



# CONVERSATIONS ON HEALTH

a community health education program

June 22, 2024



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Greetings,

The National Medical Association (NMA) Project IMPACT 2.0 in partnership with Zion Baptist Church of DC Health Ministry, Mount Airy Baptist Church Health Ministry, Trinity Episcopal Church of DC Health Ministry, Cobb Health Institute, Black Coalition Against Covid and Black Doctors.Org is very excited to bring a very special community-wide health education and awareness activity to the Metropolitan Washington DC community.

The goal of the program is to empower communities of color with tools to help improve health outcomes. The program is titled, "Conversations on Health". An expert panel will actively engage in conversations with you, the audience participants after brief presentations. The panelists presentations will address issues from selected health topics that impact our community, such as chronic diseases (Cancer, CVD, Diabetes, Obesity), kidney disease, COVID-19, influenza, climate health and environmental justice, and health screening with a focus that include diverse participation in clinical trials. mental health as a common thread that crosses all selected health conditions with associated challenges for people of color, as appropriate.

In addition, to the expert panel conversations, table-top health information will also be available to continue the dialogue on selected topics. Through the knowledge gained from this program participants will increase their understanding of the roles they play in being an active member in navigating their health care, use of new and emerging medical products and the impact on health outcomes. A special emphasis on key components of clinical research that should be considered when designing health initiatives for diverse populations through early incorporation of community viewpoints from those consumers and providers bearing the greatest burden of diseases.

We sincerely hope you enjoy this community event.

Sincerely,

**National Medical Association/Project IMPACT2.0 joins  
Zion Baptist Church Health Ministry**

**June 22, 2024, 10 am – 2 pm**  
**Zion Baptist Church of DC**  
4850 Blagden Avenue, NW  
Washington, DC  
Rev. Dr. Keith W. Byrd Sr., Pastor

**AGENDA**

9:30 am	Table Talks Health Information	Committee & Table Talks POCs
11:00 am	Opening Welcome/Invocation	Rev. Dr. Keith W. Byrd Sr. Pastor, Zion Baptist Church
11:05 am	Introductory Remarks	Doris Browne, MD, MPH
11:10 am	Speakers Panel	Marilyn Gaston, MD
11:20 am		Gayle K. Porter, Psy. D
11:30 am		Melanie B Nix, MA
11:40 am		Reed Tuckson, MD
11:50 am	Open Discussion Q&As	Panelists and Participants
12:20 pm	Evaluation; Lunch; Prizes	Robin Kelley, PhD
12:50 pm	Table Talks Information, continued	
1:50 pm	Closing/Acknowledgements	Leslie Cooper, RN,BSN, MPH, PhD, FAAN
1:55 pm	Benediction	Deacon Calpurnia Bryant
2:00 pm	Adjournment	

Live streamed at:

<https://www.facebook.com/events/7706083122821470>

<https://www.youtube.com/watch?v=QwN742r-Wto>

## BIOGRAPHIES OF PANELISTS



**Dr. Marilyn H. Gaston** is Former Assistant Surgeon General and Director, Bureau of Primary Health Care, U.S Public Health Service Rear Admiral (USPHS, Ret.), Co-Director, The Gaston & Porter Health Improvement Center. Her professional career has been dedicated to improving the health of poor and minority families in our Nation and abroad. Her approach to accomplishing this goal has been through her direct delivery of quality primary health care; through the provision of medical education to young clinicians in training; involvement in clinical research; and through administration of local and Federal programs directed to services for the un- and underserved people of our country. Dr. Gaston is a much sought after speaker and a frequent keynote speaker on topics close to her heart: Women's Health, especially African American Women's Health, Elimination of Health Disparities, Improving Access to Health Care, Sickle Cell Disease, and the Needs of Youth. Her dream for this Nation is 100% access to quality care and 0 disparities in health outcomes.

**Melanie A. Nix**, triple negative breast cancer survivor and health and wellness advocate, uses her endowments as a storyteller, coach, and celebrator to bring joy and fulfillment to the lives of everyone she touches. Melanie frequently speaks about timeless life lessons on resilience, reconstruction and growth drawn from her personal and professional experiences. The chief visionary of [Diagnosis to Destiny](#), she shares lessons learned surviving cancer that can pave the road from diagnosis to destiny. She is the cofounder of [Breast Cancer Comfort Site](#). In addition to her dedicated social media following, she has been profiled by several media outlets including [CURE Magazine](#), earning invitations to [The White House](#) and Vice President's Residence. Running is part of her daily routine and she considers restorative naps an imperative. A movie and music lover, she enjoys travel and appreciates the serenity of being oceanside. She holds a Bachelor of Arts degree from the University of Virginia and an MBA from the Robert H. Smith School of Business – University of Maryland, College Park. Melanie lives with her husband, Raymond; son, Carter; and daughter, Kennedy.



**Dr. Gayle K Porter** is a clinical psychologist and an internationally known expert and lecturer in the area of mental health, particularly as it relates to Black children, women and families. Dr. Porter is the Co-director and developer of The Gaston Porter Health Improvement Center, Inc (GPHIC) which is responsible for providing culturally competent information and training on effective and evidence-based interventions, models, materials, and resources to reduce emotional and physical health disparities especially in relationship to minority children and adults at the local, state and national level. One of the major activities of the Center was the development of the Prime Time Sister Circles® (PTSC) program. The PTSC is an evidenced-based, free, support group intervention for mid-life (40-75 years of age) Black women. It is designed to help them reduce their blood pressure and unmanaged stress and depressive symptoms; improve their nutrition and; increase their physical activity. Dr. Porter and her Co-director and developer, Dr. Marilyn Gaston, have received numerous awards and honors for the PTSC. Dr. Porter was a Managing Researcher for the American Institutes for Research (AIR) and a Principal Research Analyst and Senior Mental Health Advisor. She was responsible for ensuring that numerous federally funded programs across the country had information and training on quality mental health services to families in which children have an emotional disturbance.



**Reed V. Tuckson, MD, FACP**, is Managing Director of Tuckson Health Connections, LLC, a vehicle to advance initiatives that support optimal health and wellbeing. Currently, Dr. Tuckson's focus is on advancing his work as a co-founder of the Black Coalition Against COVID, a multi-stakeholder and interdisciplinary effort working to mitigate the COVID-19 pandemic in Washington, DC and nationally by coordinating the four historically Black medical schools, the NMA, the Cobb Institute of the NMA, the National Black Nurses Association, the National Urban League, and

BlackDoctor.org. He is also currently focused on his work as a cofounder of the Coalition for Trust in Health and Science, a group of 90 leading organizations uniting the breadth of the health ecosystem for the purpose of enhancing trust and countering the pernicious effects of misinformation. Previously, he enjoyed a long tenure as Executive Vice President and Chief of Medical Affairs for UnitedHealth Group, a Fortune 20 Health and wellbeing company. A recognized leader in his field, Dr. Tuckson is honored to have been appointed to leadership roles at the National Institutes of Health; National Academy of Medicine; numerous Federal Advisory Committees; and corporate, non-profit and academic boards. Previously, he served as President of the Charles R Drew University of Medicine and Science; the Senior Vice President for Professional Standards of the AMA; the SVP for the March of Dimes Birth Defects Foundation; and the Commissioner of public health for Washington, DC.

## **SPONSOR ORGANIZATIONS:**

National Medical Association/Project IMPACT2.0

W. Montague Cobb Health Institute

Zion Baptist Church Health Ministry

Mount Airy Baptist Church Health Ministry

Black Coalition Against Covid (BCAC)

Black Docors.Org

50 Hoops Legends

## **PARTNERS:**

Alpha Kappa Alpha Sorority, Inc., Rho Mu Omega Chapter

Auxiliary to the Medical-Chirurgical Society of DC, Inc.

Black Nurses Association of Greater Washington DC

Children's National Hospital, Child Health Advocacy Institute

Climate Action Campaign

District of Columbia Board of Optometry

District of Columbia Department of Health (DOH)

District of Columbia Fire Department – Community Outreach

Dr. Daneka Lucas, Clinical Pharmacist

Dynamic Solutions for the Aging, LLC

Georgetown-Howard Universities Center for Clinical and Translational Science (GHUCCTS)

Howard University Cancer Center, "Men Take Ten"

Howard University School of Dentistry

Trinity Episcopal Church of DC Heath Ministry

Veterans for Foreign Wars (VFW)

Vot-ER

## **RESOURCE LIST**

**W. Montague Cobb/NMA Health Institute:**  
**<https://www.thecobbinstitute.org>**

**NMA Covid and Flu Resources:**

**NIH All of Us Research Program:**  
**<https://allofus.nih.gov>**

**Black Doctors.org:** **<https://blackdoctor.org>**

**Association of Black Cardiologists:** **<https://abcardio.org>**

**Zion Baptist Church of DC Health Ministry:** **<https://ziondc.org>**

**Mount Airy Baptist Church Health Ministry:** **<https://mabcdc.org>**

**Trinity Episcopal Church DC Health Ministry:** **<https://trinitychurchdc.org>**

**Center for Disease Control and Prevention:** **<https://www.cdc.gov>**

**National Adult and Influenza Immunization Summit (NAIIS) : Tip Sheet to get Adult Vaccines back on track**

**Clinical Trials. gov:** **<https://www.clinicaltrials.gov>**

**Release the Pressure, Take the Pledge:** **<https://releasethepressure.org>**

**Vot+ER:** **<https://vot-er.org/>**

**Prime Time Sister Circle:** **[www.gastonandporter.org](http://www.gastonandporter.org)**

Evaluating the Impact of the Prime Time Sister Circles® Intervention on Reducing Depressive Symptoms Among African American Women with Uncontrolled Hypertension. **J Gen Intern Med** DOI: 10.1007/s11606-023-08288-z© The Author(s) 2023.

The impact of the *Prime Time Sister Circles*® (PTSC) on blood pressure of low-income mid-life African American women in the United States. **Journal of Public Health Policy (2023)** 44:616–633. **<https://doi.org/10.1057/s41271-023-00450-5>**

Evaluating Depressive Symptoms Among Low-Socioeconomic-Status African American Women Aged 40 to 75 Years With Uncontrolled Hypertension. A Secondary Analysis of a Randomized Clinical Trial. **JAMA Psychiatry**. doi:10.1001/jamapsychiatry.2020.4622. Published online February 10, 2021.

**Tips for Talking with Your Health Care Provider:** [www.portailpalliatif.ca](http://www.portailpalliatif.ca)

**Aging in Place Needs Assessment Report:** [www.districtheights.org](http://www.districtheights.org)

**Climate as a Public health Crises:**

**[https://www.nejm.org/doi/full/10.1056/NEJMe2113200?query=featured\\_home](https://www.nejm.org/doi/full/10.1056/NEJMe2113200?query=featured_home)**

**Washington Post:** Older Americans at Heightened Risk from Exposure to Soot; People Of Color Disproportionately Higher Exposure to Soot Than Other Americans.” [Wash Post, 1/6/23]

**Black Americans Experience More than Three Times As Many PM2.5-Attributable Deaths Per 100,000 Compared To All Other Races.** IEC, Analysis of PM2.5 - Final Report Supplement 3/21/23

**Congressional Review Act Guidance**

**[https://docs.google.com/document/d/1QQYJ7xH8nXzFZfutP4GN2YgvHUwos72vgRngGbgvY\\_Q/edit#heading=h.ejg6c6hepohc](https://docs.google.com/document/d/1QQYJ7xH8nXzFZfutP4GN2YgvHUwos72vgRngGbgvY_Q/edit#heading=h.ejg6c6hepohc)**

**NMA petition**

**<https://actionnetwork.org/petitions/defend-our-climate-2/?source=NMA>**

**Extreme Heat Resource**

**<https://docs.google.com/document/d/1HD17BdwoBlWd7y1dAQTVYHhZgpPDFo5lhaPwuf8NkvQY/edit#heading=h.jvw4zppk6sck>**

**Extreme Weather Season Three-Peat**

**English Language Version:**

**[https://docs.google.com/document/d/1noCSGAQKdNENZNKjuReLNRwWPRYGejo5\\_iVZTDVbEo/edit?usp=sharing](https://docs.google.com/document/d/1noCSGAQKdNENZNKjuReLNRwWPRYGejo5_iVZTDVbEo/edit?usp=sharing)**

**Spanish Language Version:**

**[https://www.google.com/url?q=https://docs.google.com/document/d/1HV\\_x5jSGLjSSv52utdVy5mo8TBX3PoZCxFbyOYgxLcc/edit&source=gmail-imap&ust=1719349126000000&usg=AOvVawoFwTqh38c2yQK3We4lVIKa](https://www.google.com/url?q=https://docs.google.com/document/d/1HV_x5jSGLjSSv52utdVy5mo8TBX3PoZCxFbyOYgxLcc/edit&source=gmail-imap&ust=1719349126000000&usg=AOvVawoFwTqh38c2yQK3We4lVIKa)**

**"State of the Air" report 2024**

**2024 'State of the Air' Report Reveals Most 'Hazardous' Air Quality Days in 25 Years**



**National Medical Association/Project IMPACT 2.0 and  
Zion Baptist Church Health Ministry  
“Conversations on Health” Awareness Program  
EVALUATION FORM**

**Location: Zion Baptist Church  
4850 Blagden Ave., NW Wash., DC**

**Please help us to increase the value of our information by evaluating the program.**  
On a scale of one (1=Poor) to five (5= Excellent), please rate the program areas:

<b>Speakers</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Knowledge					
Relevance to your needs					
Style					
Content					
Overall score					

<b>Information Tables</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Knowledge					
Relevance to your needs					
Style					
Content					
Overall score					

What health information did you find most helpful? \_\_\_\_\_  
\_\_\_\_\_

How can the program be improved? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What topic would you like more information? \_\_\_\_\_

Additional comments? \_\_\_\_\_  
\_\_\_\_\_

I am interested in future health presentations.

Please contact me:

Name: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Thank you! Please return this evaluation to [dbee720@gmail.com](mailto:dbee720@gmail.com)**

