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Simply 'Daddy': Reena Evers-Everette shares memories of Medgar

Four days before Father's Day in 1963, an assassin killed civil rights leader Medgar Evers. His daughter is continuing his fight. To many, Medgar Evers is a martyr. To many, he symbolizes the civil rights struggle in Mississippi. To Reena Evers-Everette, he is simply ... Daddy. She recently stood on the driveway where, as an eight-year-old on June 12, 1963, she saw her father bleeding to death. "I never thought it would take this long to come to grips with it. I've placed those memories in a box and can only open the lid a little. If I let them all come out at once, it would overwhelm me and put me in a bad place." Daddy's girl: When Daddy came in at night, he looked tired. As soon as he became field secretary for the Mississippi NAACP in 1955, he began putting nearly 40,000 miles a year on his Oldsmobile. He revived NAACP branches, started others and helped register people to vote. No matter how tired he was, he hugged his children and told them he loved them. "He called me 'Sunshine' and had the most wonderful large hands that he wrapped me in," Reena recalled. READ MORE


"I love my children and I love my wife with all my heart. And I would die, die gladly, if that would make a better life for them."

~ Medgar Evers
The Impacts of Social Support on Health

Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risk.\(^1\) One of those factors that strongly impacts health outcomes is a person’s familial and other social support. Research has shown that social support influences health in many aspects including morbidity, mortality, and quality of life in chronic disease populations. A meta-analytic review published in 2010 demonstrated that individuals’ involvement within social relationships convincingly predict mortality. The overall effect size indicated a 50% increased tendency of survival for participants with more robust social relationships, contending with well-established risk factors for mortality.\(^2\)

The benefits of positive social support can be emotional such as lessening the impact of stress or by encouraging a sensibility and purpose in life. Strong, favorable social support can inspire a sense of duty and care for self and others. It can also be physiologic as well. For example, a common physiological response during stress is to have an increase in blood pressure and heart rate. Research has shown that in persons surrounded by positive support, that rise is reduced.\(^3\) Health behaviors that tend to promote health and prevent illness are also influenced by social relationships.

Likewise, it is important to recognize the effects that negative social support and stressful relationships have on health. Burdened and conflicted social interactions can impair health through behavioral, psychosocial, and physiological means. Stress in relationships can add to faulty health patterns and the increased undertaking of risky behaviors. Also of importance is noting that social relationships may have other kinds of inadvertent negative effects on health. In a quantitative analysis it was shown that the personal obesity risk was increased in those who had a friend or spouse that was also obese.\(^4\)

As we continue to conduct more research and gather more evidence, it is important to recognize and address this key social determinant of health in order to promote good health outcomes for individuals and populations.

References:

Congratulations to Dr. Gamble on Her New Position at Kent State University

Dr. Abigail Gamble, former Assistant Professor of Pediatrics and Science Officer in the Office of Population Health, has joined the faculty in the College of Public Health at Kent State University. As Assistant Professor of Social and Behavioral Sciences, Dr. Gamble will develop public health undergraduate and graduate curricula to be delivered online. She will also continue conducting research focused on pediatric obesity prevention among underserved and high-risk populations. Dr. Gamble remains as Adjunct Faculty in the Department of Pediatrics at the University of Mississippi Medical Center (UMMC) and continues to collaborate with UMMC faculty to improve the health and well-being of youth in Mississippi.
Cancer Health Disparities

Sociocultural and Health Correlates Related to Colorectal Cancer Screening Adherence among Urban African Americans

Colorectal cancer (CRC) is the third leading cause of cancer death among African Americans (AAs). Incidence and mortality rates among AAs exceed those of whites even when controlling for socioeconomic status. Compared with whites, AAs are less likely to follow the recommended CRC screening guidelines. Less than 50% of AAs reported having had a colonoscopy at the recommended screening interval. Absent in some past research is the examination of the combination or interaction of the social and cultural elements, which are known as sociocultural factors. Research examining sociocultural factors, such as cultural identity, social support, family influence, and socioeconomic factors with well-researched factors (e.g., CRC beliefs, CRC screening adherence), has not been extensively done with regard to CRC screening.

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Mental Health Outcomes in Older Women with Breast Cancer: Impact of Perceived Family Support and Adjustment

Significant others of women with breast cancer, including their partners, children, other family members, and friends, may play important roles in the women’s disease- and treatment-related adjustment and coping processes. While many empirical studies have examined the effects of support from women’s partners, research investigating other support sources, such as children and other family members or friends, is sparse and mostly limited to small samples or excludes single women. For older women with breast cancer, both partners and adult children were important sources of support and their adjustment affected the women’s mental health. Support sources and their impact on women’s mental health varied among racial/ethnic groups, suggesting the importance of culturally sensitive provision of care by clinicians.

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The Influence of Social Support on Depressive Symptoms in Cancer Patients: Age and Gender Differences

The relationship between social support and depressive symptomatology in cancer patients is well established, yet the extent to which patient variables impact this relationship is not well known. The purpose of this study was to examine whether the relationship of social support to the severity of depressive symptoms varies by patient age and gender. A sample of 342 cancer outpatients were administered self-report measures of depressive symptoms, perceived adequacy of social support, satisfaction with family functioning, and the size of their social support network. The findings of the study suggest that interventions to alleviate depressive symptoms in cancer patients may be designed with consideration of demographic characteristics such as age and gender to maximize the beneficial impact on quality of life.

READ MORE

Primary Caregivers’ Support for Female Family Members with Breast or Gynecologic Cancer

Female patients with cancer depend on loved ones; thus, family support is pivotal to assist patients in successfully adjusting to life with treatment routines. The study explored the experiences of primary caregivers who provide care and support for female family members with cancer. The central theme of the primary caregivers’ supportive care for their female family member with cancer was “being with” her. This was composed of the following themes: “being there for her via efforts,” “living through feelings of guilt and anxiety,” and “lessons learned from cancer in the family.”

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Center for Child Health Equity

Evers-Williams Institute is Pleased to Announce the Partnership of the Center for Child Health Equity with the UMMC School of Nursing

The Evers-Williams Institute in collaboration with the School of Nursing at UMMC seeks to address child health disparities in Mississippi by tackling the social determinants of child health (SDCH). The School of Nursing has been heavily involved in child health issues including the management of school-based health clinics. Working together, this partnership strives to make progress in addressing child health equity across the state of Mississippi.

Parental Social Support and the Physical Activity–Related Behaviors of Youth

Social support from parents serves as one of the primary influences of youth physical activity–related behaviors. A systematic review was conducted on the relationship of parental social support to the physical activity–related behaviors of youth. The majority of studies demonstrated positive associations among selected measures of parental tangible and intangible social support and youth activity. Overall, parental social support demonstrated positive effects.

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UMMC School of Nursing Clinics: A Vision for Service, Practice, and Education

The UMMC School of Nursing has been engaged in faculty practice by providing health care in the community since the UNACARE Family Health Clinic was opened in the Jackson Mid-town area in June of 1998. The certified nurse practitioner providers collaborate with family medicine physicians on campus and provide health care for all ages as well as physicals, screenings and vaccinations for children. In addition, a Certified Nurse Midwife provides prenatal care and women’s health in collaboration with Ob-Gyn faculty. Continuous support from The Midtown Partners has helped to promote access to care in this area. Today, as many as three generations of family members are seen as patients at the UNACARE Clinic.

School-based clinics were not far behind in the Jackson area with the Johnson Elementary School Clinic launch in 1999; then, the Brown/Rowan School Clinics were opened in 2008. These school clinics receive funding assistance from the Mississippi Department of Education and provide an accessible source of primary and episodic health services to all students enrolled in those schools.

The Delta region of the state was initially served by the Mercy Delta Express – a mobile clinic that was donated to the School of Nursing by the Sisters of Mercy in Vicksburg in 2001. In 2011, the W.K. Kellogg Foundation awarded the school an 18-month $450,000 grant to expand the Mercy Delta Express Project. The middle school was the first of the school-based clinics to open but was followed closely by the elementary school and the local Head Start in Mayersville. The Kellogg Foundation continues to generously support these clinics.

Strong community support from parents, alumni and local providers has led to school expansions in both the Delta and the Jackson Mid-town area. This fall two new high school clinics have opened in response to the local demand. The South Delta High School Clinic serves 400 students in Rolling Fork; and the Lanier High School Teen Wellness Clinic supports 815 students in the Georgetown area of Jackson.

Services in the school based clinics include comprehensive physical/mental health assessments, vision and hearing screening, treatments for acute and chronic illness as well as proper referrals when an illness or treatment is outside of the nurse practitioner scope of practice. Other clinic services include a clothes closet, hygiene materials snacks for kids and follow up care in a safe, youth friendly environment. Drs. Anne Norwood, Lisa Haynie, Kate Fouquier and Pam Helms serve as Directors for the clinic activities. Inclusive of the patient visits at UNACARE and the numbers of children in the schools served, the UMMC School of Nursing providers have the potential to impact 3750 lives each year!
Raising the next generation is one of the most important responsibilities of a society; however, disputes over the constitution of family may have diverted our attention from 21st century threats to child health, development, and well-being. Technology has allowed individuals to be increasingly connected and isolated simultaneously. Virtual worlds can trap developing minds into echo chambers void of debate, critical thought, and civility. Young people need guidance to navigate an increasingly complex world and fathers can help children to make sense of the mounds of available and accessible information about themselves and the world around them. Social scientists suggest that an emphasis on competition, convenience, and connectivity may be overwhelming youth today as it has been predicted that millennials and future generations will be likely to have lower levels of prosperity and poorer health prospects than baby-boomers and gen-Xers. Families can play a key role in reversing these trends; however they need support. The challenges to the modern family are great, as the cost of good and services require both parents to maintain or seek full-time employment. Those on the lower rungs of the economic ladder sometimes work multiple jobs to make ends meet. These economic realities make it difficult for parents to find time and energy to provide and/or share developmentally appropriate experiences, and insight. Parents want support, nurture, and counsel their children, regardless of their financial status or address; however, many need encouragement and guidance. We need less condemnation and more creativity, caring and compassion for men and women who have children. The future of our communities rests on our ability to help parents, regardless of their circumstances, invest in the lives of their children.

Special Journal Issue on Social Determinants of Men’s Health

C-HMM director Dr. Marino Bruce along with executive advisory board members Drs. Derek Griffith and Roland Thorpe were editors for the most recent issue of Family and Community Health. This issue a collection of peer-reviewed articles that will extend and stimulate discourse about social determinants, their interaction, and subsequent impact on the health outcomes of and among men. More information about this special issue can be found at 

http://journals.lww.com/familyandcommunityhealth/Pages/default.aspx

Congratulations to Drs. Bruce, Griffith and Thorpe!

C-HMM Clinical Advisory Board and Men’s Health Mondays

C-HMM has assembled an advisory board of community physicians that has been working to encourage more minority males to get routine physical exams. This effort was inspired by comments made by Dr. Myrlie Evers-Williams during the opening of the institute bearing her name. The clinical advisory board members are Drs. Lionel Fraser, Clyde Glenn, Demondes Haynes, Reginald Rigsby, and Justin Turner. These individuals meet monthly to develop strategies to educate the lay and provider communities in ways that increase the number of minority males with primary care providers. The inaugural enterprise for this group is a collaboration with the Open Arms Healthcare Center called Men’s Health Mondays -- events designed to provide men over 18 years of age an opportunity for fellowship, free health screenings, and information to seek and find a medical home.

Men’s Health Mondays will be held at the Open Arms Healthcare Center (500 E. Woodrow Wilson Ave., Jackson, MS) on the following dates:

- September 28, 2015
- October 5, 2015
- October 26, 2015
- November 9, 2015
- November 30, 2015
Social Support and Human Immunodeficiency Virus-Status Disclosure to Friends and Family

The fear of negative reactions from friends and family members affects many human immunodeficiency virus (HIV)-positive adolescents’ decisions regarding disclosure of their HIV status. The complex relationships and interplay among social support, fear of stigma, and disclosure of HIV status need to be better understood among youth living with HIV (YLHIV). Social support from friends and family members and HIV status disclosure were examined among 402 youth, aged 12–24 years, living with HIV. Interventions and support systems to assist YLHIV with disclosure, as well as medical care, may improve their overall quality of life. READ MORE


Informal Caregiver Characteristics Associated with Viral Load Suppression among Current or Former Injection Drug Users Living with HIV/AIDS

Few studies have examined the association between having an informal (unpaid) caregiver and viral suppression among persons living with HIV/AIDS (PLHIV) who are on antiretroviral therapy. The current study examined relationships between caregivers’ individual and social network characteristics and care recipient viral suppression. Using adjusted logistic regression, care recipient’s undetectable viral load was positively associated with caregiver’s limited physical functioning and negatively associated with caregivers having few family members to turn to for problem solving, a greater number of current drug users in their network, and poorer perceptions of the care recipient’s mental health. READ MORE


One out of nine African-American men between the ages of 20 and 34 is behind bars, resulting in many African-American women losing their primary romantic partners to incarceration. Research suggests that partner incarceration may contribute to increased risk of sexually transmitted infections (STIs)/human immunodeficiency virus (HIV); however, factors associated with women’s decisions to begin new sexual partnerships following partner incarceration have not been well studied. This study examined the social context relevant to initiating separational concurrency, following incarceration of a primary male partner. READ MORE


‘May your past make you better not bitter’
~ Timber Hawkeye

Negative Life Events and Depression in Adolescents with HIV

Youth who are living with HIV (YLWH) face a number of stressors, both daily hassles and significant negative life events (NLE). In addition to living with a chronic and potentially fatal illness, they must manage complex medication regimens and HIV stigma. Moreover, most HIV infected youth live in urban settings where contextual factors that can exacerbate stress, such as poverty, neighborhood violence, and racial discrimination, are common. In this study, the prevalence of NLE and daily hassles, and their direct and moderated associations with depression, were examined among HIV-infected adolescents. Specifically, the authors examined whether the negative association with depression of NLE, daily hassles, and/or passive coping were moderated by social support or active coping strategies. READ MORE

Fellowship Opportunities

The Public Policy & International Affairs Program (PPIA) is Now Accepting Applications for the 2016 PPIA Fellowship!

Deadline to Apply: November 1, 2015

The PPIA program prepares undergraduates to be competitive candidates for top degree programs in the fields of public policy, public administration or international affairs through participation in a Junior Summer Institute (JSI).

JSI is an intensive, 7-week, academic program during the summer at one of these host campuses:

• The Ford School - University of Michigan
• The Goldman School - UC Berkeley
• Heinz College - Carnegie Mellon University
• Woodrow Wilson School - Princeton University

Eligible candidates are current undergrads who will be completing their B.A. between December 2016 and August 2017. LEARN MORE

Funding Opportunities

Behavioral Interventions to Prevent HIV in Diverse Adolescent Men Who Have Sex with Men (U01)

Intent Due Date: December 15, 2015
Application Due Date: January 15, 2016
Number of Awards: to fund approximately 3 awards
NIMHD intends to commit: $6,000,000 in FY 2016

Despite a sizable portfolio of existing research on preventive HIV interventions for MSM, there remains a dearth of evidence-based interventions for young MSM that are available for broad dissemination in the U.S. The purpose of this initiative is to test behavioral HIV prevention interventions for diverse populations of adolescent (age 13-18) men who have sex with men (MSM).

LEARN MORE

2015 September National Health Observances

Childhood Cancer Awareness Month
September 1-30, 2015
Visit www.curesearch.org

National Childhood Obesity Awareness Month
September 1-30, 2015
Visit www.coam-month.org

National Food Safety Education Month
September 1-30, 2015
Visit www.fightbac.org

Ovarian Cancer Awareness Month
September 1-30, 2015
Visit www.whyteal.org

Prostate Cancer Awareness Month
September 1-30, 2015
Visit www.zerocancer.org
You are Invited to the 2nd Annual Rural Interdisciplinary Case Experience (RICE) Bowl

Tuesday, October 27, 2015—5:30 p.m.—7:30 p.m.
UMMC Conference Center at the Jackson Medical Mall Thad Cochran Center

The evolution of our health care delivery system necessitates collaborative and interdisciplinary approaches to quality patient care. Although the need remains for health care professionals to effectively and efficiently work collaboratively in the delivery of patient care, our traditional systems of education poorly prepare students for this reality.

This realization was the conceptual foundation for the creation of the Rural Interdisciplinary Case Experience (RICE) Bowl. This interdisciplinary health care competition is designed to provide an experiential learning opportunity for students from multiple disciplines to work in teams to address complex rural health issues. Three teams of students representing twelve academic disciplines (medicine, nursing, dentistry, pharmacy, public health, health informatics and information management, health sciences, nutrition, business, law, physician assistant, and social work) collaborate to solve a clinical case study prepared and judged by a panel of similarly interdisciplinary faculty before a live audience. Academic institutions participating in this novel event include Belhaven University, Jackson State University, Mississippi College, Mississippi State University, the University of Mississippi, and the University of Mississippi Medical Center.

We invite everyone to attend this exciting event and to support the student participants. CLICK HERE for more information.

Network of Minority Health Research Investigators South Regional Workshop
November 15-16, 2015—New Orleans, LA
Tulane University in conjunction with the Network of Minority Heath Research Investigators (NMRI) is hosting the South Regional Workshop in New Orleans on November 15-16, 2015 at the Hyatt - French Quarter and at Tulane School of Public Health. CLICK HERE for more information.

9th Annual Southern Obesity Summit
November 15-17, 2015—Jackson Marriott Downtown—Jackson, MS
Texas Health Institute and The Partnership for a Healthy Mississippi invite you to participate in the 9th Annual Southern Obesity Summit. There will be a "SOS 101 Webinar" for registrants to take place in October. CLICK HERE for additional information.
Welcome to Our Newest Affiliates

James Benjamin Brock, MD  
Assistant Professor of Medicine  
UMMC Division of Infectious Diseases

Vinayak K. Nahar, MD, MS, PhD (c)  
Affiliate Faculty, UMMC Department of Dermatology  
Doctoral Candidate, Department of Health,  
Exercise Science & Recreation Management  
School of Applied Sciences  
The University of Mississippi

If you are interested in membership affiliation, please submit your curriculum vitae (CV), resume, or statement of interest to Felicia Bowens. She can also be reached at (601) 815-9019 or by email fbowens@umc.edu should you have further questions.

CALL FOR PAPERS

For the next volume in Research in Race and Ethnic Relations.

The editors invite scholars to contribute studies utilizing original quantitative and qualitative research methods as well as theoretical and conceptual review articles that will further broaden our understanding of the relationship between inequality, crime, punishment, and health. **LEARN MORE**

Do you have a great idea that you would like to share?

Email us to submit content for our newsletter.