

UNC Gillings Minority Student Caucus Presents  
**The 45th Minority Health Conference**

**February 23, 2024**

**IN-PERSON AND VIRTUAL**

**THE**  
**BUILDING BLOCKS**  
**TO WELL-BEING**



**connections between  
health & stress**



**We want to hear from you!**

Scan the QR Code to send us your feedback for the conference



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# CONFERENCE HISTORY

When the Minority Health Conference was established in 1977 by the Black Student Caucus (now Minority Student Caucus), its major objectives were to highlight the health issues of concern among people of color. Since then, it has been broadened to be inclusive of other minority populations. Initially the conference was held in the School of Public Health's Rosenau Auditorium on the University of North Carolina (UNC) at Chapel Hill campus, but when conference attendance increased from 300 to 400 during the 1990s, the conference moved to the William and Ida Friday Continuing Education Center. Thousands of UNC students and advisers have contributed to the planning of the conferences. However, the three pillars of the conference — Dr. Bill C. Jenkins, Dean William T. Small Jr. and Dr. Victor J. Schoenbach — are honored for their significant contributions.



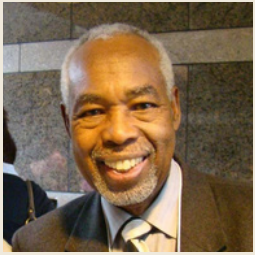
In 1977, Dr. Bill C. Jenkins, a UNC student at the time, led the Black Student Caucus to create the conference. Dr. Jenkins was an extraordinary leader in public health, a lifelong advocate for addressing racism and eliminating health disparities, and an enthusiast in building the ranks of ethnic minorities in biostatistics and epidemiology. Among his many accolades and groundbreaking work in public health, he served as manager of minority health activities in the Office of the Director and Manager of the Tuskegee Participants Health Benefits Program,

which assured medical services to the survivors of the Tuskegee Study. While working at the Centers for Disease Control and Prevention (CDC), Dr. Jenkins was one of the first public health scientists to investigate HIV/AIDS in African Americans and served as Manager of the CDC's National Minority Organizations HIV Prevention Program. He founded Morehouse College's Public Health Sciences Institute and Project IMHOTEP. Together, have been a source for recruiting underrepresented minorities to the public health profession. Dr. Jenkins returned to Chapel Hill in 2010 as a senior scholar at the UNC Institute of African American Research; in 2014, he became an adjunct instructor in the UNC Gillings Department of Epidemiology.

His passing in 2019 was especially poignant for many at the Gillings School, given its proximity to the School's 40th-anniversary Minority Health Conference. Dr. Jenkins stressed the significance of knowing and valuing the history of public health and its treatment (and mistreatment) of minority populations. As a pioneer and phenomenal educator, he taught the importance of investing in people and not exploiting them. We honor his legacy and vision for the conference by continuing to use our skills, passions and talents to work on behalf of marginalized communities and remembering how words and data can be tools for social change.



# CONFERENCE HISTORY



In 1971, William T. Small Jr. came to the UNC School of Public Health as coordinator of minority affairs with the charge to increase minority student enrollment in the School's graduate programs. He later became Assistant Dean for Students and then Associate Dean for Students. For more than a quarter of a century, Dean Small worked on behalf of public health students as well as faculty, staff and administrators. Students involved in the conference's early years describe how Dean Small pulled the conference together — identifying people, shepherding conference activities and gathering feedback. Each year, a new group of students would organize a successful conference, and Dean Small was a constant force who made that possible. A member of the 1991 Conference Planning Committee recounted, “Bill Small's diverse and masterful contributions [...] his advice, experience, judgment and commitment — as well as large amounts of his time and energy — were indispensable to the Conference's success. The Dean's Office could not have been represented more effectively, diplomatically and graciously.” Dean William Roper named the Keynote Lecture after William T. Small Jr. in 1999, the same year of his retirement from UNC. Dean Small passed in April 2021, shortly after the 42nd Minority Health Conference.



In 1980, Dr. Victor J. Schoenbach joined the UNC Gillings faculty in the Department of Epidemiology. From 1998 to 2018, he led the UNC School of Public Health Minority Health Project, which presents interactive broadcasts on health equity topics and works with the Minority Student Caucus on its annual Minority Health Conference and webcast. In 1991, Dr. Schoenbach worked with then Assistant Dean Small to revive the Minority Health Conference after a two-year hiatus and continued to work with the conference planning committee until his retirement. Dr. Schoenbach also served as a faculty adviser to the Minority Student Caucus from 2004 to 2018, and he helped to initiate the interactive Keynote Lecture broadcast and the partner conferences. He continues to maintain websites for the Minority Student Caucus and the Minority Health Conference. From 2014 to 2017, Dr. Schoenbach taught a seminar with Dr. Jenkins on social justice in public health and created a “virtual library” on the history of minority health activities at UNC in conjunction with the course. In 2012, the Minority Health Conference's afternoon keynote lecture was named the “1st annual Victor J. Schoenbach Health Disparities Keynote Lecture” in recognition of Dr. Schoenbach's commitment to minority health in the community.

The Minority Health Conference is eternally grateful for the leadership and unwavering service of Dr. Jenkins, Dean Small and Dr. Schoenbach to advancing the health of marginalized people and eliminating health inequities and racial injustices — work embedded in the mission of the Minority Student Caucus and the conference. The Minority Student Caucus is honored that the names of these champions of health equity are woven into the history and legacy of the caucus and conference.





# MINORITY STUDENT CAUCUS

The Minority Student Caucus (MSC) was initially founded as the Black Student Caucus in 1971 by a group of Black students at the UNC School of Public Health. The founding members of the caucus created this organization to increase the attention given to health disparities while also advocating for recruitment, support and retention of Black students and faculty at the School. Over the years, the caucus used several names but eventually settled on “Minority Student Caucus” in late 1977, to ensure that all students of color would know they were welcome.

Today, MSC consists of all students of color at Gillings who wish to join and anyone else who is interested in supporting the caucus’s mission. Since its founding, MSC has been charged with bringing the concerns of people of color to the attention of the School’s administration and with working to attract and retain more students and faculty of color. Further, the Minority Student caucus promotes research, policies and programs aimed at addressing public health issues that affect people of color.

The Minority Student Caucus founded the Minority Health Conference (MHC) in 1977 and has conducted it nearly every year since. The caucus works with the Gillings community on all levels to advocate for the needs of students of color by developing strategic partnerships and advocating for change. As a member of the Dean’s Council at the Gillings School of Global Public Health, MSC is able to have meaningful dialogue with various members of the School’s administration in promoting the success and well-being of students of color. To accomplish the initiatives of increasing and promoting racial and health equity, the primary goals for MSC are the following:

- To increase recruitment, intake and retention of students and faculty of color
- To ensure the employment of an antiracism focus in the Gillings curriculum
- To develop strategic partnerships across campus and in the community
- To create sustained mechanisms and resources that provide support to students of color

The Minority Student Caucus welcomes you to our 45th Minority Health Conference and we hope you will join us on this journey toward achieving racial and health equity.



# AMERICAN PUBLIC HEALTH ASSOCIATION ENDORSEMENT



AMERICAN PUBLIC HEALTH ASSOCIATION  
*For science. For action. For health.*

January 29, 2024

Dear UNC Minority Health Conference Participants:

On behalf of more than 50,000 members and affiliate members, the American Public Health Association extends warmest wishes to the University of North Carolina-Chapel Hill Gillings School of Global Public Health on another successful year organizing the annual Minority Health Conference.

Congratulations to the Minority Student Caucus, Minority Health Conference Co-Chairs, planning committee, advisers, and all others involved in coordinating the 45th annual Minority Health Conference. Our values at APHA are an extension of our members' beliefs and include science and evidence-based decision making, prevention and wellness, community, and health equity — all of which are reflected in the work of the Minority Health Conference. For these reasons, APHA proudly endorses this year's Minority Health Conference.

The University of North Carolina-Chapel Hill Gillings School of Global Public Health is a tier-one research institution, and the involvement of students is what makes Gillings great. The Minority Health Conference perfectly encapsulates the institution's dedication to its students. As the longest-running student-led health conference in the nation, the Minority Health Conference continues to bring salient public health topics to a community of students, researchers, and practitioners. This year's theme, "The Building Blocks to Wellbeing: Connections between Health and Stress" is both timely and necessary to everyone in the field of public health. I hope you will be able to gain valuable tools and information to help create healthier communities inclusive of all persons.

Congratulations again to all the hard-working students and supporters of the Minority Student Caucus!

Sincerely,

Georges C. Benjamin, MD, FACP, FNAPA, FACEP (E), Hon FRSPH  
Executive Director  
American Public Health Association

800 I Street, NW • Washington, DC 20001-3710

202-777-2742 • [www.apha.org](http://www.apha.org)



# 2024 PLANNING COMMITTEE

## Conference Co-Chairs

Ciera Thomas  
Raven Walters

## Minority Student Caucus

### Co-Presidents

Shaelyn Hawkins  
Breyana Williams

## Planning Committee

### Coordinators

Mercy Adekola  
India Washington

## Communications Committee

Maia Barille, co-chair  
Mariangelie Torres, co-chair  
Robynn Ashenden, graphic designer  
Alexa Ziegler  
Ngan Huu Kim Le  
Kendra Phillips  
Makhaila Anderson  
Checkna Diawara

## Speakers Committee

Shriti Pant, co-chair  
Paddy Qiu, co-chair  
Emerald Izuakor  
Shaista Sayeed  
Jasleen Kaur  
Keerthana Vemparala  
Robynn Ashenden  
Monieya Maynor

## Exhibitors Committee

Sarah Musa, co-chair  
Jenny Carpenter, co-chair  
Veronica Marshall-Kirk  
Ngan Le

## Fundraising Committee

Raimah Hossain, co-chair  
Jennifer Regan, co-chair  
Rotimi Kukoyi  
Melissa Luna  
Bayan Abulabda  
Veronica Cifuentes  
Korene Gbozah  
Rami Darawsheh  
Juliana Spector

## Posters Committee

Esha Agarwal, co-chair  
Justin Wang, co-chair  
Katrina Hassman  
Ridha Masagazi  
Sampada Acharya  
Sara Joly  
Medha Thummala

## Evaluation Committee

Beryl Bortey, co-chair  
Olivia Ojugbeli, co-chair  
Bridget Nelson, co-chair  
Katryna McCoy  
Lauren Lansing  
Kalinah Nyanplu

## Advisers

Chandra Caldwell  
Cherelle Whitfield  
Charletta Sims Evans  
Kim Ramsey-White  
Patsy Polston  
Matthew Chamberlin  
Jennie Saia  
Aja Martindale  
Adrial Bryan  
Kristin Black  
OJ McGhee  
Ryan McGuirt  
Gemma Herrera





# CONFERENCE THEME

The Minority Health Conference, which is the largest and longest-running student-led health conference in the United States, aims to raise awareness around minority health and mobilize students, academics and community members to take action for change. The conference was founded and is led by students at the Gillings School of Global Public Health at UNC-Chapel Hill.

We are excited to announce that this year's theme is:

## THE BUILDING BLOCKS TO WELL-BEING: CONNECTIONS BETWEEN HEALTH & STRESS

We will explore social determinants of health — the conditions in which people are born, grow, work, live and age — as well as the wider set of forces and systems shaping the conditions of daily life that impact health outcomes (Healthy People 2030).

Our theme, *The Building Blocks to Well-being: Connections Between Health and Stress*, highlights the pivotal link between these two states of being. In a world where global and domestic systems often fail to support universal health, recognizing the duality of wellness and stress becomes crucial.

The Minority Health Conference's approach to this topic centers on recognizing that many current public health challenges are rooted in structural issues, including entrenched racism, ableism, sexism and other discriminatory practices. By adopting a more holistic perspective that recognizes these systemic problems, public health practitioners can work with other professionals across various disciplines to drive better health outcomes.

This year's conference will dive deep into the social determinants of health, the stress they can cause, and their impacts on the short- and long-term well-being of minority populations. The goal of the conference is to conceptualize the mental and physical stress that social determinants can place on individuals and communities, sometimes with intergenerational lifecycle impacts. We hope that the theme will connect participants around the shared value of achieving better overall health and well-being — and a stronger future — for all.



# WELCOME LETTER FROM CONFERENCE CO-CHAIRS

Dear Conference Attendees,

On behalf of the Minority Student Caucus, the Minority Health Conference Planning Committee, and the Gillings School of Global Public Health, we welcome you to the 45th Annual Minority Health Conference.

In 1971, the Minority Student Caucus was founded to draw attention to health inequities and to support students of color here at UNC Gillings School of Global Public Health. Six years later, the Minority Health Conference was established, and it has become the annual hallmark event of the Caucus. Nearly every year since 1977, we have convened thousands of community members, professionals, and students to address health disparities and to reshape a more equitable society for minority health. Together, we connect multidisciplinary champions working at the local, regional, national, and global levels by supporting communities everywhere.

This year's theme – The Building Blocks to Well-Being: Connections Between Health and Stress– highlights the pivotal link between two states of being. It explores the social determinants of health as well as the wider set of forces and systems that shape daily conditions we experience and, ultimately, healthcare outcomes. When local and global forces fail to affirm the universal right to health, recognizing the connections between stress and wellbeing are critical.

This year's theme was inspired by conversations we have had about the immediate, long-term, and intergenerational impacts of stress — from redlining to humanitarian crises. By adopting a more holistic perspective that accounts for the impacts of environment and other challenges (or something similar), public health practitioners can initiate transdisciplinary collaborations to improve healthcare outcomes and promote more comprehensive wellbeing. We hope that this theme will connect us around shared values and experiences and enable us to build a stronger future for all.

We would like to recognize the dedication and hard work from our exceptional leadership team and planning committee that made this year's conference possible. Planning a high-quality conference of this magnitude is no easy task, especially while being a student. We are also appreciative of our new and long-standing conference sponsors that have supported and ensured a sustainable conference from year to year.



# WELCOME LETTER FROM CONFERENCE CO-CHAIRS

Furthermore, we would like to thank Dean Nancy Messonnier and the Dean's Office at the Gillings School of Global Public Health for their continued support. To our advisers: Cherelle Whitefield, Chandra Caldwell, Matthew Chamberlin, Gemma Herrera, O.J. McGhee, Ryan McGuirt, Patsy Polston, Kim Ramsey-White, Jennie Saia, Charletta Sims Evans and Kristin Black, we are eternally grateful for your guidance and unwavering support as we navigated the planning process. We also want to thank the Minority Student Caucus Co-Presidents, Shaelyn Hawkins and Breyana Williams, for their deep commitment to the mission of the Caucus, their leadership, and dedicated support.

Finally, to the conference attendees, breakout session speakers, exhibitors, and poster presenters, we are thankful for your support and enthusiasm towards the conference's vision. Your passion for and commitment to racial justice and health equity is an indispensable factor in the success and sustainability of the Conference.



**Ciera Thomas**

Department of Health Behavior  
Minority Health Conference Co-Chair



**Raven Walters**

Department of Health Behavior  
Minority Health Conference Co-Chair

## FIRST AMENDMENT STATEMENT FROM THE UNIVERSITY

All sponsored speaking engagements at the University fall under the protection of free speech laws and policies. The University is governed by the U.S. Constitution's First Amendment, the North Carolina Restore Free Speech Act, enacted by the General Assembly in 2017, and the campus Facilities Use Policy. Additionally, providing a free speech forum for a range of ideas is part of the UNC Gillings School of Global Public Health's commitment to inclusion.

We would like to remind everyone attending the conference to please remain respectful of fellow attendees and our speakers. Individuals who disrupt the event by interfering with the protected rights of attendees or speakers will be asked to leave.



# CONFERENCE AGENDA (MORNING)

7:30 a.m.

## Open Registration

9 a.m.

## Opening Remarks | Grumman Auditorium

Indigenous Land and Black Body Acknowledgements

UNC Gillings Minority Health Conference Co-Chair Remarks

Ciera Thomas and Raven Walters

UNC Gillings Minority Student Caucus Co-Presidents Remarks

Shaelyn Hawkins and Breyana Williams

UNC Gillings School of Global Public Health Remarks

Dean Nancy Messonnier

UNC Office of Diversity and Inclusion Remarks

Vice Provost Leah Cox

9:30 a.m.

## William T. Small Jr. Keynote Speaker | Grumman Auditorium

Dr. Iheoma U. Iruka

*Killing Them Softly: Racism and the Child Health Crisis*

Moderators: Jasmyne Yeldell and Khadeejatul-Kubraa Lawal

10:15 a.m.

## Keynote Q&A Session | Grumman Auditorium

10:45 a.m.

## Exhibitors and Posters | Atrium and Willow Lounge

Exhibitors: Atrium | Posters: Willow Lounge

11:15 a.m.

## Morning Breakout Sessions

*Advancing Digital Equity and Inclusion Efforts to Improve Emotional Health and Well-being of Migrant and Seasonal Agricultural Workers and their Families in North Carolina*

Modjulie Moore and Rosa N. Miranda | Location: Dogwood

*#CapeBreak: The Reverse Engineering of the Strong Black Woman Phenomena*

Chris Omni | Location: Rosebud

*Supporting Healthy Outcomes Within Black and Brown Perinatal Communities*

Angela Krider and Miranda Schartz | Location: Sunflower

*Nonpartisan Voter Registration in Health Care — Enhancing Civic Engagement for Health Improvement*

Lizbeth Alvarez | Location: Mountain Laurel (Virtual Presentation)



# CONFERENCE AGENDA (AFTERNOON)

12:15 p.m.

## Lunch

1:30 p.m.

## Victor J. Schoenbach Keynote Speaker | Grumman Auditorium

Dr. Chantel Martin

*"Stress Really Can Kill You!"*

Moderators: Simone Wilson and Shaun R. Jones

2:15 p.m.

## Keynote Q&A Session | Grumman Auditorium

2:45 p.m.

## Exhibitors and Posters | Atrium and Willow Lounge

Exhibitors: Atrium | Posters: Willow Lounge

3:30 p.m.

## Afternoon Breakout Sessions

*It's Messing With Our Heads — A North Carolina Intervention to Decrease Vaping Among Young Adults*

Nnenne M. Asi and Kristen Tertzakian | Location: Dogwood

*Creating and Holding a Safe Space for African American Teens and Mental Health*

Ladovia Washington | Location: Rosebud

*Lessons from Indian Health: Rural Health Workforce Development*

Michael Toedt | Location: Mountain Laurel (Virtual Presentation)

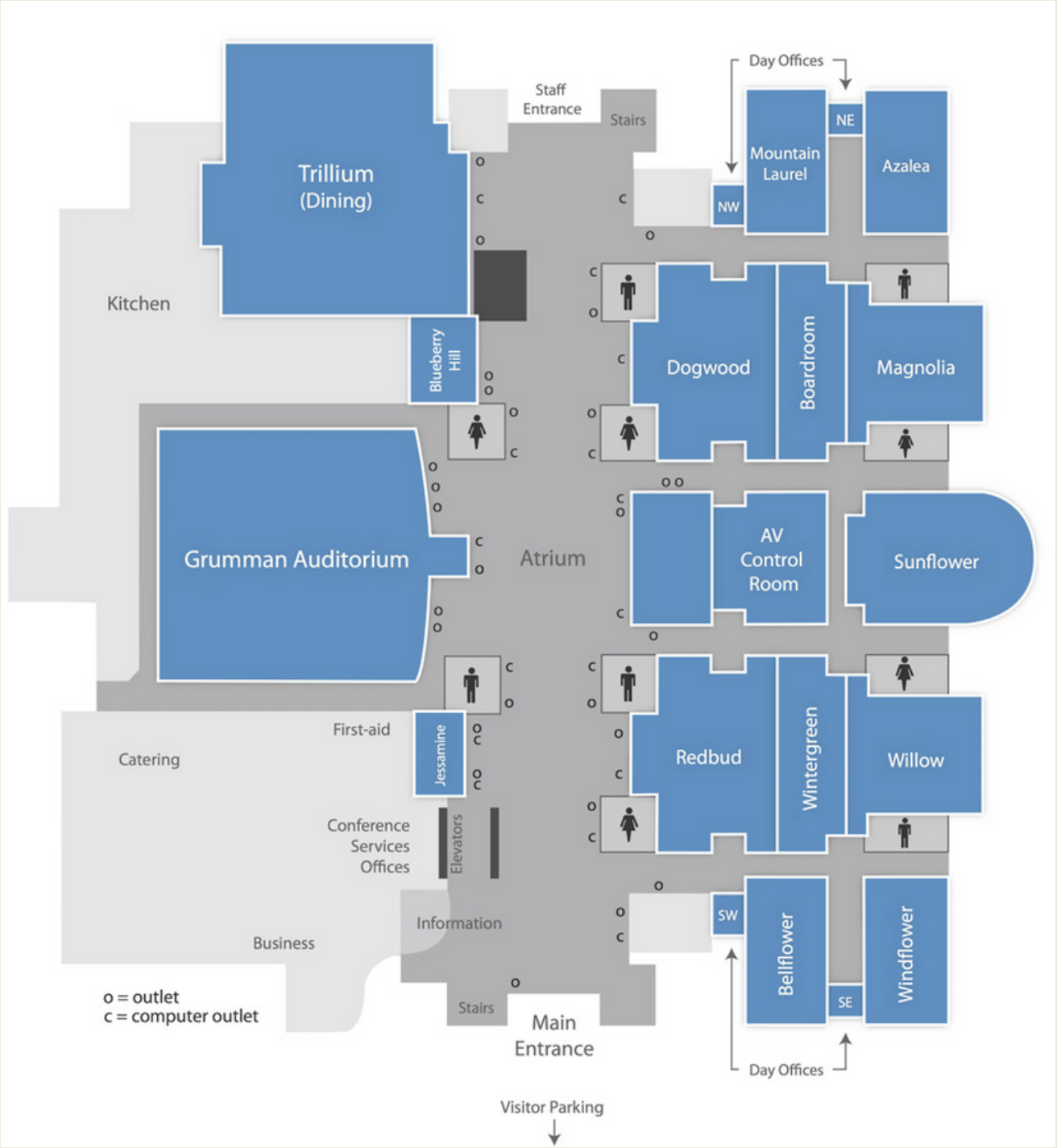
*Beyond the Mask: The Deteriorating Mental Health of the "Strong Black Woman"*

Adaobi Iwuanyanwu | Location: Sunflower





# FRIDAY CONFERENCE CENTER MAP





**Questions for keynote speakers?**  
Scan the QR code to send in your questions.



# KEYNOTE SPEAKERS

*26th William T. Small Jr. Keynote Speaker:*

## DR. IHEOMA U. IRUKA



Dr. Iheoma U. Iruka, is a research professor in the Department of Public Policy and the founding director of the Equity Research Action Coalition at the Frank Porter Graham Child Development Institute at UNC Chapel Hill. She has a bachelor's degree in psychology from Temple University, a master's degree in psychology from Boston University, and a Master of Science degree and doctoral degree in applied developmental psychology from the University of Miami. Dr. Iruka is leading projects and initiatives focused on ensuring that minoritized children and children from low-income households thrive through the intersection of anti-bias, anti-racist and culturally grounded research, program, and policy. Dr. Iruka has authored more than 80 books and papers and has given over 300 talks addressing systemic inequities and advancing research and action on the well-being of children and families. She serves on numerous national and local boards and committees, including the National Academies of Sciences, Engineering, and Medicine; the American Psychological Association's Board of Educational

Affairs; the National Science Foundation; and the Lancet Commission on Racism and Child Health. In addition to being on the National Advisory Committee for the U.S. Census Bureau and a census advisor for the National Urban League, Dr. Iruka is the recipient of the 2022 American Psychological Association Mid-Career Award for Outstanding Contributions to Benefit Children, Youth, and Families and is the 2023 Association of University Centers on Disabilities Leadership for All award winner. She recently was named a 2023 American Psychological Association Fellow.

### ***Killing Them Softly: Racism and the Child Health Crisis***

The early years are a sensitive period of development. However, Black children and other children from marginalized communities are having to deal with unequal childhoods from the potential loss of a parent due to maternal mortality and COVID-19, as well as inequitable access to early childhood interventions and education along with intergenerational poverty and under/disinvested communities. Shaped through the Racism + Resilience + Resistance Integrative Study of Childhood Ecosystem (R3ISE integrative model), this keynote discusses how the endemic of racism, bias, and discrimination is harming the lives of young children. The talk will focus on limiting the dehumanizing experiences of children and highlighting the assets of their families and communities, coupled with practices and policies that can begin to transform systems and programs to advance racial equity and child and human rights.



# KEYNOTE SPEAKERS

*13th Victor J. Schoenback Keynote Speaker:*

## DR. CHANTEL MARTIN

Dr. Martin is an assistant professor in the Department of Epidemiology in the Gillings School of Global Public Health, faculty fellow at the Carolina Population Center and Co-Director of Cardiopulmonary Research at the Center for Environmental Health & Susceptibility at UNC. Her research uses rigorous methodological and theoretical approaches to investigate social and structural determinants of racial disparities in chronic disease risk across the life course, as well as how exposures in the social and physical environment become biologically embodied — or “get under the skin” — to impact chronic disease risk. By collaborating with colleagues across various UNC departments and at other institutions, such as Duke University, NC State University and the Environmental Protection Agency, she has addressed novel questions central to her research.



Dr. Martin’s innovative research has resulted in more than 40 peer-reviewed publications in top public health, epidemiology and social sciences journals. Her work has been nationally recognized with several invited presentations at national conferences and the National Institutes of Health. In 2022, she received the Academy of Behavioral Medicine’s Early Stage Investigator Award and the Gillings School of Global Public Health Faculty Award for Excellence in Health Equity Research. Her dedication to leadership in the field of epidemiology, health equity and inclusiveness is also demonstrated in her teaching record. Dr. Martin was involved in the development of a required course in the Department of Epidemiology for all incoming doctoral students that introduces key concepts in conducting socially responsible epidemiologic research. In recognition of Dr. Martin’s high-quality teaching, she was nominated by her students and received the 2023 Gillings School Health Teaching Innovation Award.

### *“Stress Really Can Kill You!”*

Despite advances in medical technology and increases in health care spending, Black individuals in the U.S. have poorer health outcomes than white individuals at every stage across the life course. In fact, Black adults have the physiological profile of their white counterparts 6-10 years older. If such disparities are not explained by differences in individual behaviors, where should we focus to reduce health inequalities? In this keynote, Dr. Martin will discuss her personal journey as an epidemiologist working to better understand drivers of health inequalities.

The talk will explore our understanding of stress, its impact on our daily lives and health, and our charge as public leaders in the fight for health equity.



# MORNING BREAKOUT SESSIONS

## OVERVIEW

### ONE

*Advancing Digital Equity and Inclusion Efforts to Improve Emotional Health and Well-being of Migrant and Seasonal Agricultural Workers and their Families in North Carolina*

Speakers: Modjolie Moore and Rosa N. Miranda

Location: Dogwood

### TWO

*#CapeBreak: The Reverse Engineering of the Strong Black Woman Phenomena*

Speaker: Chris Omni

Location: Rosebud

### THREE

*Supporting Healthy Outcomes Within Black and Brown Perinatal Communities*

Speakers: Angela Krider and Miranda Schartz

Location: Sunflower

### FOUR

*Nonpartisan Voter Registration in Health Care — Enhancing Civic Engagement for Health Improvement*

Speaker: Lizbeth Alvarez

Location: Mountain Laurel (Virtual Presentation)





# AFTERNOON BREAKOUT SESSIONS

## OVERVIEW

### FIVE

#### *It's Messing With Our Heads — A North Carolina Intervention to Decrease Vaping Among Young Adults*

Speakers: Nnenne M. Asi and Kristen Tertzakian

Location: Dogwood

### SIX

#### *Creating and Holding a Safe Space for African American Teens and Mental Health*

Speaker: Ladovia Washington

Location: Rosebud

### SEVEN

#### *Lessons from Indian Health: Rural Health Workforce Development*

Speaker: Michael Toedt

Location: Mountain Laurel (Virtual Presentation)

### EIGHT

#### *Beyond the Mask: The Deteriorating Mental Health of the “Strong Black Woman”*

Speaker: Adaobi Iwuanyanwu

Location: Sunflower



# MORNING BREAKOUT SESSION ONE

## ONE

*Advancing Digital Equity and Inclusion Efforts to Improve Emotional Health and Well-being of Migrant and Seasonal Agricultural Workers and their Families in North Carolina*



**Speakers: Modjulia Moore, MD | Rosa N. Miranda, MS**

Location: Dogwood

The session will focus on defining digital equity and inclusion and its importance in supporting emotional health and well-being of Migrant and Seasonal Agricultural Workers (MSAW) in North Carolina. The session will provide an interactive format to help bring the audience closer to understanding the social determinants of health experienced by MSAW in North Carolina. The session will define digital equity and inclusion and the learned impact of internet connectivity on emotional health in agricultural communities. The session will highlight digital inclusion as a "super" social determinant of health and guide the audience through an understanding of the impacts of the digital divide in the context of agricultural communities in North Carolina. The session will highlight current efforts ongoing with the NC Farmworker Health Program, in listening and learning from rural communities how to support in developing digital health infrastructure with an inclusive and culturally relevant approach. At the completion of the session, we hope the audience will have a broader understanding of digital equity and inclusion and its importance on emotional health and well-being for agricultural workers in North Carolina.



# MORNING BREAKOUT SESSION TWO

TWO

## *#CapeBreak: The Reverse Engineering of the Strong Black Woman Phenomena*



**Speaker: Dr. Chris Omni, MPH, MLS**

Location: Rosebud

During the #CapeBreak session, I begin by pouring love into the hearts, minds, and spirits of Black women in the room. Secondly, everyone in attendance will learn what it was like for four Black women to let BE-ing be enough in the state of Florida. You will be invited on a Black Joy adventure where you will engage in compassionate listening as you hear their stories and come to better understand that stories afford Black women the opportunity to speak life over self and to heal private wounds. Next, attendees will learn about a new theoretical framework, Kujima (koo-Gee-mah) Theory of Collective-self Motivation, that informed the creation of the #capeBreak study. Lastly, as attendees hear the stories of Black women, Black Joy, and rest, it is my hope that they will begin to see Black Joy as a new social determinant of health.



# MORNING BREAKOUT SESSION THREE

## THREE

### *Supporting Healthy Outcomes Within Black and Brown Perinatal Communities*



**Speakers: Angela Krider, MSW, LCSW | Miranda Schartz, BA**

Location: Sunflower

The perinatal period is a unique time of exposing existing psychosocial stressors and social determinants of health. With pregnancy, changes within the body are inevitable — as are changes within mental health needs, coping, and social supports. This session will explore some of the unique challenges birthing people face, as well as provide strategies and clinical interventions from an integrated primary care perspective.



# MORNING BREAKOUT SESSION FOUR

## FOUR

### *Nonpartisan Voter Registration in Health Care — Enhancing Civic Engagement for Health Improvement*



**Speaker: Lizbeth Alvarez**

**Location: Mountain Laurel (Virtual Presentation)**

This academic session delves into the structural determinants of health, examining socioeconomic, political, and environmental factors at regional and national levels since 2020. Over 500 healthcare sites actively promoted voting through Vot-ER's clinic-based voter access resources, emphasizing the need for structural change. The presentation outlines the rationale behind positioning health clinics as centers of civic engagement, sharing experiences from Federally Qualified Health Centers/Community Health Centers' voter registration efforts. Attendees will gain insights into the transformative impact of voting on health outcomes, emphasizing self-advocacy and framing voter registration as a Moral Determinant of Health, according to Don Berwick. Vot-ER's resources for promoting voter access in healthcare centers will be showcased.





# AFTERNOON BREAKOUT SESSION FIVE

## FIVE

### *It's Messing With Our Heads — A North Carolina Intervention to Decrease Vaping Among Young Adults*



**Speakers: Nnemme M. Asi | Kristen Tertzakian**

Location: Dogwood

Vaping nicotine poses both a public health and mental health crisis to a generation of young people. To address the high rates of vaping among young adults, the North Carolina Department of Health and Human Services has partnered with Truth Initiative to deliver a multi-faceted intervention to encourage young adults in North Carolina to quit.

Through interactive presentation and a small group exercise, this session will provide an overview of the initiative and strategies and tools that college students, faculty and staff can implement on campus. This session will cover the most recent data on vaping, both nationally and in North Carolina and its intersection with social justice and mental health. The session will also provide an overview of This is Quitting, an evidence-based, free quit vaping program. The program provides customized support to states, including a tailored program for North Carolina.

The intervention also includes a media campaign, driving viewers to This is Quitting and events at North Carolina universities. The session will provide ways that college students can promote This is Quitting and take action on tobacco and vaping in their community and on campus. Actions focus on tobacco and vaping's impact on social justice, the environment and mental health.

Through a small group exercise, participants will identify two actions to address vaping at their institution.



# AFTERNOON BREAKOUT SESSION SIX

SIX

## *Creating and Holding a Safe Space for African American Teens and Mental Health*



**Speaker: Ladovia Washington**

Location: Rosebud

Focusing on addressing the specific needs of African American teenagers in terms of mental health support and suicide prevention and to establish a space where teens can feel safe, understood, and supported as they navigate their mental health struggles.



# AFTERNOON BREAKOUT SESSION

## SEVEN

### SEVEN

#### *Lessons from Indian Health: Rural Health Workforce Development*



**Speakers: Dr. Michael Toedt**

Location: Mountain Laurel (Virtual Presentation)

At the end of this session participants will be able to:

1. Describe health inequities for American Indian and Alaska Native population.
2. Identify commonalities and differences between workforce development issues affecting American Indian and Alaska Native communities and other rural communities, including the effects of historical trauma.
3. Describe current and innovative strategies that can support growth and sustainment of the native and rural health workforce



# AFTERNOON BREAKOUT SESSION

## EIGHT

### EIGHT

#### *Beyond the Mask: The Deteriorating Mental Health of the "Strong Black Woman"*



**Speaker: Adaobi Iwuanyanwu**

Location: Sunflower

This session aims to foster a deeper understanding of how misleading the word "strong" can be. Although it may first appear as a compliment towards Black women, it can be a way for society to say that "As a strong Black woman, you have overcome so many obstacles." But also, it's a way for them to add "Since you have endured so many obstacles, why not endure more? Why not tolerate more? Why ask for help now when you have been independent all your life?" I will explain how even though the "strong" Black woman is thought of as a hero, they are the everyday being: the older sister, the daughter of immigrant parents, the first-generation college student, the single mother, the tolerating wife, the highly educated, and the woman that you walk past every day on campus.

Overall, I will shed light on the resilience embedded in the Superwoman role by delving into a spectrum of intersectional strains that contribute to the intricate tapestry of their experiences. By examining data on suicide rates and health disparities, I aim to provide insights that contribute to a broader understanding of the intersectionality between race, gender, and mental health. This is all done in order to uncover the nuanced dynamics and outcomes impacting the mental health of Black women.



# POSTERS

Poster presentations will be held in Willow Lounge

Morning: 10:45 - 11:15 a.m | Afternoon: 2:45 - 3:30 p.m.

Note: Posters will be available to view throughout the day of the conference.

## **Policy Analysis and Recommendations: High Prevalence of Diabetes and Hypertension Among the Immigrant Adult Population of New York City**

Sonaiya Sneh, MD, MPH MBA Dual Degree Candidate, Johns Hopkins Bloomberg School of Public Health, Johns Hopkins University

## **Impact of North Carolina Community Health Workers in Providing Access to Social Support Resources During COVID-19**

Amy Kryston, MS, MPH, Senior Analyst, Partners In Health

## **The Region 10 NC Minority Diabetes Prevention Program (NC MDPP), ENC Prevent Diabetes promoting health equity to reduce diabetes disparity among minorities.**

Laquelia Lewis, MPH, MA, CHES, Pitt County Health Department; Anna Parker, BSPH, Beaufort County Health Department; Emmanuelle Quenum, MPH, MCHES, NBC-HWC, Greene County Department of Public Health

## **A Literature Review of HIV Prevention Programs for Black Women**

Denise Burwell, MPH

## **Utilizing Community Health Workers to Address COVID-19 Health Disparities in Durham County**

Edeia Lynch, BS, Community Health Worker Coordinator





# POSTERS

## **Understanding and Measuring Prediabetes-Related Stress Among Latinx Adults**

Tiffany Portacio, BA, MPH Candidate, Graduate Research Assistant, Department of Health Behavior, UNC Gillings School of Global Public Health

## **Skin Tone – A Marker for Bias Known as Colorism – In Relation to Sleep Health Among African American Women**

Bethany T. Ogbenna, PhD, MPH, Epidemiology Branch, National Institute of Environmental Health Sciences, NIH

## **Linguistic Acculturation is Associated with Better Cardiometabolic Health among Bhutanese Refugees Living in the United States**

Jamie A. Murkey, PhD, MPH, Postdoctoral Fellow, Epidemiology Branch, Division of Intramural Research, National Institute of Environmental Health Sciences, NIH

## **Breaking Language Barriers in Healthcare: Assessing the Impact of Refugee Community Partnership's Language Navigator Program for Refugee and Migrant Patients**

Emily Benson, BSPH, MPH Candidate at UNC, Intern, Refugee Community Partnership; Helen Lindsay, MPH Candidate at UNC, Intern, Refugee Community Partnership

## **Building Bridges to Well-being: The Role of Collaborative Initiatives in Addressing Health Disparities Among Marginalized Communities During the COVID-19 Pandemic**

Breyana D. Davis, MPH, North Carolina Agricultural and Technical State University, Executive Director of the Health Equity Data Consortium

## **The Skin I'm In: An Intersectional Exploration of the Colorism Experiences of Young Adult Black Women**

Brianna Halliburton, MPH, Behavioral Social & Health Education Sciences at the Rollins School of Public Health at Emory University



# POSTERS

## **Maladaptive Coping Mediates Associations between Everyday Racial/Ethnic Discrimination and Insomnia Symptoms**

Rupsha Singh, PhD, National Institute on Aging, NIH

## **Financial Constraints, Partnership Dynamics, and Stigma: Barriers to Cervical Precancer Topical Treatment in Kenya.**

Jenny Carpenter, MHS, UNC Gillings School of Global Public Health

## **Investigating The Association Between Exercise and Quality of Life Among Breast Cancer Survivors in The Black Women's Health Study**

Natasha R. Burse, MS, DrPH, University of North Carolina at Chapel Hill

## **Geographic and Socioeconomic Determinants of Prostate Cancer Incidence in the United States**

Shaun R. Jones, MPH, Department of Epidemiology, UNC Gillings School of Global Public Health

## **“We have stress just from living in this country”: Stress appraisals and coping mechanisms of Latino immigrants in Mecklenburg County**

Sarai Ordonez, CHES, BSPH, Camino Research Institute

## **Bacterial Vaginosis Disparities: Exploring Association With Community-Level Poverty and Healthy Food Access in Chicago, IL**

Emily Shi, BA, University of Illinois at Chicago College of Medicine

## **Assessing differences among organizational perspectives to target strategic leverage-points in cardiovascular disease evidence-based program implementation efforts in rural African American communities in North Carolina**

Veena K. Reddy, BS, UNC Center for Health Equity Research



# EXHIBITORS

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# NOTES



# NOTES



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