

2013

ANNUAL REPORT

A Healthy and Happy Year!



COMMUNITY HEALTH COALITION, INC.
407 CRUTCHFIELD ST. PO BOX 15176
DURHAM, NC 27704
PHONE: 919-470-8680
EMAIL: healthcoali@aol.com
WEBSITE: www.chealthc.org
TWITTER: chealthc
FACEBOOK: facebook.com\chealthc

Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

2013 ANNUAL REPORT

Written & Designed by
Carmelita Spicer, MEd
Director, Programs & Marketing

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A Healthy Community Includes "You"



Message from

Elaine Hart-Brothers, MD, MPH

Co-Founder & Board President, Community Health Coalition, Inc.

A Healthy and Happy Year!

Dear Friends and Supporters of Community Health Coalition,

I would like to extend my thanks for your exceptional dedication and support. Because of you, Community Health Coalition accomplished much in the 2013 year! We wish to share our accomplishments with you in this Annual Report. As you read, please look at our outcomes for each project, program, workshop, etc. We try hard to measure or quantify our efforts.

First, we are proud to report over \$50,000 in grant awards from NC License to Give Trust Fund Commission, Durham Diabetes Coalition and Novo Nordisk for projects such as “*Demystifying*” Organ Donation campaign and “*Diabetes Self-Management*” workshop. Additionally, we had the expertise of a GlaxoSmithKline top executive to maximize our efficiency and success.

Along with our successful grant acquisitions, we aimed to foster new partnerships throughout Durham, Granville and surrounding communities. Two of our most notable new relationships are with Durham County Commissioners and with Donate Life North Carolina, a collaborative group of organizations that promote eye, organ and tissue donation. We had the exciting opportunity to co-sponsor “Unity in the Community” Festival and “Healthy, Wealthy and Wise Expo” with The Light 103.9 Radio One Station. In addition, we launched a **NEW** Website: www.chealthc.org. We encourage you to visit the site and try your hand at our blood pressure quiz!

Building on these experiences and accomplishments, we plan to further expand our social networking and reach more community members by using Facebook, Twitter and Instagram.

As we embark on 2014, I would like to encourage you to strive to be *Healthy and Happy*. I would also like to challenge each of you to continue to work tirelessly for the elimination of the health disparities experienced by African-Americans. Although the Coalition has always been an advocate for women’s health, reducing obesity, and chronic disease education, in the coming year we aim to broaden our initiatives to include men’s health and good health for our community’s youth.

A Healthy Community Includes “You”.

With Much Appreciation,

Elaine Hart-Brothers

Programs/Activities in Review

Financial Consultant from GlaxoSmithKline for 2013

Kim Warren Rivers brought to Community Health Coalition, Inc. extensive diverse corporate finance experience, including significant management experience. She demonstrated leadership, change management, people development, organizational and planning successes; interpersonal, communication, presentation, and business improvement skills. **2013 Key Accomplishments**



Kim Warren Rivers
Financial Consultant from GSK

Organizational Development

- Completed an Organizational Capacity Assessment based on feedback from Board, volunteers, staff and key partners
- Developed recommendations to increase organizational capacity for Board
- Continued to educate key stakeholders around the need for core mission investment
- Researched and compiled Board and nonprofit best practices

Fundraising/Development

- Developed an annual plan for sustainable fundraising
- Initiated a new “Friend to Friend” fundraising program
- Increased participation and focus on SECC (State Employees’ Combined Campaign) by attending events and meeting with state organizations
- Improved upon annual church, partner, and Board fundraising campaign
- Worked as a team to submit several grant proposals

Relationship Building

- Continued support for and participation with PHD (Partnership for a Healthy Durham)
- Obtained local Board Meeting sponsors including Triangle Community Foundation
- Identified stakeholders and/or organizations for potential future partnerships

Processes and Procedures

- Developed a grants tracking database
- Created a database of grant opportunities
- Compiled ideas and best practices from a grant writing focus group
- Pre-determined 2014 Board and Annual Meeting dates

Health Fairs in 2013

Marion Miles, RN taking Blood Pressure



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

Objectives: 1) Provide health related information, offer free blood pressure and glucose screenings, individual consultation and physician referrals when necessary. 2) Sign up people to participate in organ donation and Diabetes Self-Management Programs.

Outcomes in 2013: Administered 330 blood pressure checks and 237 glucose screenings and distributed over 3000 health related educational brochures. Reached over 5000 people.

Health Fairs were held at the following events:

- Healthy, Wealthy & Wise Expo in Raleigh
- McDougal Terrace Community with NCCU School of Nursing Students
- Bull City Stand Down for Veterans at National Guard Armory
- First Calvary Baptist Church
- Unity in the Community at Raleigh Fairgrounds
- Peace Baptist Church
- No Greater Love Church
- Jordan High School Relay for Life
- Juneteenth Festival in Durham
- Covenant Presbyterian Church
- Old Farm Community
- Bull City Ball Park
- New Jerusalem Church
- South Side Church
- Lincoln Memorial Church
- NCCU First Lady Walk A Thon
- Sisters Network at Sheraton Hotel



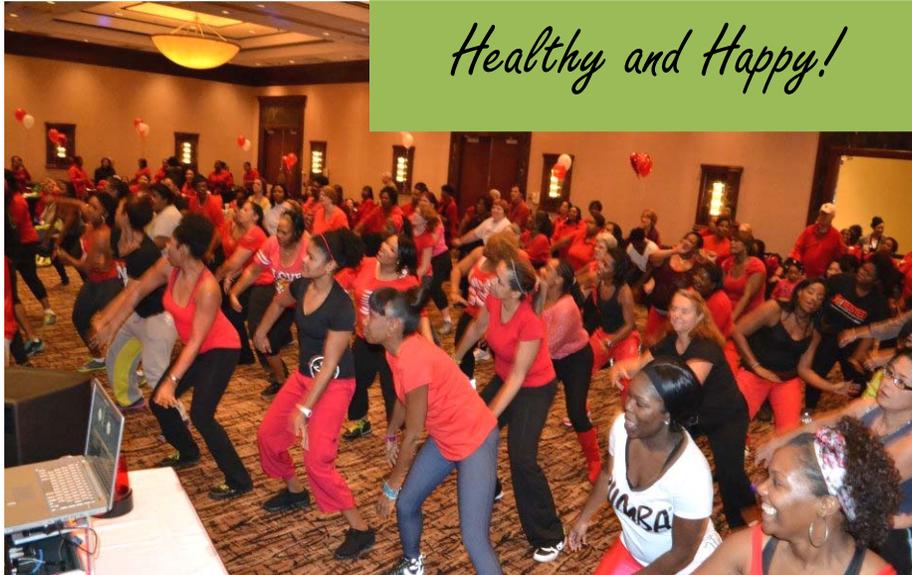
Connie Griffin-Hughes, CAN & Elaine Hart-Brothers, MD with attendee at Healthy, Wealthy & Wise Expo



At table is Vivian Jackson, LPN; in chair is Trellis Frierson, RN taking glucose level reading at Unity in the Community

Walk-A-Thons/Runs

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



Pretty in Red event where CHC volunteers and staff participated in Zumba

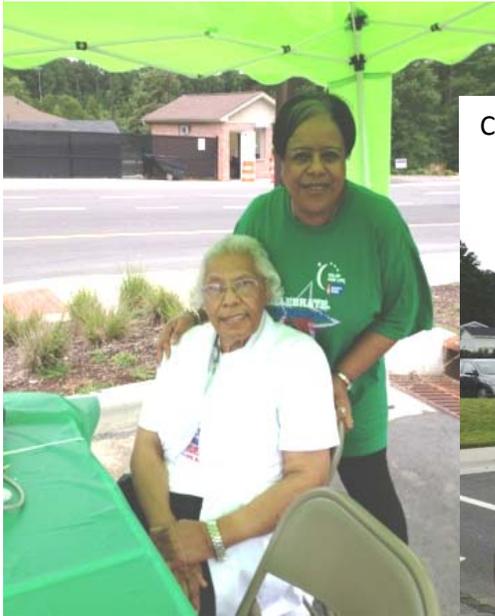


Elaine Hart-Brothers, MD with Students & Friends of CHC at *Triangle Heart Walk*

Walk-A-Thons/Runs, continued....

American Cancer Society Relay for Life Event
Carmelita Spicer's team was named *Spice of Life*.

Marion Miles and Carmelita Spicer



Carmelita Spicer with Principal for Jordan High School



Healthy and Happy!



Carmelita Spicer with Friends from American Cancer Society



Walking It Out and Representing ↑
CHC "Bridging the Gap to Eliminate Health Disparities"
at the First Lady's Walk at NCCU ↑

Community May Meeting

Healthy and Happy!

*Let's Get Moving with
Community Health Coalition, Inc.*



Learn How to Eat, Get up off your Seat, Get up on your Feet and Move to Defeat.....*CANCER!*

The theme of the May meeting was *Let's Get Moving with Community Health Coalition*, and the dialog focused on obesity and cancer intervention by encouraging the audience to eat healthy and exercise.

The Objectives were: 1) to build the awareness of health care programs and services we offered; 2) to provide health education with emphasis on Obesity & Cancer Prevention, Proper Nutrition & Exercise; and 3) to encourage the participants to make healthier lifestyle choices.

The Date was May 16, 2013 from 5 to 9pm at the Durham Public Schools Staff Development Center, Large Conference Room M1, 2107, Hillandale Road in Durham, NC.

The Event was co-sponsored by Nadine Barrett, PhD and Director, Office of Health Equity and Disparities from the Duke Cancer Institute.

Guests were invited to: 1) visit exhibitors with healthy products and information; 2) have their blood pressure & blood sugar checked from 5:00 to 6:00pm; 3) eat healthy from 6:00 to 7:00pm; 4) listen & learn from 7:00pm to 8:30pm; and 5) exercise, dance & move from 8:30pm to 9:00pm

The event included health screenings for blood pressure and glucose levels, dissemination of health care information, exercise and a healthy dinner along with key speakers. The speakers were Nadine Barrett, PhD & Director of Office of Health Disparities and Equity from Duke Cancer Institute; Julius Wilder, MD, physician from Duke Medicine; Sonia P. Steele, Dietitian & Nutritionist; and Elaine Hart-Brothers, MD & Board President of CHC and practicing physician with Duke. There was also a testimonial by Shirley Abraham,

Community May Meeting, continued....

CHC's spokesperson and breast cancer survivor. The dance & exercise instructor was Kaye Sullivan, who ended the evening by leading the audience in a dance and exercise routine choreographed to R& B music! Guest Speakers:



Nadine Barrett, PhD



Julius Wilder, MD



Shirley Abraham, CHC Spokesperson,
Breast Cancer Survivor

Outcomes: Approximately 150 people attended the event and a total of 71 (47% of total) completed an evaluation. The 71 who completed the evaluation indicated that the most important things they learned from the meeting were: the importance of being screened early and often; the importance of clinical trials; a patient navigation system at Duke is being developed for the underserved; early intervention is key; learning family history is important; exercising, eating healthy and food portioning and specific dieting to lose weight are important.

Eighty nine percent (89%) felt that the information on cancer prevention was helpful to them. Twenty percent (20%) of them were cancer survivors. Seventy-one percent (71%) felt all the information was timely. For future meeting they would still like to hear more on nutrition and exercise (52%) along with information on childhood obesity (51%).

According to the 2012 State of Durham County's Health Report, overweight and obesity are associated with multiple long-term, costly and serious conditions including heart disease, diabetes and CANCER. Adults most at risk for overweight or obesity are males, minorities, and those with less than a high school education. In 2010, 59.3% of adults were overweight or obese. The percentage of Durham County children, ages 2-4, served by the WIC nutritional program who are overweight or obese has increased since 2009. *Let's Get Moving!*

Organ & Tissue Donation Grants: Second Chance and Demystifying Myths

With two grants funded by the License to Give Trust Fund Commission in the amounts of \$10,000, and \$39,250, Community Health Coalition, Inc. launched 1) *Second Chance at Life: Encore Life Donation Campaign* in July 2013; and 2) *Demystifying Myths Campaign* in September 2013.

Second Chance at Life Grant, Managed by Elsie Leak, Ed.D

Preliminary Activities:

- Implemented a training session for volunteers;
- Continued the use of the evaluation form developed in 2012 to capture the knowledge level of audiences regarding organ/tissue donation;
- Prepared for marketing events and projects; and scheduled participation in community events that provided a venue in which education and awareness about organ donation could be provided along with the opportunity for participants to actually sign up to be organ donors.



Elsie Leak, Ed.D
Director of Operations

Grant Objectives & Outcomes:

The objectives specified by the grant were a major consideration in determining the types of activities and appropriate venues would be most beneficial for exposing the African American and other minority communities to relevant information and providing the opportunity for participants to register as organ donors.

- To increase the awareness and need for organ and tissue donation, particularly in the African American community by 10% - **Accomplished**.
- To distribute educational information throughout the community and provide port of entries to receive information – **Accomplished** through many venues: local churches, Service and Civic Organizations, participation in health fairs, distribution of organ donation information in our Health Tips, local media outlets, one-on-one conversations.
- To produce a high visibility event that will reach new prospects for future contact – **Accomplished** – Our presence in two high visibility events: “Unity in the Community” and “Bull City Stand-Down.”
- To sign up a minimum of 50 individuals over a four (4) month period to one of the two NC Organ Donor Registries (DMV or Donate Life NC) – **Accomplished** – we registered **53** new donors through Donate Life NC.

Organ & Tissue Donation Grants: Second Chance and Demystifying Myths

Demystifying Myths Grant, Managed by Carmelita Spicer, MEd

Grant Objectives:

- ▶ To implement a dual county (Durham and Granville) campaign to encourage organ and tissue donation and dispel misinformation in the African-American Community primarily through contact with health care professionals and health centers/private physicians, affinity groups and churches.

- ▶ To secure **150-200** African Americans as organ donors by year end.



Carmelita Spicer, M.Ed
Director, Programs & Marketing

Strategy:

- To raise awareness through health care professionals, selected health care centers, participating affinity groups and churches. (Establishing Partnerships and Ambassadors)
- To secure donors at key events with large audiences.
- To dispel myths via open dialog in the community, distribution of brochures, surveys, focus groups & documentary to address misconceptions.

Preliminary Activities:

Established Partnerships:

- Developed four (4) hard working partners & eight (8) ambassadors.
 - Healing with CAARE
 - NCCU Athletic Department
 - Central Carolina Black Nurses Council (CCBNC, Inc.)
 - Dr. Francine Chavis with Granville Medical Health System

Participated in Events:

- Presented to approximately 250 nurses, student nurses and friends at Annual Luncheon at the Friday Center for the Central Carolina Black Nurses Council.
- Served as a co-sponsor of Healthy, Wealthy & Wise Expo held at North Hills in Raleigh by Radio One. – Reached over 1500 people at event. Made a presentation to a captive audience of approximately 150 people.
- Exhibited at NCCU Home Football games reaching over 10,000 students, alumni and fans.
- Exhibited at Phoenix Fest, reaching approximately 500 people.

Organ & Tissue Donation Grants: Second Chance and Demystifying Myths. continued.....

Media Marketing, Advertising and Promotions:

- As a co-sponsor of the Healthy, Wealthy & Wise Expo, we received a total of 18 radio spots/day over Radio One's three stations (WNNL, WQOK, WFXC) during various day-parts for one week with an est. 600,000 weekly cumulative audience reach.
- Distributed over 1000 brochures on the Myths & Realities of organ donation in African American Communities.
- Collected over 125 surveys from individuals that were reluctant to register as organ donors.
- Created a link to Donate Life NC on our Website to encourage online registration.

Outcomes/Successes – Objectives Accomplished:

- ✓ Reached over 15,000 people with presence and information.
- ✓ Overall Outcome Summary for Five (5) Months was Successful!
 - We reached a total of 15,000+ people via material distribution, personal presentations, expos and/or conversation at a Grant Total Cost of \$39,350 or \$2.62/person. **Cost Per Person (CPP) reached was \$2.62!**
 - Secured over 150 donors! **Or for every 100 persons reached, we secured a donor!**



L to R: Sophia Maina, Carmelita Spicer, Elaine Hart-Brothers, Kim Rivers at "Unity in the Community" Festival



Rick Gray and DeAndra Bodiford, CHC Ambassadors at NCCU Home Football Game

Diabetes Self-Management Workshop – “Each One, Teach One”

We received grants from Novo Nordisk and the Durham Diabetes Coalition to design and implement a Diabetes Self-Management Workshop.

Grant Objectives:

To teach participants to monitor their blood pressure and blood sugar, keep their blood pressure under 120/80, follow diets that limit the release of sugar into the bloodstream, exercise regularly, follow doctors’ prescribed orders, and manage their stress.

The Goal:

To have participants return to their respective communities and teach others what they had been taught.

Strategy:

To train “community trainers” in identified neighborhoods on how diabetes can be self-managed. It was designed for the trainers, after completing a four week workshop, to go back into the community and train other community/church groups on self-management on a regular basis. This concept was designed for sustainability.

Evaluation/Outcomes:

The participants (community trainers) were from the south Alston Ave area where there is a large concentration of people with Diabetes II.

We stressed diabetes self-management by having educators, doctors, nurses, a nutritionist, a pharmacist and a physical education instructor teach and illustrate prescribed methods of self-managing diabetes. Participants were taught 1) how to monitor and manage their blood pressure and blood sugar levels; 2) how to incorporate healthy life changes through diet, simple exercises, and stress reduction/relaxation exercise techniques; 3) how to care for their feet; and 4) the importance of medication compliance. The participants received notebooks containing the curriculum, materials to use in teaching others, and pedometers and glucometers for their everyday use.

Six (6) of the participants were either diagnosed as having pre-diabetes or type-2 diabetes. By the end of the four week workshop there was an improvement in knowledge about self-managing type-2 diabetes. The pre-test administered in the beginning showed that only 1 out of the 6 participants had a good knowledge of what type-2 diabetes is, signs and symptoms that express high/low glucose levels, and what constitute a healthy diet. Post-test results showed that 5 out of the 6 participants had a significant increase in knowledge and felt comfortable teaching people in their communities how to self-manage their diabetes. The participants were from Peace Missionary Baptist, Ebenezer Missionary Baptist Church, Holy Cross and First Calvary Baptist Church.

Diabetes Self-Management Workshop – “Each One, Teach One”, continued.

Pre/Post Test Results:

Diabetes Self-Management Workshop

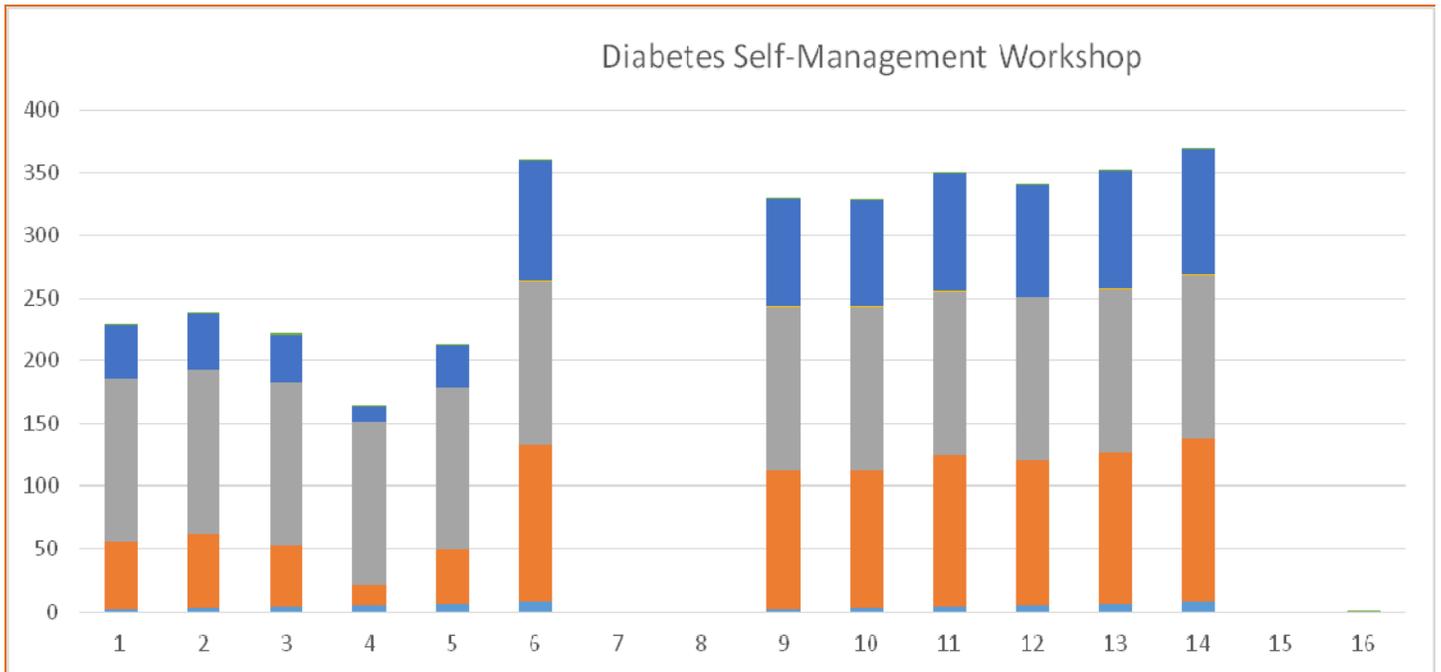
					pre-test avg.	44.00%
Participant	Pre-test score	total number of points	raw number	percentage		
2	54	130	0.415384615	41.53846154	41.00%	
3	59	130	0.453846154	45.38461538	45.00%	
4	49	130	0.376923077	37.69230769	38%	
5	16	130	0.123076923	12.30769231	12%	
6	43	130	0.330769231	33.07692308	33%	
8	125	130	0.961538462	96.15384615	96%	
Participants	Post-test score	total number of points	raw number	percentage		
2	111	130	0.853846154	85.38461538	85%	
3	110	130	0.846153846	84.61538462	85%	
4	121	130	0.930769231	93.07692308	93%	
5	116	130	0.892307692	89.23076923	89%	
6	121	130	0.930769231	93.07692308	93%	
8	130	130	1	100	100%	
					post-test avg.	91%

Diabetes Self-Management Workshop - "Each One, Teach One", continued.

Pre/Post Test Results:

Pre-Test

Post-Test



Diabetes Self-Management Workshop – “Each One, Teach One”, continued.



One participant, who is a diabetic and works hard to follow the doctor’s orders, said that the nutritional curriculum was the most important part of the workshop to him because he likes to snack late at night. At the conclusion of the four week workshop, the participants recommended continuing *Each One, Teach One* and even adding two more sessions to allow time to cover more information.

Diabetes Self-Management Workshop – “Each One, Teach One”, continued.



L to R: Seated - Carmelita Spicer, Elaine Hart-Brothers, Rev. Cornelius Battle
Standing – Sonia P. Steele, Rick Newsome, Lois Parker, Carrie Hill, Diane Corbett, Donald Baker, Linda Leak, Valeria Nelson, Courtney Hayes-Rainey



Participants L to R: Lois Parker, Rev. Cornelius Battle, Carrie Hill, Linda Leak, Donald Baker, and Valeria Nelson

Diabetes Self-Management Workshop – “Each One, Teach One”, continued.

Curriculum:

The following educational topics were covered:

- What are diabetes and pre-diabetes,
- What is an A1C and BMI,
- What are normal glucose and blood pressure readings,
- How to prevent high/low glucose levels,
- How to cope with difficult emotions and manage stress,
- Understanding medication compliance,
- How to read food labels and the importance of nutrition, and
- Practicing relaxation techniques.

Program Committee:

Carmelita Spicer, M.Ed, Program Director; Courtney Hayes-Rainey, Program Coordinator/NCCU senior and intern; Brenda Jamerson, PharmD; Diane Corbett, LPN; Connie Griffin-Hughes, CNA; Sonia Steele; RD/LDN (Dietitian/ Nutritionist); and Rick Newsome, BS, NSHC (Physical Health Educator).

Program Advisor: Elaine Hart-Brothers, MD & Board President of Community Health Coalition, Inc.

Courtney Hayes-Rainey, NCCU Senior
Public Health Education Major
served as project coordinator



Health Tips for a Healthy Sunday Program

Health Tips is a signature program of Community Health Coalition and has been provided to the community 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 in Durham County each month. Health disparity 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 edited and maintained on the website by Carmelita Spicer, M.Ed 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, HIV/AIDS and maternal and child health.

Much of the information presented to the churches is based on feedback obtained from church ministers of health and church nurses. Most of them (80% or more) are familiar with Health Tips and describe obesity, diabetes and hypertension as the most serious health problems among their congregations. In addition, comments by pastors are:

- **African Americans acknowledge faith as a part of health.**
- **Fear is a factor, e.g. fear of medical professionals, going to hospital & dying, not being able to cope with illness.**
- **Place emphasis on the whole person living as fully as possible until death.**
- **People do not want to change habits that they have been doing all of their lives.**
- **More emphasis on mental health.**



Community Health Coalition, Inc.

407 Crutchfield Street P. O. Box 15176

Durham, NC 27704

Tel: (919) 470-8680 Fax: (919) 470-8688

Website: www.chealthc.org Email: healthcoali@aol.com

Date: June 23, 2013

Healthy Sunday Topic: Tips to Increase your Medication IQ

Be in the “KNOW” about your medications. Here are a few items that you will need to “KNOW” to keep you informed about your medications. ASK your doctor or pharmacist if you do not KNOW what to do in each case.



- **Do you KNOW what to do if you miss a dose?** Some medications should be taken as soon as you realize you have missed a dose, while others should be skipped until the next dose.
- **Do you KNOW whether you should take your medications with food or on an empty stomach?** Medications may require they be taken with food in order to prevent stomach upset. Others require they be taken on an empty stomach so that the entire dose can be absorbed.
- **Do you KNOW what time of day you should take a medication?** There are some once a day medications that are best taken in the evening while others should be taken in the morning. The time of day that you take a medication could be important in order to avoid certain side effects.
- **Do you KNOW the possible side effects of your medication and know what to do if you experience a side effect?** Some side effects are more serious than others. If you experience a side effect, it may be the kind which goes away over time. Other side effects may be more serious and require you to discontinue the medication. If you discontinue, contact your physician.
- **Do you KNOW if the medications you are on interact with other medications** or if there are certain kinds of foods you should avoid? Some medications may not have their full benefit or may be dangerous when taking them with certain foods or medicines.



Dr. Brenda Jamerson, PharmD and Associate Professor Campbell University states, **“Take charge of your health and be informed about all of your medications.”**

Nearly three in four Americans do not follow doctor’s orders for taking prescription drugs, a problem that is associated with 125,000 patient deaths each year. One in three patients never even fills the prescription. Others forget to pick up their drugs from the pharmacy, skip doses, take their pills at the wrong time or take too much or too little. And even for those who follow recommendations at the start, some eventually stop taking the medication altogether.

Check It, Change It Program

The **Check It, Change It** program developed through a collaboration with the American Heart Association and Duke/Durham Health Innovations, provided community organizations with blood pressure monitoring machines for the community to check their blood pressures free-of-charge on a daily basis. The Community Health Coalition was involved as a Durham Health Innovations Team member and became a site location for a monitoring station in October of 2011. Novartis Pharmaceuticals Corporation (NPC) provided the full funding for this initiative.

Objective: *Check It, Change It* is a special program in the community: (1) to help members check their blood pressure daily FREE - of- Charge; (2) to help community members maintain a healthy blood pressure.

Almost 30 percent of Durham residents are affected by high blood pressure, a major contributor to heart attack and stroke. Community participants can check their blood pressure via a computer-based educational monitoring station. They can also chart it by putting their BP numbers and other information on the Heart 360 website at www.heart360.org/checkitchangeit at least once a week. Several Locations are:

Community Health Coalition, Inc @ 407 Crutchfield St.
CAARE @ 214 Broadway St.
Durham County Health Department @ 414 East Main St.
Durham County Main Library @ 300 North Roxboro St.
El Centro @ 201 West Main St., Suite 100
Holton Career & Resource Center @ 401 N. Driver St.
Immaculate Conception Church @ 810 W. Chapel Hill St.
Community Center at Lyons Park @ 1309 Halley St.
Main Street Pharmacy @ 213 W. Main St.
Mt. Gilead Baptist Church @ 404 Dowd St.
Parkwest Barber School @ 931 East Main St.
Samaritan Health Center @ 507 East Knox St.
WD Hill Recreation Center @ 1308 Fayetteville St.
Walltown Recreation Center @ 1300 West Club Blvd
White Rock Baptist Church @ 3400 Fayetteville St.



Rick Newsome (L) assisting community member with blood pressure reading

Outcome: Traffic was slow. The community did not take full advantage of this FREE service. We will continue to promote this FREE service in 2014.

Community Empowerment Program

Objectives:

To teach the seniors in housing communities how to monitor and manage their blood pressure and sugar levels daily and how to incorporate healthy life style changes through exercise, diet, stress and medication management.

Morreene Road Community (9 Months)

For nine (9) months on the 3rd Saturday in 2013, Vivian Jackson, Project Coordinator saw an average of three (8) clients/month. During the program, residents were administered blood pressure and glucose screenings, provided consultations and provided a box of groceries.

Morning Glory Senior Village Community (6 Months)

Health clinics were held on the 4th Saturday of the month from 10 am to 12 noon for six months in 2013 (Jan, Feb, Mar, Apr, Nov & Dec) glucose and blood pressure checks were periodically administered. A box of groceries was provided for each family. An average of 10 senior clients (age 65+) participated each month.

Outcomes from Community Empowerment Program:

This program was conceived in 2000 by Cedric Bright, MD and the Durham Academy of Medicine, Dentistry and Pharmacy (DAMDP). Community Health Coalition coordinated the program and secured funding from Novartis and Novo Nordisk to maintain the initiative. This year, the program was funded by Novartis and managed through the Coalition, with Vivian Jackson serving as project coordinator. Due to scheduling and prior commitments, DAMDP did not participate.

80% of the residents seen with chronic diseases were better able to control their diseases through moderate changes in lifestyle behavior which consisted of 1) improved proper nutrition, 2) medication compliance, and 3) regular low-impact exercises.



Members from the Community Empowerment Program

Lay Health Advisory Training Program

Objectives:

- To provide an organized approach to educating Lay Health Advisors and provide a step by step program for delivery of information.
- To encourage Lay Health Advisors to complete a formal “Train the Trainer” session in preparation for teaching community groups. Once trained, Lay Health Advisors were expected to train other community groups.



In 2013, we trained eleven (11) lay health leaders on Breast Health & Breast Cancer !



The Program:

Community Health Coalition, Inc. completed its third round of annual Lay Health Advisory Training during February and March of 2013. It was realized early on that one of the key means for educating women on the importance of receiving mammograms is through the

Lay Health Advisory Training Program, continued...

use of Lay Health Advisors. This is most important among African American women as expressed by The North Carolina Breast Cancer Screening Program (NC-BCSP). The NC-BCSP is devoted to reducing the difference between black and white women's breast and cervical cancer screening rates and ultimately closing the breast and cervical cancer racial gap that still exists, and focuses on rural communities using a lay health advisor network to increase screenings among black women particularly in rural communities.

Community Health Coalition, Inc. adopted a modified version of the UNC Lay Health Advisor Training program as a tool for reaching additional women in the Durham community. The training served to educate the community and expressed to women the need to have mammogram screenings, starting at age 40, and to continue receiving mammogram screenings in subsequent years.

Outcome:

After an extensive recruitment effort throughout the Durham community (with previous participants, churches, social and fraternal organizations and collaborators) planning for the lay health advisor training program began. As a result of this outreach, eighteen (18) women responded with eleven (11) agreeing to attend four (4) weekly - two (2) hour training sessions.

Training was conducted by Sonia P. Steele, a previously trained Lay Health Advisor, Delethia Lloyd, a UNC graduate nursing student intern, with support from a guest training consultant, Grace A. Wright, who is a certified breast health trainer and breast cancer survivor. The sessions also included guest speakers: Stephanie Robertson, a Patient Navigator in the Duke University Health System; and Valerie Worthy, President of the Triangle Sister to Sister Network, also a breast cancer survivor. Janice Johnson was Program Outreach Coordinator.



Sonia P. Steele



Janice Johnson

Key Award & Recognition



Dr. Edward J. Clemons, Jr., DDS –Vice President of Board of Directors of Community Health Coalition, Inc. Honored by the Auxiliary of Durham Academy of Medicine, Dentistry and Pharmacy at the 20th Annual Legacy Luncheon at Durham Hilton Hotel for his outstanding service to the Durham Community.

Candid Shots of Staff, Contractors, Supporters & Volunteers



Elaine Hart-Brothers, MD and former U.S. Surgeon General Regina M. Benjamin at National Medical Association Convention in Washington, DC.

Dr. Debra-Saunders-White, NCCU Chancellor & Carmelita Spicer in Chancellor's Office



Dr. Elaine Hart-Brothers (C) with Renetta Bryant Mills (L) and Kim Rivers (R) from GSK

Healthy and Happy!



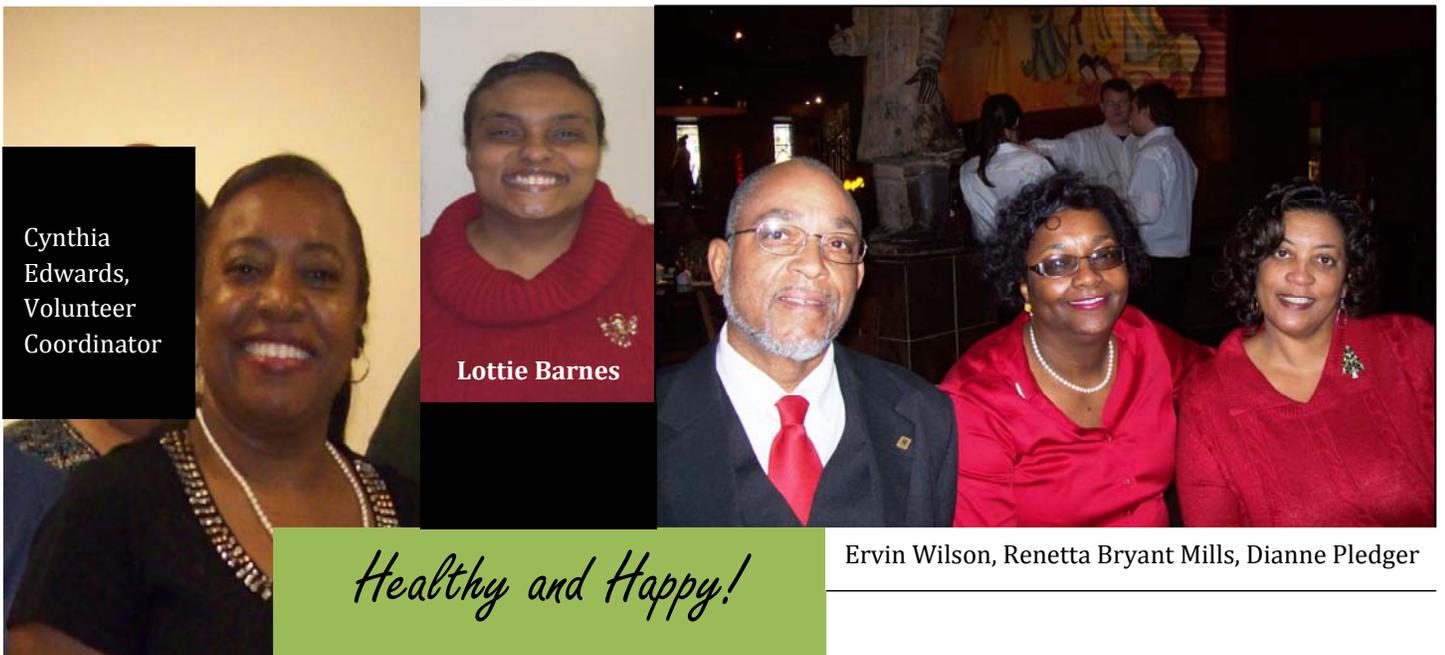
Elaine Hart-Brothers, MD with son, Matthew Brothers, MD & Tech Support

Candid Shots of Staff, Contractors, Supporters & Volunteers. continued..

Community Health Coalition's staff, contractors & volunteers at Christmas Lunch Gathering



Seated, L to R: Carmelita Spicer, Sharon Baker, Marion Miles, Lois Parker Diane Corbett
Standing Middle Row, L to R: Kenya Cherry, Kim Rivers, Libby Johnson, Janice Johnson, Cynthia Edwards, Bertha Williams.
Standing Back Row, L to R: Renetta Bryant-Mills, Ross Brothers, Connie Griffin-Hughes, Mark Edwards, Rick Newsome



Candid Shots of Staff, Contractors, Supporters & Volunteers. continued....

Phyllis Coley of Spectacular Magazine and Carmelita Spicer at Outstanding Man of the Year Event



Sophia Maina and Ross Brothers, enjoying lunch



Finding Shade on a Sunny Day! L to R: Carmelita Spicer, Marion Miles, Kim Rivers



L to R: Marion Miles, Sonia P. Steele, Elsie Leak at Juneteenth Festival

Healthy and Happy!

Supportive Organizations in 2013

Donate Life NC

The Triangle Park and Durham Chapters of the LINKS, Inc.

Central Carolina Black Nurses Council, Inc.

Healing with CAARE, Inc.

Duke Regional Hospital

NC Mutual Insurance

Interdenominational Ministerial Alliance of Durham and Vicinity

North Carolina Central University

The Chancellor's Office

The School of Nursing

Department of Public Health Education

Athletic Department

Academic Community Service Learning Program

Duke Cancer Institute's Office of Health Equity & Disparities

Durham Diabetes Coalition

Durham County Health Department

Durham Academy of Medicine, Dentistry & Pharmacy (DAMDP)

Auxiliary of DAMDP

Triangle Sister to Sister Network

Novo Nordisk

GlaxoSmithKline

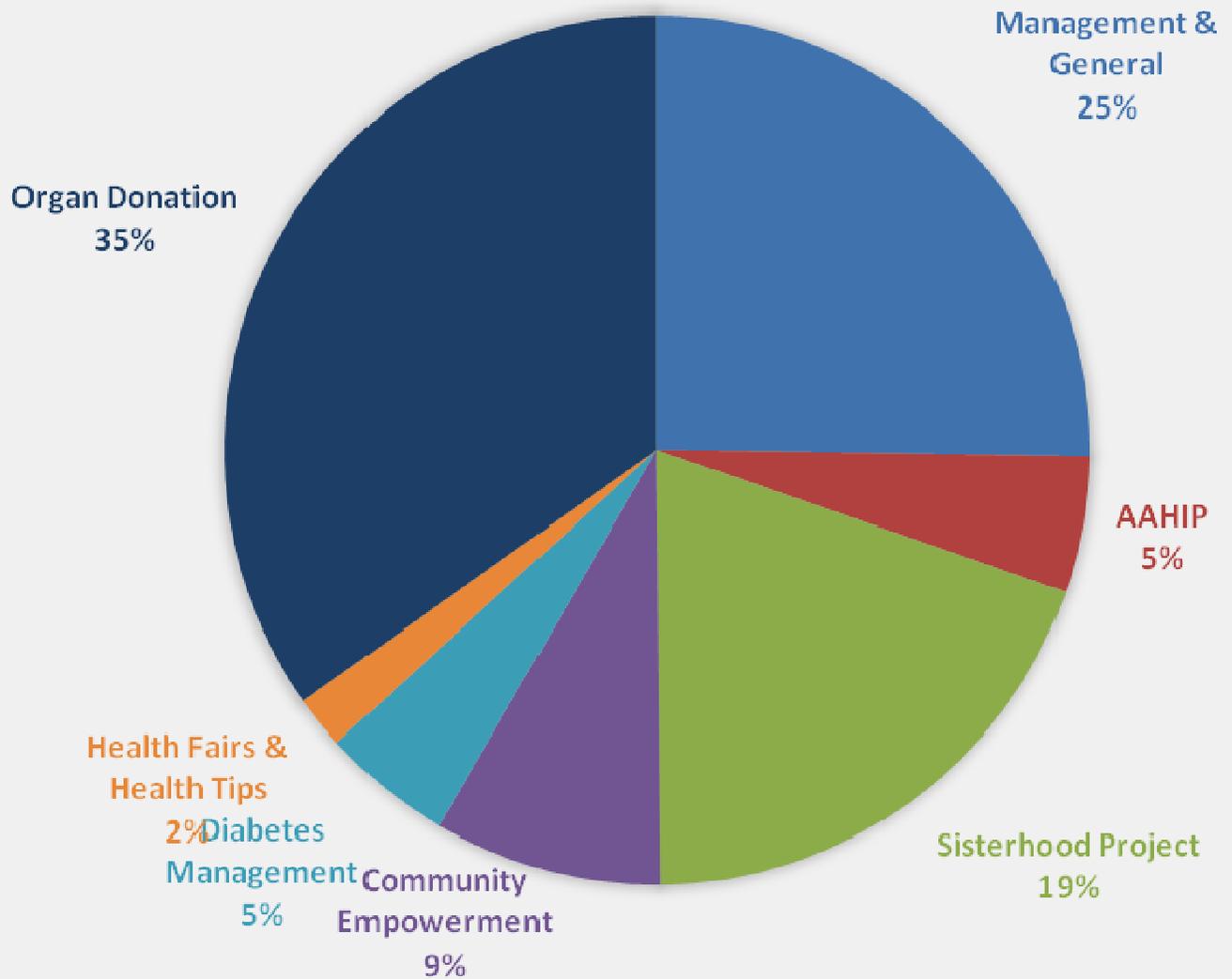
Novartis

NC License to Give Trust Fund Commission

Granville Medical Health System/Dr. Francine Chavis

Financial Report in 2013

PERCENTAGE OF EXPENSES BY PROGRAM



Board of Directors



(Seated from L to R) Edward J. Clemons Jr., DDS – **Vice. President**; Elaine Hart Brothers, MD, MPH – **Board President**; Desiree Palmer, DMD – **Treasurer**; Brenda Jamerson, PharmD – **Secretary**.
(Standing, Middle Row from L to R) Carolyn Clay, MBA, MSN; Rev. Gussie Thompson, MDiv; Tamera Coyne-Beasley, MD, MPH; Louise Sims, Retired LPH – Board Member Emeritus.
(Standing, Back Row from L to R) James Amos; Howard Fitts, EdD

Healthy and Happy!

Board of Directors, continued.....



Rev. Michael Page, County Commissioner
NEW Board Member as of 12/2012



Ervin Wilson, Evangelist
NEW Board Member as of
12/2012



Cedric Bright, MD



Jamila Minga, M.S., CCC-SLP
Speech-language Pathologist
NEW Board Member as 5/10/13



Makeba Tate McDaniel
Pharmaceutical Sales Specialist
Level 3 – NEW Board Member
as of 5/10/13



Cornelia Connor, RN, BSN, CCM
Case Manager
NEW Board Member as of
10/25/13

Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

A Healthy and Happy Year!

COMMUNITY HEALTH COALITION, INC.
407 CRUTCHFIELD ST. PO BOX 15176
DURHAM, NC 27704
PHONE: 919-470-8680
EMAIL: healthcoali@aol.com
WEBSITE: www.chealthc.org
TWITTER: chealthc
FACEBOOK: facebook.com\chealthc