CHEER Achievements

CHEER Summer Interns

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SAVE THE DATE

CHEER Seminar - The Crisis Center and Memphis Mental Health Resources

December 6, 2011, at 6 p.m.

Presenter
Mike LaBonte, MA
Executive Director
Richard G. Farmer & Allen O. Battle Crisis Center

Location
First Baptist Lauderdale Church
682 S. Lauderdale
Memphis, TN 38126

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Greetings from the Executive Director

Dr. Shelley White-Means

Greetings!

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CHEER is pleased to announce Le Bonheur Children’s Hospital as one of the newest partners to join our team. This partnership allows CHEER to focus on and bring awareness to chronic illnesses and diseases that affect our children.

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Sometimes it is necessary for communities to engage in difficult discussions about taboo subjects. That is why CHEER invited Altha Stewart, MD, to share “Black and Blue: Depression in the African-American Community,” which addressed mental health challenges that concern our physical health and rob us of enhanced-life chances. Dr. Stewart emphasized the importance of admitting and addressing mental health concerns in the black community.

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Enjoy the pictures and reflections of our work and events through the past two years. You also will find news you can use and health tips that may surprise you. Let us know what you think about our newsletter by taking the CHEER Newsletter survey at http://www.surveymonkey.com/s/38MZ2YL. Stay in touch with us between newsletters by visiting us on Facebook http://www.facebook.com/HealthEquityAtCHEER.

Wishing you the best,

Shelley I. White-Means, PhD
Executive Director, CHEER
Spring Conference 2011
Empowering Communities to Create a Healthy Village

CHEER held its first annual spring conference at the Memphis Cook Convention Center. The conference began with a greeting from Shelby County Mayor Mark Luttrell who stated, “The growth of the community depends on the health of the community and CHEER can do a lot to help bring that about.”

The conference kicked off with a workshop on grant writing conducted by Fayre Crossley, director of the Grant Center Alliance for Nonprofit Excellence. Created to help community nonprofits, the workshop addressed grant planning, program design, and the role of community partners.

The main goals of the conference were to:
- Increase community awareness and understanding of the effects of social and economic conditions in the Delta region on the overall health and well-being of African-American communities.
- Discuss the importance of community-based participatory research (CBPR), faith-based institutions, social justice, and economic empowerment as vehicles for creating a healthy village.
- Ignite new scholarship and partnerships focused on creating healthy villages in the Delta region.
- Provide attendees with tools for implementing CBPR in their respective communities.

Snippets from Keynote Speakers

“Health inequities exist from the cradle to the grave.”
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- Brian Smedley, PhD, vice-president and director, Health Policy Institute, Joint Center for Political and Economic Studies

“Zipcode is more important than genetic code.”
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Leon Caldwell, PhD (right), senior research associate at The Annie E. Casey Foundation, was awarded with the 2011 CHEER Excellence in CBPR Award by Shelley White-Means, PhD (left).

“The health care Americans want has guaranteed access, free choice of doctor, high quality, affordability, and trust and respect.”
- Shelley White-Means, PhD, senior research associate at The Annie E. Casey Foundation, was awarded with the 2011 CHEER Excellence in CBPR Award by Shelley White-Means, PhD (left).

For more information, please visit the CHEER Web site at http://www.uthsc.edu/CHEER/healthy_village_2011.
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“Health inequities exist from the cradle to the grave.”

“The root causes of these inequities are: socioeconomic position, residential segregation and environmental living conditions, occupational risks and exposures, health risk and health-seeking behaviors, differences in access to health care, and differences in health care quality.”

“Zip code is more important than genetic code.”

- Brian Smedley, PhD, vice-president and director, Health Policy Institute, Joint Center for Political and Economic Studies

Leon Caldwell, PhD (right), senior research associate at The Annie E. Casey Foundation, was awarded with the 2011 CHEER Excellence in CBPR Award by Shelley White-Means, PhD (left).

“Expressing anger outwardly, depression and stress are associated with higher rates of cardiovascular disease for blacks.”

“[Lower] economic and social position of persons in society (education, income and occupation) are associated with increased diabetes, hypertension, and obesity.”

- Mario Sims, PhD, associate professor, University of Mississippi Medical Center and Co-Investigator, Jackson Heart Study

“Jail in health comes with a hefty price tag. The United States experienced $1.24 trillion in total costs from 2003-2006 due to health disparities.”

“We need to enhance economic opportunities such as health insurance coverage, proximity to health care providers, access to recreational facilities, access to food and quality housing, and education.”

“We need to protect political rights to sanitation, air quality, crime, transportation, quality housing, education and community-level economic development.”

- Darrell Gaskin, associate professor, deputy director, Center for Health Disparities Solutions Johns Hopkins, Bloomberg School of Public Health

“For more information, please visit the CHEER Web site at http://www.uthsc.edu/CHEER/healthy_village_2011.”

A Special Thanks To Our Co-Sponsors

THE ASSISI FOUNDATION
OF MEMPHIS, INC.

Healthy Memphians
COMMON TABLE

Le Bonheur
Children’s Hospital
CHEER Intervention

A major aim of the CHEER Community Engagement and Outreach Core (CEOC) is to significantly improve the health knowledge and health-promotion behaviors that adversely influence health disparities experienced by African-Americans residing in the Memphis and Delta regions. The target populations of CEOC activities are public housing residents and congregants in the 38126 zip code.

The CEOC enhances community partnerships among faith leaders and their congregations, as well as facilitates community partnerships with public housing residents. The health risk assessment (HRA) questionnaire gives individuals information about their current health and quality of life in order to help the CEOC team identify unhealthy behaviors in participants. The team then offers suggestions and provides motivation to change those negative behaviors by examining the attitudes behind them. The CEOC is led by CHEER investigators Muriel Rice, PhD, and Mona Wicks, PhD.

Farewell to Mrs. Betty Fitzgerald of Mustard Seed, Inc., who retired this summer. She has been instrumental in recruiting community residents for CHEER.

Betty Fitzgerald

Jessica Webster, LeMoyne-Owen College community health lay worker, performs a glucose and cholesterol screening.

Happy Anniversary CHEER!

CHEER Open House

CHEER Seminars

CHEER Health Fairs

2010 Preconference

Health in the City: A Fresh Take on Food

CHEER Recognized

Black Business Directory

Dr. White-Means Named Finalist for Memphis Business Journal Healthcare Heroes Award
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Health in the City: A Fresh Take on Food

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Farmers Market To Expand

The South Memphis Farmers Market is finally getting a permanent home. The Plough Foundation has given a $250,000 grant for the expansion of the farmers market located outside of the old Carter’s Fish Market at the corner of Mississippi Boulevard and South Parkway.

For the residents of South Memphis, this expansion means that there will be more opportunities to choose fresh, healthy foods. This is especially important for residents who do not drive or those who just enjoy walking for their health. The grant will also fund an outdoor pavilion and educational cooking kitchen so residents can learn how to create healthy meals at home.

Construction is scheduled to begin in the next few months, with the opening set for May 2012.

iPhone App Helps Smokers Kick Habit

If you are a smoker who has been trying to quit, the new iPhone App developed by UTHSC smoking-cessation experts, may be just what you need to kick the habit for good. Developed by the Department of Preventive Medicine, the Quit Forever App offers easy step-by-step instructions and proven strategies that help smokers stop smoking and stay tobacco free for life. The app explains factors such as how to: deal with tension, take FDA-approved smoking-cessation medicines, move beyond triggers that lead to smoking, and connect with support services like telephone-quit lines and online help.

Using the app along with FDA-approved smoking-cessation medicine makes it easier for anyone to quit smoking, not just temporarily, but forever. This step is one of the most important in beginning a healthy lifestyle. The iPhone Quit Smoking App is available through the iTunes store, http://itunes.apple.com/us/app/quit-forever/id438607314?mt=8, and it can also be accessed through Facebook, http://www.facebook.com/pages/Quit-Smoking-Forever-iPhone-App/135198179887020?sk=wall &filter=2. For more information, contact Karen Johnson, MD, at kjohnson@uthsc.edu.

Did You Know...? Health Tips With a Twist

• Honey can disinfect a wound. If you find yourself out of Neosporin in the house, studies have found that honey can destroy germs and bacteria on boo boos. So, dab a little honey next time before you put on the bandage.

• Metamucil can lower cholesterol levels. Studies have shown that mixing one packet of Metamucil in water and drinking it before each meal lowers bad cholesterol levels by about 7 percent. It can also help lower blood pressure, blood sugar, and your risk of heart disease.

What is Wealth? Why Do Wealth Gaps Matter?

What is wealth? Wealth goes beyond income to include anything an individual owns that is of value such as stocks, bonds, property, real estate, and savings accounts. Income primarily refers to a person’s wages. However, wealth includes additional financial assets that can provide a safety net in times of financial distress and be used to support oneself during retirement. Another one of the main differences between wealth and income is that wealth can be passed on to future generations.

The recession of 2008 caused many people across the United States to lose their jobs and homes; in short, they lost some of their wealth. A recent study found that all households declined in net worth during the recession; however, black households fared the worst. Black and Hispanic families were more likely to have most of their wealth tied to their homes whereas whites invested in stocks and retirement funds in addition to their homes. When the housing market crashed and the value of homes fell, blacks and Hispanics lost most of their net worth.

Building and re-building wealth takes time and occurs over many years. Some people feel as though they live check-to-check and couldn’t possibly put money towards a savings account or retirement. The important thing to remember is to start small. Take the following example:

Say you are 25 years old and invest $515 every year into a Roth IRA retirement account. By the time you are 65 you will have $120,073! Because money in savings accounts such as Roth IRAs pay you interest every year, your initial investment of $20,600 (40 years x $515) becomes six times larger!

The average price for a bottle of soda is $1.29. Drinking one bottle of soda every day costs $515 per year (including tax). Say you are 25 years old and invest $515 every year into a Roth IRA retirement account. By the time you are 65 you will have $120,073! Because money in savings accounts such as Roth IRAs pay you interest every year, your initial investment of $20,600 (40 years x $515) becomes six times larger!

Growing your wealth can have a significant impact on health and well-being. Having a financial safety net can protect you from the difficulties associated with meeting basic needs such as healthy food, quality housing, and medications during tough times like losing a job or becoming too ill to work.

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