

Carolinas Association for Community Health Equity,
 Presbyterian Healthcare and Carolinas Medical Center Present:



the fifth annual
COMMUNITY HEALTH SYMPOSIUM
Defining the Disparity Dilemma
Focus: Obesity in At-Risk Populations

Obesity Statistics

- More than half of American adults are overweight or obese.
- 30% of children ages 6-19 are overweight or at risk for being overweight.
- Seventy-seven percent of African American women are overweight or obese.
- The highest prevalence of obesity in boys is observed in Mexican Americans.
- The highest prevalence of obesity in girls is observed in African Americans.
- 25% of Caucasian children are overweight.
- 33% of African American and Hispanic children are overweight.
- 80% of type II diabetes is related to obesity.
- 70% of cardiovascular disease is related to obesity.
- In North Carolina the prevalence of overweight or obese males is 68% compared to 50% in females.
- In North Carolina the prevalence of overweight or obese individuals is 69% in African Americans compared to 57% in Caucasian
- In North Carolina the highest prevalence of obesity is among black women at 40%.



Symposium Director, Dr. Yele Aluko

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Symposium Co-Director, Dr. Jerome Williams, Jr.

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Hosted By:



Erica Bryant
 Anchor, WSOC-TV Channel 9

Health Symposium with Lunch

Thursday, October 16, 2008
 8:00 a.m. - 2:00 p.m.

Registration 8:00 a.m.

Program 9:00 a.m. - 2:00 p.m.

Charlotte Convention Center
 Tables of 10: \$650
 Tickets: \$45 per person

Call The Main Event
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 704-332-5819
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Symposium Director

Yele Aluko, MD., Mid Carolina Cardiology

Symposium Co-Director

Jerome Williams, Jr., MD., Mid Carolina Cardiology

Program Committee

1. Deborah J. Walker, PhD., VISIONS, Inc.
2. Jessica Saxe, MD., Carolina Physicians Network
3. John Cleek, MD., Carolinas Weight Management and Wellness Center
4. Marta Kalinsky, MD., Kalinsky Medical Center
5. Carl Lowe, MD., Carolina Surgical Clinic
6. Angela Hargrow, PhD.

7. Keith Logan, MD., Presbyterian Psychiatric Associates
8. LaTonya Chavis, MA., Community Building Initiative
9. Vernease Miller, JD, MHA, Pfeiffer University, Charlotte, NC
10. Jerome Williams, MD., Mid Carolina Cardiology, Charlotte, NC
11. Yele Aluko, MD., Mid Carolina Cardiology, Charlotte, NC

8:00 am - 9:00 am	Registration	9:45 am - 9:55 am	Sponsor Acknowledgement: <i>Yele Aluko, MD.,</i> Mid Carolina Cardiology, Charlotte, NC, Symposium Director and <i>Jerome Williams, Jr. MD.</i> Mid Carolina Cardiology, Charlotte, NC, Symposium Co-Director
9:00 am - 9:10 am	Introduction and Welcome: <i>Ms. Erica Bryant,</i> WSOC-TV, Charlotte, NC		
9:15 am - 9:40 am	Morning Plenary Session: <i>Defining Obesity: The different degrees of overweight states</i>		
Speaker:	<i>Marcus Plescia MD, MPH.</i> Chief, Chronic Disease and Injury Section, North Carolina Division of Public Health.	10:00 am - 10:10 am	Schedule of Events: <i>Ms. Erica Bryant,</i> WSOC-TV, Charlotte, NC
		BREAK	

Breakout Sessions: 10:20am - 11:20am and 11:30am - 12:30am

I. Sistah to Sistah: Let's talk weight. Culture, custom, or DNA.

- a. Ophelia Garmon-Brown, MD., Presbyterian Medical Group
- b. Deborah Walker, PhD., VISIONS, Inc.

II. The obesity epidemic in childhood and adolescence:

- Facts and options for individuals, families, schools and communities.
- a. Traci Lamothe, MD., Presbyterian Medical Group
 - b. Jessica Saxe, MD., Carolina Physicians Network

III. The physical impact of obesity:

- Total body damage
- a. John Cleek, MD., Carolinas Weight Management and Wellness Center

IV. Managing obesity:

- From lifestyle, to medical and surgical options
- a. Marta Kalinsky, MD., Kalinsky Medical Center
 - b. Carl Lowe, MD., Carolina Surgical Associates

V. Obesity in the workplace:

- a. John Smith, MD., Blue Cross Blue Shield NC, Raleigh, NC

VI. Obesity in the Latino Community

- a. Carlos Jorge, MD., Presbyterian Medical Group

VII. The psychology of obesity: Causes, effects, and options.

- a. Angela Hargrow, PhD.
- b. Keith Logan, MD., Presbyterian Psychiatric Associates

BREAK

10:20 am - 11:20 am	Breakout Sessions: Concurrent Schedule/ Exhibits Open	12:50 pm - 1:05 pm	Lunch is served
12:40 pm	Lunch Seating	1:00 pm - 2:00 pm	Keynote Speaker: Valentine Burroughs, MD. Senior Vice President for Medical Affairs, St. Francis Hospital, Wilmington, Delaware
12:45 pm - 12:50 pm	Welcome Back: <i>Ms. Erica Bryant,</i> WSOC-TV, Charlotte, NC	2:00 pm	Conclusion/Thanks: Vernease Miller, JD, MHA, Pfeiffer University. Chair, Board of Directors, Carolinas Association for Community Health Equity, Charlotte, NC
Invocation:	Chaplain Harry Burns, Carolina Association for Community Health Equity, Charlotte, NC		



Symposium Director
Yele Aluko, MD., Mid Carolina Cardiology



Symposium Co-Director
Jerome Williams, Jr., MD., Mid Carolina Cardiology

Fifth annual Minority Health Symposium to target obesity in at-risk populations

from the business and faith-based communities. It is designed as a community educational program and will feature several breakout sessions that focus on the relationship of obesity and multiorgan pathology.

Despite advances in medical science and technology in the United States, negative disparities in health care outcomes have remained significant among African Americans, Latin Americans and Native Americans compared to Anglos. Several reasons have previously been put forth explaining this observation including poverty, lack of education and socioeconomic differences among these racial and ethnic minorities.

However, when the results of the Institute of Medicine Study titled "Unequal Treatment" were published in 2002, it was evident for the first time based on scientific analysis, that the

disproportionate morbidity and premature mortality among minority populations had more complex reasons that were not explained by lack of access to or the ability to pay for needed health care. Health disparities will not be eliminated until general awareness is increased. The vision of CACHE is to be the leading partnership organization for achieving community health equity in the Carolinas. Its mission is to improve health through collaborative partnerships, by eliminating health disparities that affect racial, ethnic and other at-risk populations.

The strength of this effort is the collaboration and commitment of local and state governments, health professionals, institutions of higher learning, community associations, faith-based groups and other public and private organizations working together for the greater good of all citizens of Mecklenburg County.

— By Dr. Yele Aluko, health symposium director, and Dr. Jerome Williams Jr., health symposium co-director, on behalf of the CACHE program committee

On Oct. 16 at the Charlotte Convention Center, Carolinas Association for Community Health Equity will present its fifth-annual minority health symposium – Minority Health: Defining the Disparity Dilemma – which is designed as an educational and fundraising activity to support CACHE and its programs.

The symposium will focus on obesity in minority populations, and is expected to attract 600 attendees representing a broad spectrum of lay people, health care providers and representatives

Our Speakers



Keynote Speaker:
Valentine Burroughs, MD.

Dr. Valentine Burroughs has broad-based experience as a physician, businessman, medical director, senior-level hospital administrator, educator, policy analyst and lobbyist. In addition to more than 20 years of experience designing and delivering innovative health care services, he has special expertise in managing health care delivery and wellness programs for minority communities in managed care and public health environments.

Burroughs has a special interest in weight management and obesity. He serves on the GlaxoSmithKline Multicultural Council on Weight Management with the goal of supporting sensible weight management, especially in minority populations.

He has worked with community leaders, government officials, private practitioners, organized medicine leaders and pharmaceutical executives at the highest levels.

In 2003, Burroughs was appointed by Manhattan borough President C. Virginia Fields to chair the Fields Commission to investigate and provide recommendations to address the growing health care disparities among minorities in the borough.

The release of "Closing the Health Divide: What Government Can Do to Eliminate Health Disparities Among Communities of Color in New York City" by the Manhattan borough presidents' office in October 2004 was the culmination of this work. The report includes 23 goals and 96 strategies to affect the closure of the health divide in New York City, and to serve as a model for other similarly disadvantaged parts of the country. Burroughs has authored several landmark articles and

a book chapter on racial and ethnic differences in response to medications, ethics within the pharmaceutical industry, and cultural and genetic diversity in America, highlighting the need for individualized pharmaceutical treatment and policies that address the needs of all Americans. Burroughs currently is senior vice president for medical affairs at Saint Francis Hospital and Healthcare Services in Wilmington, Del.; an associate professor of medicine at the Mount Sinai School of Medicine, New York City; and the medical director and endocrinologist at Health Care New York Independent Practice Association. Burroughs also serves as a trustee on the board of directors for the National Medical Association.



Morning Plenary Speaker:
Marcus Plescia, MD.

Dr. Marcus Plescia has widespread interest in the prevention and control of chronic disease and injury. He also has specific interests in health disparities, public health surveillance systems and the interface between clinical medicine and public health.

He has interest in international health models and has received fellowships to study health care systems in Great Britain and Kenya.

Plescia currently is chief of the chronic disease and injury section in the public health division at the North Carolina Health and Human Services Department. He oversees more than \$15 million in grant moneys from the Centers of Disease Control and Prevention for the prevention and control of chronic disease and injury. North Carolina is one of only 10 states to receive this comprehensive level of chronic disease funding from the CDC.

From 1999 to 2007, Plescia served as the principal investigator for the CDC-sponsored Charlotte REACH 2010 project.

Prior to his appointment to the North Carolina Health and Human Services Department, he was associate clinical professor of family medicine at Carolinas Medical Center. As a family physician, he has practiced medicine in a variety of settings, serving homeless, urban-poor and medically underserved populations.

Plescia holds an academic appointment as an adjunct associate professor in the University of North Carolina Department of Family Medicine. He is currently serving a one-year term as president of the National Association of Chronic Disease Directors.

Plescia received his medical degree from UNC Chapel Hill in 1990 and his master's degree in public health from UNC in 1989.



Symposium Emcee: Erica Bryant

Erica Bryant is an evening anchor at WSOC-TV. Bryant anchors WSOC-TV's "Eyewitness News" at 5:30 p.m. and "Action News" at 10 p.m. on WAXN-TV with Blair Miller.

Bryant joined the Eyewitness News team in 2004. In addition to reporting for the investigative team, she co-anchored "Eyewitness News Daybreak" and "Eyewitness News MIDDAY." Before coming to WSOC-TV, she co-anchored the evening news at WCBD-TV in Charleston, S.C. She has received multiple Emmy nominations and has awards from the Radio and Television News Directors Association and the South Carolina Broadcasters Association. Mecklenburg County Youth and Family Services also recognized Bryant for her dedication to encouraging families to adopt children in foster care. She is a member of Delta Sigma Theta Sorority, a nonprofit, public service organization. Bryant earned her bachelor's degree in journalism and mass communication from UNC Chapel Hill.



Carolinas Association for Community Health Equity (CACHE)

Councils:
Access
Quality
Science and Research
Cultural and Linguistic
Competence

VISION
CACHE will be the leading partnership based organization for achieving community health equity in the Carolinas

MISSION
CACHE improves health by eliminating health disparities that affect racial, ethnic and other at-risk populations through collaborative partnerships

- STRATEGIC GOALS**
1. Improve Access for health care among racial and ethnic minorities.
 2. Improve quality of health care for racial and ethnic minorities.
 3. Promote pertinent education and research inclusive of racial and ethnic minorities.
 4. Improve cultural and linguistic competence in health care delivered to racial and ethnic minorities.

STRUCTURE

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