

HEARTBEAT

A PUBLICATION OF THE JACKSON HEART STUDY ♥ SUMMER 2023

Welcome to the Jackson Heart Study Exam 4!



JHS Exam Center Staff

We are excited to welcome back our JHS participants for the exam 4 visit. Exam 4 includes an in-person visit and a brain imaging study. For the in-person visit, you will be asked to answer questions about your health and activities, and undergo a physical examination that includes tests of your heart, physical functioning, thinking, and memory. JHS also has several new add-on studies that you may choose to be part of after your Exam 4 visit if you meet the study's eligibility criteria. These studies are done on a separate day and have their own timeline for study visits, procedures, calls and follow-up visits. Examples include an ambulatory blood pressure project, remote activity and sleep assessments, and mindfulness activities.

JHS staff will be calling to invite you to participate in exam 4. Please feel free to contact us at 601.815.5050 or JacksonHeartStudy@umc.edu if you have questions about your participation or wish to schedule your exam visit. We appreciate your past participation in the Jackson Heart Study and look forward to seeing you for exam 4!



JHS Expands Its Leadership Team



Naylor

Stacey Naylor, RN, MSN, CCRP, joined the JHS as Interim Deputy Director in May 2022. Stacey is a registered nurse, with over 25 years of clinical research experience, and will lead all JHS exam and follow-up studies. This new role with JHS is in addition to Stacey maintaining her role as Director of Clinical Research Operations for the MIND Center, which is home to our sister study, the Atherosclerosis Risk in Communities (ARIC) Study. Stacey is a member of the Mississippi Nurses Association, American Nurses

Association, and the Society of Clinical Research Associates. In addition to work, Stacey is pursuing her PhD in Nursing at UMMC.

Cheryl R. Clark MD, ScD will serve as Chief Medical Officer (CMO). Dr. Clark is a physician-researcher who studies social factors that affect health status and healthcare use for African Americans and other diverse groups. She is particularly interested in community



Clark

involvement in research and making sure that the results of research benefit local communities. Dr. Clark mentors junior faculty, research assistants, and physician trainees as part of her work. In addition to her research interests, as a clinician, she led the Boston-based Brigham and Women's Hospital equity response team during the 2020 COVID-19 pandemic, which included community engagement efforts to address social determinants of testing and vaccination during the pandemic.

"I am excited to work closely with the Director of the Jackson Heart Study, Dr. April Carson, to envision how the lessons of the Jackson Heart Study can be further implemented to continue to benefit the health of the community," Clark said.

Please join us in welcoming Stacey Naylor and Dr. Clark to the Jackson Heart Study Team! ♥

UMMC EversCare Food Distribution Event



JHS staff pause to take a photo with Dr. Thomas Dobbs, dean of the John D. Bower School of Population Health at UMMC, during the EversCare food distribution event.

NIH Site Visit



Jackson Heart Study Institutional Leadership Council (April 2022) from left to right; Dr. Victor Sutton, Dr. Thomas Dobbs, Dr. Mario Sims, Dr. Thomas Hudson, Ms. Cheryl Nelson, Dr. Alisa Mosley, Dr. Almesha Campbell, Dr. Sharon Smith, Dr. Joseph Whittaker, Dr. April Carson, Dr. Leon Wilson, Dr. Leslie Musshafen.

JHS Community Highlights

JHS Participants Larry and Hazel Calhoun: Exercise Partners for Life

By Darcel Odom

As part of the Move to Learn project, Coach Larry Calhoun travels the 82 counties of MS to bring physical activity to our youth and their teachers. This project of the Bower Foundation incorporates physical activity in the classroom. From personal experience with being an active youth, Calhoun believes in the power of exercise and its ability to help children focus their energy which can improve their health and academic performance. Mrs. Hazel Calhoun, says she has an exercise partner for life.

She is excited to see how passionate he is about what he does, and his love for the children. Her fondest thoughts are of him teaching their three children the importance of being physically active. The Calhoun's believe that being physically active helps keep the body, mind, and soul healthy. Check out the Move to Learn website for more information. —

Reference: <http://www.bowerfoundation.org/move-to-learn.php>



Larry and Hazel Calhoun

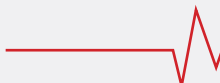
Dr. Rocheryl Ware: Member of the Clinton Community Health Advisor Network



Ware

What have I learned about health and wellness since becoming a part of the Community Health Advisor Network (CHAN)? I have learned that it takes more than facts on paper to relay messages of good health. You have to be sincere and thorough in raising awareness about health and wellness for communities. CHAN members

are NOT, for the most part, medical professionals, so we need to practice what we preach to gain trust and show proof in our teachings. Each case is individual. Modifying behavioral change or educating people to make healthy decisions by themselves, as simple as drinking more water or walking more, requires a tailored approach. —



Senior Scholars Awards for Achievements from Dr. and Mrs. Srinivasan



Robinson

The 2022 scholar graduates from the Jackson Heart Study Undergraduate Training Program at Tougaloo College have completed their research training and have been accepted to professional and graduate schools all over the United States. Scholars will be attending medical, optometry, pharmacy, and graduate schools in various disciplines. Two scholar standouts received special recognition



Jackson

as recipients of the annual award created by Dr. Srinivasan and his wife. This year, the \$500 award was shared by Micah Robinson and Corban Jackson who both exemplified a commitment to leadership and research. Micah is pursuing a doctoral degree in Chemistry at the University of Illinois at Urbana Champaign, and Corban is starting the master of public health program at Brown University in Rhode Island.

Graduate Training and Education Centers

Graduate Training and Education Center at Jackson State University Diversity Scholars

The Jackson Heart Study Graduate Training and Education Center at Jackson State University currently has four Diversity Scholars. They have been actively engaged in research activities as part of their development as biomedical and public health scientists.



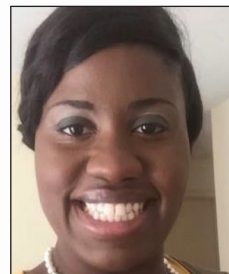
Malone

Shelia Malone, a doctoral student, is researching cultural norms and heart disease in the JHS.



Williams-Kirkwood

Wynette Williams-Kirkwood, a doctoral student, will examine the impact of social support, spirituality, and coping strategies on the wear and tear of the body from chronic stress in the JHS.



Cage

Marcy Cage, a doctoral student, is researching physical activity and chronic kidney disease in the JHS.



Jones

Kierra Jones, a medical student, will examine menopause and heart disease among women in the Jackson Heart Study.

Graduate Training and Education Center at the University of Mississippi Medical Center Featured Scholar - Cellas Hayes, PhD



Hayes

Cellas Hayes, a Robert Smith, MD Scholar in the Jackson Heart Study Graduate Training and Education Center at UMMC, completed his PhD in Pharmaceutical Sciences with an emphasis in Pharmacology in Spring 2022 at the University of Mississippi. As a Smith Scholar, his research examined systemic

inflammation levels and stroke in the JHS. Cellas is a neuroscientist by training and his research interests focus on understanding health at older ages, including heart and stroke diseases and cognition. Cellas has accepted a postdoctoral fellowship at Stanford University in Palo Alto, CA.



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Jackson Heart Study Community Engagement Center



Health screening

Healthy Housing Event: Heart Health Event

The JHS Community Engagement Center, Canton Housing Authority, Broadmoor Baptist Church, and Jackson Free Clinic, hosted a Heart Health event in February during American Heart Month. Activities included health screenings, self-care tips, light physical exercises, and giving out healthy eating plans. —



Healthy cooking demo

Healthy Housing Event: Healthy Food Event

The JHS Community Engagement Center and Canton Housing Authority held a Nutrition and Healthy Food event in March during National Nutrition Month. Ms. Kyskie Bolton from the G.A. Carmichael Family Health Center presented a healthy cooking demonstration and information about increasing fruit and vegetable consumption. Participants received fresh vegetables donated by Foot Print Farms in Jackson. —