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2016 Annual Report was compiled, written & designed by Carmelita Spicer, MEd & Director, Programs & Marketing

Greetings from Co-Founder & Board President

Dear Supporters,

An apple a day keeps the “good dr.” away! A daily bite of an apple includes relaxation, fitness, proper diet, positive attitude, exercise, proper sleep, weight control and much more! Strive to include all of the above in your daily routine and your doctor visits will probably be primarily for screenings, check-ups and routine visits. That is our wish for all of you!



However, realizing that this may not always be possible for many of you, then it is our task to help you self-manage, to encourage you to comply with medication guidelines and to stress that you remain positive.

This annual report is a review of our programs and activities in 2016.

We at CHC consumed our daily apple (smile) and encouraged you to do the same as we:

- Administered 301 blood pressure and 92 glucose screenings;
- Participated in 18 health fairs;
- Conducted three diabetes self-management workshops;
- Held a youth workshop to empower them through creative expression on how to refrain from drug use;
- Held our yearly community May meeting to discuss healthy eating;
- Met with seniors in two senior housing developments to discuss healthy life choices;
- Reached over 20,000 people, shared our documentary titled “Precious Gift of Life” and registered 250 new organ donors;
- Produced and mailed our monthly health tip with information on heart health, nutrition, exercise, mental health, diabetes, organ donation, breast health and cancer prevention, etc. to over 150 churches and emailed to over 1,500 supporters; and
- Worked on boards and attended conferences and webinars – all to stay abreast of changes in the healthcare field.

We sincerely thank you for your years of support and encourage you to continue to Live Healthy! *A Healthy Community Includes You.*


Elaine Hart-Brothers, MD



Programs and Activities in Review

Health Fairs

Physician Assistants, Nurses, Certified Nurse Assistants, Health Educators, and Educators conduct health fairs in the community throughout the year. Program is managed by Marion Miles, RN

CHC checking blood pressures and signing up Veterans as organ donors at “Bull City Stand Down” Event for Veterans at National Guard Armory in Durham



Objectives:

1) Provide health related information, offer free blood pressure and glucose screenings, 2) Give individual consultations and physician referrals when necessary, 3) sign-up people to participate as organ donors, and in health education programs.

Outcomes:

Participated in 18 health fairs. Administered 301 FREE blood pressure checks and 92 FREE glucose screenings. Distributed over 5000 health related educational brochures. Blood pressure and glucose checks were down by 50 % this year due to lack of donations for glucose strips, etc.

Health Fairs were held:

- Duke University on January
- Covenant Presbyterian Church in January
- Duke University in February
- Chancellor's Walk in April
- Women's Health Awareness Day in April
- CHC's Annual Meeting in May
- JJ Henderson Towers in June
- No Greater Love in July
- New Covenant Church in July
- Unity in the Community @ Raleigh Fairground in September
- Bull City Stand Down for Veterans in September
- Mt. Level Church in September
- Lincoln Community Health Center in September
- Duke Searle Center in September
- Sisters Network Triangle Block Walk in October for Breast Cancer
- Victorious Praise Church in October for Breast Cancer
- Next Level Christian Church in Greensboro in Oct.for Breast Cancer
- Duke Community Center for Women's Heart Month in November



Marion Miles, RN (L) checking blood pressure at JJ Henderson Towers for Seniors in Durham



Health Fair/Event for Breast Cancer at Next Level Christian Church in Greensboro

Health Fairs were made possible through donations.

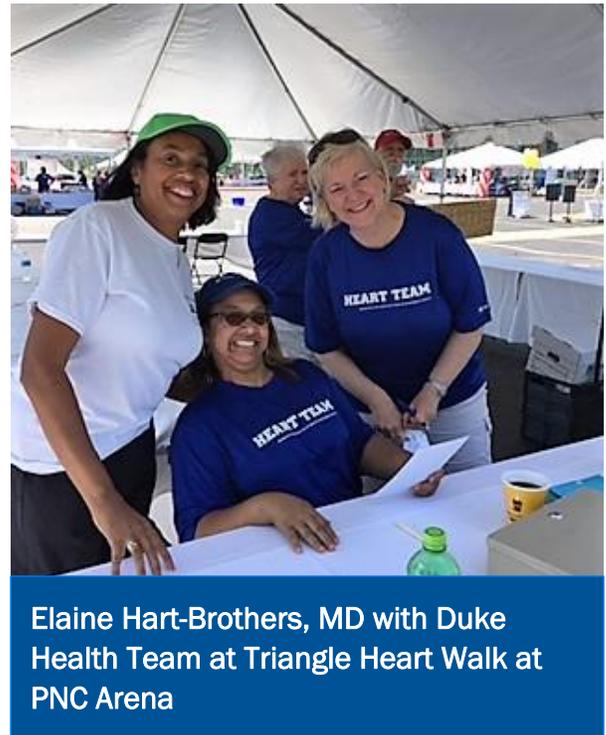
Walkathons/Runs

Objective:

To promote physical exercise and activity for fitness and good health.



A promotional poster for the 2016 Chancellor's Walk at NCCU. The poster features a background image of a large crowd of people walking on a track. Text on the poster includes: "NORTH CAROLINA CENTRAL UNIVERSITY Academic Community Service Learning Program", "NCCU MILLER-MORGAN BUILDING", "SATURDAY APRIL 2, 2016", "Bring your Squad and Represent! Bring a team to represent your organization, department or unit!", "registration and screenings 8:30am", "walk begins 9:30am", "join us", "Contact Ruby Messick 919.530.5384 rmessick@nccu.edu", and "2016 CHANCELLOR'S WALK" in large white letters on a red diagonal banner.



Elaine Hart-Brothers, MD with Duke Health Team at Triangle Heart Walk at PNC Arena

Outcomes:

Community Health Coalition Participated in:

- The Chancellor's Walk at NCCU in Durham in April.
- The Triangle Heart Walk at PNC Arena in Raleigh in October.

Walks were made possible through donations.

Community May Meeting

Theme: HEALTHY PEOPLE, HEALTHY EATING...Reducing Diabetes and Other Multiple Chronic Conditions.



Objective:

To provide a forum for the community to participate in a learning activity that encourages maintaining good health through healthy nutrition and healthy choices. **“Healthy Eating”** means eating a wide variety of foods which contain plenty of fiber and are low in fat, salt and sugar.

Strategy:

To engage audience in a cooking demonstration of healthy foods with a named chef. The Master Chef was provided by American Heart



Association. In addition, the audience was engaged in questions and discussion with a certified nutritionist and finally, solicited feedback from participants via a survey. Meeting was held at Mt. Calvary Baptist Church in Durham.

L to R: Linda King, American Heart Association and Chef Antonio Mc Laughlin Speaking to Guests



Chef Antonio McLaughlin at Work!

Outcomes:

We had a diverse group of 125 registered attendees. They included public health officials, health educators, medical practitioners, corporate sponsors, seniors, community members, faith-based leaders and pastors. Fifty-six (56%) of the attendees responded to the survey. Based on the results of the survey administered to attendees, there were several findings that we are delighted to see with regards to healthy eating behaviors that we wanted to share with you:

- The majority of the survey respondents (64%; n= 43) reported that they drink at least 4 or more glasses of water daily with 26% of those drinking more than 6 glasses.
- 97% of the survey respondents reported eating vegetables at least five days a week and 93% reported eating fruit at least 5 days a week.
- The health behaviors that were identified as the most difficult to achieve by a majority of survey respondents were limiting sugar intake, drinking enough water, getting adequate fiber and preparing healthy foods.

- Twenty percent of the respondents reported that they were already an organ donor with 64% of the respondents indicating that they were either “very willing” or “moderately willing” to become an organ donor.
- The reasons that respondents most frequently identified for not becoming an organ donor were because of lack of knowledge, fear of donation, or other. The “other” reasons given were “too old,” “poor health,” “just don’t want to,” and because “a family member may need it.”
- The majority of the attendees rated the celebrity chef’s demonstration as either “excellent” (47%) or “good” (44%). Seventy-eight percent of the respondents indicated that they are likely to prepare the dish the celebrity chef made or a similar one at home.
- An overwhelming majority (78%) of the survey respondents rated the overall information they received as “very valuable.”
- The top five topics that were most frequently selected by survey respondents as topics they would like the Community Health Coalition to address in the future were (listed in order of priority): women’s health, mental health, dental care, nutrition and men’s health.
- A majority of the respondents (97%) indicated that they had noticed the scrolling advertisements during the meeting and 63% rated the usefulness of the exhibitors’ materials.
- 87% of the survey respondents reported that they were “very likely” to attend **our next annual dinner meeting, which is scheduled for May 25, 2017.**



Elaine Hart-Brothers, MD from CHC
Welcoming the Guests



Pastor Fredrick Davis from First Calvary
Baptist Church Welcoming the Guests and
Blessing the food.

Guest at Meeting who won a fresh vegetable basket!



CHC working hard!! Serving our Guests!



Ms. Catherine Ferrell,
103 Yrs. Young at our
←←Meeting.

Some of our Guests at our May Meeting at Mt. Calvary Baptist Church in May 2016!

Annual Community May Meeting was made possible with funds from Blue Cross Blue Shield of NC, American Heart Association, Duke Regional Hospital, NC License to Give Trust Fund, Durham County Health Department and Durham County.

Health Tips Newsletter

Background: Health Tips has been a signature program of Community Health Coalition for over 20 years. Education and information on health disparity topics are distributed to health & wellness ministries in more than 150 predominantly African American churches and more than 1500 emails to health organizations, individuals and community groups in Durham County and surrounding areas each month. Health tips are written by Community Health Coalition in collaboration with a group of African American medical doctors. The project is managed by Marion Miles, RN and written, edited and maintained on the website by Carmelita Spicer, MEd and Sophia Maina, MPH.

Objective: To encourage churches to share health information with congregations from the pulpit on the 4th Sunday of each month, and to place health tips in church programs, on bulletin boards and on their websites.

Outcome: On the 4th Sunday of each month, through health & wellness and other ministries in Durham County and surrounding area churches, reached more than 30,000 people with information on the following health topics: prostate and breast cancer detection and prevention, mental health, high blood pressure, heart health awareness, exercise, diet, dental care, nutrition, health disparities, diabetes, organ donation, HIV/AIDS and maternal and child health.

To view our health tips, go to or click on link below:

<http://www.chealthc.org/healthtips.html>



Health Tips were made possible through donations.

2016 HEALTH TIPS CALENDAR

MONTH	HEALTH TOPIC	EXPERT
January	Exercise	George Brothers, Jr. MD & Mary Braithwaite, MD
February	Heart Health Awareness	Kevin Thomas, MD
March	Kidney disease colon cancer	Crystal Tyson, MD
April	Health Disparities Healthy people Oral Health	Elaine Hart-Brothers, MD Desiree Palmer, DMD
May	Stroke Women's health	Cedric Bright, MD Shelia Allison, MD
June	Medication Compliance Men's Health	Brenda Jamerson, PharmD Arnett Coleman, MD
July	HIV/AIDS, STDs, Hep B	Tamera Coyne-Beasley, MD, MPH
August	Cancers: Lung, Breast, Colon and Prostate	Nadine Barrett, PhD Elaine Hart-Brothers, MD
September	Childhood Obesity Sickle Cell Anemia	Matthew Brothers, MD Elaine Whithworth, Sickle Cell Anemia Foundation
October	Breast Cancer Domestic violence	Avis Artis, MD
November	Diabetes Organ donation	Bryan C. Batch, MD
December	Mental Health Gun violence Drug abuse	Damon Tweedy, MD

Empowerment Through Creative Self-Expression: Performance as a Tool to Prevent Substance Abuse among Pre-teens Program

Empowerment through Creative Expression was designed to provide an opportunity for pre-teens (grades 5 and 6) from Boys and Girls Club of Durham (formerly the John Avery Boys and Girls Club) to have a say in designing and implementing a substance abuse prevention performance project.

Objectives:

- to have a say in designing and implementing substance abuse and prevention performance projects incorporating their backgrounds and life experiences into artistic form to express
- to provide artistic, educational and motivational interventions to prevent and deter substance abuse.

Strategy & Outcomes:

The youth from the Boys and Girls Club of Greater Durham met weekly for ten weeks from October 12th to December 16th to produce a play consisting of dance and the spoken word. On Dec. 16th, they presented a play, called “Hey, Little Walter”.

The artists that worked with the youth:

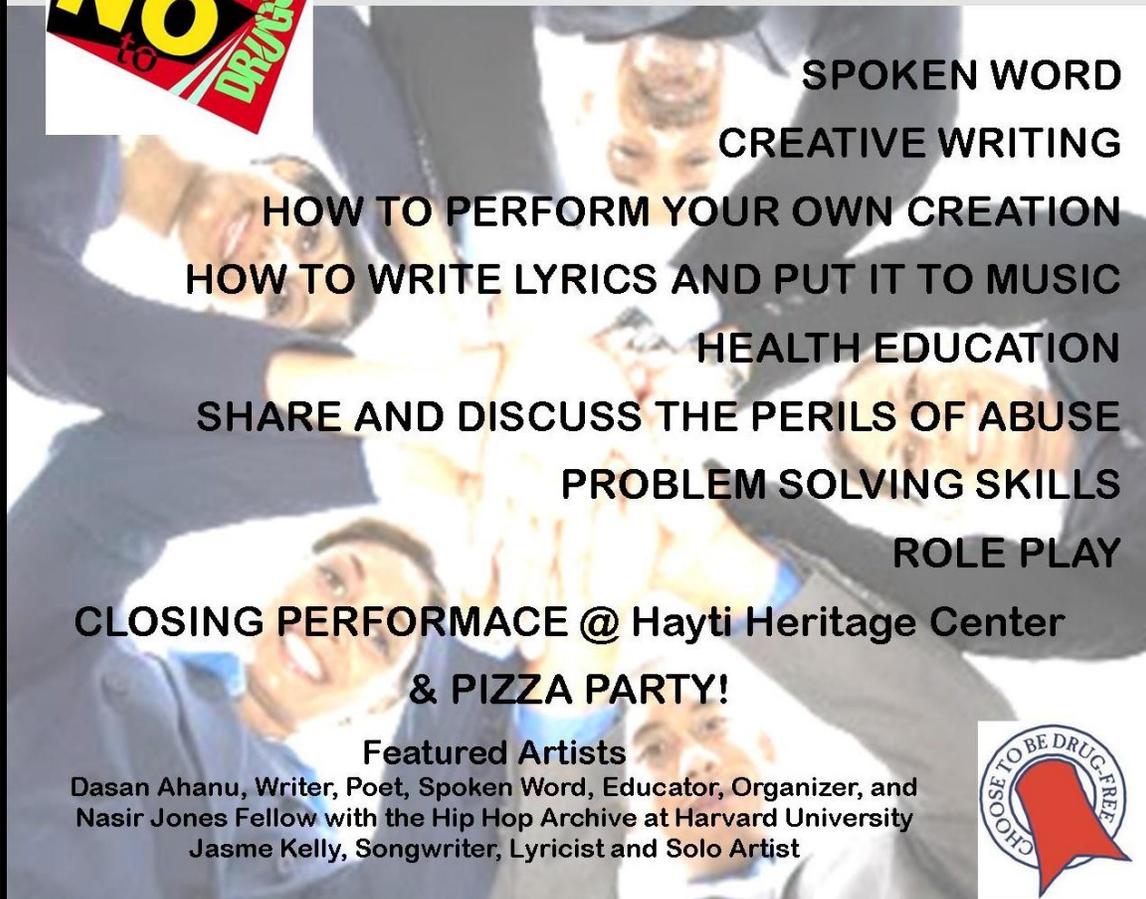
- Mariah Monsanto, program director of Blackspace Poetry in Durham (spoken word);
- Jasme’ Kelly, (a student who is an IT major at Central Carolina Community College, and who has directed and performed in a production funded by the National Endowment for the Arts); and
- Joshua Weaver, a choreographer, is a full-time middle school teacher assistant in Chapel Hill-Carrboro with a passion and experience in praise dance.

The child psychologist, Annie Shaw, a LPC- psychological and counseling specialist was contracted to conduct a pre and post survey to determine attitudes and behaviors toward smoking, alcohol and drug use.

Empowerment through Creative Expression



Performance as a Tool to
Education Teens on Alcohol & Substance Abuse



SPOKEN WORD
CREATIVE WRITING
HOW TO PERFORM YOUR OWN CREATION
HOW TO WRITE LYRICS AND PUT IT TO MUSIC
HEALTH EDUCATION
SHARE AND DISCUSS THE PERILS OF ABUSE
PROBLEM SOLVING SKILLS
ROLE PLAY

**CLOSING PERFORMANCE @ Hayti Heritage Center
& PIZZA PARTY!**

Featured Artists

Dasan Ahanu, Writer, Poet, Spoken Word, Educator, Organizer, and
Nasir Jones Fellow with the Hip Hop Archive at Harvard University
Jasme Kelly, Songwriter, Lyricist and Solo Artist



10 Weeks October 12– December 16
Wednesdays from 3:45pm-4:45pm

Sponsored by



Community Health Coalition, Inc.
Funded by the Durham ABC Board



TIPS FOR TEENS
RETHINKING DRINKING

For more information call 919-470-8680 or www.chealthc.org



Youth from Boys & Girls Club of Greater Durham in class enjoying guitar music which speaks to reframing from using alcohol and drugs.



Youth from Boys & Girls Club of Greater Durham Performing at "Hey Little Walter" Play which speaks to resisting peer pressure to use alcohol and drugs



Youth from Covenant Presbyterian Church also attended the performance and presented their thoughts on “Saying No to Drugs and Alcohol.”



L to R: E. Hart-Brothers, presenting Check to Exec Director of Boys & Girls Club of Greater, Durham and looking on is Board Chair of Durham County ABC Board.

Youth Prevention of Alcohol and Substance Abuse Program was made possible by a grant from Durham County ABC Board.

Taking Toolkit to Market- An Organ Donation Program

A comprehensive grassroots marketing program with the documentary "The Precious Gift of Life" to educate and inform African Americans and other minorities about the myths and realities of organ donations in Durham County and surrounding communities. Primarily audience was the African American adult.

Objectives:

- To reach a larger portion of the market with documentary to raise awareness, dispel myths and shift attitudes.
- To focus on dispelling the myths and start on identifying the barriers to organ donating in the African American community in Durham.
- To register a minimum of 175 donors.
- To reach affinity groups with presentations and educational materials.

Outcomes:

Distributed documentary, sixty second spot and brochure to: Holy Cross Church; Union Baptist Church; Covenant Presbyterian; Mt. Level Church; New Covenant Church; North Carolina Central University- Health Education Department; Youtube; CHC Website; SouthPoint & Carmike Theaters (60 second spot); Radio One (60 second spot); Bull City Stand Down for Veterans in Durham Army Stadium; PeacePointe Bed & Breakfast in Granville; Durham County Public Library.

Screened the documentary, *Precious Gift of Life*, at 3 major locations: Full Frame Theater; Women's Empowerment at PNC Arena; and Women's Health Awareness Day Event at North Carolina Central University.

Conducted two surveys: 1) Educational Awareness (115); and 2) Pre and Post Surveys (187) at documentary screenings to see if there were attitudinal shifts. There was an 88% positive shift toward becoming an

organ donor after viewing documentary. The documentary with testimonials and factual messages made a difference! However, the findings from our educational awareness survey showed a 99% distrust of the medical system and a 50% fear of the organ donation process. There is still much work to be done!

Made presentations to the following affinity groups: Durham Academy of Medicine, Dentistry & Pharmacy; Delta Sigma Theta Sorority; Central Carolina Black Nurses Council; Union Baptist Church; Holy Cross Church; Durham Diabetes Advisory Council; American Heart Association; Durham NC Chapter of The Links, Inc.; Covenant Presbyterian Church; White Rock Baptist Church; and the Justice Theatre Project

Successfully signed 252 new donors within the one year period.

Reached well over 60,000 African Americans with messages on the myths and realities of organ donation via personal presentations, documentary screenings, commercial spots and brochure distribution.



L to R: Sidra Nasir from CHC, the Durham Bull, and Veterans at Stand Down for Veterans Day at Army Stadium in Durham – Seated Veteran signing up to become an organ donor!



Seated on R: Carrie Hill, CHC Volunteer discussing Organ Donation to guests at the Women's Health Awareness Day in April 2016 at NCCU ↓



↑ L to R: E. Hart-Brothers, Courtney Hayes-Rainey from CHC and Josh Winstead (a CHC Volunteer) at Holy Cross Catholic Church Discussing Organ Donation



Audience at screening of Organ Donation Documentary, Precious Gift of Life, at Full Frame Theatre at Tobacco Campus in Durham, NC.



C. Spicer from CHC addressing Audience at Full Frame Theatre at Tobacco Campus in Durham

Organ Donation Program was made possible by a grant from The License to Give Trust Fund Commission, NC Department of Administration.

Diabetes Self-Management Education Workshops

Janssen awarded Community Health Coalition grant #79597 to implement a Community Empowerment Diabetes Self-Management Education Program (DSME). The grant was designed to empower each individual to take control of his diabetes through pro-active education, to increase knowledge on preventive measures of diabetes and to share this knowledge with other diabetics and/or pre-diabetics.....*Each One, Teach One*. This program is evidence-based and patterned after several approved programs; such as, Chronic Disease Self-Management Program by Stanford University Education Research Center.

Objectives:

- To increase knowledge/understanding of the disease.
- To understand how to take control and stay on track with nutrition, physical activity.
- To commit to lifestyle changes to help prevent, monitor & maintain control of the disease.
- To introduce the use of an action plan as a key self-management tool.

Strategy: It is the process in which the program is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Thus, the participants were engaged in the learning process and instructed on how to share what they have learned with others.

There were three (3) separate workshops (programs). Each workshop was six-weeks in duration: one in 2015 in Durham; one in Aug/Sept in 2016 in Greensboro; and one in Sept/Oct. 2016 in Durham. All the sessions were held at night from 5:30pm to 8:30pm. The sessions were led by a nurse, who is living with diabetes, and supported by 1) a registered dietitian, 2) a pharmacist, and 3) an exercise/dance

instructor. Each participant received a notebook that contained a curriculum on pre-diabetes and diabetes. It explained what the terminology meant, how to prevent complications, the importance of proper nutrition, diet and exercise, how to read food labels and understand the importance of medication compliance. It also discussed the importance of an action plan. Each participant had to complete a pre-test survey to understand his knowledge level of diabetes before the workshop began, and then a post-test at the end of the workshop to check the amount of retained information. The nurse began each session with a light ice breaker. She thoroughly took the time to break down the meaning of diabetes, A1C, the two types of diabetes, the signs of hyperglycemia and hypoglycemia, symptoms that one may experience when their blood sugar levels are too high or too low, the role of insulin, the ABC's of diabetes and the array of emotions that a person may feel and their effect on blood sugar levels. The nurse, living with diabetes, used herself in most of her examples which made the workshop credible and highly effective! Our Board President, Elaine Hart-Brothers who is a physician attended several workshops and made herself available for questions. At the end, each participant received a certificate of completion, gift card, meditation CD, trainer's manual and was given five booklets on diabetes to share with five additional people.

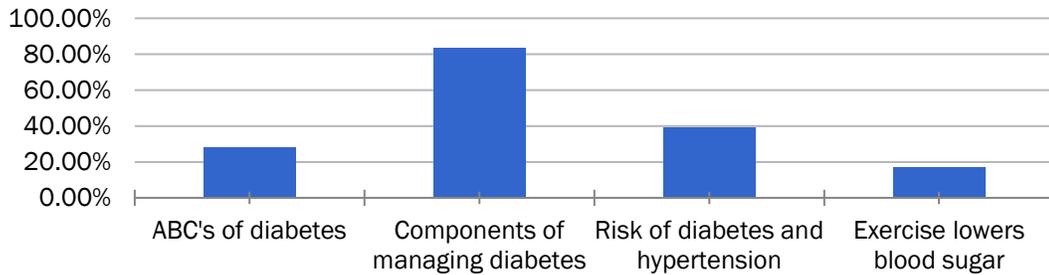
Survey Results:

Workshop from 2015 in Durham, NC

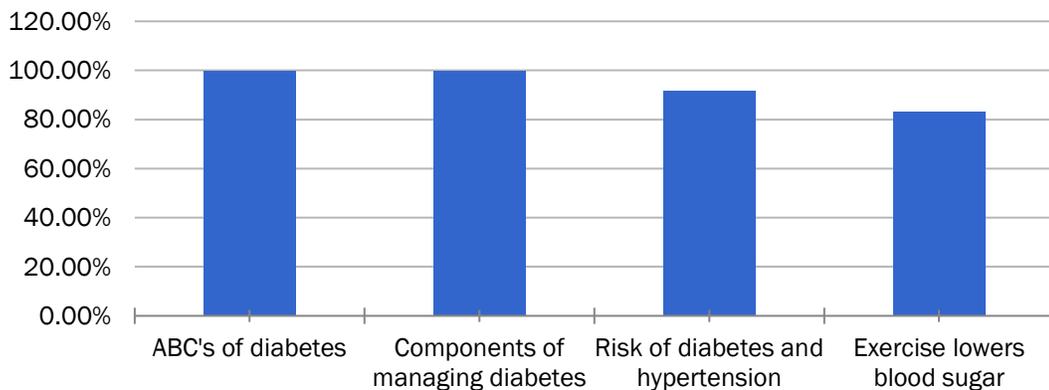
There were 12 participants. Six of the 12 participants each shared information with 5 additional people (30 additional people reached).

At the end of the workshop, 12 participants took the post test. According to the survey results:100% could identify the ABC's of diabetes and knew the components of managing diabetes. 91.7% knew that heart disease and stroke are the biggest killers of diabetes, and 83.3% knew that they can control their blood sugar level with diet, exercise and proper doses of medications.

Knowledge of Participants on Pre-Survey (2015 in Durham)



Knowledge of Participants on Post-Survey (2015 in Durham)

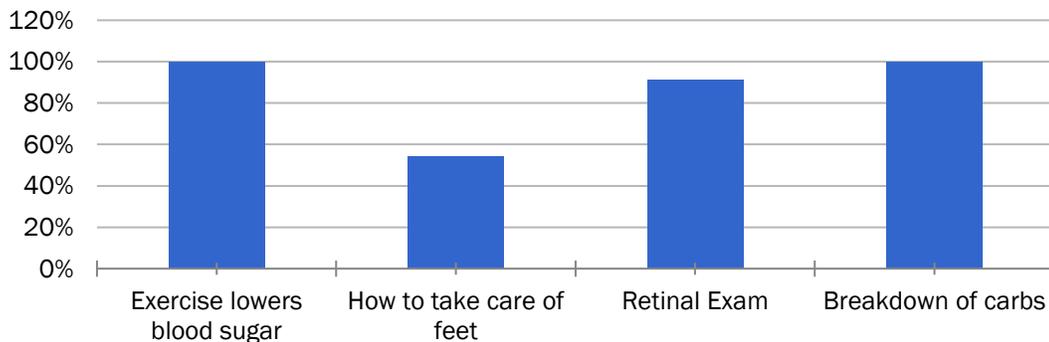


Workshop from Aug/Sept 2016 in Greensboro, NC

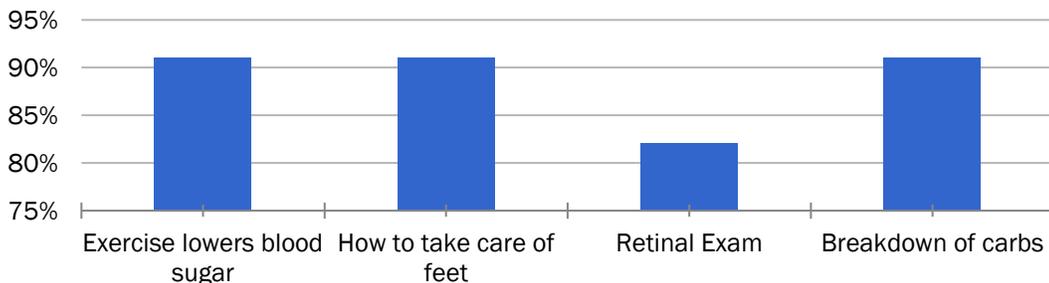
There were 25 participants. Each promised to reach five additional person with the booklet and to also encourage them to participate in a future DSME workshop (125 additional people reached).

At the end of the workshop, 91% of the 25 participants knew that exercise lowers blood sugar and also knew how to take care for their feet. Interestingly, 10% of them forgot the breakdown of carbs! Proper nutrition seems to be a great challenge among the participants attending all of the workshops. They seem to have difficulty with reading labels, proper measuring amounts correctly, serving sizes and counting carbs.

Knowledge of Participants on Pre-Survey (Aug/Sep 2016 in Greensboro)



Knowledge of Participants on Post-Survey (Aug/Sep 2016 in Greensboro)

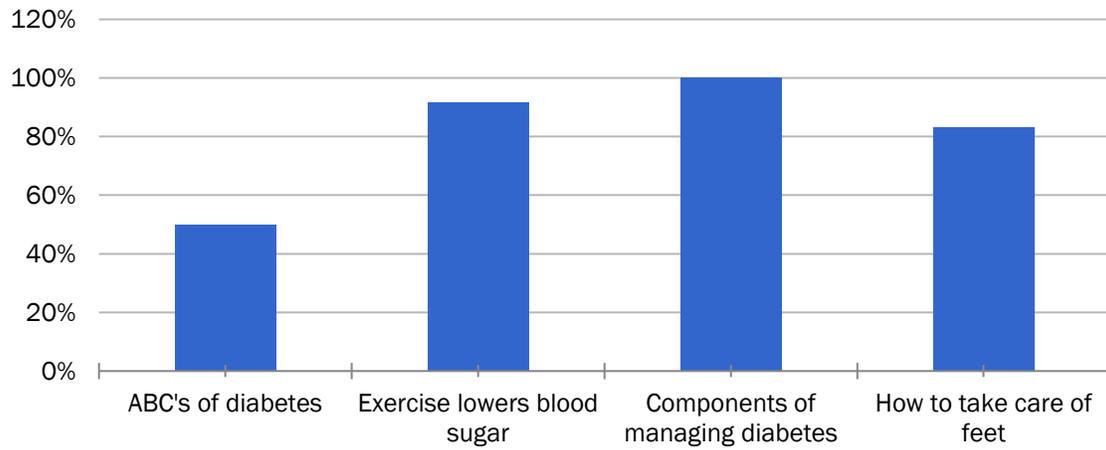


Workshop from Sept/Oct. 2016 in Durham, NC

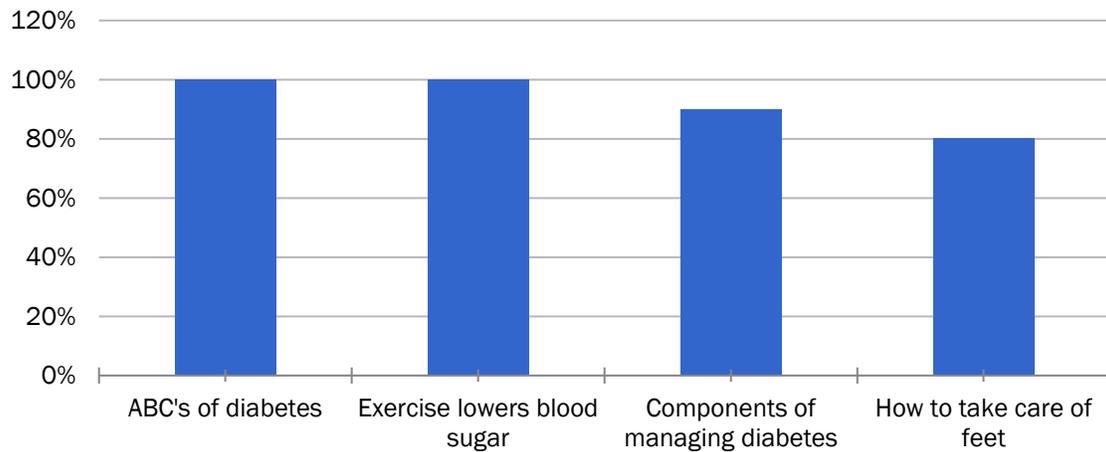
There were 12 participants. Four of the 12 participants each shared information with 5 additional people (48 additional people reached).

Only 10 participants took the post-test. According to those results: 100% could identify the ABC's of diabetes, and knew that exercise lowers the blood sugar. 90% of the participants knew that heart disease and stroke are the biggest killers of diabetes, and that they can control their blood sugar levels with diet, exercise and proper doses of medications and that diet foods are not better than regular foods for people diabetes. 80% of the participants knew how to properly care for their feet. 91.7% of the participants noted that kidney failure was often a result of diabetes.

Knowledge of Participants on Pre-Survey (Sep/Oct 2016 in Durham)



Knowledge of Participants on Post-Survey (Sep/Oct 2016 in Durham)





DSME Graduation Class from Durham, NC in Late 2015



DSME Graduation Class from Durham, NC in Sept/Oct. 2016

DSME Workshops were made possible by a grant from Janssen Pharmaceuticals.

Research Study for African American Women who are Breast Cancer Survivors with Type II Diabetes (Study with UNC-Lineberger and Community Health Coalition, Inc.)

Principal Investigator: Rich Davis, MD from UNC. Specifically, his focus is on the community translation of evidence-based findings that improve health care practice and the health of adults with chronic diseases
Community Principal Investigator: Elaine Hart-Brothers, MD from CHC

The recruiting efforts for the study begin in 2015, and one focus group session was held in December. The remainder of the study was executed in 2016.

Requirements: African American Women 35+ years old who are breast cancer survivors for two years or more and are living with Type II diabetes.

Prior to the intervention program, two focus group sessions were held to determine what educational materials worked best in the management intervention (diabetes self-management education workshop).

Objectives: To test a new six (6) session educational program (Diabetes Self-Management) developed for African American women who are breast cancer survivors with Type 2 Diabetes.

- To reduce stress
- To improve healthy eating
- To improve physical activity and other lifestyle activities

Dates of the Six Sessions: March 10th, 17th, 24th, 31st and April 7th and 14th in 2016

The Aim: To evaluate the new program by running a clinical trial comparing the women who attend the six (6) session program to women who receive regular care by their doctor.

Outcomes: The UNC study was valuable, important and well received as a pilot. It allowed interaction, bonding and sharing of diabetes management tips. The concept of multiple chronic conditions (MCC) is

the future of patient and community research. The study evaluated the controlled group of women to that of the women in the intervention workshop via online surveys. The surveys, entitled **CHARTS**, will measure self-care activities; such as taking medications regularly, engaging in physical activity and maintaining a healthy diet; and managing stress. **At this time, the survey data is not available from UNC statistical researchers. Behavior and lifestyle changes information will hopefully be available in the future.**

A1c levels were also taken at the beginning of the study and 4 months later. The study showed no improvements in the A1c levels. The number of study participants (22) was small and not all participants completed the baseline and the four-month follow-up measurements. **A1C Results for the Control and Intervention Groups are below:**

The Control Group

ID	Baseline (% A1C)	4 months (% A1C)	Change (Δ)
102	6.52	6.59	0.07
105	6.25	5.88	-0.37
107	6.22	6.47	0.25
110	N/A	N/A	N/A
114	N/A	6.03	N/A
117	6.79	6.33	-0.46
121	N/A	10.38	N/A
Average	6.45	6.95	-0.13

The Intervention Group

ID	Baseline (% A1C)	4 months (% A1C)	Change (Δ)
101	N/A	7.1	N/A
103	N/A	N/A	N/A
104	6.01	5.75	-0.26
106	7.45	7.21	-0.24
108	5.04	5.99	0.95
109	11.67	11.81	0.14
111	7.25	8.65	1.4
112	N/A	N/A	N/A
113	5.84	5.67	-0.17
115	6.00	N/A	N/A
116	N/A	N/A	N/A
118	7.00	9.67	2.67
119	10.89	9.84	-1.05
120	N/A	N/A	N/A
122	6.94	7.44	0.5
Average	7.41	7.91	0.44



Rich M. Davis, MD
Principal Investigator from UNC



Elaine Hart-Brothers, MD
Community Principal Investigator from CHC

CHC Recruiters and Study Organizers and Presenters:

Carmelita Spicer, Director/Recruiter; Janice Johnson, Recruiter; Val Zollicoffer, LPN; Sonia P. Steele, Nutritionist; Brenda Jamerson, PharmD; Kaye Sullivan, Dance/Exercise Instructor; Courtney Hayes-Rainey, Public Health Education Administrative Assistant

Breast Cancer Survivors with Diabetes Study was made possible from a Grant from UNC-Lineberger and Translational Research Team

Capacity Building Project

This project consists of CHC 1) developing a comprehensive strategic plan to help it grow to sustain itself and diminish its reliance on grants; 2) developing strategic alliances and a financial development plan to increase its financial stability and 3) developing a succession plan to ensure future organization continuity.

Objectives:

- Develop/improve the board
- Devise a systemic and sustainable fundraising strategy
- Solidify existing and developing new stakeholder partnerships
- Develop a viable succession plan
- Integrate the above with action plan, financial and communications plans.
- Invest in emerging talent via a Learning Cohort Workshop

Strategy:

Phase I: Obtained an Organizational Assessment of CHC from Triangle Community Foundation (TCF) which resulted in a report that identified our strengths and challenges.

Phase II: The purpose of Triangle Community Foundation's Capacity Building Partnerships Program was/is to strategically invest in the effectiveness of CHC in one of the Foundation's Support for People focus areas: Community Development. CHC was/is to actively work on improving its strengths and meeting its challenges.

Learning Cohort Participation: CHC was asked to nominate two staff members to join other grantees for as Learning Cohort Fellows. The goal of the Cohort is to invest in emerging talent, build collaborations, and leverage relationships among service providers. Workshops and activities may focus on collaboration, communication, evaluation, and other topics to be determined. Fellows are asked to commit to attend each session (5 sessions). The Cohorts were Carmelita Spicer and Michelle Laws

Outcomes:

CHC engaged Executive Service Corps of the Triangle to assist with strategically helping us reach the objectives.

Thus far, the board of directors has been working on several organizational enhancements. They revisited CHC's mission statement and created vision statement. Revised Mission Statement is: Community Health Coalition (CHC) and its partners strive to achieve health equity and eliminate racial health disparities in Durham County and the surrounding areas. The New Vision Statement is: A society in which all people live long, healthy, active lives full of purpose and promise.

Michelle Laws and Carmelita Spicer completed a comprehensive Learning Cohort Workshop. Much of what was learned will be shared with CHC staff and volunteers.



2016 Graduation Fellows from Learning Cohort Workshop.

M. Laws from CHC is seated on far right. C. Spicer (red sweater) from CHC is the sixth person standing from L to R.

Capacity Building Project was made possible with a grant from Triangle Community Foundation's Support for People Capacity Building Partnerships Program.

LUNCH & LEARN Worksite Workshop on Cancer Awareness and the Importance of Screenings

CHC collaborated with Duke Cancer Institute- Office of Health Equity and Disparities (OHED) to implement and execute Lunch and Learn: Worksite Workshops in the community.

Objective:

- To focus on cancer education and work environment programs that are evidence based and proven by best practices.

Outcome:

Two of four workshops were held in 2016.

- First workshop was held with the employees of Frontier Communications in Research Triangle Park in October during Breast Cancer Awareness month. Dr. Avis Artis, Ob/GYN; Valarie Worthy, a breast cancer survivor and a Duke Cancer Navigator; and Carmelita Spicer, M.Ed., Program Director of CHC spoke to approximately 40 employees on Cancer awareness, prevention and the importance of screening. In addition, a moving testimony was shared with audience by Ms. Worthy, a breast cancer survivor.
- Second workshop was held with the employees of NC Mutual Life Insurance Company in Durham. Nadine Barrett, PhD and Exec. Director of the Duke Cancer Institute: Office of Health Equity and Disparities; and Elaine Hart-Brothers, MD, Board President of CHC spoke to approximately 20 employees about the importance of screenings, cancer awareness and prevention.

All were very appreciative of the messages. Many signed up with CHC to volunteer.

Lunch & Learn Workshops were made possible with funds from the Duke Cancer Institute: Office of Health Equity and Disparities.



L to R: Representatives from Frontier Communications, Avis Artis, MD and Valarie Worthy, Duke Navigator



Frontier Communications Employees



Nadine Barrett, PhD from Duke addressing the employees from NC Mutual Life Insurance Company

Sodium Pledge with the Community

CHC with the support of the American Heart Association conducted a sodium pledge with the community in 2016.

Objective:

- To secure pledges from the community to reduce their sodium intake for the year.

The Pledge:

“It may take some time to achieve, but I deserve the healthiest of foods. With this pledge, I’m saying NO to the higher risk of high blood pressure, heart disease, stroke, kidney disease, and other health problems – not to mention the bloating and puffiness – linked to too much sodium. I’m taking control of what my family and I eat and starting us on a path to healthier lives”

Outcome:

By taking the pledge the participants receive resources and tips from the American Heart Association via email to help them on their journey to reduce sodium and their risks of heart disease and stroke.

CHC was successful in getting 200 individuals to pledge and commit to reduce their sodium intake.

This initiative was solely funded by CHC.

PCORI - Patient Centered Outcomes Research Initiative.

A group of research minded professional working together to foster community based research priorities for mhealth diabetes and hypertension. The planning group is comprised of CHC, EthosExcel Research, and a Winston-Salem Research entity. The “m” before the word health refers to “mobile”. This a tier I planning grant.

Objective:

To better understand how the community can best utilize mobile devices and/or on-the-go resources to obtain health care for diabetes and hypertension.

The Planning Group’s Strategy:

- serve on an advisory board that is to include patients with disease, community based health care providers and local research professors
- attend and/or participate in person telecons or in person bi-monthly meetings to discuss 1) barriers and issues associated with patient self-management of diabetes and hypertension; and 2) offer feedback on the use of mHealth approaches and methods for use and adoption of mHealth technology by patients and providers.
- look at surveys of the broader segment of the representative community members to identify a list of PCORI research questions relate to disease self-management.

Outcome: The Planning Group is in the process of tabulating surveys on feedback on the use of mHealth approaches and methods for use. Adoption and recommendations from this group are forthcoming.

Community Empowerment

Community Empowerment Program is comprised of two housing projects: Morreene Road Community and Morning Glory. The program started in 2004 by Durham Academy of Medicine, Dentistry and Pharmacy (DAMDP) under the direction of Cedric Bright, MD with the partnership and collaboration of Community Health Coalition, Inc. The mission of the program is to reduce preventable diseases, dealing primarily with the senior residents and their families by teaching them how to self-manage.

Objectives: Monitor and manage blood pressures daily; and to incorporate healthy life changes through exercise, diet, stress reduction and medication management.

The Program: Held on site on the 3rd Saturday at Morreene Rd and on the 4th Saturday at Morning Glory from 10 am to 12 noon of every month.

Outcome: The program was coordinated by Vivian Jackson. The residents were encouraged to come to the club house and were provided blood pressure and glucose screenings, educational materials, one-on-one consultations, sometimes free food and flu shots. Boxes of groceries were sometime provided to the residents. Ideally, the program/clinic is comprised of a medical doctor, a nurse and several medical students.

The attendance did not improve/increase from last year. And overall self-management efforts showed a decline. Approximately 35% of the residents seen with chronic diseases were able to control their diseases through moderate changes in lifestyle behavior which consisted of 1) improved proper nutrition, when food was available 2) medication compliance, and 3) regular low-impact exercises.

This program was funded by CHC. It operated solely on donations and volunteer support.

Key Awards & Recognition



Elaine Hart-Brothers, MD
received the
2016 Volunteerism Award
from the American College of Physicians



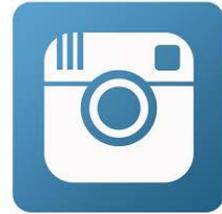
Michelle Laws, PhD
CHC Community & Population Health
Senior Fellow

Received Doctorate in 2016

PhD in Social and Behavioral Science, Virginia Commonwealth University,
School of Medicine, Department of Health Behavior and Policy Health,
Richmond VA, 2016 (Phi Kappa Phi inductee)

Social Media Analysis

Social Media are computer-mediated tools that allows our audience to create, share or exchange information, ideas, and pictures/videos in virtual communities and networks. Social media sites and applications that CHC uses are Facebook, YouTube, Twitter and Instagram. CHC's Social Media Coordinator is Matthews Brothers, MD.



Objective:

to create, share and exchange information and pictures with the younger, more digitally engaged audiences.

Outcomes/Analysis for 2016:

Facebook Analysis:

267 Fans (up 0.4%)

94 Posts (down 10.5%)

11,401 Total Page Impressions (number of times someone viewed a post) - (up 8.9%)

166 Audience Engagement (reaction, comment, share) - (down 4%)

Twitter Analysis:

304 Followers

110 Tweets sent - (down 36.8%)

10 Mentions/Direct Messages - (down 81.4%)

13,675 People - Top Tweet by Reach – On Feb. 11, “We will be supporting Healthy Durham Access to Care meeting.”

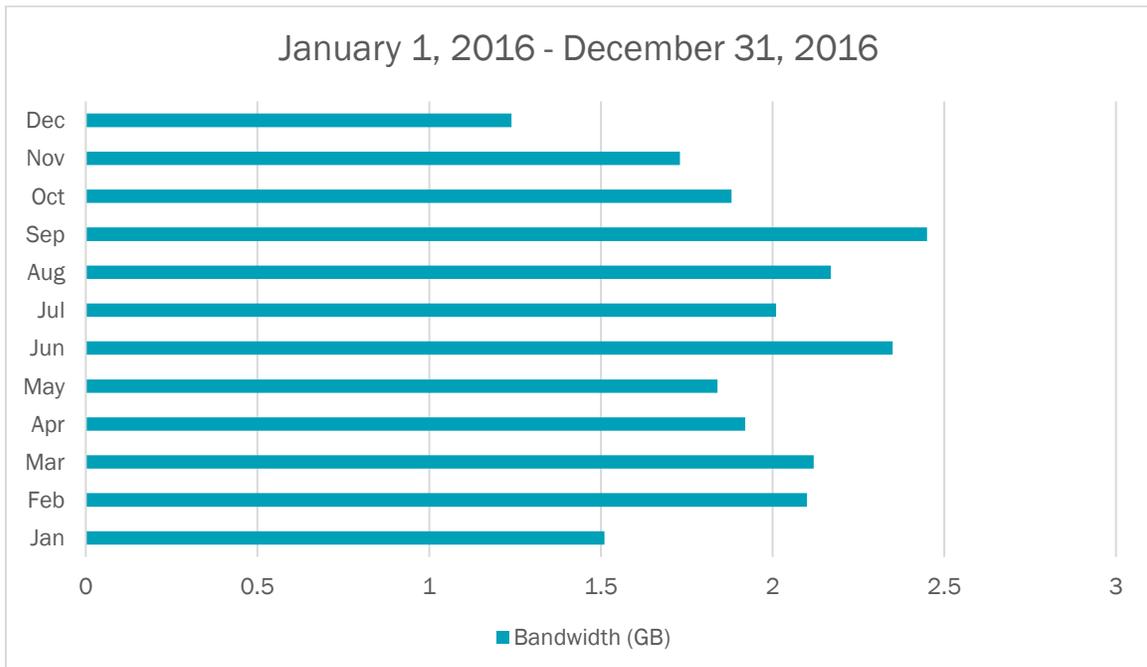
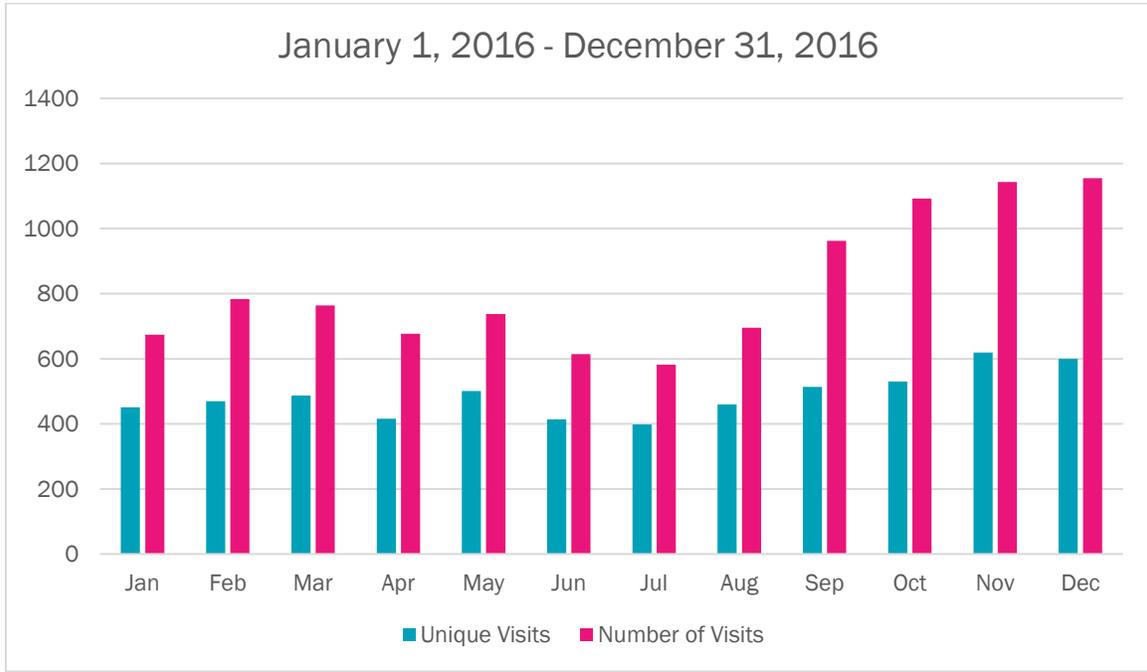
Instagram Analysis:

85 Followers

11 People - Top Post by Engagement: Blood pressure training in preparation for@american_heartAmerican Heart Assoc Check, Change, Control program! #hearthealth #healthypeople2020

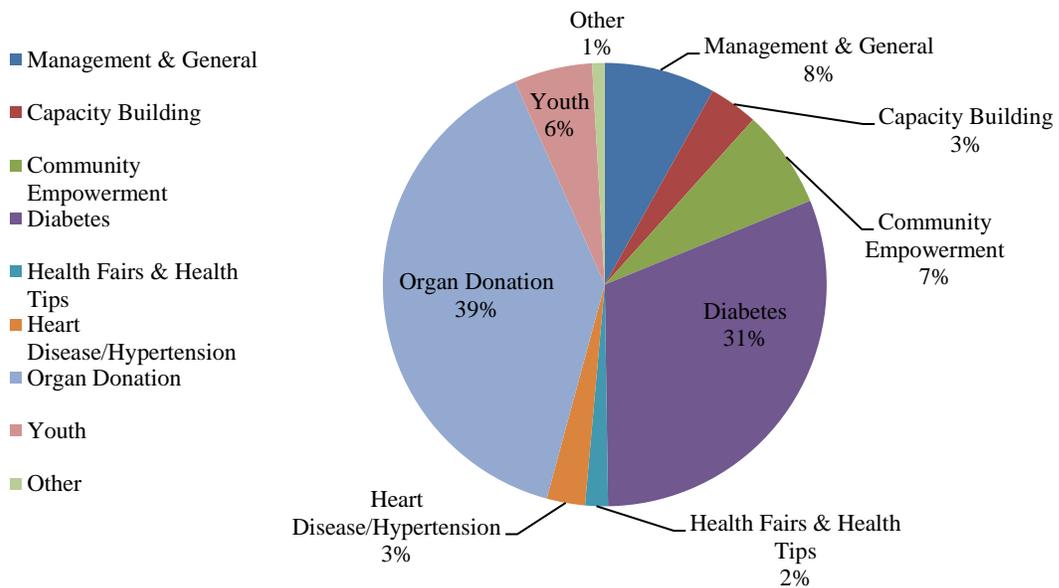
Website Analysis

CHC Webmaster – Derrick Vines



Financial Snapshot

Community Health Coalition Percentage of Expenses by Program Fiscal Year 2016



Community Health Coalition's Staff, Volunteers and Contractors

At Christmas!



Seated from L to R: Sonia Steele, Mary Baldwin, "Little Zuri", Dewanda Dalrymple, Kaye Sullivan

Middle Row from L to R: Elaine Hart-Brothers, Sidra Nadir, Carrie Hill, Elsie Leak, Carmelita Spicer, Sue McLaurin, Sophia Maina, Dianne Pledger

Back Row from L to R: Rick Gray, Thomas Robinson, Ross Brothers

Board of Directors



Pictured L to R – Front Row: Brenda Jamerson, PharmD; Elaine Hart-Brothers, MD; Cornelia Connor, RN; Gussie Thompson, Rev.; Ervin Wilson, Evangelist.
Back Row: Howard Fitts, EdD (Emeritus); Desiree Palmer, DMD; Edward Clemons, DDS; Kevin Thomas, MD.

Not Pictured: Cedric Bright, MD; Tamera Coyne-Beasley, MD; Michael Page, Rev. & Former Chair of County Commissioners; Jamila Minga PhD; Makeba Tate McDaniel, Exec. Pharmaceutical Sales Specialist; Linwood Roland; Steve Davis

Major Grantors, Collaborators and Partners in 2016

American Heart Association
Aux. of Durham Academy of Medicine, Dentistry & Pharmacy
BlueCross BlueShield of North Carolina
Bridges Point, Inc.
Central Carolina Nurses Council, Inc.
CHC Board of Directors
Covenant Presbyterian Church
Duke Regional Hospital
Duke Cancer Institute: Office of Health Equity & Disparities
Durham Academy of Medicine, Dentistry & Pharmacy
Durham County ABC Board
Durham County Dept. of Public Health
Durham County
Durham Interdenominational Ministerial Alliance of Durham
Durham Merchants Association Charitable Foundation
First Calvary Baptist Church
Grand Chapter Order of the Eastern Star – Durham Chapter
Healing with CAARE, Inc
Janssen Pharmaceutical
Partnership for a Healthy Durham
Pi Chapter of Chi Eta Phi Sorority of Nurses
North Carolina Central University- Department, Public Health
North Carolina Central University – Department of Nursing
North Carolina Central University – Athletic Department
NC License to Give Trust Fund Commission, NC DOA
North Carolina Mutual Life Insurance Company
NC Office of Health & Health Disparities
Union Baptist Church
UNC Gillings School of Global Public Health
UNC-Lineberger
UNC Translational Research Team
The LINKS, Durham Chapter
Triangle Community Foundation

Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

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