitors may give those with high blood pressure a better picture of their own consistency of blood pressure control," she said. "They should be encouraged to measure and record their blood pressure and share their blood pressure logs with their doctor," she said.

The report was published online March 27 in the journal *Stroke*. There are many ways to get blood pressure under control, said Dr. Ralph Sacco, chairman of neurology at the University of Miami Miller School of Medicine. A healthy diet and moderate exercise are essential, he said. "But most stroke patients need to be on the right medication -- and sometimes more than one -- to get blood pressure adequately controlled," Sacco said. The American Heart Association's recommendations for preventing recurrent stroke call for most survivors to be treated with blood pressure medications, he added. "For patients, it is advisable to know your numbers, monitor your blood pressure and work with your health care professional to get on the best medications to get your blood pressure to be lower than 140/90 [millimeters of mercury]," he said. Given the findings of this study, blood pressure should be checked more often than usual after a stroke, said Dr. Tara Narula, associate director of the cardiac care unit at Lenox Hill Hospital in New York City. "High blood pressure is the most important modifiable risk factor [for stroke],'" Narula said. "It may not just be the level of blood pressure, but how consistently it is controlled." Perhaps doctors should plan to see these patients more often to make sure their blood pressure readings are consistently in the safe range, she said. Patients need to understand the importance of maintaining a low blood pressure and taking their medications consistently, Narula said.

Stroke kills nearly 130,000 Americans each year and causes one of every 19 U.S. deaths, according to the U.S. Centers for Disease Control and Prevention. For the study, Towfighi's team analyzed the results from the Vitamin Intervention for Stroke Prevention trial, which included nearly 3,700 ischemic stroke patients. Ischemic strokes are caused by a blockage in a blood vessel supplying the brain. Participants had their blood pressure taken at the start of the study, a month later and every six months thereafter for two years. Less than 30 percent of patients maintained consistent blood pressure more than 75 percent of the time, the study found. Patients who were able to maintain a consistent low blood pressure more than 75 percent of the time reduced their chance of another stroke by 54 percent, compared with those who achieved this goal less than one-quarter of the time. "People who failed to keep a consistently low blood pressure were also twice as likely to have a heart attack or die of vascular causes," Towfighi said. The study results likely underestimate the lack of blood pressure control among stroke survivors, one expert said. "Less than one-third of patients in the study were able to maintain a consistently low blood pressure, so you can imagine if you go outside the study population it's going to be a lot worse," said Dr. Rohan Arora, an attending neurologist at North Shore-LIJ's Cushing Neuroscience Institute in Manhasset, NY.
Source: Medline Plus, March 27, 2014

Percent of Type 2 Diabetes Left Undiagnosed Declines A lower percentage of type 2 diabetes is going undiagnosed than was the case in the past couple of decades, researchers found. In an analysis of NHANES data, only 11% of the national burden of diabetes was attributable to undiagnosed cases, compared with 16% about 15 years earlier, Elizabeth Selvin, PhD, MPH of Johns Hopkins Bloomberg School of Public health and colleagues reported in the Annals of Internal Medicine. "Despite considerable increases in total diabetes cases over the past two decades, trends in undiagnosed diabetes have remained fairly stable," Selvin and colleagues wrote, which "probably reflects improvements in screening and diagnosis.". The researchers looked at data from the National Health and Nutrition Examination Survey (NHANES) 1988-1994 and 1999-2010, selecting about 43,500 patients who attended the clinical examination and had HbA1c data available. Selvin and colleagues used calibrated HbA1c levels to define undiagnosed diabetes and prediabetes. In 2010, about 21 million adults had confirmed diabetes, as defined by calibrated HbA1c of 6.5% and up, and the prevalence had increased during those study periods, from 6.2% in the earliest period to 9.9% by the latest. The prevalence of prediabetes also rose over the course of the study, from about 6% to 12%, they reported. On the other hand, prevalence of undiagnosed diabetes remained stable during that time. Only 11% of total diabetes in 2005-2010 was undiagnosed diabetes, compared with 16% in 1988-1994. "The proportion of undiagnosed diabetes cases decreased, suggesting improvements in screening and diagnosis," they wrote. However, the prevalence of undiagnosed diabetes was higher among blacks and Mexican Americans that it was among whites, they noted.

Source: Medpage Today, April 15, 2014

General Information

If you have any announcements, awards, presentations, or other information that you would like to see included in the SCTR/CCHP e-Newsletter and posted on the Community Bulletin Board (index.php/community), please email Meredith Kerr at vanruymm@musc.edu (mailto:vanruymm@musc.edu).

Click if you would like to subscribe (mailto:vanruymm@musc.edu?subject=Please%20subscribe%20to%20MUSC%20CCHP%20e-newsletter) or unsubscribe (mailto:vanruymm@musc.edu?subject=Please%20unsubscribe%20from%20MUSC%20CCHP%20e-newsletter) to the newsletter.