

MOVEMENT IS LIFE: A CATALYST FOR CHANGE



ADDRESSING MUSCULOSKELETAL HEALTH DISPARITIES

2016 NATIONAL CAUCUS

November 10-11, 2016
Marriott at Metro Center
Washington, DC



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Catalyst for Change

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Dear Colleague:

Welcome to the Seventh Annual Movement is Life Musculoskeletal Health Disparities Caucus!

Over the past years we have developed into a strong and committed Caucus. More than 50% of this year's participants were engaged in the 2010 through 2015 meetings. We welcome new members who bring fresh perspectives to our gathering.

Our mission remains unchanged. We must identify sustainable ways to decrease musculoskeletal health disparities among women and racial/ethnic minorities. We highlight the impact of such disparities on chronic disease management and quality of life. We remain focused on patients, providers, communities, and policy makers as the key stakeholders in achieving health equity.

2016 was an exciting year for us! We refined our critical "vicious cycle" messaging. Knee pain impairs knee function, leading to decreased activity followed by weight gain. This added weight dramatically impacts the knee: being only 10 pounds overweight increases the force on the knee by 30-60 pounds with each step! Knee pain increases and the cycle continues, resulting in knee arthritis and obesity followed by the development of heart disease, hypertension, diabetes, and depression. All we have to do is look at our neighbors, colleagues, and even family members to see the "vicious cycle" at work. Furthermore, we understand that this cycle is more common in women as well as the African-American and Hispanic/Latino communities. Movement is what breaks this "vicious cycle" and Movement is Life!

This year we refined our strategic priorities to focus on the interconnection of health literacy, community interventions, unconscious bias, and movement as key opportunities to move the needle on musculoskeletal disparities. We have an exciting agenda for the Caucus with engaging speakers and great workshops!

We look forward to your dynamic input at our meeting!

Mary I. O'Connor, MD

Chair, Movement is Life Caucus

Director, Center for Musculoskeletal Care at Yale Medicine and Yale-New Haven Health

Professor of Orthopaedics and Rehabilitation, Yale School of Medicine

Chair, Diversity Advisory Board, American Association of Orthopaedic Surgeons

Is arthritis turning America into a sick and disabled nation?

Arthritis cripples millions of Americans. The physical, psychological, and economic toll of this health crisis requires immediate action and priority status on the national health agenda. Arthritis is the single greatest cause of chronic pain and disability among Americans. In 2003, it cost the nation more than \$128 billion in medical care and lost earnings. Eighty percent of Americans either know or have someone in the family with arthritis and the numbers continue to escalate.¹

Joint pain is a faceless concept, but just imagine what happens to people's lives when arthritis begins to rob them of mobility and takes them down a path of disability and illness. They can't work or it gets harder to function at work. They become inactive and rapidly gain weight.

They are constantly told to exercise as a way to manage their diabetes or heart disease but it hurts to get out of bed. It gets harder to perform basic tasks for themselves or their family. Soon the debilitating pain and immobile joints cause them to lose their independence. They become home bound—perhaps depressed—and throughout this cycle, the cost of their healthcare escalates.

One in five Americans suffer from doctor-diagnosed arthritis, but among three segments of the population, the impact is worse. Women, African-Americans, and Hispanics/Latinos have more severe arthritis and functional limitations. These same individuals are more likely to be obese, diabetic, and have higher incidence of heart disease—medical conditions that can be improved with physical activity. Instead of moving, however, these groups have an inactivity rate of 40–50 percent... and this rate is going up!²

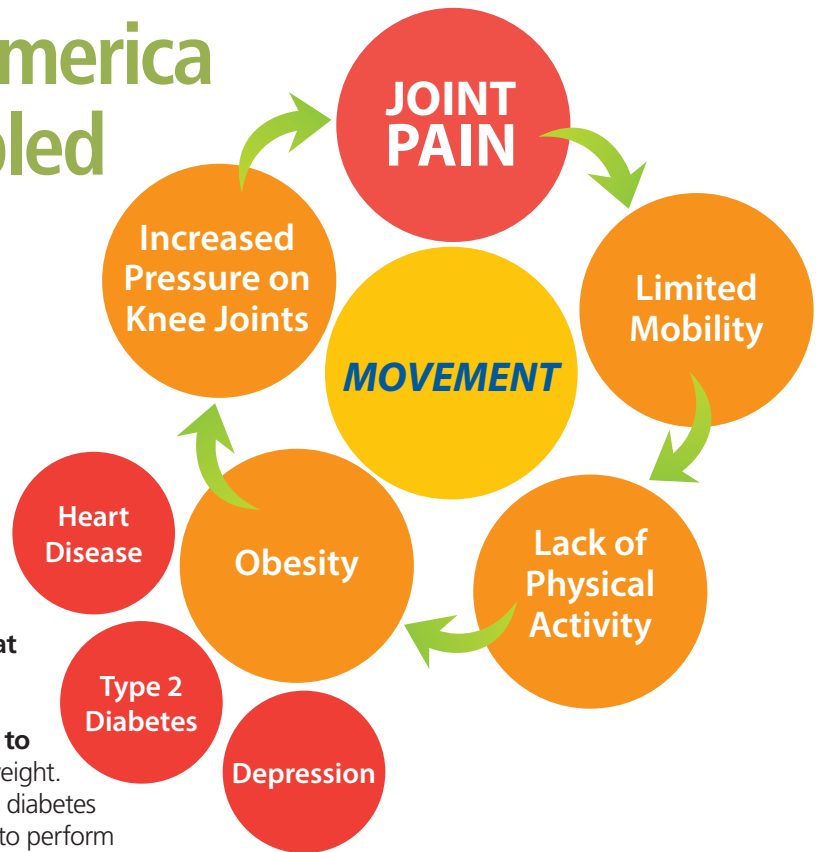
The crippling effect of arthritis is contributing to these inactivity levels, and musculoskeletal health disparities have a little-known but serious impact. Physical inactivity contributes to 300,000 preventable deaths a year in the United States. We must address growing disability and physical inactivity due to arthritis among women, African Americans, and Hispanics/Latinos because of its profound effect on chronic disease management and the health of this nation. A physically inactive, obese, and immobile body can head down a path toward chronic disease and illness, medication dependency, disability, and depression.

Musculoskeletal Health Disparities must gain priority status in the national health dialogue. Early intervention is the key.

Movement is Life! Our mantra drives our mission:

BEYOND SILO THINKING – The entire continuum of care—healthcare providers, patient advocates, community and faith-based organizations, health advocacy organizations, academia and medical schools, researchers, private foundations, public policy officials, federal agencies, and government leaders—must sit at the same table so we can harness the power of collaboration and develop priority actions that can make an impact now, while continuing to work toward long-term solutions.

NO MORE ACTIVITY INSTEAD OF ACTION – We must convert activity into action that halts the worsening health statistics and has measurable and sustained impact on people's health, restoring their ability to fully contribute to their family, community, and the nation. Let's find ways to make an impact now while we develop long-term strategies to break the cycle and begin a journey towards NO MORE MUSCULOSKELETAL HEALTH DISPARITIES and a healthier nation.





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Vision

Movement is Life is a multi-disciplinary coalition seeking to eliminate racial and ethnic disparities in muscle and joint health by promoting physical mobility to improve quality of life among women, African Americans and Hispanics/Latinos.

Strategies

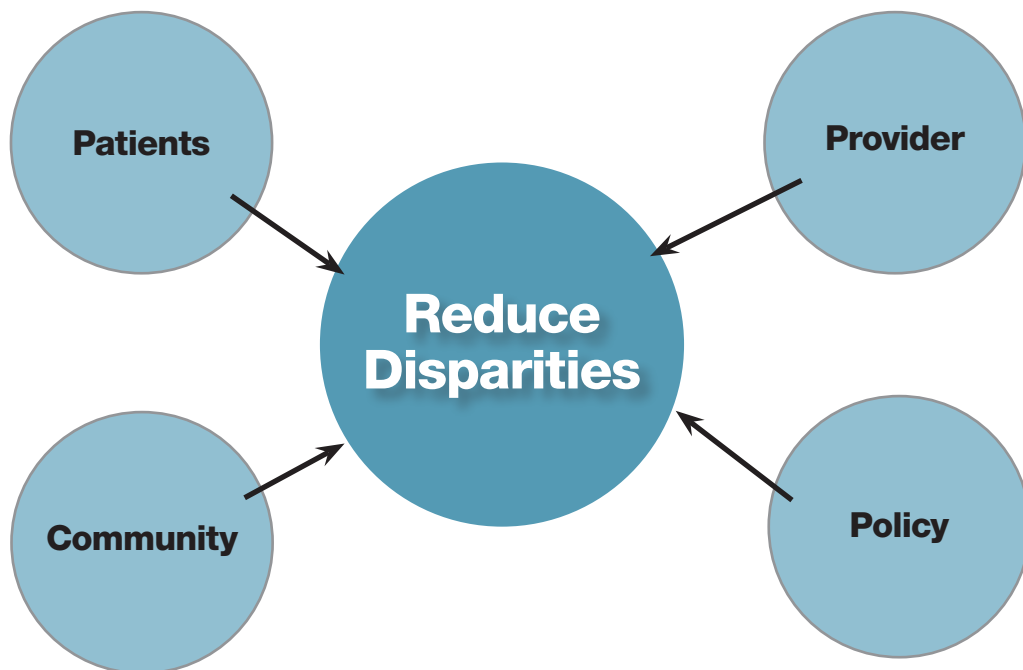
MOVEMENT IS...RAISING AWARENESS of the epidemic of limited mobility and developing functional solutions to reduce disparities.

MOVEMENT IS...STRATEGIZING with healthcare providers, community leaders and other stakeholders to combat the disparaging rate of disabling joint pain among women, African Americans, and Hispanics/Latinos.

MOVEMENT IS...IMPLEMENTING community-based initiatives to combat the disparaging rates of arthritis and co-morbid conditions that lead to immobility.

MOVEMENT IS...ADVOCATING to decrease musculoskeletal health disparities that contribute to joint pain and immobility.

MOVEMENT IS...EDUCATING patients on the significance of daily physical activity to decrease poor joint health and improve overall health.



Cultural Communication

To maximize our impact in the communities we serve, Movement is Life has produced patient education materials that are culturally sensitive and relevant. These are some of the flyers and brochures we have created to address the disturbing disparities in health care in an impactful way.

Being Overweight Can Be a Real Pain (in the joints)!

If you've ever carried several bags of groceries, then you know that the extra weight can make even simple movements feel like really hard work ... and even painful.

Healthy Weight 50 lbs. Overweight 100 lbs. Overweight

75 lbs 125 lbs 175 lbs

In fact, 10 pounds of excess weight adds 30-60 pounds of pressure on the knees with each step!

Break the Vicious Cycle

JOINT PAIN → **Limited Mobility** → **Lack of Physical Activity** → **Obesity** → **Increased Pressure on Knee Joints** → **MOVEMENT** → **JOINT PAIN**

Obesity is associated with: **Heart Disease**, **Type 2 Diabetes**, **Depression**

WHAT'S GOOD FOR THE SOUL?

Let them praise His name with dancing; let them sing praises to Him with timbrel and lyre.
Psalm 149:3

Next Sunday morning, look on the pew to your right ... then the pew to your left. Are they filled with unhealthy bodies? Sisters who move slowly and often with pain in their joints?

Isn't it time to start a conversation in your church about building a healthier church community—one that is healthy and active in order to better serve God's work?

Breaking the Vicious Cycle ...

It is not only important ... it is necessary! Changing attitudes and approaches to a healthy lifestyle and including more movement in your everyday activities will improve your quality of life. It's important for God's people to be able to do the things they want and need to do in order to enjoy a healthy life.

Limited mobility and lack of physical activity can lead to:

- Obesity
- Increased Pressure on the Knees
- Joint Pain
- Heart Disease
- Type 2 Diabetes
- Depression

Together, these are painful and devastating diseases. As women and leaders, it is time to pay attention to our personal health and wellness by bringing the health of our church community into alignment with Biblical teachings—by honoring our bodies as the temples of God?

www.startmovingstartliving.com

Our Nation is in Crisis: Disparities, Joint Pain, Lack of Movement

Breaking the Vicious Cycle

The United States (U.S.) is becoming a nation of the disabled. Staggering obesity, debilitating arthritis, lack of physical activity, and persistent racial and ethnic health disparities are crippling America. Arthritis (joint pain) affects 1 in 5 Americans, and is the single greatest cause of chronic pain and disability in the United States.

Nearly 74% of Hispanic men are either overweight or obese, speeding the onset/progression of arthritis.¹

Movement is Life is a multi-disciplinary coalition seeking to eliminate racial and ethnic disparities in muscle and joint health by promoting physical mobility to improve quality of life among women, African Americans and Hispanics.

"Hispanics are the largest racial/ethnic minority population in the United States."² The proportion of the U.S. Hispanic/Latino population is projected to **increase from 17.7%** (56,754,000) in 2015 to **22.8%** (84,543,000) by 2035.³

According to a recent report from the Centers for Disease Control and Prevention (CDC), Hispanics had a **higher prevalence of obesity and uncontrolled diabetes** and had **higher death rates** from diabetes, hypertension, and hypertensive renal disease.⁴

Hispanics are about **50% more likely to die from diabetes or liver disease and cirrhosis** than whites.
www.cdc.gov/media/dgk/2015/dgk-vs-hispanic-health.html

In 2011, **Hispanic Americans were 1.2 times as likely to be obese** than Non-Hispanic Whites.
CDC 2013, Health United States, 2012, Table 68.

Among Mexican American women, **78 percent are overweight or obese**, as compared to only 60.3 percent of the non-Hispanic White women.
CDC 2013, Health United States, 2012, Table 68.

In 2011, **Hispanic adults were 30% less likely to engage in active physical activity** as compared to Non-Hispanic Whites.
CDC 2012, Summary Health Statistics for U.S. Adults, 2011.

Increased physical activity and decreased sedentary behavior are not only associated with **lower rates of obesity**, but also **reduce the risk** for many diseases associated with obesity, such as **diabetes, heart disease, hypertension, and stroke** among others.

JOINT PAIN → **Limited Mobility** → **Lack of Physical Activity** → **Obesity** → **Increased Pressure on Knee Joints** → **MOVEMENT** → **JOINT PAIN**

Obesity is associated with: **Heart Disease**, **Type 2 Diabetes**, **Depression**



movement is life™

60 lbs 60 lbs

Being only **10 pounds** overweight increases the force on the knee by 30-60 pounds with each step!

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Start Living

STAYWELL

movement is life™

60 lbs

Being only **10 pounds** overweight increases the force on the knee by 30-60 pounds with each step!

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Start Living

STAYWELL



2016 National Caucus on Arthritis and Musculoskeletal Health Disparities

November 10-11, 2016, Washington, DC

Thursday, November 11, 2016		
7:00am	8:00am	Breakfast and Registration
8:00am	8:30am	<p>Welcome/Opening Remarks</p> <p>Mary I. O'Connor, MD Movement is Life Caucus Chair Director, Center for Musculoskeletal Care at Yale School of Medicine and Yale New Haven Hospital Professor of Orthopaedics and Rehabilitation, Yale University School of Medicine Chair, Diversity Advisory Board, American Association of Orthopaedic Surgeons</p>
8:30am	9:30am	<p><i>"The Race Problem" In American Health Care—The Work That Remains</i></p> <p>Dayna Bowen Matthew, JD Professor of Law, University of Colorado Law School and Colorado School of Public Health Author, <i>Just Medicine: A Cure for Racial Inequality in American Health Care</i></p>
9:30am	10:30am	<p><i>Reducing Disparities in Health Care Outcomes: Engaging Physicians and Communities in Reporting Results by Race and Ethnicity</i></p> <p>Jim Chase President, MN Community Measurement: A non-profit organization that creates and refines measures, and collects and reports health care data used to drive improvement in health care</p>
10:30am	10:45am	Break
10:45am	12:45pm	<p>HEALTH LITERACY WORKSHOPS</p> <p><i>Eliminating Disparities in Musculoskeletal Health and Health Care</i></p> <ul style="list-style-type: none"> • Robert C. Like, MD, MS Professor and Director, Center for Healthy Families and Cultural Diversity, Department of Family Medicine and Community Health, Rutgers Robert Wood Johnson Medical School <p><i>Health Literacy and Telehealth</i></p> <ul style="list-style-type: none"> • Kristi Henderson, DNP, CFNP, CACNP, FAEN Vice President, Innovation and Virtual Care, Ascension's Texas Ministry, Seton Healthcare Family <p><i>Promotores: A Bridge to Health for Hispanics/Latinos and the Underserved</i></p> <ul style="list-style-type: none"> • Britt Rios-Ellis, PhD Dean, College of Health Sciences and Human Services, California State University Monterey Bay

10:45am	12:45pm	<p>HEALTH LITERACY WORKSHOPS (continued)</p> <p>What Should I Do, Doc?</p> <ul style="list-style-type: none"> • Carla Harwell, MD Member, Movement is Life Executive Steering Committee Associate Professor in Medicine, Division of General Internal Medicine, Case Western Reserve University Medical Director, University Hospitals Cleveland Medical Center • Melvyn Harrington, MD President, J Robert Gladden Orthopaedic Society Past Orthopaedic Surgery Section Chair, National Medical Association Associate Professor and Residency Program Director, Department of Orthopaedic Surgery, Baylor College of Medicine • Jillian A. Rose, LCSW, MPH Assistant Director, Community Engagement, Diversity & Research, Department of Social Work Programs, Hospital for Special Surgery • Katherine Garrett, MPH Clinical Research Coordinator, Institute of Orthopedic Research and Education, Houston, Texas • Pinkie V. Ellington, RN, BSN, CCRP Clinical Nurse Research Specialist II, University Hospitals Cleveland Medical Center
12:45pm	1:45pm	<p>Lunch and Poster Exhibits</p>
1:45pm	2:45pm	<p>From Tuskegee to Precision Medicine: A Look Back To Move Forward</p> <p>Robert A. Winn, MD Associate Vice Chancellor, Community Based Practice and Director of the University of Illinois Cancer Center, University of Illinois Hospital & Health Sciences System Professor of Medicine, University of Illinois at Chicago</p>
2:45pm	3:00pm	<p>Break</p>
3:00pm	5:00pm	<p>COMMUNITY INTERVENTIONS WORKSHOPS</p> <p>Faith Based Engagement: Co-Conspirators in Our Own Health</p> <ul style="list-style-type: none"> • Charla Johnson, RN, MSN, ONC Manager, Community Education & Professional Development, St. Elizabeth's Hospital • Rev. Dr. W. Franklyn Richardson Senior Pastor, Grace Baptist Church <p>Get Up, Get Out & Do Something: Community Engagement Strategies</p> <ul style="list-style-type: none"> • Rosalva Nava, CHW Independent Consultant and Certified Wellness Life Coach • Tamara Huff, MD Orthopedic Surgeon, Mayo Clinic Health System • Vivian Goodbeer, MPA Executive Director, Daughters of Zion Enterpryz, Inc. Adjunct Professor, College of Alameda and University Of Phoenix

		<p>COMMUNITY INTERVENTIONS WORKSHOPS (continued)</p> <p><i>Show Me the Money! The Highs and Lows of Grassroots, Community-Based Fundraising</i></p> <ul style="list-style-type: none"> • Lisa M. Tate, CAE Principal, Health Futures Consulting • Robyn Williams Program Manager, Operation Change Chicago • Velma Monteiro-Tribble Director of Grants and Programs, Florida Blue Foundation <p><i>Tweet, Like, and Hashtag Your Way To Successful Community Engagement</i></p> <ul style="list-style-type: none"> • Amanda Merck, MPH Content Curator/Research Area Specialist, Salud America!, Institute for Health Promotion Research, UT Health Science Center • David Murray Manager of Social Media, Blue Cross Blue Shield of Michigan
3:00pm	5:00pm	
5:00pm	5:15pm	Break
5:15pm	6:00pm	<p><i>Working Together to Achieve Health Equity</i></p> <p>Cara V. James, PhD Director, Office of Minority Health, Centers for Medicare and Medicaid Services (CMS)</p>
6:00pm	6:15pm	<p>Vanguard Award</p> <p>Eliseo J. Pérez-Stable, MD Director, National Institute on Minority Health and Health Disparities (NIMHD), National Institutes of Health (NIH)</p>
6:15pm	8:00pm	Reception

Friday, November 11, 2016		
7:00am	7:45am	Breakfast and Registration
7:45am	8:00am	<p>Welcome/Opening Remarks</p> <p>Mary I. O'Connor, MD Movement is Life Caucus Chair Director, Center for Musculoskeletal Care at Yale School of Medicine and Yale New Haven Hospital Professor of Orthopaedics and Rehabilitation, Yale University School of Medicine Chair, Diversity Advisory Board, American Association of Orthopaedic Surgeons</p>
8:00am	9:00am	<p><i>How Inequality Kills: Doctors, Hospitals, and the American Death Gap</i></p> <p>David A. Ansell, MD, MPH Senior Vice President, Systems Integration, Rush University Medical Center Michael E. Kelly, MD, Presidential Professor, Rush University Medical Center Author, <i>County: Life, Death, and Politics in Chicago's Public Hospital</i>—Hailed as a “landmark book” by the <i>Chicago Tribune</i></p>

9:00am	9:15am	Break
9:15am	11:15am	<p>UNCONSCIOUS BIAS WORKSHOPS</p> <p><i>Can You Pass the Unconscious Bias Test?: Exploring Unconscious Bias in Healthcare</i></p> <ul style="list-style-type: none"> • Alexander R. Green, MD, MPH Associate Professor of Medicine and Director, Theme on Health Equity and Cross Cultural Care Harvard Medical School Senior Scientist, Mongan Institute for Health Policy, Massachusetts General Hospital <p><i>Daily Diversity Disputes: Seizing Teaching Moments</i></p> <ul style="list-style-type: none"> • Augustus A. White, III, MD, PhD Member, Movement is Life Executive Steering Committee Director, Culturally Competent Education Program Ellen and Melvin Gordon Distinguished Professor of Medical Education, Department of Orthopaedic Surgery, Harvard Medical School <p><i>Oh, You Really ARE Articulate Reducing Our Implicit Biases through Addressing Microaggressions, Microassaults, Microinsults, and Microinvalidations</i></p> <ul style="list-style-type: none"> • Cheri C. Wilson, MA, MHS, CPHQ Diversity and Inclusion, Cultural and Linguistic Competence, and Health Equity Subject Matter Expert • David Newhouse, MD, MPH Kaiser Permanente Hawaii Medical Group, Honolulu, Hawaii <p><i>Racism in Healthcare is REAL: Now What Do You Do About It?</i></p> <ul style="list-style-type: none"> • Theopia Jackson, PhD Program Director, Department of Humanistic and Clinical Psychology, Saybrook University
11:15am	11:30am	Break
11:30am	12:30pm	<p>LUNCHEON SPEAKER</p> <p><i>Resurrecting Recess: From Capitol Hill to the Community</i></p> <p>Yetsa A. Tuakli-Wosornu, MD, MPH Instructor of Physiatry, Harvard Medical School Member, International Paralympic Committee Competitive Track and Field Athlete</p>
12:30pm	12:45pm	Break
12:45pm	2:45pm	<p>MOVEMENT WORKSHOPS</p> <p><i>I Like to Move It, Move It! Making Mobility the 6th Vital Sign and Leading by Example</i></p> <ul style="list-style-type: none"> • Melicia Whitt-Glover, PhD President and CEO, Gramercy Research Group

2016 National Caucus on Arthritis and Musculoskeletal Health Disparities
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12:45pm	2:45pm	<p>MOVEMENT WORKSHOPS (continued)</p> <p><i>Meditation In Motion For Health And Wellbeing</i></p> <ul style="list-style-type: none"> • Cheryl Jones Director of Mindfulness, Office of the Chief Medical Officer • LeShea Agnew National Medalist and Instructor, Hunyuan Taijiquan (Tai Chi) • Toni Scott MSN, RN, CYT Founder, Yogatones <p><i>Therapeutic Dance For The Body and Soul</i></p> <ul style="list-style-type: none"> • Angela M. Grayson, PhD Proprietor and CEO, Good Fruit Expressive Arts Counseling & Psychotherapy, LLC <p><i>You Don't Have To Be A Techie To Wear It!</i></p> <ul style="list-style-type: none"> • Alex Johnson, MD Orthopaedic Surgeon, Johns Hopkins • Brad Fain, PhD Principal Research Scientist and Director, Georgia Tech's HomeLab • Matthew Diamond, MD, PhD Medical Director, Misfit Inc./Fossil Group • Samir Patel Director of Digital Services, Under Armour Inc.
2:45pm	3:00pm	<p>Break</p>
3:00pm	3:30pm	<p>CLOSING REMARKS</p> <p>Mary I. O'Connor, MD Movement is Life Caucus Chair Director, Center for Musculoskeletal Care at Yale School of Medicine and Yale New Haven Hospital Professor of Orthopaedics and Rehabilitation, Yale University School of Medicine Chair, Diversity Advisory Board, American Association of Orthopaedic Surgeons</p>



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Welcome/Opening Remarks

In May of 2015, Dr. O'Connor became the inaugural Director of the Center for Musculoskeletal Care at Yale Medicine and Yale New Haven Health, leading the creation of a new value- and patient-focused model of care delivery in an academic medical setting. She also continues her work as Chair of the Diversity Advisory Board of the American Academy of Orthopaedic Surgeons, focusing on increasing the number of women and underrepresented minorities in the profession and educating providers on culturally related issues.

Dr. O'Connor received her MD from Drexel University in Philadelphia, Pennsylvania, in 1985. She completed her residency in orthopedics at the Mayo Clinic in Rochester, Minnesota, in 1990 and her fellowship in orthopedic oncology at the same institution in 1991. She practiced at Mayo Clinic in Florida until 2015, during which time she served in many leadership roles: Enterprise-wide Medical Director of Compliance; Chair, Orthopedic Surgery Department; Associate Medical Director for Development; Program Director of the Adult Reconstructive Fellowship; Associate Dean for Surgery Education; and member of the Executive Operations Team.

Dr. O'Connor has also published extensively on oncology- and arthroplasty-related topics with particular areas of interest including limb salvage in the management of sarcomas involving the pelvic and shoulder girdles, gender differences in outcomes related to joint replacement surgery, sex difference in knee osteoarthritis, and use of stem cells to potentially treat osteoarthritis. Dr. O'Connor's research has been published in peer-reviewed journals such as the *Journal of Bone and Joint Surgery*, *Clinical Orthopaedics and Related Research*, *Journal of Arthroplasty*, and *Orthopedics*.

Dr. O'Connor was the first female member of the Musculoskeletal Tumor Society (MSTS), the American Association of Hip and Knee Surgeons (AAHKS), and The Knee Society. She is the Past President of the Association of Bone and Joint Surgeons, AAHKS, MSTS, and the Ruth Jackson Orthopaedic Society. She is a member of the Perry Foundation Board, past member of the Advisory Committee on Research on Women's Health at the National Institutes of Health, and past Chair of the American Academy of Orthopaedic Surgeons Women's Health Issues Advisory Board. She has served as the Chair of the Movement is Life Caucus since its founding in 2010. She is committed to advancing the care of musculoskeletal health for all patients in the United States.

Dr. O'Connor has received numerous awards and honors during her training and career, including being named a Distinguished Clinician at Mayo Clinic and receiving The Corinne Farrell Award from the International Skeletal Society in 2009. She received the Congressional Gold Medal as a 1980 Olympian and is noted for her encouragement of women in career advancement. She was named a 2011 Health Care Hero by the Jacksonville Business Journal and 2015 Woman of Distinction by the Girl Scouts of Gateway Council.



Mary I. O'Connor, MD

Chair, Movement is Life Caucus

Member, Movement is Life Executive Steering Committee

Director, Center for Musculoskeletal Care at Yale Medicine and Yale New Haven Health

Professor of Orthopaedics and Rehabilitation, Yale School of Medicine

Chair, Diversity Advisory Board, American Association of Orthopaedic Surgeons

“The Race Problem” In American Health Care— The Work That Remains

We have yet to achieve equality in the American healthcare system. This is true despite the good news about health disparities that cannot be overlooked. The gap between black and white life expectancies has declined to its smallest level in history. And still, life expectancy at birth in America is longest for whites and shortest for blacks. Hispanics/Latinos have the longest life expectancy at birth but also suffer the highest rates of obesity among children and adolescents, are the least likely group to have access to dental care, and remain the most uninsured population in the country. American Indians, Alaska Natives, and African Americans die at higher rates from heart disease, AIDS, cancer, chronic liver disease, diabetes, and homicide than whites, and the CDC reports that on all its 10 leading measures, disparities by race and ethnicity stubbornly persist. This discussion will tackle what are arguably the most difficult disparity issues that remain—those that arise specifically and solely due to discrimination and injustice. This discussion will show how racial and ethnic discrimination unintentionally drives differences in health, health care, health behavior, and differences in the social determinants that influence all three. Moreover, this discussion will show there are solutions. The “race problem” in American health care is not insurmountable, unless we ignore it. In this keynote, we will discover the tools available to ensure that we do not.

Dayna Bowen Matthew is a full Professor at the University of Colorado Law School and the Colorado School of Public Health. Currently, Dayna is on a 2-year leave of absence from the University, working on national health policy issues in Washington, DC. During 2015, she served as a Senior Advisor to the Director of the EPA’s Office of Civil Rights. As a 2015–2016 Robert Wood Johnson Health Policy Fellow, Professor Matthew served on the health policy team for Senator Debbie Stabenow (D–Michigan), and is currently a Visiting Scholar at the Brookings Institution and the Congressional Black Caucus Foundation.

Professor Matthew has also been a faculty member of the University’s Center for Bioethics and Humanities since 2004. From 2004 to 2011, she served as the Law School’s Associate Dean of Academic Affairs, and then as the Law School’s Vice Dean. In addition to directing the Law School’s Health Law and Policy program, Matthew teaches Constitutional Law, Civil Procedure, and a variety of Health and Public Health law courses. Among them, Matthew teaches an interdisciplinary practicum entitled “Poverty, Health and Law” that embeds law, public health, and medical students in health clinics to collaborate in addressing low-income patients’ social needs.

Professor Matthew’s primary research interests are in health equity and integrated health care delivery, with an emphasis on developing alternative payment models to address social determinants. She co-founded the Colorado Health Equity Project (CHEP) to form medical-legal partnerships throughout Colorado. CHEP works in collaboration with integrated, primary care providers serving low-income communities. CHEP attorneys and students provide direct legal representation to patients whose health is adversely affected by legal problems related to the social determinants of health. CHEP also trains providers and develops policy strategies to improve public health of low-income populations. Currently, Professor Matthew is principle investigator on a study to evaluate the impact of medical-legal partnerships on children’s health. She has also recently published a book, *Just Medicine: A Cure for Racial Inequality in American Health Care*, printed in hardcover by New York University Press.



Dayna Bowen Matthew, JD

Professor of Law, University of Colorado Law School and Colorado School of Public Health

References

Just Medicine: A Cure for Racial Inequality in American Health Care
<http://nyupress.org/books/9781479896738/>

A Legal Solution To Health Inequality
<http://content.healthaffairs.org/content/35/8/1542.extract>

Is the Path to Racial Health Equity Paved with “Reparations”? The Politics of Health, Part II
<https://lareviewofbooks.org/article/is-the-path-to-racial-health-equity-paved-with-reparations-the-politics-of-health-part-ii/>

Race and Health Disparity in America
<http://wypr.org/post/race-and-health-disparity-america>

How Racial Bias in Healthcare Kills 80,000 People Each Year
<http://www.wnyc.org/story/dayna-bowen-matthew-reveals-stunning-racial-inequalities-exists-within-american-healthcare-system/>

Reducing Disparities in Health Care Outcomes: Engaging Physicians and Communities in Reporting Results by Race and Ethnicity

Over the past 12 years, physician practices across Minnesota have been collecting and publicly reporting health care quality measures and using that information to improve patient outcomes. Jim Chase, President of MN Community Measurement, will share how a new effort to report patient outcome data by race, ethnicity, language preference, and country of origin is highlighting health disparities in Minnesota and spurring health care organizations and communities to take action. Jim will discuss how this information has been collected and reported, share examples of how medical groups are using the information to improve care processes, and discuss the opportunities for greater use by the public. He will also offer some suggestions on how the lessons learned could be applied to the challenge of weight and mobility and other health equity issues.

Jim Chase, MHA, has served as President of MN Community Measurement since the organization's inception in 2004. With more than 25 years of experience in health care management, he is a nationally recognized expert on performance measurement and health care transparency. Prior to joining MNMCM, he served as Director of Health Purchasing at the Minnesota Department of Human Services. He has held roles at multiple health plans and provider organizations throughout Minnesota. He has also taught courses at the University of Minnesota in the School of Public Health's Health Administration program for many years.

He is the past chair of the Network of Regional Healthcare Improvement, a group of leading regional health organizations working to improve the quality and value of health care in their communities. He currently serves on the Boards of Directors of the National Quality Forum, the Institute for Clinical Systems Improvement, and Apple Tree Dental.

Jim completed his undergraduate studies at Washington University in St. Louis and earned a Master's Degree in Health Administration from the University of Minnesota.

MN Community Measurement is an independent, nonprofit organization dedicated to accelerating the improvement of health by publicly reporting health care information. As the primary trusted source of health care measurement, data sharing, and public reporting for more than a decade, MNMCM works with health plans, providers, employers, consumers, and state agencies to spur quality improvement, reduce health care costs, and maximize value.



Jim Chase, MHA

President, MN Community Measurement
www.linkedin.com/in/jim-chase-533a927

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From Tuskegee to Precision Medicine: A Look Back To Move Forward

Given the history of The Tuskegee Experiment and Henrietta Lacks, there is good reason for underserved populations to be suspicious of the scientific community. However, with President Obama's recent announcements of the Precision Medicine Initiative® (PMI) and the Cancer Moonshot, there is great promise that this tradition of distrust from underserved populations will be reversed. "From Tuskegee to Precision Medicine" will address the potential benefits of underserved communities' participation in clinical research.

Robert A. Winn, MD, is the Associate Vice Chancellor for Community Based Practice and Director of the University of Illinois Cancer Center (UI Cancer Center) at the University of Illinois Hospital & Health Sciences System (UI Health). Dr. Winn is a Professor of Medicine at the University of Illinois at Chicago (UIC), Division of Pulmonary, Critical Care, Sleep and Allergy, Department of Medicine. Dr. Winn received his medical degree from the University of Michigan Medical School in Ann Arbor, Michigan, and completed his Internal Medicine Residency at Rush–Presbyterian St. Luke's Medical Center and a Pulmonary Critical Care Fellowship at the University of Colorado Denver (UCD), Denver, Colorado.

As Associate Vice Chancellor, Dr. Winn is responsible for the management of the UI Health Mile Square Health Center, a 13-site Federally Qualified Health Center network. The goal of Community Based Practice at UI Health is to integrate and coordinate healthcare in the surrounding communities; build a 21st century model of community-based healthcare providers linked to the mission of our academic health center; and develop meaningful research programs that can be integrated into the community.

As the UI Cancer Center Director, Dr. Winn has implemented the first comprehensive, community-focused cancer center. From bench to backyard, he has made great strides to enforce an evidence-based community approach to reduce the burden of cancer. He has taken the ambulatory care network model, enlarged it, and has given the urban and rural patients more access to care. Since taking over as Director of the UI Cancer Center, Dr. Winn and his cancer center team have put great effort into getting NCI designation and multiple cancer center-focused grants at UIC. In less than 24 months, Dr. Winn has secured over \$63 Million in NIH, NCI, and foundational funding to support the "bench to backyard" mode of the UI Cancer Center. Most recently, Dr. Winn has played a vital role in securing funding from the president's Precision Medicine Initiative®. The Illinois Precision Medicine Initiative Cohort Program consortium will receive \$4.3 million in fiscal year 2016 and a total of approximately \$45 million over 5 years.

In his role as a basic science lung cancer researcher, Dr. Winn's research is focused on developing novel in vitro and in vivo models to study the more translational aspects of the role that the Wnt pathway plays in lung cancer. He has recently identified a novel role for a signaling mechanism in lung cells that permanently place cells into suspended animation called "senescence." Senescence is an extremely powerful primary defense mechanism that cells activate in response to carcinogenic insults to avoid becoming cancerous. Dr. Winn's research is supported by multiple NIH and VA merit awards.



Robert A. Winn, MD

Associate Vice Chancellor, Community Based Practice and Director of the University of Illinois Cancer Center (UI Cancer Center), University of Illinois Hospital & Health Sciences System (UI Health)

Professor of Medicine, University of Illinois at Chicago (UIC), Division of Pulmonary, Critical Care, Sleep and Allergy, Department of Medicine

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Working Together to Achieve Health Equity

Dr. Cara James is the Director of the Office of Minority Health (OMH) at the Centers for Medicare & Medicaid Services (CMS). CMS OMH serves as the principal advisor and coordinator to the Agency, dedicated to fulfilling that commitment for minority and other underserved populations. Under Dr. James' leadership, CMS OMH makes consistent strides towards achieving its mission of improved minority health, reduced health care disparities, the attainment of health equity, and the publication of Office initiatives, such as "From Coverage to Care" and CMS's "Equity Plan for Improving Quality in Medicare." Earlier this year, Dr. James was named as the co-chair to the newly formed CMS Rural Health Council. Prior to joining CMS, Dr. James was with the Henry J. Kaiser Family Foundation, where she served as the Director of the Disparities Policy Project and the Director of the Barbara Jordan Health Policy Scholars Program. Dr. James is a member of the Institute of Medicine's (IOM) Roundtable on the Promotion of Health Equity and the Elimination of Health Disparities and has served in several IOM capacities.



Cara V. James, PhD

Director, Office of Minority Health, Centers for Medicare and Medicaid Services (CMS)

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Vanguard Award Recipient

Eliseo J. Pérez-Stable, MD, is Director of the National Institute on Minority Health and Health Disparities (NIMHD) at the National Institutes of Health (NIH). He oversees the Institute's \$281 million budget to conduct and support research, training, research capacity and infrastructure development, public education, and information dissemination programs to improve minority health and reduce health disparities. NIMHD is the lead organization at NIH for planning, reviewing, coordinating, and evaluating minority health and health disparities research activities conducted by NIH Institutes and Centers.

Recognized as a leader in Latino health care and disparities research, Dr. Pérez-Stable has spent more than 30 years leading research on smoking cessation and tobacco control policy in Latino populations in the United States and Latin America. His collaborations with researchers and public health advocates in Argentina have helped to put tobacco use on the country's public health agenda, raising awareness of tobacco use as a critical public health problem, building capacity for tobacco control policy, and creating opportunities for prevention and treatment measures through physician education and smoking cessation programs.

Prior to becoming NIMHD Director, Dr. Pérez-Stable built a career at the University of California, San Francisco (UCSF), where he was a professor of medicine, chief of the Division of General Internal Medicine, and director of the Center for Aging in Diverse Communities (CADC), which is funded by NIH's National Institute on Aging (NIA). Through the CADC, he continued his commitment to developing a diverse workforce in clinical and population science research by mentoring and collaborating with many minority fellows and junior faculty from a variety of disciplines. Dr. Pérez-Stable was also Director of the UCSF Medical Effectiveness Research Center for Diverse Populations, which addresses issues for African Americans, Asians, and Latinos in the areas of cancer, cardiovascular disease, aging, and reproductive health.

As a co-principal investigator of the Redes En Acción National Latino Cancer Control Research and Education Network funded by the National Cancer Institute (NCI), Dr. Pérez-Stable spearheaded the development of a research agenda on tobacco control for minority populations in the United States. In addition, he was an NCI-funded Staff Investigator and Assistant Director for Health Care Disparities at the UCSF Comprehensive Cancer Center as well as a member of the NCI and Legacy Foundation's Tobacco Disparities Research Network (TReND).

Dr. Pérez-Stable has been a leader in the field of research on aging among minorities and served as a member of the National Institute on Aging's Advisory Council from 2011 to 2014 and as the chair of the Council's Minority Task Force on Aging from 2012 to 2014. He has authored numerous scientific papers, reviewed articles for a variety of professional publications, and delivered keynote lectures and presentations at many domestic and international conferences.

Dr. Pérez-Stable has received many honors and awards throughout his career, including UCSF's Kaiser Award for Excellence in Teaching, the Society of General Internal Medicine's John M. Eisenberg National Award for Career Achievement in Research, and election to the National Academy of Medicine (formerly Institute of Medicine) of the National Academy of Sciences. He was honored with the UCSF Lifetime Achievement in Mentoring Award in July 2015. Dr. Pérez-Stable was born in Cuba and grew up in Miami, Florida. He earned his BA in chemistry from the University of Miami and his MD from the University of Miami School of Medicine. He completed his primary care internal medicine residency and research fellowship at UCSF.



Eliseo J. Pérez-Stable, MD

Director, National Institute on Minority Health and Health Disparities (NIMHD), National Institutes of Health (NIH)

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How Inequality Kills: Doctors, Hospitals, and the American Death Gap

Everyone dies. But some people in America die early. The cause of many early deaths is inequality. As a result we need to treat inequality as an epidemic to be eradicated like any outbreak. It is not a giant and amorphous problem but one that lends itself to specific, targeted solutions. The deadly effects of inequality target particular people, in particular neighborhoods and in the particular hospitals and doctors' offices that serve them. In this presentation, the idea of "structural violence" as a cause of premature mortality is explored. In addition, the role of racism—explicit and implicit bias in health care delivery—is explored as one of the modifiable factors in eliminating health inequity. But the ultimate solutions to America's "death gap" requires solutions directed at the structural causes of inequality in American neighborhoods and hospitals.

David Ansell, MD, MPH, is the Senior Vice President for System Integration and Community Health Equity at Rush University Medical Center in Chicago. He is an internal medicine physician who trained at Cook County Hospital in the late 1970s, where he spent 17 years holding a number of positions, including Chief of General Medicine/Primary Care. After leaving County, he spent 10 years as Chair of the Department of Internal Medicine at Mount Sinai Hospital, located in one of the highest hardship communities in Chicago. He has been particularly involved in health equity work, bringing attention to higher rates of breast cancer mortality for African-American women in Chicago. In 2007 he co-founded the Metropolitan Chicago Breast Cancer Taskforce, a not-for-profit that focuses on eliminating the racial disparities in breast cancer mortality. He is the author of numerous papers and book chapters on health disparities. In 2011 he published an acclaimed memoir based on his experiences as a doctor in Chicago, *County: Life, Death and Politics at Chicago's Public Hospital*. His next book, *The Death Gap: How Inequality Kills*, will be released by the University of Chicago Press in 2017. Dr. Ansell is a graduate of SUNY Upstate Medical University and received his Master's of Public Health from the University of Illinois School of Public Health.



David Ansell, MD, MPH

Senior Vice President, Systems Integration,
Rush University Medical Center

Michael E. Kelly, MD, Presidential Professor,
Rush University Medical Center

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Resurrecting Recess: From Capitol Hill to the Community

Increasingly, physical activity and longevity experts recognize the importance of accessibility and practicality as America strives to adopt health-promoting habits like regular exercise. Individual-level factors such as self-efficacy increase adults' likelihood to initiate and maintain regular physical activity, particularly among women. As interdisciplinary advocates work together to design effective exercise interventions, success may hinge on less being more: compared to long physical activity programs (e.g., lengthy group fitness classes, protracted exercise programs), short bursts of physical activity may find more traction among busy adults. Short bursts of movement over an average of 10 minutes can easily be incorporated into routine workflows, and may enhance end-user motivation and adherence due to increased confidence in the belief that the task is achievable. Akin to the structured play often incorporated into primary education, "recess" may be the accessible, practical, and enjoyable physical activity intervention communities of diverse ethnic, socioeconomic, and cultural backgrounds need. Moreover, given elements of play inherent to recess, each 10-minute session can be creatively customized and universally embraced in all settings. For resource-spare environments, where the burden of lifestyle-related disease is particularly onerous, adaptable and accepted exercise interventions like recess may have an even bigger impact. This talk will describe the health benefits and practical logistics of short-burst physical activity programming for individuals, communities, and the nation. Picking up on ideological threads first published by the late Toni Yancey, MD, MPH in her pioneering work, *Instant Recess: Building a Fit Nation 10 Minutes at a Time*, the talk will incorporate up-to-date data from the local and national debate on short-burst physical activity for health. The goal of this presentation is to give audience members of diverse backgrounds accessible, customizable tools to use wherever they call "home," and to engage audience members in a real-time demonstration of recess. Moving beyond childhood playgrounds, recess has taken up residence in community, scientific, and national-level debates on physical activity for health. A unique tool to curb chronic disease epidemics, recess may be as energizing and enjoyable as it is life-saving.

Yetsa A. Tuakli-Wosornu, MD, MPH, is an Instructor of Physiatry at Harvard Medical School, a member of the International Paralympic Committee (IPC), and a track and field athlete. As a physiatrist and clinician-scientist, she treats patients with common orthopedic conditions such as osteoarthritis non-surgically, and studies the impact of physical activity on biopsychosocial outcomes in diverse settings. Much of her work has been published in high-impact, peer-reviewed journals. Appointed by the IPC governing board, she represents Ghana on IPC's Medical Committee. This eight-member multinational panel provides medical care and leadership to the 160 countries participating in Paralympic sport, including the Paralympic Games. The committee also leads bio-psycho-social research, including the sweeping IPC Injury and Illness Prevention survey, now in its third iteration, jointly housed at the University of Brighton, UK, and Stellenbosch University, South Africa. For her IPC work, the Sports Writer's Association of Ghana named her 2014's "Best Sports Physician," an honor equivalent to an American ESPY. As a post-collegiate athlete, she represents the federal Republic of Ghana internationally in the women's long jump. Ultimately, her goal is to combine her clinical, scientific, advocacy, and athletic work to empower lay people and vulnerable groups (including girls, minorities, and persons with disabilities) to take charge of their health through sports and movement. She has spoken to diverse audiences about nutrition, sports injuries, adapted sports, and how to prevent and/or rehabilitate from injuries using a holistic approach. After graduating from Harvard Medical School and the Johns Hopkins School of Public Health, Dr. Tuakli-Wosornu completed physiatry residency at the University of Maryland and Sports Medicine and Interventional Spine fellowship at the Hospital for Special Surgery. She is a member of the American Academy of Physical Medicine and Rehabilitation, the Association of Academic Physiatrists, and the International Society of Physical and Rehabilitation Medicine.



Yetsa A. Tuakli-Wosornu, MD, MPH

Instructor of Physiatry, Harvard Medical School

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Eliminating Disparities in Musculoskeletal Health and Health Care

Improving communication skills and providing patient-centered care to our increasingly diverse population are critically important strategies for addressing musculoskeletal disparities. In this two-part workshop, we will: 1) Define the concept and rationale for cultural competence and its relevance for reducing disparities and fostering equity in health and health care; 2) Demonstrate interviewing and communication strategies that can facilitate the delivery of culturally competent patient-centered care; 3) Discuss the scope and impact of low health literacy in America, and identify related challenges and strategies for clinical practice, focusing on musculoskeletal health literacy; and 4) Share best and promising practices for promoting health literacy and cultural competency in health care organizations and service delivery systems. This highly participatory and engaging session will make use of a mix of didactic lecture, experiential role plays, a simulated doctor-patient interview, and interactive group discussion.

Moderator: Frank McClellan, JD, Professor of Law, Temple University Professor Law Emeritus, James E. Beasley School of Law, Temple University Co-Director, Temple University Center for Health Law, Policy and Practice Board Member, To Our Children's Future with Health

Speaker: Robert C. Like, MD, MS, is Professor and Director of the Center for Healthy Families and Cultural Diversity, Department of Family Medicine and Community Health, Rutgers Robert Wood Johnson Medical School. Dr. Like received his MD degree from Harvard Medical School in 1979, and completed his residency and MS degree fellowship training in family medicine at Case Western Reserve University in 1984. He is a practicing family physician with a background in medical anthropology, and has carried out fieldwork in the Azores Islands, Portugal; Beersheva, Israel; Zuni, New Mexico; and the Kingdom of Tonga in Western Polynesia.

Dr. Like has served as a member of the DHHS Office of Minority Health's CLAS Standards National Project Advisory Committee, the OMH Regional Health Equity Council for Region II, co-chair of the Society of Teachers of Family Medicine's Group on Multicultural Health Care and Education, Medical Society of New Jersey representative to the AMA/NMA/NHMA Commission to End Health Care Disparities, and on numerous national expert panels, committees, and task forces. He is also a member of the AHA Equity of Care National Advisory Committee, a W. Montague Cobb/National Medical Association (NMA) Health Institute Senior Fellow, and currently serves as Chair of the New Jersey Statewide Network for Cultural Competence.

Dr. Like was the principal investigator of an Aetna Foundation-funded study, entitled "Assessing the Impact of Cultural Competency Training Using Participatory Quality Improvement Methods." He previously served as director of the HRSA-funded NRSA Primary Care-Health Services Research Postdoctoral Fellowship Program in the Department of Family Medicine at Robert Wood Johnson Medical School. He has also consulted to the European Union's Migrant-Friendly Hospitals initiative and is a member of the WHO Health Promoting Hospital's Task Force on Migrant Friendly Culturally Competent Health Care.

Dr. Like is nationally known for his work in the area of cultural competency and health professions education. He has received a variety of awards, including the 2004 Distinguished Service in the Health Field Award from the National Association of Medical Minority Educators, and the 2004 and 2007 Pfizer-American Academy of Family Physicians Foundation Visiting Professorships in Family Medicine. He is a member of the Rutgers Biomedical and Health Sciences Stuart D. Cook, MD, Master Educators' Guild. He is actively involved in developing and directing undergraduate, residency, and continuing medical education programs, and provides training and technical assistance relating to the delivery of patient-centered, culturally responsive care to diverse populations.



Robert C. Like, MD, MS

Professor and Director, Center for Healthy Families and Cultural Diversity, Department of Family Medicine and Community Health, Rutgers Robert Wood Johnson Medical School

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Health Literacy and Telehealth

Underserved and vulnerable populations often face magnified barriers to accessing health care services. These barriers often lead to disparities in health and health care outcomes. Telehealth provides a way to level the playing field by connecting individuals to health care services when and where they need it. This session will highlight the possibilities, promise, and challenges of telehealth.

Moderator: René Malone, Director, Member Engagement, American Telemedicine Association

Speaker: Dr. Kristi Henderson, DNP, CFNP, CACNP, FAEN, nationally recognized for successfully increasing access to high-quality, low-cost health care for thousands of patients through virtual care models such as telehealth, was named the Ascension Texas Ministry's Vice President of Innovation and Virtual Care in 2015.

She has 20 years' experience as an innovator, educator, researcher, and clinician. She comes from The University of Mississippi Medical Center (UMMC), where she was Chief Telehealth & Innovation Officer.

In Mississippi, she has led the development of a statewide Telehealth Program, which is recognized as a national model. She understands the importance of using telehealth to enhance effective care models Seton already is putting in place, with the overall goal of filling any gaps, adding innovative solutions, and serving patients more efficiently.

She has testified before the U.S. Senate Committee on Commerce, Science and Transportation's Subcommittee on "Advancing Telehealth through Connectivity," as well as the Subcommittee on Rural Health and the White House Domestic Policy Council. She has made numerous presentations across the country to advance telehealth policy and practice, including giving a TEDx talk in November 2014 and being selected to speak at the 2016 SXSW event in Austin. Kristi is regularly consulted by other state health care leaders, politicians, physicians, nurses, journalists, and members of the academic community.

Some of her leadership roles include service as board member of the American Telemedicine Association, executive director of the Mississippi Telehealth Association, and board member of Mississippi Health Information Network. Kristi is also a Fellow in the Emergency Nurses Association.

Her accomplishments include 2015 Mississippi's 50 Leading Business Women; 2013 Robert Wood Johnson Nurse Executive Fellow; the 2014 Nurse Innovator of the Year; 2012 Advanced Practice Nurse of the Year; and being voted an "Edge Runner" by the American Academy of Nurses.

She received her doctorate of nursing practice from the University of Alabama at Birmingham; her master's of nursing from the Mississippi University for Women; and her bachelor's of nursing from Mississippi College. She maintains national certification as a family and acute care nurse practitioner.

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Kristi Henderson, DNP, CFNP, CACNP, FAEN

Vice President, Innovation and Virtual Care, Ascension's Texas Ministry, Seton Healthcare Family

Promotores: A Bridge to Health for Hispanics/Latinos and the Underserved

Changing legislation regarding the role of community health workers and their role in health education and accessing care has been further potentiated by the passage of the Affordable Care Act. Although there is increasing evidence that promotores/ community health workers are significantly effective in providing health education and facilitating access to care, a lack of knowledge about their roles in the contemporary health care workforce remains. This workshop will present the strategic role of community health workers in providing culturally and linguistically relevant care and bridging underserved communities to patient-centered medical homes and positively impacting patient outcomes. This workshop also aims to provide insight into the role of community health workers and their effectiveness in reaching the Hispanic/Latino and other underserved communities. Terms such as cultural competence, humility, relevance, and resonance will be defined. The workshop will also discuss how community health workers can be best utilized to optimize cultural assets and resilience to undergird wellness within Latino families. Participants will have an opportunity to engage in an interactive scenario regarding how promotores work within communities.

Moderator: Rose Gonzalez, PhD, MPS, RN, Member, Executive Steering Committee

Speaker: Dr. Britt Rios-Ellis came from CSU Long Beach where she served as a Professor of Health Science and the Director of the National Council of La Raza (NCLR)/CSULB Center for Latino Community Health, Evaluation and Leadership Training. She has directed several Latino health-related projects, and worked as evaluator on several NCLR based projects.

She is a member of the Steward Group for the National Network to Eliminate Disparities and has consulted for the Pan American Health Organization, the National Association for Community Health Centers, the US Health Resource Services Administration, the National Minority AIDS Education and Training Center, and the US Office of Minority Health.

She earned a bachelor's degree in Political Science and Spanish, a master of science in Health and Fitness management, and a doctorate degree in Community Health, all from the University of Oregon.

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Britt Rios-Ellis, PhD

Dean, College of Health Sciences and Human Services, California State University Monterey Bay

What Should I Do, Doc?

How do you answer that question? Shared decision-making (SDM) is a collaborative process that allows patients and their providers to make health care decisions together. Between a provision of the Affordable Care Act (ACA), that encourages greater use of shared decision-making in health care, and the creation of the Patient-Centered Outcomes Research Institute (PCORI), SDM has become a hot topic. Typical approaches involve patient decision aids or patient educational materials, the majority of which outline general information for a single health care choice, such as the advantages or disadvantages of prostate screening.

Our research team developed an interactive, customizable SDM tool that statistically models likely outcomes for similar patients based on demographic characteristics and comorbid conditions. The tool provides a framework for patient discussions and enables information presentation in the form of a story. At this session, hear from several providers about their experiences with reaching into marginalized communities, breaking down barriers, and using the SDM tool. You will have the opportunity to use the tool yourselves during break-out sessions.

Moderator: Anne Maurer, MS, Associate Director, Business Intelligence, Zimmer Biomet, Inc.

Speakers:

Dr. Harwell is a member of the Division of General Internal Medicine at University Hospitals Cleveland Medical Center. She is an Associate Professor of Medicine and on the full-time faculty at University Hospitals Cleveland Medical Center.

Her clinical focus is outpatient general medicine and primary care with an additional focus in health care disparities and women's health. Dr. Harwell is nationally recognized as a leader in education on health care disparities and medical issues affecting minorities. She has received numerous awards including national ranking as a Top Doc for *U.S. News & World Report* for the last 4 years in a row.

Dr. Harwell attended medical school at the University of Cincinnati, School of Medicine and subsequently completed internship and residency training at University Hospitals Case Medical Center where she graduated with honors. She currently serves as the Medical Director of the University Hospitals Cleveland Medical Center.

Melvyn Harrington, MD, is a Harvard-trained, board-certified orthopaedic surgeon and currently an Associate Professor in the Department of Orthopaedic Surgery at Baylor College of Medicine. He specializes in arthritis and joint reconstruction of the hip and knee, primary and revision total hip and knee replacements, and treatment of avascular necrosis of the femoral head. Dr. Harrington has received numerous awards over the years for clinical research, education, and leadership in the field of orthopaedic surgery. He is called upon regularly to share his expertise with national and international orthopaedic surgery groups.

After completing his undergraduate education at the Johns Hopkins University, Dr. Harrington earned his Medical degree from Vanderbilt University School of Medicine in Nashville, Tennessee. He completed his internship and residency in orthopaedic surgery at the University of California Davis Medical Center in Sacramento. He also completed a fellowship in adult reconstructive orthopaedic surgery at Harvard University, Massachusetts General Hospital.

Dr. Harrington served as an Assistant Professor for eight years in the Department of Orthopaedic Surgery and Rehabilitation at Loyola University Chicago, Stritch School of Medicine. His professional memberships include the American Academy of Orthopaedic Surgeons, J. Robert Gladden Orthopaedic Society, American Association of Hip and Knee Surgeons, Arthritis Foundation, National Medical Association, Houston Medical Forum, American Medical Association, Western Orthopaedic Association, and National Osteonecrosis Foundation.



Carla Harwell, MD

Member, Movement is Life Executive Steering Committee

Associate Professor in Medicine, Division of General Internal Medicine, Case Western Reserve University

Medical Director, University Hospitals Cleveland Medical Center



Melvyn Harrington, MD

President, J Robert Gladden Orthopaedic Society

Past Orthopaedic Surgery Section Chair, National Medical Association

Associate Professor and Residency Program Director, Department of Orthopaedic Surgery, Baylor College of Medicine

Ms. Rose provides oversight and assistance to the Department of Social Work's participation in HSS' Community Service Plan, and Community Benefit programs. In alignment with HSS' goal to best meet the needs of diverse communities; she leads the implementation of innovative community programs to enhance health, access to care and self-efficacy of traditionally underserved communities, in collaboration with other health care organizations and government agencies. Ms. Rose continues to provide ongoing leadership and support in race, ethnicity and language, as well as LGBT hospital-wide initiatives, including training for new employees, and insuring competencies for current employees, through the development of appropriate tools and evaluation processes, and collaboration with other department leadership. She participates in research and quality initiatives to identify and address any health disparities to insure the highest quality care for all patients.

Since August 2005, Jillian has occupied a leadership position in managing Rheumatology programs at the hospital, with a focus on two national peer support and education programs for people with systemic lupus and their families. Ms. Rose and her team provide psychoeducation to patients and support for the medical team in several hospitals across New York City. She also coordinates program outreach to diverse populations disproportionately affected by lupus in an effort to identify psychosocial challenges that may impede access and follow up to medical care.

Ms. Rose contributes her expertise on both a national and international level by her ongoing contributions and participation with Department of Health and Human Service's Office of Women's Health National Lupus Initiative as well as the National Institute for Arthritis, Musculoskeletal and Skin Disease (NIAMS) Multicultural Initiative to reduce disparities among minority patients with rheumatic conditions.

In addition, Jillian has presented multiple publications on various program evaluations and impact at multiple professional forums, including the American College of Rheumatology (ACR), the European Congress of Rheumatology (Eular) in France, and the Office of Minority Health's Leadership Summit.

Katherine Garrett, MPH, has been working in orthopedic research for over two years at the Institute of Orthopedic Research and Education (IORE) in Houston, Texas, under the leadership of Dr. Philip Noble.

Following a series of undergraduate internships in public health, education, and disease management in underserved communities, she graduated from Trinity University in San Antonio with a degree in Biology. The following year, she served as a high school science teacher in a rural Texas town before pursuing her Masters of Public Health in Epidemiology at the University of Texas School of Public Health. Graduate work as an International Delegate at the 2015 Global Youth Meet conference in Visakhapatnam, India, a Master's thesis investigating *S. aureus* on the Texas-Mexico border, and academic research in orthopedics has helped cultivate her passion for cross-cultural research, collaboration, and research to reduce health disparities.

Pinkie V. Ellington RN, BSN, CCRP, has over twenty years of healthcare experience that encompasses military, private practice internal medicine, skilled rehab/long term care, and the acute care setting. Medical surgical, med/surg ortho, hypertension, gastrointestinal, renal and telemetry patients have been the focus of her nursing career thus far. Pinkie has also found fulfillment in working in research and currently works as a research core coordinator at University Hospitals Cleveland Medical Center, while concurrently pursuing her Masters of Science degree in nursing education.

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Taking aim at racial disparities in health, hospitals put a shared decisionmaking tool to the test <http://www.modernhealthcare.com/article/20160829/NEWS/160829922>



Jillian A. Rose, LCSW, MPH

Assistant Director, Community Engagement, Diversity & Research, Department of Social Work Programs, Hospital for Special Surgery



Katherine Garrett, MPH

Clinical Research Coordinator, Institute of Orthopedic Research and Education, Houston, Texas



Pinkie V. Ellington, RN, BSN, CCRP

Clinical Nurse Research Specialist II, University Hospitals Cleveland Medical Center

Faith-Based Engagement: Co-Conspirators in our Own Health

The role of faith-based organizations in the engagement of congregations and communities is not a new phenomenon in the world of health promotion, delivery of care, and health policy, but there is another dimension in the faith-based realm that contributes to health promotion and disease prevention. The reinforcement from the pulpit of attitudes, beliefs, behaviors, and leader influence in social relationships is a powerful paradigm. This workshop will provide an overview of the messaging from the pulpit, creating a call to action within communities of faith. The session will allow discussion on the mandate and role of community health needs assessments from the Affordable Care Act and explore partnership opportunities that exist between health care and communities to achieve positive health outcomes.

Moderator: Willis Steele, Rev, MDiv

Member, Movement Is Life Executive Steering Committee
 Liaison, Conference of National Black Churches
 Co-Pastor, Faith Mission Grace Baptist Church

Speakers:

Charla Johnson, RN, MSN, ONC, has experience including more than 28 years in the health care industry/nursing with a record of continuous dedicated service, achievement, and professional advancement in an increasingly technical and competitive environment.

The majority of her nursing career has been aimed at the promotion of musculoskeletal care and the advancement of orthopaedic nursing in our region, state, and at the national level through life-long learning and leadership. She was the Orthopaedic Programs Coordinator from 2002 to 2010 at Our Lady of the Lake Regional Medical Center in Baton Rouge, Louisiana. Lake Joint Effort is the largest joint replacement program in the Southeast.

Community Outreach, Nursing Professional Development, Utilization Review, Case Management, and leadership opportunities have been embedded throughout her career. She is connected at the national level with National Association of Orthopaedic Nurses (NAON) and viewed as a content expert in Total Joints and Management of Osteoarthritis.

Charla currently serves as a clinician and a Director on the Board of Volunteer Health Corps, a non-profit, serving the uninsured and underinsured for Primary and Orthopaedic care in Baton Rouge, Louisiana. She is the Manger of Community and Provider Education at St. Elizabeth Hospital, a rural community hospital, in Gonzales, Louisiana. She has been a member of the Movement is Life Steering Committee since 2014.



Charla Johnson, RN, MSN, ONC

Manager, Community Education & Professional Development, St. Elizabeth's Hospital, Gonzales, LA

Faith-Based Engagement: Co-Conspirators in our Own Health (continued)

W. Franklyn Richardson is Senior Pastor of the historic Grace Baptist Church in Mount Vernon, New York. He has been the head of this vibrant, diverse, multi-staffed ministry since April 1975. Under his leadership, the congregation has continually thrived, growing to include more than 4,000 members, as well as a second church in Port St. Lucie, Florida.

Dr. Richardson began his career in 1969, serving as pastor of Rising Mt. Zion Baptist Church, located in Richmond, Virginia, and then St. James Baptist Church in Varina, Virginia, prior to taking the helm at Grace Baptist. A graduate of Virginia Union University, Dr. Richardson received his Divinity degree from Yale University Divinity School and his Doctorate of Ministry as a Wyatt Tee Walker Fellow from the United Theological Seminary in Dayton, Ohio. Dr. Richardson has received extensive recognition for his dynamic and impactful leadership in ministry with Honorary Doctor of Divinity degrees from several colleges and universities including his alma mater, Virginia Union University.

In 1989, Dr. Richardson was inducted into the Martin Luther King, Jr., Board of Preachers at Morehouse College in Atlanta, Georgia. His tireless efforts to defend and promote justice, fairness, and equality for all people were recognized in 2013, when Morehouse paid tribute to Dr. Richardson once again by inducting him into its International Hall of Honor. Established to celebrate extraordinary persons of the twentieth and twenty-first centuries who have made significant contributions to the global nonviolent movement for civil and human rights, Dr. Richardson's portrait now resides in the Martin Luther King Jr. International Chapel, alongside images of the greatest leaders of the modern era.

A longtime community builder and organizer, Dr. Richardson has played a pivotal role in the grassroots efforts of reestablishing a cultural bridge between community and education. He is singularly responsible for leveling the ground by fighting for equitable opportunities in public education in the Mount Vernon community and he has manned the front lines in the battle for just and affordable housing development. His steadfast efforts have resulted in two Grace Church-related Community Development Corporations, which have constructed more than \$100 million in affordable housing to date.

Dr. Richardson served as General Secretary for 12 years of the eight-million-member National Baptist Convention USA, Inc., which thrust him into the international arena of the World Council of Churches, where he served on its prestigious Central Committee. The World Council represents more than 400 million Christians in 150 nations. He also served on the boards of the Congress of the National Black Churches, the National Urban League, and the Constituency for Africa. A life member of the National Association for the Advancement of Colored People, Dr. Richardson is also a member of the Sigma Pi Phi Fraternity.

This distinguished theologian is an internationally sought after preacher, lecturer, and facilitator, having preached on several continents. For the past 30 years, he has been heard throughout the tri-state area on WVOX radio and is viewed on national television every Sunday morning. He is the author of the widely acclaimed, *Power of the Pew*, and has written extensively on faith-based community developments. Of note: "Mission to Mandate," in the National Urban League's State of Black America. In addition to such articles, Dr. Richardson's most powerful sermons can be found in publications, including *Keep the Faith* (Welcome Rain Publishers) and *Joy to the World* (Simon & Schuster).

A man of enormous compassion, intuitive reason, absolute commitment, and an incisive mind, Dr. Richardson demonstrates in his persona the marvelous union of passion and intellect. He is a national advocate for economic equity and his counsel and advice are widely solicited in several major corporate boardrooms throughout America. Dr. Richardson currently serves as a director or trustee for Pepsi Cola (Ethnic Advisory Board); the Ujamaa Community Development Corporation; the Harvard University Divinity School Summer Leadership Institute for Church-based Community and Economic Development; Comcast Corporation and NBC Universal Joint Diversity Council; and Grace Community Development Corporation. He is Chairman of the Board of the National Action Network; the Conference of National Black Churches; *American Legacy Magazine*; and Virginia Union University.

Dr. Richardson is married to Inez Nunnally Richardson. They are the parents of three adult children and the grandparents of five.



Rev. Dr. W. Franklyn Richardson

Senior Pastor, Grace Baptist Church

References

Grace Baptist Church
<http://gracechurchtoday.org/>

Dr. W. Franklyn Richardson Receives Humanitarian Award
<https://www.youtube.com/watch?v=JbpGmqCiahs>

Get Up, Get Out & Do Something: Community Engagement Strategies

- Are you passionate about implementing change in your community?
- Do you have a community program that you want to implement but aren't sure where to begin?
- Do you have a community program that needs to be reinvigorated?
- Are you ready to get up, get out, and do something?

If the answer is yes to any of the above, then this is the workshop for you!

Vivian Goodbeer, Tamara Huff, and Rosalva Nava have strategies and interactive examples of how to create sustainable community-based programs that are rooted in engaging your stakeholders. We will discuss engagement strategies from an urban and rural perspective. We will also explore the importance of cultural competency when engaging people of diverse backgrounds with special attention to women of color.

Moderator: Erick Santos, MD, PhD, FAAOS
CEO, South Central Texas Bone & Joint Center, PA
Principal, Borikenex Medical, LLC
Principal, South Texas Pain & Recovery, PLLC

Speakers:

Rosalva Nava, CHW, is an independent consultant and certified wellness life coach. As a community health worker (promotora de salud) Ms. Nava strives to equip, empower, embrace, and motivate patients to transform their lives and improve health outcomes. Ms. Nava works side by side with providers and clinician staff to identify patients that are struggling to manage their health conditions. Focusing on the cultural and systemic barriers faced by Latinas, she listens to patients to help facilitate change, however big or small, and celebrates the baby steps connected to the journey toward better health and healthier lifestyles.



Rosalva Nava, CHW

Independent Consultant and Certified
Wellness Life Coach

Dr. Huff obtained her Bachelors of Arts in history, minor in Spanish, and certificate in African American studies from the University of Georgia. She completed her medical doctorate at the Medical College of Georgia and her orthopaedic residency at Ochsner Clinic Foundation in New Orleans.

While Dr. Huff treats a broad range of bone and soft tissue maladies in all age groups, she has a special interest in women's musculoskeletal health. She has published and presented nationally and internationally on decreasing blood loss in total knee replacement. Her most recent research award is entitled, "Start Moving, Start Living: Affecting Positive Lifestyle Changes in Rural African-American Women," which employs a community-based approach to improve activity levels and decrease knee pain.



Tamara Huff, MD

Orthopedic Surgeon, Mayo Clinic Health
System – Waycross, GA

Get Up, Get Out & Do Something: Community Engagement Strategies (continued)

Vivian Goodbeer is Human Resources professional with over 35 years of progressive experience in various positions within the public and private sector of corporate America.

Vivian has traveled worldwide to implement strategic programs to improve both employee and management experiences and maximizes organizational profitability. She's been a part of many renowned organizations, including eight years with Intel Corporation, 14 years with the University of California Office of The President, and five years with Bayer Corporation. Vivian has won several awards and recognitions for implementing worldwide leadership programs and has consulted for several major corporations, such as Mayo Clinic, Kaiser Permanente, and Rubicon. She is also the CEO of Achieve Vision Consulting firm and has a passion for helping individuals achieve their visions of success and organizations to achieve operational excellence.

Vivian holds a Bachelor of Science degree in Public Health and Business Administration from University of California Berkeley, and a Master's degree in Public Administration and Finance from California State University East Bay. She has served on the local board of directors of The National Forum for Black Public Administrators and the National Association for Female Executives. She is a member of the Organizational Development Network; American Society for Training & Development; and the National Society for Human Resources. Vivian also holds several national and international certifications including Ken Blanchard, Development Dimensions International (DDI), Achieve Global, and Zenger Miller.

When not consulting, Vivian pursues her passion to help underrepresented youth as Executive Director of Daughters of Zion Enterpryz, Inc. She is also an Adjunct Professor for the College of Alameda, the University of Phoenix, and other institutions, where she teaches Professional Development, Life Skills and Organizational Management at the undergraduate and graduate level. Vivian received the Outstanding Faculty of the Year Award for her innovative teaching strategies, and is committed to lending her expertise to anyone with vision to achieve excellence and success.

Vivian and her husband Terry enjoy traveling, theatre, and social gatherings with friends and family.



Vivian Goodbeer, MPA

Executive Director, Daughters of Zion Enterpryz, Inc.

Adjunct Professor, College of Alameda and University Of Phoenix

Show Me the Money!

A “How-To” On Funding Community-Based Interventions

Whether your great idea begins with the vision and passion of one individual, a group, or an organization, resource constraints, particularly for grassroots, community-based programs, present a significant challenge to implementation and sustainability. Now more than ever the old adage “no money, no mission” speaks to the criticality of developing and deploying a sound fundraising and fund development strategy to move your vision forward. This workshop presents the opportunity to engage with community-based program leaders, grant makers, and non-profit organizational leaders as they share their individual and collective experiences seeking and awarding grants and other funding sources.

Moderator: Michelle A. Leak, DEd, MBA

Member, Movement Is Life Executive Steering Committee
Operations Administrator, Mayo Clinic Florida

Speakers:

Lisa M. Tate is a health care executive, having served in leadership positions with multiple nonprofits including two women’s health organizations, a hospital association, and a medical society. Currently, Lisa consults for nonprofits and corporations in the areas of patient engagement, corporate/nonprofit alliances, and fundraising.

Lisa served for seven years as CEO of WomenHeart, the National Coalition for Women with Heart Disease. WomenHeart advocates nationally to improve the care of women heart disease patients and runs community-based support networks. Lisa led expansion of the organization, growing local support networks from 20 to more than 100, and its online patient community membership from 2,000 to 15,000. She increased WomenHeart’s annual revenue from \$1M to more than \$4M by implementing diverse fundraising strategies, including corporate partnerships, grants, major gifts, special events, and cause-marketing campaigns.

Lisa has served on boards and committees of the National Dialog for Health Care Innovation, the Public Affairs Council, and the National Health Council. She is a Certified Association Executive and a graduate of the University of North Carolina at Chapel Hill.

References

Lisa M. Tate meets with DHHS Secretary Burwell
http://www.womenheart.org/?page=TakeAction_LTateBurw

Robyn Williams serves as Program Manager for Operation Change I Chicago (OCC), a not-for-profit organization which addresses ethnic musculoskeletal disparities and related co-morbidities in African-American and Hispanic/Latino populations. OCC impacts underserved Chicagoland areas by fostering interventions that promote overall health, improvement in function, and decreases in disabilities in Hispanic/Latino and African-American communities.

In her day-to-day career, Robyn is an accomplished and forward-thinking strategic business development professional with an exceptional growth record, and superior ability to identify, qualify, and convert leads into new business for Family Office Exchange (FOX), a member-based firm which supports sophisticated families of exceptional wealth, offering them education on complex financial issues, governance, and next-generation issues, as well as guidance on the selection of appropriate advisors. Robyn is known for providing outstanding client service, and being a creative and enthusiastic leader.

In her spare time, Robyn is author of several bestselling novels, *Preconceived Notions*, *A Twist of Fate*, and *A Fool’s Paradise*. Her latest work is *Deception in the Pews*. Because reading and writing is a strong passion of hers, Robyn founded The Bestow Foundation, a not-for-profit literacy organization dedicated to improving literacy skills of Chicago-area adults and families.

A graduate of Tennessee State University, Robyn resides in Chicago.



Lisa M. Tate, CAE

Principal, Health Futures Consulting



Robyn Williams

Program Manager, Operation Change Chicago

Show Me the Money!

A “How-To” On Funding Community-Based Interventions

(continued)

Velma Monteiro-Tribble is currently the Director of Grants and Programs at the Florida Blue Foundation. In her executive position, she is responsible for carrying out the vision, mission, strategic direction, management, and supervision of the philanthropic giving decisions and investments across the state of Florida for the Foundation and Florida Blue.

Prior to this position, she was Chief Operating Officer and Assistant Treasurer at Alcoa Foundation, Pittsburgh, Pennsylvania, and New York, NY. In this executive position, she provided the vision, strategic direction, and management of \$500 million worldwide; led multifunctional teams on key projects; and influenced top-level company management. She worked with the Alcoa and Alcoa Foundation boards to measure the Foundation’s investments, strategize corporate citizenship, benchmark other world-class companies, and managed branding. She provided overall vision, engaged multiple stakeholders, and led global programs and teams. She fostered partnerships with premier nongovernmental organizations, school systems, other foundations, and public and nonprofit sectors, effectively utilizing technology and committing to a program of sustainability.

Monteiro-Tribble also served as an executive with the W.K. Kellogg Foundation (WKKF). Her responsibilities included leadership development, management, and fiscal accounting for WKKF programs. She also worked on grant-making initiatives and partnerships in Latin America and South Africa. She developed and managed international leadership seminars at the Salzburg Seminars in Salzburg, Austria.

She has more than 30 years of work experience and expertise in philanthropic giving worldwide, grant making, leadership development and training, community development, community enterprise, evaluation, and tests and measurements, with such organizations as the National Association for Community Leadership, the U.S. Department of Education, American College Testing, Rhode Island College, and Brown University. She also served as an administrator in the U.S. Peace Corps in Asia.

Monteiro-Tribble has worked and lived in many regions of the world. She has received numerous awards for her work, including the Urban Bankers Leadership Award and the National Woman of Achievement Award from the National Business and Professional Women Association; higher-education awards; Outstanding Woman in the Material World Award from the Women and Girls Foundation; and One of the 50 Most Influential Women Award from the *Pittsburgh Courier*. She is highly respected for her work internationally in leadership, philanthropy, and civic engagement and corporate social responsibility. She has written many articles and booklets on the topics of leadership, community leadership, grassroots leadership, diversity in leadership, diversity in the workplace, and many more. She is currently under contract to complete her book on women aspiring to take on leadership roles in the Corporate Suites (the C-Suites).

She currently serves on the boards of several nonprofits, including Florida State College System Foundation, Jacksonville Urban League, Jacksonville Women’s Giving Alliance, and the Jacksonville Ritz Chamber Players. She is a past chair of the Advisory Board for the Morehouse College International Leadership Center and has served on the boards of Seton Hall University, Highmark Foundation, Tampa Bay Community Foundation, and WQED Public Broadcasting, and other local, national, and international boards.

Monteiro-Tribble holds a B.S. degree from Stillman College, and a nonprofit management certificate from Case Western Reserve.



Velma Monteiro-Tribble

Director of Grants and Programs, Florida Blue Foundation

References

Florida Blue Foundation
<https://www.floridablue.com/foundation/overview>

Tweet, Like, and Hashtag Your Way To Successful Community Engagement

In 2013 the mobile phone became the number one resource for accessing the Internet for many communities, allowing social media to become a viable communication option for many communities. This workshop is designed to give attendees real-life examples on how a community-based health care organization and a health insurance payer uses social media tools to engage, educate, and enlighten an audience, creating an integrated online community. Attendees will get an interactive overview of social media best practices and examples of how they can be applied to their own social media campaigns.

Moderator: Sharon LaSure-Roy, MS

Senior Communications Consultant
Florida Blue

Speakers:

Amanda Merck completed her MPH with a concentration in Physical Activity and Health. She curates Latino childhood obesity content based on the most current research, resources, and stories related to policy, systems, and environmental changes to enhance equitable access to safe places for kids and families to walk, bike, and play for Salud America! at the Institute for Health Promotion Research at UT Health Science Center San Antonio. She is a member of the Active Living Council for a Healthier San Antonio and teaches group fitness classes for Fitness in the Park, a City of San Antonio Parks and Recreation initiative.

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Salud America!
<http://salud-america.org/>

Reaching Latinos with Health Information in the Age of Digital Marketing
<https://nphic.confex.com/cdc/nphic16/webprogram/Paper37351.html>

David Murray (@DaveMurr) serves as the Manager of Social Media for Blue Cross Blue Shield of Michigan. In the three years he has been with BCBSM, David has increased the brand's online community by over 2300%, and has maintained a content participation average between 25 and 30% (10%–15% above industry average). David has developed content marketing strategies that have earned several awards, and has helped position BCBSM as a leader and best-in-class example within the health insurance industry.

References

PR Rock Stars: Blue Cross Blue Shield of Michigan's Dave Murray
<http://www.arikhanson.com/2013/09/10/pr-rock-stars-blue-cross-blue-shield-of-michigans-dave-murray/>



Amanda Merck, MPH

Content Curator/Research Area Specialist,
Salud America!, Institute for Health
Promotion Research, UT Health Science
Center, San Antonio

Twitter: @AMFitnessHealth



David Murray

Manager of Social Media, Blue Cross Blue
Shield of Michigan

Can You Pass the Unconscious Bias Test?: Exploring Unconscious Bias in Healthcare

There is widespread evidence documenting racial/ethnic disparities in medical care independent of insurance, patient preference, and socioeconomic and clinical status. More recent research has established the role of provider unconscious biases as a contributor to these treatment differences. In this interactive workshop, participants will learn about unconscious bias and the Implicit Association Test (IAT), which they will have an opportunity to try themselves. We will explore how our own unconscious biases can have an impact on patient care. We will do this through a set of interactive exercises as well as a video-based case discussion. We will also suggest individual, regulatory, and systematic measures that may be taken to mitigate the impact of unconscious bias.

Moderator: Michael L. Parks, MD

Member, Movement Is Life Executive Steering Committee
Associate Attending Orthopaedic Surgeon
Hospital for Special Surgery
Cornell Weill Medical Center

Speaker: Dr. Green is Associate Professor of Medicine and Director of the Theme on Health Equity and Cross Cultural Care at Harvard Medical School, and Senior Scientist at the Mongan Institute for Health Policy at Massachusetts General Hospital. He has authored articles on topics including cross-cultural education, culturally competent health care systems, and language barriers and interpreters, and has presented his work widely. Dr. Green has been involved in a variety of research projects on racial/ethnic disparities in health and cultural competence and his research has been funded by RWJF, The Commonwealth Fund, NIH, and CMS. He has served on several expert panels and advisory boards including the Joint Commission's Hospitals, Language and Culture project. He helped produce and implement a documentary film and education project called *Worlds Apart*, designed to teach health professionals to better care for patients across cultural divides. This is currently used by several hundred organizations around the country. His current research and programmatic interests focus on culturally competent approaches to quality improvement, clinician biases as root causes of racial/ethnic disparities in health care, and cultural and linguistic competence education for health professionals.

Dr. Green received his Bachelor of Science and medical degree from the University of California, San Diego, and completed his residency training in internal medicine at the New York Hospital—Cornell Medical Center. He joined the faculty at Cornell where he completed a National Health Services Corps fellowship at a community health center in Queens, New York, and developed a teaching curriculum in cross-cultural medicine. He served as Associate Director of the Primary Care Internal Medicine Residency Program at Cornell and Assistant Professor of Medicine. In 2005 he completed a mid-career research fellowship and Master's degree in Public Health at Beth Israel Deaconess Medical Center and Harvard School of Public Health. He served for more than 10 years as the Associate Director of the Disparities Solutions Center at MGH.



Alexander R. Green, MD, MPH

Associate Professor of Medicine and Director,
Theme on Health Equity and Cross Cultural Care
Harvard Medical School

Senior Scientist, Mongan Institute for Health
Policy, Massachusetts General Hospital

<https://www.linkedin.com/in/alex-green-5a10688>

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Daily Diversity Disputes: Seizing Teaching Moments

Have you considered how the carefully taught values acquired from your family and community impact behavior towards those you work with, your patients, and specifically those who you least understand and about whom you may even harbor stereotypes? This workshop will report real-world “incident reports” published in the Harvard Medical, Dental & Public Health Schools’ *Focus* Newsletter to provide a forum for discussion about our differences in how we view each other. A series of incidents that provide examples of offensive behaviors that are potentially harmful to patients and healthcare providers in the workplace will be presented to participants, who in a group setting will discuss and report appropriate responses. The goal is to engage in conversation to identify interventions that will address offensive behaviors. This workshop is structured to elicit group response to each incident report presented and the interventions that will result in individuals learning about themselves and how we can emerge as better professionals.

Moderator: Julia A. Kneedler, RN, MS, EdD
CEO, Pfiedler Enterprises

Speaker: Augustus A. White, III, MD, PhD, was the Orthopaedic Surgeon-in-Chief at Beth Israel Hospital in Boston, Massachusetts, for 13 years. Today, he is the Ellen and Melvin Gordon Distinguished Professor of Medical Education, Professor of Orthopaedic Surgery at Harvard Medical School (HMS), former Professor of the Harvard/MIT Division of Health Sciences and Technology, and former Director of the Oliver Wendell Holmes Society at Harvard Medical School.

Dr. White’s interest in orthopaedics stems from his experiences in athletics—a star athlete as well as a scholar, he became fascinated by orthopaedic treatment of sports injuries. Dr. White attended Stanford Medical School where he served as Student Body President, and it was at Stanford that he became interested in back pain. Following graduation, he honed his skills at University of Michigan Medical Center as an intern, then at Presbyterian Medical Center San Francisco as a general surgery resident. Dr. White then went to Yale Medical Center, where he completed his orthopaedic residency. Afterwards, he joined the U.S. Army Medical Corps, where he served for two years and was awarded the Bronze Star. Following this, he studied at the University of Gothenburg and at the Karolinska Institute, where he obtained a PhD for research on the biomechanics of the spine.

He returned to Yale Medical School and became a Professor of Orthopaedic Surgery and Director of the Engineering Laboratory for Musculoskeletal Disease, a currently active laboratory that he co-founded and developed. Over the years, he has trained 25 spine surgeons in the Daniel E. Hogan Spine Fellowship Program, of which he was the Director. While his professional life has drawn him to classroom, laboratory, and lecture hall, he is most committed to direct patient care. Stimulated by a desire to better meet the challenges in health care management, Dr. White completed the Advanced Management Program at the Harvard Business School, where he was selected by his classmates to deliver a commencement address. He was a member of the Board of Directors of Zimmer Holdings for nine years. He is a past Chairman of the Scientific Advisory Board of OrthoLogic Corporation—now Capstone Therapeutics. Dr. White served as a Director for OrthoLogic, and is a past Director of American Shared Hospital Services.

Dr. White is an internationally known, widely published authority on biomechanics of the spine, fracture healing, and surgical and non-surgical care of the spine. He has authored and coauthored more than 250 scientific and clinical publications, including chapters, books, and articles. Most noted among them is the highly regarded definitive work, *The Clinical Biomechanics of the Spine*. This internationally used text, the first of its kind, is designed to present scientific material about spine biomechanics in a manner directly applicable to the care of patients with spine problems. Convinced that patient education is a major factor in the successful resolution of back pain problems, Dr. White completed a second edition of a book for patients, *Your Aching Back*, published in 1990, which was selected by *Consumer Reports* as the best back pain book and has been translated and published in German. His book, *Seeing Patients: Unconscious Bias in Health Care*, was published in 2011 and received the British Medical Association Book Award as one of ten “highly commended” books in 2011 in the category of “Basis of Medicine.” Two cogent articles include “Some Advice to Minorities and Women on the Receiving End of Health-care Disparities,” published in the *Journal of Racial and Ethnic Health Disparities* in 2014. This publication ranked in the top 10 downloaded papers for the *Journal* in 2014. Another article was recently published first online by the *Journal of Academic Medicine*, “Race-Conscious Professionalism and African American Representation in Academic Medicine, (Perspective)” in January 2016 by Brian Powers, Augustus A. White, III, Nancy Oriol, and Sachin Jain.

Dr. White has committed himself to issues of diversity and is nationally recognized for his work in medical education and issues of health care disparities. He is the founding President of the J. Robert Gladden Orthopaedic Society, and has served on its Senior Advisory Board.

References

“Some Advice for Physicians and Other Clinicians Treating Minorities, Women, and Other Patients at Risk of Receiving Health Care Disparities”
<http://link.springer.com/article/10.1007/s40615-016-0248-6>



Augustus A. White, III, MD, PhD

Member, Movement is Life Executive Steering Committee

Director, Culturally Competent Education Program

Ellen and Melvin Gordon Distinguished Professor of Medical Education, Department of Orthopaedic Surgery, Harvard Medical School

Oh, You Really ARE Articulate ... Reducing Our Implicit Biases Through Addressing Microaggressions, Microassaults, Microinsults, and Microinvalidations

Implicit bias has been well-documented in our everyday lives (media, criminal justice, education, hiring, etc.) and in health care. One strategy for reducing our implicit biases is through addressing offensive behaviors and comments, such as microaggressions, microassaults, microinsults, and microinvalidations. Through a brief didactic lecture and small group discussion, this session will define these concepts, cite examples, and discuss strategies for preventing and how to respond.

Moderator: Ramon Jimenez, MD

Member, Movement Is Life Executive Steering Committee
Co-Founder and President, American Association of Latino Orthopaedic Surgeons

Speaker: Cheri C. Wilson received a BA in Russian from Howard University, an MA in Russian Area Studies from the University of Minnesota, was a PhD candidate (ABD) in Russian history at the University of Minnesota, and received an MHS in Health Finance and Management from the Johns Hopkins Bloomberg School of Public Health. She is multilingual—fluent in Russian and speaks French and Spanish, with a reading knowledge of German.

Ms. Wilson is a nationally recognized diversity and inclusion, cultural, and linguistic competence, and health equity subject matter expert, who is also a highly regarded public speaker and trainer. She served as the Director, Corporate Office of Diversity and Inclusion at RWJ Barnabas Health, the largest health system in New Jersey from July 2015 to July 2016. In May 2010, Ms. Wilson was appointed a Faculty Research Associate in the Department of Health Policy and Management in the Johns Hopkins Bloomberg School of Public Health, Hopkins Center for Health Disparities Solutions, and was promoted to Assistant Scientist in February 2014. Previously, she was an Acting Assistant Director of the Quality Improvement Department at The Johns Hopkins Hospital. She is a Certified Professional in Healthcare Quality (CPHQ), a Past President of the Maryland Association for Healthcare Quality (MAHQ) (2009), and a Lean Six Sigma Green Belt.

Ms. Wilson is a member of the Health Disparities Subcommittee, Advisory Committee to the Director, Centers for Disease Control and Prevention (CDC), the Leadership Council of the New Jersey Statewide Network for Cultural Competence, and GLMA: Health Professionals Advancing LGBT Equality. She was a member of the Steering Committee of the Commission to End Health Care Disparities (CEHCD), where she chaired the Patient Level Data Collection Reporting and Use Workgroup, the Maryland Department of Health and Mental Hygiene, Office of Minority Health and Health Disparities, the Maryland Health Disparities Collaborative, where she served on three workgroups: the Maryland Health Quality and Cost Council (MHQCC), Cultural and Linguistic Competency Workgroup, and the Maryland Health Care Commission Maryland Medical Care Database Workgroup for Reporting Utilization by Race, Ethnicity, and Language. In addition, Ms. Wilson co-chaired the Public Policy and Advocacy Committee of the National Association of Health Services Executives (NAHSE) and was a reviewer for the Patient-Centered Outcomes Research Institute (PCORI), Communication and Dissemination Research panel.

Ms. Wilson educates clinical and support staff in healthcare, health, behavioral health, human and social service organizations, public health, medical and nursing students, and K-12 students, as well as community members. She has presented at national, state, and local conferences on the issues of cultural and linguistic competence, unconscious bias, overcoming language barriers, health and healthcare disparities, health equity, and the social determinants of health. The focus of her work is primarily upon the intersection between cultural competence, health and healthcare disparities, health equity and patient safety, and healthcare quality. Ms. Wilson is particularly interested in health and healthcare disparities and health equity as they relate to racial/ethnic, language, and gender and sexual minorities and the provision of culturally competent patient-centered care in language understandable to all patients.

References

Take the Quiz: Can you spot bias within yourself?
<http://lovehasnolabels.com/about-bias> (Scroll to "Take the Quiz")

Tips to Fight Bias and Prejudice
<http://lovehasnolabels.com/tips>

Southern Poverty Law Center Speak Up: Responding to Everyday Bigotry
http://admin.lovehasnolabels.com/downloads/speak_up_handbook.pdf



Cheri C. Wilson, MA, MHS, CPHQ

Diversity and Inclusion, Cultural and Linguistic Competence, and Health Equity Subject Matter Expert

Oh, You Really ARE Articulate ... Reducing Our Implicit Biases Through Addressing Microaggressions, Microassaults, Microinsults, and Microinvalidations (continued)

Speaker: Dr. David Newhouse is currently working as a locum for the Kaiser Permanente Hawaii Medical Group in Honolulu. He retired from Kaiser Permanente in Northern California after 35 years in the Ob/Gyn department.

Some of his roles while in Northern California included Assistant Physician in Chief for service, diversity and performance improvement. He was also a chief of the Ob/Gyn Department and later the program director for the Fremont IVF department.

Dr. Newhouse received his MD from Michigan State University in 1974 and did his residency in Ob/Gyn in the Panama Canal Zone at Gorgas Hospital from 1974-1978. In 1979, he received his MPH at UC Berkeley.

His current interest is in the use of analytics and data collection as a tool in reducing health care inequities and identifying unconscious bias in both the physician and the patient in the clinical environment. He has given numerous presentations on that work and received the RJ Erickson award from Kaiser Permanente National Diversity in 2007. He also received the *Diversity Journal* Top Ten Innovations award the same year.

He completed his certificate in Leadership and Management from MIT Sloan Business School in 2008 and the Mass General Health Care Disparities Leadership Program in 2009.



David Newhouse, MD, MPH

Kaiser Permanente Hawaii Medical Group,
Honolulu, HI

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Service Score Segmentation of Diverse Populations to Improve Patient and Physician Satisfaction—A Multicase Quality Improvement Study
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2911832/>

Racism in Healthcare is REAL: Now What Do You Do About It?

There has been significant and profound evidence of the adverse implications of racism (conscious and unconscious) and implicit bias in the healthcare relationship, affecting rapport building and decision making. Further, it is conceptualized that implicit bias is arguably an innate human condition; an expected context that is operating for both the patient and the health care provider. However, increased awareness may not be enough, as well-intentioned providers report limitations in knowing how to address such complexities “in the room,” particularly when faced with internalized oppression and poor adherence. This workshop will provide a brief overview of the psychology of racism as it informs implicit bias and systemic oppression. More specifically, it will actively engage participants through video, vignettes, and exercises intended to foster practical skills and tools in countering the adversities of racism/oppression in community healthcare.

Moderator: William Ross, Jr., MD

Director of Orthopedic Programs, Nth Dimensions
Orthopedic Surgeon, WAJR MD

Speaker: Theopia Jackson, PhD, received her master’s degree in clinical psychology from Howard University, Washington, DC, and doctorate from the Wright Institute in Berkeley, California. She has held several leadership roles in higher education and is currently the Program Director for the Department of Humanistic and Clinical Psychology at Saybrook University in Oakland, California. Dr. Jackson is a licensed clinical psychologist practicing at UCSF Benioff Children’s Hospital Oakland in the Healthy Hearts program; formerly in the Department of Psychiatry and Comprehensive Sickle Cell Center. In addition, she is the Co-Chair of the Education & Training Committee for the Association of Black Psychologists, Inc. (ABPsi) and the president of the Bay Area chapter. Her other professional affiliations include membership in the Association of Family Therapists of Northern California (co-founding member of the Cultural Accountability Committee), American Psychological Association (Division 32 Society for Humanistic Psychology: Member-at-Large), California Psychological Association (Division VII Diversity and Social Justice: Chair-Elect), and Delta Sigma Theta Sorority, Inc. Additionally, she serves on the medical advisory council for Baykids Studios and for the Sickle Cell Community Advisory Council (SCCAC). Dr. Jackson has a long history of providing child, adolescent, and family therapy services, specializing in serving populations coping with chronic illness and complex trauma. She is an accomplished scholar-practitioner and educator who provides cultural competency workshops/seminars/consultation. She has been invited to participate in several national and local California initiatives intended to establish integrative health care that is culturally attuned and linguistically responsive. Dr. Jackson is a life-learner who believes that professional knowledge both shapes and is shaped by community wisdom. She and her husband of more than 30 years are the proud parents of three children, her best teachers. Honoring the spiritual healing of creativity and resiliency, Dr. Jackson espouses: “What you help a child to love can be more important than what you help him to learn.” ~African proverb



Theopia Jackson, PhD

Program Director, Department of Humanistic and Clinical Psychology, Saybrook University, Oakland, CA

References

The Residuals of American Slavery for Blacks and Whites: Implications for Our Work
https://archive.org/details/TheResidualsOfAmericanSlaveryForBlacksAndWhitesImplicationsForOur_3870

Could more black therapists mean better outcomes?
<http://kalw.org/post/could-more-black-therapists-mean-better-outcomes>

Notes



Lined area for writing notes, consisting of horizontal lines.

I Like To Move It, Move It! Making Mobility The 6th Vital Sign And Leading By Example

The 2008 Physical Activity Guidelines recommend that U.S. adults should engage in at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity, aerobic physical activity. Despite the recommendation, most U.S. adults do not meet the national recommendation. In addition, long bouts of sedentary behavior are increasing among U.S. adults, even among those who also achieve national physical activity guidelines. Because of the wide ranging potential health benefits, mobility/physical activity has been recommended as the 6th vital sign. Effective strategies for accurately assessing, scoring, and addressing this key vital sign are needed. This workshop will provide an overview of the Exercise is Medicine® initiative, including evidence from studies testing implementation, feasibility, acceptability, and outcomes of the initiative. We will also discuss potential barriers to/facilitators for adhering to recommendations to increase physical activity and incorporate mobility into daily activities. Since “seeing is believing,” we will also identify and practice strategies for counseling patients on increasing mobility, including understanding how providers can serve as “active” role models. Comfortable shoes and loose clothing are suggested.

Moderator: James E. Wood Jr., MD

Member, Movement Is Life Executive Steering Committee
 Former Chairman, Center for Orthopaedics
 MedStar Harbor Hospital Baltimore

Speaker: Dr. Whitt-Glover is President and CEO of Gramercy Research Group in Winston-Salem, NC. Gramercy Research Group’s mission is to positively impact and improve the lives of individuals and communities by addressing health and related issues. Dr. Whitt-Glover is currently involved in research studies designed to identify effective strategies to increase weight loss and weight gain prevention among African Americans, and to promote adherence to national recommendations for diet and physical activity. Her current research studies are being conducted in public schools and churches in Winston-Salem, NC. Dr. Whitt-Glover received her BA (Exercise Physiology, 1993) and MA (Exercise Physiology, 1996) from the University of North Carolina at Chapel Hill. She received her Ph.D. (Epidemiology, 1999) from the University of South Carolina. Dr. Whitt-Glover completed a postdoctoral fellowship at the University of Pennsylvania School of Medicine (2000–2002) and has served on the faculty at the University of Pennsylvania School of Medicine (2002–2003) and Wake Forest University School of Medicine (2003–2009).



Melicia Whitt-Glover, PhD

President and CEO, Gramercy Research Group

References

Gramercy Research Group
<http://www.gramercyresearch.com/>

Systematic Review of Interventions to Increase Physical Activity and Physical Fitness in African-Americans
http://ahp.sagepub.com/content/23/6_suppl/S33.abstract?rss=1

HED TV—Melicia Whitt-Glover, Ph.D.
<https://www.youtube.com/watch?v=UDEqrlAm2Cw>

Melicia Whitt-Glover—2016 HLKN Distinguished Lecture Series
<https://www.youtube.com/watch?v=BPfn8wclAyg>

Meditation In Motion For Health And Well-being

In this inspiring presentation, participants will be introduced to a number of mindfulness techniques including meditation, gentle yoga postures, and Tai Chi. These practices help people create health and well-being and are appropriate for everyone. Participants will discover the many benefits including stress reduction, greater awareness, increased physical mobility, and improved self-care. Guidance will be provided on how to introduce these practices in meaningful ways and identify potential community resources.

Moderator: Irene van Den Berg, RN

Vice President, Business Development, StayWell

Speakers:

Cheryl Jones, whose career in healthcare has spanned over 30 years, has dedicated herself to helping others live a healthier lifestyle. She is passionate about mindfulness and views it as the key to health for individuals and organizations.

She completed the Teacher Development Intensive in Mindfulness-Based Stress Reduction (MBSR) through the UMass Medical School, Center for Mindfulness. She holds a Master's degree in exercise science from the University of Connecticut and is the author of *Mindful Exercise*. Cheryl holds a Certificate in Spirituality from the University of Saint Joseph.

As Director of Mindfulness, Cheryl supports the adoption of mindfulness practices for the employees, customers, and communities Aetna serves.



Cheryl Jones

Director of Mindfulness, Office of the Chief Medical Officer

<https://www.linkedin.com/in/cherylljones>

References

6 Myths About Mindfulness We All Need to Stop Believing

http://www.huffingtonpost.com/cheryl-jones/myths-about-mindfulness-to-stop-believing_b_8958372.html

Cheryl Jones leads a 5-minute mindfulness meditation

<https://www.youtube.com/watch?v=SXTcPyQHlQg>

Mindful Exercise: A Bridge Between Yoga and Exercise

<http://theminfulpath.com/mindful-exercise/>

Mindful Exercise: A Bridge Between Yoga and Exercise with Bonus CD

https://www.amazon.com/Mindful-Exercise-Bridge-Between-Bonus/dp/074144982X/ref=sr_1_1?s=books&ie=UTF8&qid=1474900175&sr=1-1&keywords=mindful+exercise+cheryl

Mindfulness Combats Depression for Disadvantaged Black Women

<http://www.northwestern.edu/newscenter/stories/2016/08/mindfulness-eases-depressive-symptoms.html>

A Mindfulness-Based Intervention for Urban, Low-Income, Pregnant African American Women and Their Offspring

<https://etd.library.emory.edu/view/record/pid/emory:f80r1>

African American Women's Perceptions of Mindfulness Meditation Training and Gendered Race-Related Stress

https://www.researchgate.net/publication/301581244_African_American_Women's_Perceptions_of_Mindfulness_Meditation_Training_and_Gendered_Race-Related_Stress

Mindfulness-Based Stress Reduction for Low-Income, Predominantly African American Women With PTSD and a History of Intimate Partner Violence

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3772725/>

Examining mindfulness-based stress reduction: perceptions from minority older adults residing in a low-income housing facility

<http://www.ncbi.nlm.nih.gov/pubmed/21627807>

Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial

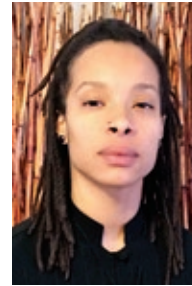
<http://psycnet.apa.org/psycinfo/2012-04383-001/>

Meditation In Motion For Health And Well-being (continued)

Speaker: LeShea Agnew is a national medalist and instructor of Hunyuan Taijiquan (Tai Chi) in St. Louis and neighboring Illinois.

She is certified by internationally renowned Sifu J. Justin Meehan and the Feng Zhiqiang Chen Style Taiji Quan Academy to teach Taiji forms and Chi Kung (Qi Gong) for relaxation and health. The ancient Chinese practices of Tai Chi and Qi Gong combine slow, low-impact movements, breathing exercises and meditation designed to increase balance, circulation and alignment. Mind-body practice restores energy, reduces stress, and prevents and treats chronic illnesses while improving overall functionality and quality of life. Tai Chi is easily adapted for use by anyone and can be practiced sitting or standing.

Agnew, a national award-winning NPR-affiliate anchor, reporter, and producer is currently Editor-in-Chief of *The St. Louis Spotlight*, a leading news publication and media outlet representing the voice and pulse of St. Louis' African-American community.



LeShea Agnew

National Medalist and Instructor, Hunyuan Taijiquan (Tai Chi)

Speaker: Toni Scott MSN, RN, CYT is the founder of Yogatones, a company that promotes health and well-being across the life expectancy, with a focus on nursing, youth, and community wellness. She received her Masters of Science in Nursing with a focus in Executive Leadership from Kaplan University and her Hatha Yoga Teacher certification from Temple of Kriya Yoga.

After several years of working as a travel nurse in top-rated newborn intensive care and pediatric emergency/trauma units, Toni began to acknowledge the subtle unhealthy messages her mind, body, and spirit were sending. In search of stability, Chicago is where she ended her travel nursing career, taking on a position at the University of Chicago Medical Center. In addition to working in the pediatric emergency room, Toni took on the role as the organization's Nursing Practice Council Chair, and contributed significantly to their journey of successfully obtaining Magnet Recognition. With her physical, emotional, and mental health declining, Toni turned to yoga and meditation as a method to improve her well-being. After obtaining her yoga teaching certification, Toni left clinical nursing and founded Yogatones, where she began presenting well-being initiatives at nursing career fairs, nursing conferences, youth programs, and community health events. In 2010 Toni was honored by the Chicago Chapter of Black Nurses Association for her preventative wellness work in her community. She also presented educational well-being events, such as "Five" Minute Yoga Break, Steps to Self-Love, Yoga for the People, Yoga for Health in the Community as a partner with the aldermans office and a six-week summer yoga series, Creating a Healthier Self with Movement, sponsored by her community park advisory board.

Former radio host of *Creating a Healthier Self*, a weekly health and well-being program on Que4 AM Chicago talk radio, Toni interviewed leading well-being professionals in the Chicagoland area, sharing evidence-based well-being information, and covering the latest health topics. She also directed and produced a short video, *Let's Talk Yoga*, consisting of short, candid interviews with minority women discussing yoga. Toni has a moderate publication and presentation record in the health care arena targeting professional and public audiences. She sits on the Kaplan University School of Nursing Advisory Board, and is a member of American Nurses Association (ANA). She is the Chair of ANA-Illinois Healthy Nurse Healthy Nation Grand Challenge, and a fellow with Alliance of Nurses for Healthy Environments.



Toni Scott MSN, RN, CYT

Founder, Yogatones

<https://www.linkedin.com/in/yogatoneswellnessnurse>

www.facebook.com/yogatonesnurse

<https://instagram.com/yogatones/>

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Yogatones Health and Wellbeing
<http://yogatones.weebly.com/about.html>

Yogatones YouTube Channel
<https://www.youtube.com/channel/UCXN5ruGvMcWzQsfN8ixrH5A>

Therapeutic Dance For The Body and Soul

Moderator: Ana Bejinez-Eastman, MD

PIH Family Practice Residency
National Hispanic Medical Association

Speaker: Angela M Grayson, PhD, is the Proprietor and CEO of Good Fruit Expressive Arts Counseling & Psychotherapy LLC, a counseling and creative arts psychotherapy practice, located in Wilmington, Delaware. She is a Licensed Professional Counselor (LPC) in Delaware and Pennsylvania, a National Certified Counselor (NCC), a Board Certified Dance/Movement Therapist (BC-DMT), and a Licensed Minister of Dance. She holds a graduate degree from Drexel University's Hahnemann Creative Arts in Therapy program, where she currently serves as an adjunct professor to graduate students in creative arts therapy training. In addition, she is an adjunct professor to undergraduate students in the psychology department at Wilmington University.

Dr. Grayson is a transformational healer, prolific speaker, dynamic motivator, and innovative educator. She is the author of *Meditation Moments Journal* and contributing writer to several publications, both print and online. She was featured in Aetna's 2013 African American History Calendar Complementary and Alternative Medicine: Celebrating African Americans Practicing Physical and Alternative Healing. She has also been interviewed and featured in televised, internet, and print media outlets. Dr. Grayson utilizes a mind, body, and spirit holistic and humanistic approach to support, counsel, and coach individuals and organizations to develop creative and effective stress management skills. She developed and facilitates TranscendDance™ expressive arts meditation sessions, which emphasize a mind-body-spirit connection using creativity as a tool to foster healing and promote personal growth. Dr. Grayson is passionate about the interconnection of culture and spirituality especially in relation to healing practices through dance and has taught nationally and internationally regarding multicultural aspects of sacred dance and dance/movement therapy.

As a member of the American Dance Therapy Association, Dr. Grayson serves on the Board of Directors, is a charter member and Chair of the Multicultural and Diversity Committee, President of the Pennsylvania Chapter, Vice President of the Black American and African Descendants Affinity Group, and member of the Standards and Ethics Committee. She also holds membership with the American Psychological Association, the Association of Black Psychologists, the Delaware Black Chamber of Commerce, and the National Liturgical Dance Network.



Angela M. Grayson, PhD

Proprietor and CEO, Good Fruit Expressive Arts Counseling & Psychotherapy, LLC.

References

Good Fruit Expressive Arts Counseling & Psychotherapy, LLC
<http://goodfruitexpressivearts.com/>

You Don't Have To Be A Techie To Wear It!

There has been an explosion of interest in the use of wearable technology for activity, fitness, and health monitoring. We have advanced from the days of basic pedometers to sophisticated wearable devices that can be linked to our smartphones and computers. The vision of Movement is Life is to eliminate racial and ethnic disparities in muscle and joint health by promoting physical mobility to improve quality of life among women, African Americans and Hispanics/Latinos. Can wearable technology be used in this promotion of physical activity? We believe that it can but that there are many challenges that must be overcome: fear of technology, difficulties in changing behavior, the digital divide, and cost, as well as accessibility and appeal. The goal of this workshop is to describe what currently exists in wearable technology and to discuss the challenges and their solutions to increasing their use in underserved minority communities to affect change.

Moderator: Lynne Jones, PhD

Member, Movement Is Life Executive Steering Committee
Associate Professor, Orthopaedic Surgery, Johns Hopkins University School of Medicine, Orthopaedic Surgery

Speaker: Alex Johnson is a resident physician with the department of Orthopaedic Surgery at Johns Hopkins. He is currently participating in a research fellowship in partnership with the Johns Hopkins Laboratory for Computational Sensing and Robotics studying advanced visualization methods for orthopaedic surgical applications. His other research interests include wearable technology and machine learning applied to surgery and rehabilitation. Dr. Johnson obtained his BS in Nuclear and Radiological Engineering from Georgia Tech and completed medical school at Emory University. He enjoys spending time with his wife Kim and his three children AJ, Polly, and Yvette.



Alex Johnson, MD

Orthopaedic Surgeon, Johns Hopkins, Baltimore, MD

Speaker: Dr. Brad Fain is a Principal Research Scientist at the Georgia Tech Research Institute (GTRI), with over 23 years of experience in human performance research. He currently leads the human factors program and human systems integration efforts for both military and industrial customers at GTRI. He is experienced in military and civilian system human factors analysis, anthropometric analysis, design, and human performance testing and evaluation. He previously worked on the technical portion of the Military Heroes voting project and served as the technical director for the Accessible Voting Technology Initiative (AVTI). He is also the director of Georgia Tech's HomeLab. HomeLab is a collection of 600 homes in the Atlanta area that support a diverse roster of research projects and product evaluation activities related to the health and well-being of older adults. Dr. Fain established the Accessibility Evaluation Facility (AEF) at Georgia Tech and has pioneered evaluation techniques designed to measure accessibility and usability of products and services for people with disabilities. The AEF serves both industry and government customers by evaluating products to measure conformance with disability-related technical guidelines. Dr. Fain is also the director of the independent test lab for the Arthritis Foundation's Ease of Use commendation program and similar programs for Arthritis Australia, Arthritis New Zealand, and the Arthritis Society of Canada.



Brad Fain, PhD

Principal Research Scientist and Director, Georgia Tech's HomeLab, Atlanta, GA

References

HomeLab
<http://homelab.gtri.gatech.edu/>

Sleep Trackers Show Promise For Improving Older Consumers' Health, Despite Usability Challenges
<http://www.sleepreviewmag.com/2015/07/sleep-trackers-show-promise-improving-older-consumers-health-despite-usability-challenges/>

You Don't Have To Be A Techie To Wear It! (continued)

Speaker: Matthew Diamond, MD, PhD is a sports medicine physician and scientist with expertise in connected devices that promote wellness. He is the Medical Director at Fossil (and formerly at Misfit Inc.), where he develops physical activity and sleep-monitoring wearable technology. Dr. Diamond serves on the Board of Directors of the Consumer Technology Association (CTA) Health and Fitness Technology Division and on its Board of Industry Leaders, and he is a faculty member of New York University. Dr. Diamond is passionate about helping people improve their mobility and performance through innovative, integrative medical technology and treatments. He has a special interest in dance medicine and mindfulness-based practices.

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Seizing Smart Technologies for new opportunities, insights and value with Misfit Wearables
<https://www.youtube.com/watch?v=RtZ0w7wQL7A>

Misfit Medical Lead Matthew Diamond on the transformative power of digital health
<http://www.plasticstoday.com/misfit-medical-lead-matthew-diamond-transformative-power-digital-health/21121399521029>



Matthew Diamond, MD, PhD

Medical Director, Misfit Inc./Fossil Group,
 San Francisco, CA

Speaker: Mr. Samir Patel is the Director of Digital Services within Under Armour's Connected Fitness Business Unit. Patel has more than 20 years of experience in marketing, sales, and strategy across a variety of industries and geographies. While at Under Armour, he helped craft the company's Connected Fitness strategy and led the brand's first acquisitions totaling \$710M to build the division, comprised of leading health and fitness apps MyFitnessPal, MapMyFitness, and Endomondo. Previously he worked with several public and private health care organizations as a McKinsey & Co. management consultant focused on marketing and sales strategy. He also spent time at Procter & Gamble in their marketing division and at a startup e-learning company expanding operations into Europe and AsiaPac. Samir holds an MBA from Michigan's Ross School of Business and a BS in Mechanical Engineering from the University of Maryland.



Samir Patel

Director of Digital Services, Under Armour
 Inc., Baltimore, MD

Name: Cina R. Karodeh

Institution: Howard University, College of Medicine

Title: Pre-Operative Hemoglobin A1c Levels and Post-Operative Range of Motion Status—Post Elective Total Knee Arthroplasty

Description:

Our study relates to the Movement is Life effort because it reveals trends between hemoglobin A1c (HbA1c) levels and post-operative total knee arthroplasty (TKA) outcomes that contribute to the “vicious cycle.” Based on our research, providers could potentially implement immediate changes to their practice that would provide early intervention in improving the outcome of their patients’ physical mobility and quality of life.

TKA has become an increasingly common and successful procedure to treat pain that is caused by knee arthritis. Nearly 15% of Americans have knee arthritis that is symptomatic, and thus there are a growing number of TKAs being performed. Obesity and diabetes mellitus have reached epidemic proportions, and during the last few decades there has been a doubling of the incidence of diabetes mellitus. The prevalence of diabetic patients over 60 is expected to increase, and thus proportionally so should the number of those who undergo TKA. Post-operative knee range of motion is important for patient satisfaction as well as functional mobility after TKA. We aim to examine the consequences of high pre-operative HbA1c levels on post-operative range of motion in patients who underwent elective TKA. Our normal HbA1c cohort had more than half of the patients with greater than 130 degrees of knee flexion (normal = 140) at their one-year anniversary of their surgery versus only one patient in our other cohort with HbA1c levels above 6.5%. Additionally, many patients with HbA1c levels greater than 5.7% were unaware of their diabetes status until the day of surgery.

Name: Cordelia W. Carter, MD (co-authors: Laura Bruse, MD, Caroline Hu, BS, and Elizabeth Matzkin, MD)

Institution: Yale University School of Medicine, Women’s Health Issues Advisory Board of the American Academy of Orthopaedic Surgeons

Title: Do Orthopaedic Surgeons Consider Sex as a Factor When Evaluating and Treating Patients?

Description:

Sex-based differences occur commonly in musculoskeletal medicine. The purpose of this investigation was to evaluate whether orthopaedists consider sex as an important demographic variable during clinical and surgical decision-making.

Knee osteoarthritis is a common musculoskeletal disease with well-documented sex-based differences. When compared to males, females have a higher incidence of OA; experience more pain both before and after knee replacement surgery (TKA); and have greater functional limitations postoperatively. Males more frequently seek and are offered surgery. Our study demonstrates that, despite the wealth of information on sex-based differences in the incidence and outcomes of knee osteoarthritis, orthopaedists do not routinely consider the sex of the patient as an important factor during clinical decision-making. Focused efforts to provide education about sex-based musculoskeletal differences are likely needed to improve orthopaedic care for all patients.

Name: Erick Marigi

Institution: University of Minnesota Medical School

Community Based Program: Students Training Orthopedic Patients To Stop Smoking (STOPSS)

Description:

STOPSS is a student-run smoking cessation clinic for orthopedic patients undergoing elective orthopedic surgery in the HealthPartners system. STOPSS was an initiative established in early 2014 as the first-in-the-nation student-run clinic that merges a preventative health perspective with a surgical specialty clinic. First and foremost, the STOPSS clinic exists to help patients stop smoking. We feel that elective orthopedic surgery, such as a total knee or total hip replacement, offers a sufficiently unique opportunity in patient's lives to break free of an addiction that still claims upwards of half a million lives in the US each year. Thus, the primary goal is to help the patient stop smoking in the manner that best suits him or her. This is generally accomplished by a 30 minute motivational interview and consistent follow-ups, focusing on empowering patients as they face the challenges of tobacco cessation. We also wish for medical students to acquire practical skills in patient counseling, motivational interviewing and tracking clinical outcomes. Our clinic mission is in concordance with MIL, as a large amount of our patients come from the underserved communities of the Twin Cities. Additionally, by using smoking cessation as our intervention, we effectively help our patients slow musculoskeletal disease progression, manage alternative chronic diseases, and improve their quality of life. Since inception we have had 2 cohorts consisting of over 30 patients with documented follow up to 20 weeks. Future plans include clinic expansion by increasing patient and medical student recruitment.

Name: Ian Kane and Lynne Jones, PhD

Institution: Johns Hopkins

Title: Activity Assessment and Interest in Wearable Electronic Activity Monitoring Devices Among Hip and Knee Osteoarthritis Patients

Description:

The Orthopaedic Department at the Johns Hopkins Medical Institutions is committed to increasing the physical activity level of our hip and knee patients in order to improve mobility, decrease the need for surgical intervention, and decrease complications and the need for revision surgery following total joint arthroplasty. Our institution is fortunate to have a large and diverse population that we serve, giving us the opportunity to help target underserved minority groups with this project. The first stage of our movement initiative involves evaluation of the current activity habits of our patients. In addition to the current activity, we assessed the use of electronic wearable activity monitoring devices and the interest in future use of such devices for monitoring and improving joint health. We analyzed this through anonymous surveys gathered with basic demographic information to search for differences among various patient populations. It is our hypothesis that interest in utilization of such electronic wearable activity tracking devices is high among our patients, and that the potential for increasing the movement of all our patient populations exists. We will recruit a total of 100 participants (approximately two-thirds of this goal has been achieved to date). A preliminary review of our data has indicated that interest in using these devices is high among many age groups and patient backgrounds. Future studies using these devices will determine the extent and nature of the possible increase in mobility and the effects that will have on the total joint health in patients in various stages of treatment for osteoarthritis.

Name: Jenni Buckley

Institution: The Perry Initiative

Title: The Impact of The Perry Initiative in Building Workforce Diversity in Orthopaedics

Description:

The Perry Initiative is a nationally recognized nonprofit organization that focuses on improving gender diversity in the orthopaedics workforce. Since 2009, we have conducted hands-on exposure programs for women in high school and medical school at approximately 40 program sites across the country, reaching approximately 1,500 students annually. For our medical student program, 28% to 31% of our alumnae match into orthopaedic surgery, which is twice the annual match rate for women. Of our high school alumnae, 93% are pursuing STEM majors, with 64% pursuing biology or biosciences; 56% of all alumnae in college are intending to go to medical school, and 23% are “very interested” in pursuing orthopaedics as a career choice. Of those alumnae of our high school program who are presently in medical school, 83% intend to pursue orthopaedic surgery residency. Historically, 27% of our high school program participants are from under-represented ethnicities in STEM (non-white, non-Asian). Based on these measured recruitment and retention rates, we project that The Perry Initiative’s programming efforts will have a transformative effect on gender diversity, and, tangentially, racial diversity, in the orthopaedics workforce. Specifically, by the year 2022, we project that we will double the overall rate of women entering orthopaedic surgery residency from 14% to 30% nationally.

Name: Jenni Buckley

Institution: The Perry Initiative

Title: The Perry Initiative: New Programming Expands Access to Effective Curriculum on Workforce Diversity

Description:

The Perry Initiative is a nationally recognized nonprofit organization that focuses on improving gender diversity in the orthopaedics workforce. Founded in 2009, our programming efforts have been historically extracurricular and have involved running out-of-school time exposure programs for women in high school and medical students. While we have developed innovative curriculum that is successful in recruiting women into the orthopaedic surgery pipeline, the direct-to-student model for outreach efforts is fundamentally constrained in scope by organizational resources. At maximum capacity, we reach approximately 1,500 students annually at 40 program sites across the country, and demand for the programs exceeds capacity at most sites. To expand our organization’s reach and mission, we have recently launched a new train-the-trainer initiative called Orthopaedics In Action[®] (OIA). OIA is in-classroom curriculum for middle and high school teachers, complete with lesson plans and online teacher professional development that has now been adopted in approximately 200 K-12 schools nationwide. The train-the-trainer model for student outreach has the potential to reach exponentially more students while maintaining the overall mission and fidelity of the curriculum. We will share early results from our train-the-trainer programs as a potential model for other organizations that are considering scaling their outreach efforts.

Name: Jesse Raszewski, M.B.S.1, Roger Vázquez-Gómez, Erick M. Santos, M.D., Ph.D., Bonnie Mason, M.D.

Institution: Nth Dimensions

Title: Patient Educational Materials Lower Musculoskeletal Disparity Rates in Suburban Minorities: A Blinded Cohort Study

Description:

Since African Americans, Hispanics/Latinos, and women have less access to medical interventions irrespective of health insurance and the highest levels of obesity, these minorities are more prone to suffer from osteoarthritis, functional limitations, and disability.¹ It has been shown that multimedia materials can be used as an effective tool to influence attitudes and change health behaviors.²⁻⁵ A previous study was done to analyze whether there was a correlation between educational materials and weight-related knee and/or hip pain. The purpose of this study was to expand upon previous research to determine if race, ethnicity, and socioeconomic status are associated with the effectiveness of multimedia educational materials and decreased musculoskeletal lower-extremity pain in minorities.

Incorporation of multimedia educational materials in medicine show a positive correlation with decreased lower extremity pain in participants. Although there is a decrease in lower extremity pain in Hispanic participants, there was no difference noted in participants of lower socioeconomic status with all participants studied. Since there are many confounding factors that hinder patient education in the lower-socioeconomic-status participants, finding an efficient cost-effective method to educate patients is crucial in lowering musculoskeletal pain in minorities. The Start Moving, Start Living multimedia materials provide a potential alternative treatment option in patients with musculoskeletal lower-extremity pain.

Name: Kirsten R. Ambrose, MS, CCRC

Community Based Program: Osteoarthritis Action Alliance

Description:

The Osteoarthritis Action Alliance (OAAA) is a coalition uniting over 90 organizations in arthritis, aging, public health, women's and minority health, chronic disease prevention, physical activity, injury prevention, weight management, and consumer affairs to change behaviors, improve awareness, and promote positive policy change around the growing epidemic of osteoarthritis (OA). Since 2015, the OAAA has offered small grants to support community-based organizations to provide adults with arthritis increased access to physical activity programs. The grant program is supported through funds from the Centers for Disease Control and Prevention and OAAA member organizations. Applications in these first two years of funding have come from 45 organizations across 22 states. Grantees include academic institutions, a faith-based organization, community service organizations, parks and recreation departments, and a YMCA. All seven grantees partner with other community organizations to promote long-term sustainability of physical activity programs or provide facilities and/or resources for program success. Grantees are implementing evidence-based arthritis intervention programs to increase physical activity and/or reduce falls among minority, underserved communities or seniors in low-income housing. These programs target populations that struggle with physical inactivity, OA, obesity, and other chronic illnesses. Using funds from the OAAA, grantees are improving access to education and physical activity programs at no cost to participants, implementing policy-based incentives to encourage participation, and training instructors to lead programs effectively. The OAAA will share results from these programs, including plans, outcomes, and lessons learned, as exemplars for communities around the US. The OAAA will continue supporting these efforts through future grants.

Name: Kwesi Dawson-Amoah

Institution: Rutgers Robert Wood Johnson Medical School

Title: The Impact of Race and Obesity on Outcomes in Total Knee Replacement

Description:

Objective:

Main: Evaluate self-reported pain and function based on race and obesity 2 years post-TKR.

Exploratory: Evaluate survey completion as a clinical tool to measure patient engagement.

Controlling for confounders, race alone associated with post-TKR pain, however, was not clinically significant. It is still important to explore why Blacks report worse outcomes as this extends outside of surgery². Low response rates indicate poor engagement associated with Blacks or the obese, lending to widespread implications and the need to create innovative methods of reaching non-responding groups³. Literature suggests positive follow-up with shared demographics between patient and clinician³⁻⁷. We anticipate that adding a photograph of investigators will improve response rates among non-responders sharing their background.

Name: Laura M. Bruse, MD, on behalf of the American Academy of Orthopaedic Surgeons (AAOS)

Institution: American Academy of Orthopaedic Surgeons

Title: Osteoarthritis, Obesity, and Mobility: Females at Greater Risk

Description:

The incidence and prevalence of hip and knee osteoarthritis and subsequent total joint replacement is higher in females than in males, particularly after menopause.

Question: Do mobility differences, hormonal/immunological differences, or leptin levels associated with obesity explain the higher incidence of hip and knee osteoarthritis in females?

Research Process: Literature Search

Research Findings: 1) Mobility factors: Hand OA and obesity are stronger risk factors for knee OA in females. History of knee injury is a stronger risk factor for males. Quadriceps weakness raises the risk of knee OA by increasing the load transmitted to the knee joint, affecting females more often. Females have thinner knee cartilage and lose knee cartilage at faster rates than males. 2) Response to therapy: Mobility and function prior to TKA is worse in females; after surgery mobility improves for both sexes but females do not reach the same functional level as males. 3) Hormonal influences and inflammatory mediators: Female articular chondrocytes may function better when estrogen is available. Male human articular chondrocytes are more responsive to vitamin D metabolites. Vitamin D receptors and mRNA for inflammatory cytokines are differentially expressed in degenerated cartilage in a sex-specific fashion. Subchondral bone osteoblasts exhibit sex-specific responses to estrogen. Inflammatory mediators such as IL-1 have been implicated in the pathogenesis of large joint primary OA. 4) Leptin, adipose tissue, and osteoarthritis: Obesity affects females more. Females with OA have higher leptin levels in synovial fluid than males with OA.

Name: Marsalis Brown

Institution: Case Western Reserve University School of Medicine

Title: A Preliminary Epidemiologic Study Evaluating for Racial Disparities as it Relates to Patients Presenting for Hip Complaints to an Outpatient Sports Medicine Practice

Description:

Purpose: Several studies have demonstrated racial disparities in the presentation, utilization rates, complication, and outcomes for patients with respect to surgical care. No present study evaluates for the presence of racial disparities with respect to presentation and subsequent referral for surgery to a hip arthroscopy specialist for a patient with hip complaints. Therefore, the purpose of our study is to evaluate for the presence of racial disparities as they pertain to patients presenting to a hip arthroscopy specialist with primary hip complaints. We hypothesize that the rate of Black patients presenting with hip complaints is far less than their white counterparts.

Methods: This is a retrospective study in which the electronic medical record (Epic) for all patients presenting to a hip arthroscopy specialist at the Cleveland Clinic between February 1, 2015, and March 25, 2015, were reviewed. Study variables include race, sex, age, insurance status, and primary complaint (hip, knee, or shoulder). The outcomes evaluated include recommended treatment, number of visits prior to surgery, and symptom duration.

Results: In the hip cohort, 355 White patients were studied along with 12 Black patients and 19 Other. Of the patients presenting with hip complaints, Blacks only accounted for 3% while Blacks account for roughly 13% of the national population. The percentage of Blacks ultimately receiving surgical care was roughly the same as their White and Other counterparts.

Our program relates to the Movement is Life effort because it's focused on identifying racial disparities in orthopaedics to hopefully educate patients and practitioners to eliminate those disparities.

Name: Matthew Igbinigie, B.S.

Institution: The University of Texas Medical Branch–Galveston, Texas

Title: Evaluating Complication Rates Between Immediate vs. Delayed Weightbearing Management of First Metatarsophalangeal Joint Arthrodesis

Description:

The purpose of this study is to help clarify if immediate weight-bearing (WB) after first metatarsophalangeal joint arthrodesis reveals any difference in complication rates in comparison to no weight-bearing (NWB) after surgery.

There was no significant increase in the rates of Hardware Failure and Non-Union between NWB and WB groups. Early WB may provide more benefits than NWB status after first MTPJ arthrodesis, specifically in terms of infection rate. Prospective studies of this management plan are warranted to confirm these results/implications.

The population of this study is predominantly female with a great percent being overweight or obese. We have data showing that a BMI>25 is associated with higher rates of complications. Immediate motion post-operatively may promote a decreased period of convalescence, a faster return to regular shoe-wear and work, and a greater quality of life for patients undergoing this procedure. We believe this is in alignment with the mission of the Movement is Life effort.

Name: Kelvin Kim

Institution: NYU Hospital for Joint Diseases

Title: The LIMA Project: The Lifetime Initiative for the Management of Arthritis

Description:

Osteoarthritis (OA)-related applications aim to bridge the gaps between patient education, disease stratification, and a patient-centered approach to healthcare. One such instrument is the Lifetime Initiative for the Management of Arthritis (LIMA), a digital platform that allows users to educate themselves about their disease process and available treatment options. LIMA utilizes interactive questionnaires and an internal algorithm to stratify disease severity and progression at a patient level. In addition to the risk stratification of patients with OA, LIMA has also incorporated the Perioperative Surgical Home (POSH), an instrument designed to evaluate a surgical candidate's modifiable risk factors including: obesity, diabetes, neurological, and psychiatric illness; previous *Staphylococcus aureus* infections; smoking; venous thromboembolism (VTEs); cardiovascular disease; and physical deconditioning. LIMA also incorporates the ArthroThera, a digital platform connecting OA patients to "arthritis coaches" who can provide guidance and at-home therapy customized to the needs of each patient. Such an approach is especially effective among patients, primary caregivers, women, and the underserved as they may not have the time or means to frequently travel to outpatient centers.

Given the electronic capabilities available to clinicians, it is essential that mobile applications be utilized to fill the void in healthcare. LIMA is capable of connecting patients with crucial resources, medical professionals, and other patients. More importantly, it can provide communities with access to high-quality care regardless of socioeconomic status or language differences. Through this novel instrument, web-based applications may be utilized to deliver a standardized educational instrument that enhances the quality and reliability of care.

Name: Sequoia Eady

Institution: The University of Alabama at Birmingham

Title: The Mid-South Transdisciplinary Collaborative Center (TCC) for Health Disparities Research

Description:

The Mid-South Transdisciplinary Collaborative Center (TCC) for Health Disparities Research is a National Institute of Minority Health and Health Disparities (NIMHD)-funded cooperative grant in which the University of Alabama at Birmingham (UAB) is the lead institution. We seek to investigate the social, economic, and environmental factors driving and sustaining health disparities in obesity and chronic diseases across the lifespan; determine pathways to obesity and chronic disease and mechanisms connecting these pathways to health disparities; and implement interventions to address the social determinants that impact health and produce disparate health outcomes. We work across biological, behavioral, environmental, socio-cultural, and health system domains; we work across individual, interpersonal, community, systems, and societal levels of influence; and we collaborate with multi-sectorial stakeholders and partners to address contributors to health disparities in an integrated, multidisciplinary way. We are comprised of three technical cores: the Biostatistics and Study Design Core, the Social Determinants of Health Core, and the Academic Community Engagement Core. These cores provide expert technical assistance to our 15 community coalition projects, two full research projects, 11 pilot projects, and 10 secondary analysis projects. The Mid-South TCC's mission is directly aligned with the Movement is Life's vision to eliminate racial and ethnic disparities by using a multidisciplinary approach. Our extensive collaborative network enables a platform for a team science approach, a multidisciplinary systems approach to a complex problem, a platform for targeted mentored research and career development, and a platform for training of health professionals to address the social determinants of health.

Name: Uyen-Sa D. T. Nguyen, DSc, MPH

Institution: University of Massachusetts Medical School

Title: Racial Differences and the Impact of Adjusting for Covariates in Assessing the Effectiveness of Total Knee Arthroplasty (TKA) on Postoperative Pain and Function

Description:

African Americans are less likely than Caucasians to perceive TKA as an effective treatment option. We examined post-TKA pain and function by race, with and without adjusting for demographic and clinical factors on determining racial differences.

Analyses included 5028 White (63% female, 65% income>45k; mean age(67) and BMI(31)) and 270 Black patients (80% female, 39% income>45k; mean age(63) and BMI(34)). At baseline, Black compared with White patients reported worse knee pain (mean:39vs.48), and poorer function (mean:46vs.54). While all patients reported significant gains at 6-month post-surgery, Black patients had lower postoperative pain (mean:71vs.82) and function scores (mean:73vs.84) than White patients. On average, Black patients had lower 6-month change than White patients in pain -1.9(95%CI:-4.4,0.6) and function -1.6(95%CI:-3.9,0.7). Adjusting for covariates, racial differences were significantly more pronounced in change in pain -5.5(95%CI:-8.3,-2.7) and function -5.6(95%CI:-8.2,-3.0).

We need to understand racial differences, and the impact of adjusting for certain demographic and clinical factors, in assessing the effectiveness of TKA on postoperative outcomes in disparity research.

Name: William Hill, MPH

Institution: Howard University College of Medicine

Title: Can Pre- and Post-Patient Protection and Affordable Care Act (PPACA) Statistical Trends of an Academic Medical Center's (AMC) Orthopaedic Surgery Department Shed Light on the PPACA's Impact?

Description:

This study's purpose is to examine whether the PPACA had an impact on an urban AMC's Orthopaedic Surgery Department's trends, outcomes, and patient population. This was done by analyzing an urban AMC's Orthopaedic Surgery department four years prior to and four years after the implementation of the PPACA. This will give a framework on how the PPACA has impacted an urban AMC and the practice of orthopaedic surgery at large.

The main goal of the PPACA was to increase the number of people with insurance coverage. Urban AMCs' orthopaedic surgery departments can be looked at as a barometer of the PPACA's success, as AMCs were heavily impacted by the PPACA. Under this legislation, Centers for Medicare and Medicaid Services (CMS) will decrease payments to hospitals by nearly \$160 billion over 10 years to help cover the cost of the newly insured. Orthopaedic Surgery departments are experiencing this decrease in reimbursements for total hip and knee arthroplasty procedures respectively. Orthopaedic surgery departments are facing decreases in CMS reimbursements, while CMS patients are becoming a higher proportion of orthopaedic surgeons' patient population. AMCs are safety net hospitals and the care that AMCs provide for the indigent is reimbursed with Disproportionate Share Hospital payments. These payments will be dissolved as a result of the PPACA. Results are still pending on this research project, as the data is still being ascertained. Movement is Life can use this research to bolster its advocacy efforts, by paralleling musculoskeletal health to the success of the ACA.

Perspective is Everything

The Movement is Life Steering Committee is a diverse, cross collaborative, multidisciplinary coalition of individuals and organizations that represent the multifactorial, complex perspectives impacting musculoskeletal disparities. We strive to have direct impact on the members of the communities we serve.



EXECUTIVE STEERING COMMITTEE



In May of 2015, **Dr. O'Connor** became the inaugural Director of the Center for Musculoskeletal Care at Yale Medicine and Yale New Haven Health, leading the creation of a new value- and patient-focused model of care delivery in an academic medical setting. She also continues her work as Chair of the Diversity Advisory Board of the American Academy of Orthopaedic Surgeons, focusing on increasing the number of women and underrepresented minorities in the profession and educating providers on culturally related issues.

Dr. O'Connor received her MD from Drexel University in Philadelphia, Pennsylvania, in 1985. She completed her residency in orthopedics at the Mayo Clinic in Rochester, Minnesota, in 1990 and her fellowship in orthopedic oncology at the same institution in 1991. She practiced at Mayo Clinic in Florida until 2015, during which time she served in many leadership roles: Enterprise-wide Medical Director of Compliance; Chair, Orthopedic Surgery Department; Associate Medical Director for Development; Program Director of the Adult Reconstructive Fellowship; Associate Dean for Surgery Education; and member of the Executive Operations Team.

Dr. O'Connor has also published extensively on oncology- and arthroplasty-related topics with particular areas of interest, including limb salvage in the management of sarcomas involving the pelvic and shoulder girdles; gender differences in outcomes related to joint replacement surgery; sex difference in knee osteoarthritis; and use of stem cells to potentially treat osteoarthritis. Dr. O'Connor's research has been published in peer-reviewed journals such as the *Journal of Bone and Joint Surgery*, *Clinical Orthopaedics and Related Research*, *Journal of Arthroplasty*, and *Orthopedics*.

Dr. O'Connor was the first female member of the Musculoskeletal Tumor Society (MSTS), the American Association of Hip and Knee Surgeons (AAHKS), and The Knee Society. She is the Past President of the Association of Bone and Joint Surgeons, AAHKS, MSTS, and the Ruth Jackson Orthopaedic Society. She is a member of the Perry Foundation Board, past member of the Advisory Committee on Research on Women's Health at the National Institutes of Health, and past Chair of the American Academy of Orthopaedic Surgeons Women's Health Issues Advisory Board. She has served as the Chair of the Movement is Life Caucus since its founding in 2010. She is committed to advancing the care of musculoskeletal health for all patients in the United States.

Dr. O'Connor has received numerous awards and honors during her training and career, including being named a Distinguished Clinician at Mayo Clinic and receiving The Corinne Farrell Award from the International Skeletal Society in 2009. She received the Congressional Gold Medal as a 1980 Olympian and is noted for her encouragement of women in career advancement. She was named a 2011 Health Care Hero by the Jacksonville Business Journal and 2015 Woman of Distinction by the Girl Scouts of Gateway Council.



Mary I. O'Connor, MD

Chair, Movement is Life Caucus

Member, Movement is Life Executive Steering Committee

Director, Center for Musculoskeletal Care at Yale Medicine and Yale New Haven Health

Professor of Orthopaedics and Rehabilitation, Yale School of Medicine

Chair, Diversity Advisory Board, American Association of Orthopaedic Surgeons

EXECUTIVE STEERING COMMITTEE



Rose Gonzalez, PhD, MPS, RN, comes to the MIL Steering Committee with much experience in nursing and the policymaking arena. As the Director of Government Affairs for the American Nurses Association (ANA) for almost 15 years, she served as their White House Liaison, and led her team in representing nursing and health care issues before the Executive Branch and Congress. Her leadership of state and federal legislative activities, including the ANA Political Action Committee and its grassroots network, allowed for an integrated and robust approach to federal and state legislative work. Her team was instrumental in negotiating many nursing provisions in the Affordable Care Act.

Prior to ANA, she served as the Acting Executive Secretary of the New York State Boards for Optometry and Veterinary Medicine and prior to that, worked with the NYS Board of Nursing. As a registered nurse she managed a post-anesthesia and same-day surgery unit. She has also worked in various health care settings.

Throughout her professional career, Dr. Gonzalez remains involved in her community and strives to increase access to quality affordable health care that is culturally and linguistically appropriate. To this end, she works with SRA International, Fairfax, Virginia, and serves on the Think Cultural Health Advisory Group, which advises the HHS Office of Minority Affairs on issues related to culturally competent care. Her work with the National Project Advisory Committee (NPAC) has led to the development of an education module and website for nurses and social workers as well as work on the Committee, which revised the CLAS Standards. As a member of the National Association of Hispanic Nurses (NAHN), she served as Vice President and continues to work to promote the professional and educational advancement of Hispanic/Latino nurses. She is an active member of the Board of Directors for the Greater Prince William Community Health Center in Woodbridge, Virginia.

Dr. Gonzalez has a BSN from Mount Saint Mary College, Newburgh, New York, and an MPS with a concentration in health care administration from the State University of New York in New Paltz. She graduated May 2012 with her PhD in Nursing from George Mason University, Fairfax, Virginia.

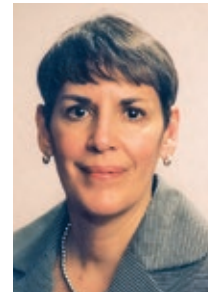
Dr. Jannifer Harper is Anthem National Accounts (ANA) Vice President, Chief Clinical Officer. In this role, Dr. Harper is responsible for developing and delivering ANA clinical strategy for large national customers as well as leading ANA clinical operations and clinical product implementation functions for over 7 million lives.

Prior to joining Anthem, Dr. Harper served as Florida Blue's Vice President and Chief Medical Officer, where she was responsible for the development of the overarching clinical strategy for Florida Blue and leading clinical activities including care management, health promotions and wellness, pharmacy, quality, and clinical retail health initiatives.

Dr. Harper has also held leadership roles as regional vice president, national medical director for Anthem/WellPoint; chief of medicine, Kaiser Permanente; vice president and regional medical director, CIGNA; medical director, the Medical Group of Ohio and Ohio Health Group; vice president and associate chief medical officer of University Hospitals Case Medical Center of Cleveland; and clinical assistant professor of medicine at Case Western Reserve University School of Medicine, where she received her medical degree.

Throughout her career, Dr. Harper has been active in community and professional organizations. She is a member of the American Association of Physician Leadership (formerly American College of Physician Executives), the American College of Physicians, and she also serves on the Case Western Reserve University School of Medicine Alumni Board, as well as the American Lung Association Georgia Board of Directors.

Dr. Harper is board certified in internal medicine and holds a Certified Physician Executive (CPE) designation from the Certifying Commission in Medical Management.



Rose Gonzalez, PhD, MPS, RN

Member, Movement is Life Executive Steering Committee



Jannifer Drake Harper, MD, CPE

Member, Movement is Life Executive Steering Committee

Anthem BlueCross BlueShield, VP, Chief Clinical Officer, National Accounts

EXECUTIVE STEERING COMMITTEE



Dr. Harwell is a member of the Division of General Internal Medicine at University Hospitals Cleveland Medical Center. She is an Associate Professor of Medicine and on the full-time faculty at University Hospitals Cleveland Medical Center.

Her clinical focus is outpatient general medicine and primary care with an additional focus in health care disparities and women's health. Dr. Harwell is nationally recognized as a leader in education on health care disparities and medical issues affecting minorities. She has received numerous awards including national ranking as a Top Doc for *U.S. News & World Report* for each of the last 4 years.

Dr. Harwell attended medical school at the University of Cincinnati School of Medicine and subsequently completed internship and residency training at University Hospitals Case Medical Center, where she graduated with honors. She currently serves as the Medical Director of the University Hospitals Cleveland Medical Center.



Carla Harwell, MD

Member, Movement is Life Executive Steering Committee

Associate Professor in Medicine, Division of General Internal Medicine, Case Western Reserve University

Medical Director, University Hospitals Cleveland Medical Center

Dr. Jimenez is a senior consultant in an orthopaedic and sports medicine group in Monterey, California.

He also has an active practice in medical-legal evaluations of industrial and personal-injury patients.

He has retired from an active operative practice of total joint replacement and arthroscopy, having founded and led a five-man single specialty in San Jose, California.

Over the past 40 years he has been involved and served AAOS (American Academy of Orthopaedic Surgeons) at all levels: Board of Directors member, AAOS Leadership Fellows, patient and public education, physician-patient communication, bone and joint decade, orthoinfo.org., speakers media bureau, advocacy, and DIVERSITY.

He became an active participant and giver to OREF (Orthopaedic Research and Education Foundation) 30 years ago. His passion and commitment to "give back to orthopaedics" culminated in his Presidency of OREF. He is now serving on the board as immediate Past President.

Diversity of the manpower workforce of orthopaedics (so that more Hispanic/Latinos have the opportunity to become orthopaedic surgeons) is another passion of Dr. Jimenez, which is why he is a strong advocate of MENTORING.

The issue of musculoskeletal disparities is a very complex one and he realizes that it must be met head on by all those who encounter it—patients, health care providers, hospitals, and even insurers. He has devoted the past 15 years to working with other orthopaedic leaders to stem the disparities tide.

He has worked and served on the Steering Committee of Movement is Life (MIL) since its inception seven years ago. He strongly and passionately believes in its goals. Being a second generation Mexican-American, he is very cognizant of the persistent disparities of health and health care that Hispanic/Latinos experience.



Ramon Luis Jimenez, MD

Member, Movement is Life Executive Steering Committee

Co-Founder, American Association of Latino Orthopaedic Surgeons

Past Chair, American Association of Orthopaedic Surgeons, Diversity Advisory Board

Senior Consultant, Monterey Sports and Orthopaedic Institute

EXECUTIVE STEERING COMMITTEE



Lynne C. Jones, PhD, is an Associate Professor of Orthopaedic Surgery at the John Hopkins University School of Medicine and has a joint appointment with the Department of Materials Science and Engineering at the John Hopkins University and The Whiting School of Engineering (Baltimore, Maryland). Dr. Jones' academic appointments include Director at the Center for Osteonecrosis Research and Education; Director of the Clinical Research Group, Adult Reconstruction—Hip and Knee Replacement; and Member of the Center of Metabolism & Obesity Research.

Dr. Jones is currently the Secretary/Treasurer for the National Osteonecrosis Foundation Board and the Executive Director of the National Osteonecrosis Foundation. She is also the President of ARCO (Association Research Circulation Osseous).

Dr. Jones has served as the Principal Investigator (PI) on numerous studies, including Gender Differences in Patients Undergoing Total Joint Arthroplasty (MedStar Research Institute). Since 1977, she has served as the Primary Researcher and Investigator on several grants regarding total joint replacement (including outcomes and modifiable risk factors), osteonecrosis, and bone grafting and tissue engineering.

Dr. Jones earned a PhD in Molecular Microbiology and Immunology from Johns Hopkins University in 1997. She also has an MS in Biological Sciences (Endocrinology) from Towson State University.



Lynne C. Jones, PhD

Member, Movement is Life Executive Steering Committee

Associate Professor, Orthopaedic Surgery

Member, Center of Metabolism and Obesity Research

Johns Hopkins University School of Medicine

Michelle A. Leak joined Mayo Clinic in 1996 and since then has served as Operations Administrator for the Executive Health Program, and the Divisions of Cardiovascular Diseases, Infection Diseases, Hypertension, and Allergy; as well as Chair, Department of Patient Support Services. Currently, Michelle serves as Administrator, Mayo Clinic Obesity Service Line and Integrative Medicine and Health. Prior to joining Mayo Clinic, Michelle served as Associate Hospital Administrator, Medical College Hospitals of Ohio. Michelle holds a Doctorate of Education in Human and Organizational Development from the George Washington University in Washington, DC, a Master of Business Administration in Healthcare from the University of Toledo in Toledo, Ohio, and a Bachelor of Business Administration in Human Resources, also from the University of Toledo. Michelle is an alumnus of Leadership Jacksonville and Hands On Jacksonville, and currently serves as Chair, Board of Directors, the Child Guidance Center and as a member of the Board of Directors for Elder Source.



Michelle A. Leak, DEd., MBA

Member, Movement is Life Executive Steering Committee

Operations Administrator, Mayo Clinic Florida

Frank M. McClellan, JD is a Professor of Law Emeritus of the Beasley School of Law of Temple University and currently serves as the Beck Chair Professor of Law. He is the Co-Director of the Center for Health Law, Policy and Practice and teaches courses on bioethics, medical malpractice, law and medicine writing, and torts. Professor McClellan has lectured regularly in interdisciplinary courses at Temple Medical from 1981 to the present. He joined the Temple faculty as a full professor of law in 1982, after teaching nine years at Duquesne University. He earned his JD degree from Duquesne in 1970, where he was a member of the Law Review, his AB Degree from Rutgers University in 1967, where he was enrolled in the Honors English Program, and his LLM degree from Yale University in 1974, where he was awarded the Felix S. Cohen Prize in Jurisprudence. Prior to joining the Duquesne University faculty in 1992 as an Assistant Professor, he served as a law clerk to Chief Judge William H. Hastie of the U.S. Court of Appeals for the Third Circuit and as an associate attorney with the law firm of Wilmer, Cutler and Pickering.

In 2009, the Temple Law Alumni Association awarded Professor McClellan the Shusterman Faculty Award for outstanding service to Temple University. In addition to receiving the Beck Chair, during his tenure at Temple Professor McClellan has been awarded the Lindback Award for outstanding teaching; the I. Herman Stern Chair for excellence in teaching; and the Friel-Scanlon Award for the best scholarship of a faculty member during the 1994 academic year.

Throughout his academic and professional career Frank McClellan has worked to protect civil rights for marginalized groups and promote diversity and opportunities for minorities in academia, business, and government. He currently serves on the Advisory Committee of the Pennsylvania Office of Health Equity. He has also served for more than a decade as a member of the board of directors of the AIDS Law Project of PA, To Our Children’s Future With Health, Inc., and Philadelphia Fight and is a current member of the American Law Institute and the Society of American Law Teachers.

Professor McClellan has published numerous law review articles on subjects related to health care law, tort law, and civil rights, and an award-winning book entitled *Medical Malpractice: Law, Tactics and Ethics* (1995). He is the co-author of a casebook on tort law, first published in 1994, and now in its fourth edition: *Tort Law: Cases, Perspectives, and Problems* (2007). As a lawyer, he has served as lead trial or appellate attorney in many medical malpractice and product liability cases. He has argued appeals before the Third and Fourth Circuits of the U.S. Court of Appeals, the Pennsylvania Supreme and Superior Courts, and the DC Court of Appeals. Precedent-setting published opinions in cases where Frank McClellan has served as counsel include *Stanton v. Astra Pharmaceutical Products, Inc.* 718 2d 553 (3d Cir. 1983); *McDaniel v. Merck, Sharp & Dhome*, 533 A. 2d 436 (Pa. 1987); *Taylor v. Einstein Medical Center*, 723 A.2d 1027 (Pa. Super. 1999); and *Whittington v. Episcopal Hospital*, 768 A. 2d 1144 (Pa. 2001). In 2009 he served as lead trial counsel representing the plaintiffs in a group of 15 related cases against the same surgeon and hospital, trying to verdict *Svindland v. Nemours Foundation and Norwood*, (Civ. Action No. 05-417, ED. Pa. 2009).



Frank M. McClellan, JD

Member, Movement is Life Executive Steering Committee

Board Member, To Our Children’s Future with Health

Professor Law Emeritus, James E. Beasley School of Law, Temple University

Co-Director, Temple University Center for Health Law, Policy and Practice

Dr. Michael Parks is Associate Attending at Hospital for Special Surgery and Associate Professor of Clinical Orthopaedic Surgery at Weill Cornell College of Medicine in New York. He earned a degree in chemistry from Duke University and his MD degree from the Medical University of South Carolina in Charleston, where he received the President’s Clinical Science Award. Dr. Parks completed an internship in General and Thoracic Surgery followed by an orthopaedic residency at Duke University Medical Center. He continued his training at Hospital for Special Surgery with a fellowship on the Hip and Knee Service, where he continues to practice today.

Dr. Parks specializes in the surgical treatment of adults with arthritis requiring reconstructive procedures of the hip and knee. He is actively involved in clinical research and is the author of multiple publications. His research focus is on joint replacement surgery, biomechanical implant retrievals, and on the impact of race, ethnicity, and gender on the care of arthritis patients.

Dr. Parks has been recognized for his expertise in numerous publications throughout his career, receiving top doctor rankings in *Black Enterprise* magazine and *Money* magazine. He has also been recognized in such publications as *The Network Journal*, *The New York Times* magazine, and *Castle Connolly’s Best Doctors: New York Metro*. Most recently Dr. Parks has appeared on NBC’s *Today Show*, where he discussed treatment alternatives for knee arthritis in baby boomers.

Dr. Parks currently serves as President-Elect of the Orthopaedic Research and Education Foundation and Past President of the New York State Society of Orthopaedic Surgeons. He has served as a member of The Board of Directors of the American Academy of Orthopaedic Surgery and The American Association of Hip and Knee Surgeons, and is on the Steering Committee of the Movement is Life Caucus, a multi-stakeholder group devoted to decreasing musculoskeletal healthcare disparities.

Willis Steele, MDiv, holds a Master of Professional Studies in Urban Ministry and Master of Divinity from New York Theological Seminary. He entered his ministry journey at the Abyssinian Baptist Church under the leadership of the Rev. Dr. Calvin O. Butts, III, where he was ordained to the Gospel ministry In 2004. He is currently co-pastor of Faith Mission, Grace Baptist Church Yonkers, with his wife Rev. Gay Thompson-Steele. Rev. Steele also serves young adults, couples, and singles ministries at Grace Baptist Church in Mt. Vernon, NY. Rev. Steele is Manager, Patient Advocacy–Government Affairs, Intercontinental Region—Latin America , Canada, Middle East, Africa, and Turkey, at Amgen Inc. He has also had a long tenure at Abbvie, Inc, where in recent years he was responsible for Global Strategic Health Initiatives for Advanced Parkinson’s Disease, Prematurity in New Born Babies, Hepatitis C, and resolving family and parental issues. He has served as Area Community Affairs Manager for Abbvie/Abbott Laboratories, where he has helped them navigate through uncharted waters in an effort to empower the disenfranchised suffering with HIV/AIDS in faith communities, even as he otherwise worked closely with hospitals, clinics, CBOs, and AIDS service organizations. He educated patients living with this challenging illness, as well as supported staff working with primary physicians who treat and service them and their families. At the Bronx Lebanon Hospital Center, Rev. Steele helped develop and manage a dynamic treatment education program in the Department of Medicine & Infectious Diseases, educating medical and non-medical staff and patients infected with HIV or living with AIDS and other infectious diseases.

Rev. Steele serves on the Boards of the Gospel Heritage Foundation in Atlanta, Georgia, and the Memorial Community Services, a Harlem tenement that makes apartments available to formerly homeless single parents. Rev. Steele has worked extensively with all the major national AA faith-based organizations to educate and sensitize them to the health disparities and challenges of their constituents. It is a tall order in the world of faith, but Rev. Steele remains ready to serve.



Michael L. Parks, MD

Member, Movement is Life Executive Steering Committee

Associate Professor of Clinical Orthopaedic Surgery, Hospital for Special Surgery, Cornell Weill Medical Center



Willis Steele, MDiv

Member, Movement is Life Executive Steering Committee

Manager, Patient Advocacy Government Affairs, Amgen, Inc.

Augustus A. White, III, MD, PhD, was the Orthopaedic Surgeon-in-Chief at Beth Israel Hospital in Boston, Massachusetts, for 13 years. Today, he is the Ellen and Melvin Gordon Distinguished Professor of Medical Education, Professor of Orthopaedic Surgery at Harvard Medical School (HMS), former Professor of the Harvard/MIT Division of Health Sciences and Technology, and former Director, Oliver Wendell Holmes Society at Harvard Medical School.

Dr. White's interest in orthopaedics stems from his experiences in athletics—a star athlete as well as a scholar, he became fascinated by orthopaedic treatment of sports injuries. Dr. White attended Stanford Medical School where he served as Student Body President, and it was at Stanford that he became interested in back pain. Following graduation, he honed his skills at University of Michigan Medical Center as an intern, then at Presbyterian Medical Center San Francisco as a general surgery resident. Dr. White then went to Yale Medical Center, where he completed his orthopaedic residency. Afterwards, he joined the U.S. Army Medical Corps, where he served for two years and was awarded the Bronze Star. Following this, he studied at the University of Gothenburg and at the Karolinska Institute, where he obtained a PhD for research on the biomechanics of the spine.

He returned to Yale Medical School and became a Professor of Orthopaedic Surgery and Director of the Engineering Laboratory for Musculoskeletal Disease, a currently active laboratory that he co-founded and developed. Over the years, he has trained 25 spine surgeons in the Daniel E. Hogan Spine Fellowship Program, of which he was the Director. While his professional life has drawn him to classroom, laboratory, and lecture hall, he is most committed to direct patient care. Stimulated by a desire to better meet the challenges in health care management, Dr. White completed the Advanced Management Program at the Harvard Business School, where he was selected by his classmates to deliver a commencement address. He was a member of the Board of Directors of Zimmer Holdings for nine years. He is a past Chairman of the Scientific Advisory Board of OrthoLogic Corporation—now Capstone Therapeutics. Dr. White served as a Director for OrthoLogic, and is a past Director of American Shared Hospital Services.

Dr. White is an internationally known, widely published authority on biomechanics of the spine, fracture healing, and surgical and non-surgical care of the spine. He has authored and coauthored more than 250 scientific and clinical publications including chapters, books, and articles. Most noted among them is the highly regarded definitive work, *The Clinical Biomechanics of the Spine*. This internationally used text, the first of its kind, is designed to present scientific material about spine biomechanics in a manner directly applicable to the care of patients with spine problems. Convinced that patient education is a major factor in the successful resolution of back pain problems, Dr. White completed a second edition of a book for patients, *Your Aching Back*, published in 1990, which was selected by *Consumer Reports* as the best back pain book and has been translated and published in German. His book, entitled *Seeing Patients: Unconscious Bias in Health Care*, was published in 2011 and received the British Medical Association Book Award as one of ten “highly commended” books in 2011 in the category of “Basis of Medicine.” Cogent publications include “Some Advice to Minorities and Women on the Receiving End of Health-care Disparities,” published in the *Journal of Racial and Ethnic Health Disparities* in 2014. This publication ranked in the top 10 downloaded papers for the *Journal* in 2014. Another publication was recently published first online by the *Journal of Academic Medicine*, entitled “Race-Conscious Professionalism and African American Representation in Academic Medicine, (Perspective)” in January 2016 by Brian Powers, Augustus A. White, III, Nancy Oriol and Sachin Jain.

Dr. White has committed himself to issues of diversity and is nationally recognized for his work in medical education and issues of health care disparities. He is the founding President of the J. Robert Gladden Orthopaedic Society, and has served on its Senior Advisory Board.



Augustus A. White, III, MD, PhD

Member, Movement is Life Executive Steering Committee

Director, Culturally Competent Education Program

Ellen and Melvin Gordon Distinguished Professor of Medical Education, Department of Orthopaedic Surgery, Harvard Medical School

A Baltimore native, **Dr. James Wood** returned to the city after spending 25 years in California, acquiring his medical and surgical training, and practicing orthopaedics. He was a medical student at the University of California Irvine, graduating with high honors in three years, an intern at the Los Angeles County USC Medical Center, and an Orthopedic Surgery resident at the University of California San Francisco. Dr. Wood was the first trauma fellow of the University of California San Francisco, and as a Sports Medicine Fellow with the Kerlan-Jobe Orthopaedic Clinic, Dr. Wood was an early adopter of arthroscopic diagnostic and surgical techniques for ligament, cartilage, and tendon repair.

Dr. Wood spent 15 years in the private practice of orthopedic surgery in the San Francisco Bay Area, and served as an orthopaedic consultant to the Oakland Children's Hospital Sports Medicine Clinic, the National Football League, the U.S. Olympic Training Camp, as well as serving as team physician to the St. Ignatius High School, UC Berkeley, and San Francisco State University athletic programs.

In 1995, Dr. Wood returned to Baltimore as the Director of the Orthopaedic Faculty Practice and Vice Chairman of the Department of Orthopaedic Surgery at Sinai Hospital Baltimore (now Lifebridge Health). He coordinated the resident training program for orthopaedic residents rotating through Sinai from Howard University, University of Maryland, and York and Harrisburg, Pennsylvania, orthopaedic training programs. Employing skills obtained in his trauma fellowship, Dr. Wood coordinated the Level II orthopedic trauma coverage at Sinai.

In 2002, Dr. Wood was recruited to serve as Chairman of the Division of Orthopedic Surgery at The Harbor Hospital of Baltimore, a Medstar Health Affiliate. He served in this capacity for 13 years. Under Dr. Wood's leadership the Orthopedic Department was founded, and a robust orthopaedic practitioner community followed, providing top-notch care for professional athletic teams, and obtaining Joint Commission certification for both joint replacement and spine surgery.

Dr. Wood's practice focused on improving and fine-tuning minimally invasive knee and hip replacement surgical technique. He consults with the Zimmer Biomet Corporation on product development for partial knee replacement, and has taught knee and hip replacement techniques to orthopaedic surgeons in North and South America, and Canada.

As a member of the executive committee of the National Caucus of Arthritis and Musculoskeletal Health Disparities, Dr. Wood speaks nationally on disparities in access to care and outcomes affecting African-American patient populations across the U.S. He has actively mentored young physicians and surgeons over 35 years of practice.



James E. Wood Jr., MD

Member, Movement is Life Executive Steering Committee

Former Chairman, Center for Orthopaedics, MedStar Harbor Hospital Baltimore

Ronald Williams Baker, MD, is an assistant professor of Orthopaedic Surgery at Meharry Medical College in Nashville, Tennessee, where he is actively involved in mentoring and encouraging minority medical students to pursue a career in the orthopaedic surgical subspecialty. He also serves as a clinical preceptor for Vanderbilt University orthopaedic surgery residents. Recently, he was appointed as a co-chair for the Orthopaedic Surgery section of the National Medical Association. Dr. Baker is on staff at Nashville General Hospital, which is a significant provider of care to indigent and underserved communities in Metropolitan Nashville and surrounding areas.

Dr. Baker is the Orthopaedic Surgery Section Co-Chair for the National Medical Association.

A native of Miami, Florida, Dr. Baker attended medical school at the University of South Florida College of Medicine in Tampa, Florida. He completed a residency at Howard University Hospital and subsequently trained in a sports medicine fellowship at Drexel University College of Medicine (formerly Hahnemann University) in Philadelphia, Pennsylvania. After completing his fellowship, Dr. Baker opened a private practice in Upstate New York where he practiced for eight years. While in practice he served as chief of surgery at Oswego Hospital, which was a primary provider of care to the surrounding rural underserved communities. His interests include mentorship and providing care to the underserved.

Lula Beatty, PhD, is the Senior Director, Health Disparities, American Psychological Association (APA). She is responsible for the development and implementation of APA's strategic initiative on health disparities, including the conceptualization of initiative goals and translation into programs and activities, and the development of resources and collaborations to support initiative goals. Specific responsibilities include the management of two working groups on health disparities in boys and men and stress and health disparities, and a dissemination project on tobacco health disparities. Until 2012 she served as Director of the Special Populations Office, Office of the Director, National Institute on Drug Abuse, NIH, where she was responsible for the overall administration of diversity and health disparities programs such as the Diversity Supplement Program and the Seminar Series, an early-career research mentoring workshop, and special initiatives, such as the Southern Africa Initiative and African Americans and criminal justice. Before joining NIDA, she was Director of Research at the Institute for Urban Affairs and Research, Howard University. An APA member, she is a Fellow in the Society of Women in Psychology and the Society for the Psychological Study of Ethnic Minority Issues, has served as President of the Section of the Psychology of Black Women and member of the Committee on Women in Psychology, and is a member of the executive committee of the Leadership Institute for Women in Psychology. She is also a member of the Association of Black Psychologists, the American Public Health Association, Sisters of the Academy, and Sigma Xi.

She received her BA from Lincoln University (Pennsylvania) and her doctoral degree in psychology from Howard University.

Ronald W. Baker, MD

Assistant Professor of Orthopaedic Surgery,
Meharry Medical College

Representative, Association of Minority
Health Professions Schools



Lula Beatty, PhD

Senior Director, Health Disparities,
Representative, American Psychological
Association

STEERING COMMITTEE

Ana Bejinez-Eastman, MD, ABPF, is the Associate Program Director for the PIH Family Practice Residency in Whittier, California. She is also a Volunteer Clinical Faculty at the UC Irvine School of Medicine, Department of Family Medicine.

Earlier in her career, Dr. Eastman established a private practice in rural Northern California among migrant laborers, where she helped start the first telemedicine fetal monitoring program in the state, opening the labor and delivery unit of a small rural hospital. She participated in the establishment of a community clinic and was active in teaching medical students and family practice residents from UC Davis, where she was associate clinical professor for the required rural medicine rotation. A native of Whittier, she returned to this program in 1996 to encourage the practice of high-quality, low-risk obstetrics among our graduating residents.

Dr. Eastman's presentations include the "Benefits of Residency Training Programs to the Community Served" and "Building a Community's Elder Care System: The Potential Contribution of the Family Medicine Residency Program."

Dr. Eastman received her medical degree from the University of Southern California, graduated from the USC-PIH Family Practice Residency Program in 1991, and served as Co-Chief Resident in her third year. She is a member of the National Hispanic Medical Association, the American Academy of Family Physicians, American Medical Association, the Society of Teachers of Family Medicine, and the Los Angeles County Medical Association's Committee on Community Health.

On January 1, 2014, **Mr. Finerfrock** became the President and Owner of Capitol Associates (CAI), a government relations/consulting firm based in Washington, DC. Prior to assuming ownership of CAI, Finerfrock was a Senior Vice President with the company for more than 20 years.

Finerfrock specializes in health care financing, health systems reform, health workforce, and rural health. He has worked in and with the U.S. Congress and federal agencies on health policy matters for more than 35 years.

Prior to becoming a lobbyist/health policy advocate, Finerfrock spent nearly eight years working for two U.S. Senators (Edward Brooke and Roger Jepsen).

Upon leaving Capitol Hill, he was hired as the first federal lobbyist for the physician assistant profession and served for eight years as the Director of Federal Affairs for the American Academy of Physician Assistants. While with the AAPA, Finerfrock successfully lobbied Congress to approve Medicare coverage for physician assistants; commissioned officer status for all PAs in the uniformed services; and accomplished authorization for PAs to receive National Health Service Corps scholarships and loans, among other things.

Finerfrock is the co-founder and Executive Director of the National Association of Rural Health Clinics, primary care clinics located in underserved rural areas throughout the United States. He has testified before Congress and various state and federal agencies on numerous occasions.

Over the years, he has successfully worked on public policy and regulatory issues before the Department of Health and Human Services, the Department of Transportation, the Department of Veterans Affairs, the Department of Defense, and the Justice Department. In his spare time, Finerfrock serves as the Springfield Representative for the Fairfax County Health Board. He was recently re-elected by his fellow Board members as the Vice Chair of the Board.

Finerfrock is a 1977 graduate of Penn State University. He has a degree in Political Science.



Ana Bejinez-Eastman, MD, ABPF

Representative, National Hispanic Medical Association



Bill Finerfrock

President, Capitol Associates (CAI)

STEERING COMMITTEE



Millicent Gorham, PhD (Hon.), MBA, FAAN, is the Executive Director of the National Black Nurses Association, Inc., which represents 150,000 African American nurses in the United States. Ms. Gorham was appointed to that position in October 1995.

Ms. Gorham has more than 30 years of government relations experience. For four years, she worked as the health legislative assistant to U.S. Representative Louis Stokes (D-OH). She was the coordinator of the Congressional Black Caucus Health Brain Trust. She served as the assistant director of government relations for the American Optometric Association for eight years. And, for four years, Ms. Gorham worked as the director of government relations for the National Rural Health Association.

Ms. Gorham was inducted into the American Academy of Nursing as an honorary fellow in 2011. She was appointed to the Community Advisory Board of the Georgetown-Howard Universities Center for Clinical and Translational Science (GHUCCTS). She served on the U.S. Food and Drug Administration's Nominating Group, which recommends consumers to the FDA's 46 Advisory Committees, and the National Kidney Disease Education Program Coordinating Panel, NIH. Ms. Gorham has served on the National Advisory Committee of *Nursing Spectrum* Magazine. In 2016 she was appointed to the Multicultural Center for Excellence of Pfizer, Inc.

Ms. Gorham has been the recipient of multiple awards, including the 2006 Simmons College Alumnae Achievement Award in 2006, the Simmons College African American Alumnae Association "Quiet Leader Award" in 2008, the Bethune-Cookman College Department of Nursing Achievement Award in 1996, and the U.S. State Offices of Rural Health Award in 1995.

Ms. Gorham received a Master's in Business Administration from Howard University and received an honorary doctorate in Nursing from her undergraduate degree alma mater, Simmons College, in 2011.



**Millicent Gorham, PhD (Hon.),
FAAN, MBA**

Executive Director, Representative, National
Black Nurses Association

Dr. Green is an Emeritus Physician at Virginia Mason and Clinical Professor of Orthopaedic Surgery at the University of Washington School of Medicine in Seattle, Washington.

He has had a long-term interest in matters of professionalism. He serves on the Medical Quality Assurance Commission in Washington state and was involved with the development of the Standards of Professionalism for the American Academy of Orthopaedic Surgeons. He served for 11 years on their Judiciary Committee.

Through Nuestros Pequeños Hermanos, he and his family have supported work for orphaned and abandoned children in Latin America and Haiti. He has done volunteer orthopaedic work in Haiti and Honduras. Following the earthquake in Haiti in 2011, he led a team that provided orthopaedic care there for a month.

For several years he taught orthopaedic surgery in the Russian Far East. He has also provided volunteer care for leprosy patients in Thailand.

In retirement from active practice, he has turned his attention to helping address disparities in health care.



Thomas Green, MD

Emeritus Physician, Virginia Mason Medical
Center

Clinical Professor of Orthopaedic Surgery,
University of Washington School of Medicine

Melvyn Harrington, MD, is a Harvard-trained, board-certified orthopaedic surgeon and currently an Associate Professor in the Department of Orthopaedic Surgery at Baylor College of Medicine. He specializes in arthritis and joint reconstruction of the hip and knee, primary and revision total hip and knee replacements, and treatment of avascular necrosis of the femoral head. Dr. Harrington has received numerous awards over the years for clinical research, education, and leadership in the field of orthopaedic surgery. He is called upon regularly to share his expertise with national and international orthopaedic surgery groups.

After completing his undergraduate education at the Johns Hopkins University, Dr. Harrington earned his medical degree from Vanderbilt University School of Medicine in Nashville, Tennessee. He completed his internship and residency in orthopaedic surgery at the University of California Davis Medical Center in Sacramento. He also completed a fellowship in adult reconstructive orthopaedic surgery at Harvard University, Massachusetts General Hospital.

Dr. Harrington served as an Assistant Professor for eight years in the Department of Orthopaedic Surgery and Rehabilitation at Loyola University Chicago, Stritch School of Medicine. His professional memberships include the American Academy of Orthopaedic Surgeons, J. Robert Gladden Orthopaedic Society, American Association of Hip and Knee Surgeons, Arthritis Foundation, National Medical Association, Houston Medical Forum, American Medical Association, Western Orthopaedic Association and National Osteonecrosis Foundation.

Dr. Huff obtained her Bachelors of Arts in history, minor in Spanish and certificate in African-American Studies from the University of Georgia. She completed her medical doctorate at the Medical College of Georgia and her orthopaedic residency at Ochsner Clinic Foundation in New Orleans.

While Dr. Huff treats a broad range of bone and soft tissue maladies in all age groups, she has a special interest in women's musculoskeletal health. She has published and presented nationally and internationally on decreasing blood loss in total knee replacement. Her most recent research award, entitled "Start Moving, Start Living: Affecting Positive Lifestyle Changes in Rural African-American Women," employs a community-based approach to improve activity levels and decrease knee pain.



Melvyn Harrington, MD

President, J Robert Gladden Orthopaedic Society

Past Orthopaedic Surgery Section Chair,
National Medical Association

Associate Professor and Residency Program
Director, Department of Orthopaedic
Surgery, Baylor College of Medicine



Tamara Huff, MD

Orthopedic Surgeon, Mayo Clinic Health
System–Waycross, Georgia

Representative, Diversity Advisory Board,
AAOS

STEERING COMMITTEE



Charla Johnson, RN, MSN, ONC, has experience including more than 28 years in the health care industry/nursing with a record of continuous dedicated service, achievement, and professional advancement in an increasingly technical and competitive environment.

The majority of her nursing career has been aimed at the promotion of musculoskeletal care and the advancement of orthopaedic nursing in our region, state, and at the national level through lifelong learning and leadership. She was the Orthopaedic Programs Coordinator from 2002 to 2010 at Our Lady of the Lake Regional Medical Center in Baton Rouge, Louisiana. Lake Joint Effort is the largest joint replacement program in the Southeast.

Community outreach, nursing professional development, utilization review, case management, and leadership opportunities have been embedded throughout her career. She is connected at the national level with National Association of Orthopaedic Nurses (NAON) and viewed as a content expert in total joints and management of osteoarthritis.

Charla currently serves as a clinician and a Director on the Board of Volunteer Health Corps, a nonprofit, serving the uninsured and underinsured for primary and orthopaedic care in Baton Rouge, Louisiana. She is the Manager of Community and Provider Education at St. Elizabeth Hospital, a rural community hospital, in Gonzales, Louisiana. She has been a member of Movement is Life Steering Committee since 2014.



Charla Johnson, RN, MSN, ONC

Manager, Community Education & Professional Development, St. Elizabeth's Hospital, Gonzales, Louisiana

Julia Kneeder is the COO and Program Manager of Pfiedler Enterprises, Inc. Her responsibilities include management of the educational program and review of activities. She develops educational activities for physicians, nurses, and allied health professionals in a wide variety of formats. Her previous employment was with the Association of periOperative Registered Nurses, where she was responsible for developing and implementing educational activities for World Conference, Annual Congress, and other planned events. Prior to this she was the Director of the Operating Room at Porter Memorial Hospital in Denver, worked at the Loma Linda Medical Center operating room, and began her career in the operating room at Greater Bakersfield Memorial Hospital.

Dr. Kneeder is a native of Martinez, California. She holds a Bachelor of Science Degree from Walla Walla College in College Place, Washington; a Master's of Science Degree from Loma Linda University in Loma Linda, California; and her Doctorate of Continuing Education from the University of Northern Colorado in Greeley, Colorado. She is co-author of the textbook, *Perioperative Patient Care—The Nursing Perspective* and has authored and co-authored many books and manuals published by AORN. She is a member of ANA, AORN, Sigma Theta Tau, and the Alliance for Continuing Education in the Health Professions (ACEhp). Among her many achievements is the AORN Award for Excellence, received in 1996.



Julia A. Kneeder, RN, MS, EdD, CHCP

COO/Program Manager, Pfiedler Enterprises—Aurora, Colorado

Marjorie G. Kulesa, BS, RN, ONC, CNOR, is a Past President of the National Association of Orthopaedic Nurses (NAON). During her tenure as president of NAON, Ms. Kulesa was instrumental in forging relationships with other musculoskeletal organizations to bring the voice of orthopaedic nursing to the table. She has been the NAON representative to the Movement is Life steering committee and has been an active planner for all of the yearly Caucuses.

Ms. Kulesa is the Nurse Coordinator for the Department of Orthopaedic Surgery at Winthrop University Hospital in Mineola, New York. Ms. Kulesa has been a nurse for many years and has an extensive background in the operating room as the former Nurse Manager for Orthopaedics and Neurosurgery at Winthrop University Hospital. In her present position she is responsible for coordinating orthopaedic education programs for health care providers, the general public, and patient populations, and serves as the research coordinator for the department. Working closely with the chair of the department, she serves as liaison for the department to hospital committees on issues related to patient care and quality as well as department projects.

At present, Ms Kulesa is serving on the United States Bone and Joint Initiative Board as Vice President. While serving on the USBJI board, she was a reviewer for “The Value in Musculoskeletal Care: Summary and Recommendations” document and served as a member of the 2013 summit planning committee on Best Practices in Patient-Centered Musculoskeletal Care.

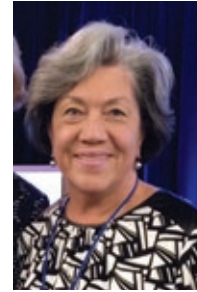
For the past 25 years she has planned many conferences, including a national program entitled The State of the Science in the Prevention and Management of Osteoarthritis, a joint venture with the *American Journal of Nursing*, NAON, and the Hospital for Special Surgery. This symposium recommended ways in which nurses can address issues related to osteoarthritis in the areas of research, policy, education, and clinical practice. The symposium proceedings were published as a supplement to the *AJN* and also in the *Orthopaedic Nursing Journal*. Ms. Kulesa co-authored the executive summary.

In addition, she has presented locally, nationally, and internationally on orthopaedic conditions and orthopaedic nursing education. She presented at the 2014 AAOS meeting, Do Obesity and Racial, Ethnic and Gender Disparities Impact Arthritis?

In her personal life Ms. Kulesa has served on community boards for Girl Scouts, local government, and Special Education PTA, and presently is a member of her church vestry. She is the mother of four children and has four granddaughters.

Sharon LaSure-Roy, MS is a senior digital communications professional with Fortune 500, nonprofit, and start-up experience. As Florida Blue’s Senior Manager of Social Media, she is responsible for developing, managing, and implementing digital strategies that support Florida Blue’s corporate mission and marketing priorities, including brand voice, creating awareness, and generating growth of the Florida Blue social media properties. Sharon has held many leadership positions with various organizations, including State Farm Insurance, H&R Block, Florida Hospital, and the City of Jacksonville.

She currently serves as a board member for the United Negro College Fund and the American Lung Association of Northeast Florida. She received her Bachelor of Arts in Communications from Hood College and a Master of Science in Integrated Marketing Communications from Northwestern University’s Medill School of Journalism.



Marjorie Kulesa, RN, BS, ONC, CNOR

Past President, Representative, National Association of Orthopaedic Surgeons

Nurse Coordinator, Department of Orthopaedic Surgery, Winthrop University Hospital



Sharon LaSure-Roy, MS

Senior Communications Consultant, Florida Blue

STEERING COMMITTEE



Kristine M. Lohr, MD, MS, received her MD from The University of Rochester School of Medicine and Dentistry, and completed her Internal Medicine Residency at Ohio State University Hospitals followed by a three-year research fellowship in Rheumatology at Duke University Medical Center. She served on the faculty at The Medical College of Wisconsin and University of Tennessee Health Sciences in Memphis before joining UK in 2007. Currently she is Interim Chief of the Division of Rheumatology, Professor of Medicine, and Director of the Rheumatology Training Program at the University of Kentucky. Dr. Lohr is a past recipient of the American College of Rheumatology Research and Education Foundation Clinical Scholar Educator, and has served on several ACR committees. Current ACR responsibilities include the Audiovisual Aids Subcommittee, Annual Meeting Program Committee, and Committee on Workforce and Training. She completed a six-year term on the American Board of Internal Medicine Rheumatology Subspecialty Board (test writing). In 2014 she started a three-year term on the American Board of Internal Medicine Rheumatology Board. Her research interests focus on medical education and medical decision making.



Kristine M. Lohr, MD, MS

Interim Chief, Division of Rheumatology,
Kentucky University
Director, Rheumatology Training Program
Professor of Medicine
Representative, United States Bone and Joint
Initiative

René Malone is the Director of Member Engagement for the American Telemedicine Association (ATA). She is responsible for building and fostering strong relationships with ATA members, networking with community members, identifying champions, and training and empowering members to participate on a more significant engagement level. She provides strategic and operational support for ATA member groups on elections, leadership succession, retirement of groups, formation of new groups, leadership training, educational webinars, and completion of goals.



René Malone

Director, Member Engagement,
Representative, American Telemedicine
Association

Anne Maurer, MS, Biomedical Engineering, has more than 25 years of experience in the health care industry spanning research, marketing, and business intelligence expertise.

Her career evolution includes six years based in Europe, targeting the Swiss, German, and French orthopedic markets with biologic product launches, followed by several years of direct marketing in the United States, where Anne earned the Sulzer Innovation Award for the successful launch of an innovative hip replacement product. Anne's work has been included on product patents and she has been an integral member of due diligence teams to assess technology, market and competitive trends, and developments along clinical, regulatory, and insurance fronts. Anne continues to support senior management on special projects, such as Zimmer Biomet Minority Initiatives.

Anne's research publications include metal compatibility, cartilage biomechanics, and most recently, continued disparities in the utilization of total knee replacement in African-American and Hispanic/Latino patient populations. In collaboration with Darrell Gaskin, PhD, and Taruja Karmarkar, MPH, of the Bloomberg School of Public Health, Johns Hopkins University, and an expert panel of physicians from Movement is Life, Anne was the project manager to develop an interactive knee osteoarthritis cost model, which was the basis for a patient shared decision-making tool that is currently in clinical studies.



Anne Maurer, MS

Associate Director, Business Intelligence,
Zimmer Biomet, Inc.

Ms. Meadows received her Bachelor of Science Degree in Physical Therapy from the University of California-San Francisco Medical Center and her Master of Science Degree in Business Communications from Georgia State University.

Ms. Meadows practiced physical therapy previously at the Los Angeles County–University of Southern California Medical Center, Scottish Rite Children’s Hospital and Emory University Hospital in Atlanta, Georgia, and the Visiting Nurses Association of Greater Washington, DC. Her experience includes pediatrics, cardio-pulmonary, orthopedics, neurology, and home health care.

Currently, she is the Program Director of the Minority/Women’s Initiatives Program. She has held this position since 1988. The Department works with members and the public to increase awareness and appreciation of the importance of cultural diversity in all aspects of the profession of physical therapy. This is done by giving presentations on diversity, sponsoring workshops, exhibiting at professional associations, promoting fundraising activities for the Minority Scholarship Fund through Diversity 2000, and actively working with state and federal government officials to increase their knowledge of physical therapy. Women’s Initiatives is the program that works with the Association and profession to increase knowledge of and for women in the profession of physical therapy.

Randall C. Morgan, Jr., MD, MBA, received a BA degree in Chemistry at Grinnell College in Grinnell, Iowa, and then received a MD from Howard University College of Medicine in Washington, DC. He served an internship at Passavant Hospital in Chicago and an orthopaedic residency at Northwestern University in Chicago, as well as a fellowship in pediatric orthopaedics at Children’s Hospital in Cincinnati, Ohio. He also has an MBA from the University of South Florida, Tampa, Florida.

Dr. Morgan has practiced orthopaedic surgery in Evanston, Illinois, and in Gary and Merrillville, Indiana, for more than 30 years. He founded an orthopaedic group and holds faculty appointments at Northwestern University. He currently practices at Sarasota Orthopedic Associates in Florida, where his focus is in general orthopaedics with a special interest in pediatrics, joint replacement, and treatment of sports injuries. Dr. Morgan is past President of the National Medical Association and the Indiana Orthopaedic Society. He is the author of numerous publications and has made more than 200 scientific presentations at local, state, and national courses and conferences.

Dr. Morgan has been recognized for his contributions to medicine and society by several institutions. Among his many accolades, he was named Orthopaedic Resident of the Year in 1972 by Northwestern University, and Physician of the Year by the National Medical Association and the Northwest Indiana Chapter in 1986. In 2005, Dr. Morgan received the Martin Luther King Jr. Legacy Award for National Service and the Joseph Pitts Award for Community Service from the Gary Branch of the NAACP. He also received the Distinguished Alumni Award from Howard University College of Medicine in 1999.

Jhnette L. Meadows, PT, MS

Program Director, Minority/Women’s Initiatives, Representative, American Physical Therapy Association (APTA)



Randall C. Morgan, Jr., MD, MBA

Executive Director, W. Montague Cobb/
NMA Health Institute
Partner, Sarasota Orthopaedic Associates

STEERING COMMITTEE



Charles L. Nelson, MD, is an Associate Professor of Orthopaedic Surgery at the University of Pennsylvania Health System.

Dr. Nelson graduated from the University of Pennsylvania Medical School, where he remained to complete his internship and residency. After finishing a fellowship in adult reconstructive surgery at the Hospital for Special Surgery, he returned to the Hospital of the University of Pennsylvania, where he has served as an Associate Professor of Orthopaedic Surgery. Dr. Nelson specializes in adult hip and knee reconstructive surgery and joint replacement. He participated in the AAOS Leadership Fellows Program and has received numerous awards. He was one of only two nationally chosen recipients of the National Medical Fellowship's James H. Robinson, MD Memorial Scholarship for outstanding achievement in the study of surgery.

The Past President of the J. Robert Gladden Orthopaedic Society, Dr. Nelson has been named as a "Top Doc" by *Philadelphia* Magazine, and has been listed among America's Top Physicians and Surgeons by the Consumer's Research Council of America. He has published numerous manuscripts involving original research and has contributed chapters to textbooks published both in the United States and internationally.



Charles L. Nelson, MD

Past President, J. Robert Gladden
Orthopaedic Society

Associate Professor of Orthopaedic Surgery,
University of Pennsylvania Health System

Dr. Alexandra (Alexe) Page addresses improvements in health care services, including high-value care, delivery, and diversity, speaking and writing nationally and internationally on these topics. Nationally, her work with the American Academy of Orthopaedic Surgeons (AAOS) includes serving as Chair of the Health Care Systems Committee and vice chair of the AAOS Board of Specialties Communications Committee. Dr. Page provides consulting in the field for myriad practices and systems, including the Harvard Medical School Health Policy Advisory Committee.

Addressing healthcare disparities, Dr. Page works locally as a member of the leadership team and providing direct patient care through Project Access San Diego, a safety net health system. Nationally, she serves in the presidential line of the Ruth Jackson Orthopaedic Society (women in orthopaedics) and Movement is Life, an organization addressing musculoskeletal disparities.

Cross-specialty national medical involvement includes serving as the AAOS delegate to the AMA and as a member of the steering committee of the US Bone and Joint Initiative Chronic Osteoarthritis Management Initiative. She serves on the national MRI board of the Intersocietal Accreditation Committee, MRI section. In California, Dr. Page serves on the board of the San Diego County Medical Society, as a voting delegate to and Council on Legislation member of the California Medical Association (CMA), as well as a member of the presidential line for the California Orthopaedic Association.



Alexandra (Alexe) Page, MD

Chair, Health Care Systems Committee,
AAOS

Vice-Chair, AAOS Board of Specialties
Communications Committee

William Alexander Jackson Ross Jr., MD, is an Orthopedic Surgeon who lives in Atlanta, Georgia, with his lovely wife and three teenage children and is in private practice on the island of St Croix in the US Virgin Islands. Dr. Ross is passionate about mentoring students from under-represented minority groups and supporting them on the path to a career in Orthopedic Surgery. Dr. Ross is proud to serve as the Director of Orthopedic Programs for Nth Dimensions, an organization dedicated to the elimination of healthcare disparities through the exposure and professional development of under-represented minorities and women in the field of orthopedic surgery.

Dr. Ross attended Meharry Medical College [his fathers' alma mater] and completed his residency in Orthopedic Surgery at Charles Drew University/MLK Hospital, where he also completed a fellowship in orthopedic trauma research. In addition, Dr. Ross completed a fellowship in foot and ankle reconstruction at Emory University Hospitals in Atlanta, Georgia.

Dr. Ross is a decorated, 20-year veteran of the United States Army Reserve Medical Corps, where he attained the rank of Lieutenant Colonel and has served as Chief of Orthopedic Surgery at multiple combat support hospitals worldwide. His interests include teaching and providing health care from a faith-based perspective.



William Ross, Jr., MD

Director of Orthopedic Programs,
Representative, Nth Dimensions

Orthopedic Surgeon, Gov. Juan F. Luis
Hospital and Medical Center, St. Croix, US
Virgin Islands

Dr. Erick M. Santos is a Board-Certified Orthopaedic Surgeon and Fellow of the American Academy of Orthopaedic Surgeons. Dr. Santos has been practicing in South Texas since 2005 and has been committed to mentoring and teaching family medicine residents about musculoskeletal topics and addressing issues of disparity in health care access in the Latino community of South Texas.

Dr. Santos graduated with a Bachelor's Degree and a double major in Biomedical Engineering and Materials Engineering from The Johns Hopkins University in Baltimore, Maryland. While in college he was involved in improving recruitment of minority students by working as part of the Dean of Student's office staff. After college he completed a Master's Degree in Bioengineering at the University of Pennsylvania in Philadelphia and he enrolled in a dual degree program with the medical school and completed both his MD and PhD degrees. Dr. Santos did research in biomaterials and tissue engineering including new materials containing growth factors that would serve as bone graft substitutes. Dr. Santos was granted seven U.S. Patents for his research work and has several publications in prestigious peer-reviewed journals. While at the University of Pennsylvania, he served as Co-Chair of the Student National Medical Association, and also advocated for increased minority student admissions as a student member of the admissions committee at the School of Medicine.

Dr. Santos joined the U.S. Air Force during medical school and completed a General Surgery internship at Wilford Hall Medical Center at Lackland AFB in San Antonio. After the internship he completed Aerospace Medicine training and served 4 years' active duty service with distinction at Dyess AFB in Abilene, Texas. These included several overseas deployments as a flight surgeon.

After completing his military service, Dr. Santos did his Orthopaedic Surgery residency at the University of Alabama at Birmingham. After his residency training, Dr. Santos established his own practice in Pleasonton, Texas, and then moved to Corpus Christi. He serves as adjunct faculty for the Department of Family Medicine of two residency programs teaching musculoskeletal topics and business of medicine topics, as well as providing mentorship to young physicians.

Dr. Santos was born and raised in San Juan, Puerto Rico. He lives in Corpus Christi, Texas, with his wife and son and is dedicated to providing orthopaedic surgery services to underserved communities in South Texas.



Erick Santos, MD, PhD, FAAOS

Adjunct Assistant Professor, Family Medicine,
University of North Texas and Texas A&M
University of the Health Sciences

CEO, South Central Texas Bone & Joint
Center, PA

Fellow, American Academy of Orthopaedic
Surgeons

Member, American Academy of
Orthopaedic Surgeons Diversity Advisory
Board

STEERING COMMITTEE



Teri Strenski holds a PhD in Public Health Sciences and a Master of Science in Public Health Sciences from the University of Illinois at Chicago. She has more than 25 years of qualitative research experience, including the design, implementation, and analysis of research projects. She has contributed to multiple multidisciplinary and cross-cultural NIH-funded and independent research studies. Her work has focused on understanding the social and cultural contexts of health behaviors and decisions. She has a track record working with disadvantaged, hidden, and marginalized populations. Dr. Strenski has substantive background in health disparities, medical mistrust, community engagement, research ethics, and HIV/AIDS.

Teri Strenski, PhD

Qualitative Research in Public Health and Social Sciences

A graduate in health sciences from Georgia State University, **Shawn Tucker** has worked as a staff PT for the University of Chicago Hospitals, Illinois Masonic Medical Center, BJC Healthcare Systems, and the U.S. Olympic Sailing Team. Owning and managing multiple private practices throughout the Midwest over the past two decades, Shawn is currently a managing partner at Sport and Spine Rehab in Brentwood, Missouri. He has worked extensively with obesity and weight management communities in the home health, inpatient, and outpatient settings. From 2001 to 2010 he directed Living by Design, a 501(c)(3) in St. Louis, Missouri, whose mission was to create access to physical rehabilitation, complementary medicine, and peer advocate treatment education services for high-priority healthcare-disparity populations with a focus on the uninsured and economically poor who are dealing with chronic diseases. He established an evidence-based approach to address obesity with African-American women dealing with HIV and other comorbidities. His approach includes evaluation, body composition testing, progressive physical activity, nutritional counseling, and self-care education, and support. He advocates a wellness approach to weight management often incorporating psychologists, fitness trainers, dietitians, acupuncturists, and medical physicians who are weight-loss specialists. From 2005 to 2009 Shawn was a clinical research coordinator for the National Institutes of Health and co-authored a funded study entitled Yoga for the Management of Metabolic Syndromes. He was a finalist in the 2014 American Physical Therapy Association Innovation Competition. This current initiative focuses on addressing racial disparity in cancer care using an integrative healthcare model.



Shawn Tucker, PT, COMT, CSJA

Partner, Sport and Spine Rehab
Payment Chair, MO Physical Therapy Association

Since 1999, **Nick Turkas** has served various roles for the Arthritis Foundation. In his current position of Director of Regional Help and Support, he serves as a liaison to professional organizations and regional community engagement staff. He previously served as the Senior President of Health and Wellness for the Mid-Atlantic Region, where he managed a comprehensive program menu including public education, physical activity, and juvenile arthritis programs in five states plus the District of Columbia.

Nick Turkas graduated from Capital University in 1999 and earned a Master's Degree in Human Services Management in 2004.



Nicholas Turkas, MS

Director, Regional Help and Support,
Representative, Arthritis Foundation,
National Office

STEERING COMMITTEE



Irene van den Berg, RN, is the Vice President, Business Development for the Strategic Partnerships Division at StayWell, where she works with leading medical associations, nonprofit medical organizations, and national clients working across a wide variety of categories in the health field. She develops custom health solutions in partnership with her clients to deliver successful and distinctive consumer and patient/provider educational programs in multimedia formats.

Her previous employment was with the International Guidelines Center as the Senior Vice President, Business Development, where she worked with medical associations to develop evidence-based treatment guidelines for health care providers in condensed quick-reference formats. Prior to this she worked at the Maryland Laser, Skin & Vein Institute as a staff nurse and sonographer, performing ultrasound procedures and assisting the physician with intra-operative closure procedures.

Irene received her nursing degree at the University of Amsterdam, the Netherlands, where she also received her master's degree in obstetrics and gynecology. After moving back to the United States, she became a registered medical diagnostic sonographer while working at North Charles General Hospital and Johns Hopkins Hospital in Baltimore, Maryland. She is a member of the Movement is Life Steering Committee and Healthcare Businesswomen's Association (HBA).



Irene Van den Berg, RN

Vice President, Business Development,
StayWell

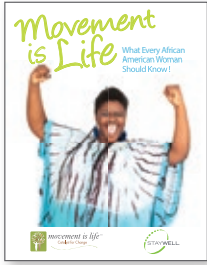
Dr. Yashika Watkins holds a PhD in Public Health Sciences and a Master's of Public Health from the University of Illinois at Chicago. She is an Assistant Professor in the Department of Health Studies, College of Health Sciences at Chicago State University (CSU) and adjunct faculty in the Department of Health Sciences, College of Science and Health at DePaul University. At CSU, she is a member of the Faculty Senate and serves on committees such as Faculty Development, Departmental Application Criteria, and the Master of Public Health program. She also serves as an advisor to graduate students in the CSU Master of Public Health program. She is a member of the Movement is Life Steering Committee and the Internal Advisory Committee for the Chicago South Side Cancer Disparities Initiative. Lastly, she serves as study facilitator for Operation Change Chicago and the Educational Program to Increase Colorectal Cancer Screening research study. Her research has focused on reducing disparities in colorectal cancer, osteoarthritis, and dementia EOL treatment for care recipients.



Yashika J. Watkins, PhD, MPH

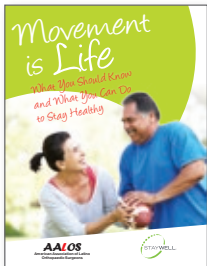
Assistant Professor, Chicago State University

Resources



Movement Is Life African-American Brochure

http://startmovingstartliving.com/wp-content/uploads/2014/04/P932_MIL_AfAm-8-Pager.pdf



Movement Is Life Hispanic Latino Brochure (English) (Bilingual Brochure)

http://startmovingstartliving.com/wp-content/uploads/2016/06/P892_AAOS-Movement-GTG.pdf



Movement Is Life Hispanic Latino Brochure (Spanish) (Bilingual Brochure)

http://startmovingstartliving.com/wp-content/uploads/2016/06/P892ES_AAOS-Movement-GTG.pdf



Continuing Education Modules

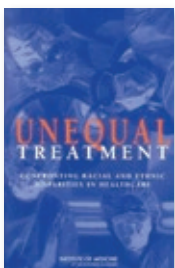
- **Comorbidity of Arthritis and Depression in African American, Caucasian and Hispanic/Latina Women: Increasing Awareness, Improving Care**
<http://pfiedler.com/ce/1288/>
- **The Role of Nurses in the Management of Joint Pain in Women and Black and Hispanic/Latino Women**
<http://pfiedler.com/ce/1240/>
- **Musculoskeletal Disparities: African American, Caucasian and Hispanic/Latina Women An Overview for the Physical Therapist**
<http://www.pfiedler.com/pt/1284/>



SMSL Social Media Information

www.startmovingstartliving.com

- [Facebook.com/StartMoveLive](https://www.facebook.com/StartMoveLive)
- [Twitter.com/StartMoveLive](https://twitter.com/StartMoveLive)



Unequal Treatment Book

http://www.barnesandnoble.com/p/unequal-treatment-brian-d-smedley/1112169913/2686410838655?st=PLA&sid=BNB_DRS_Marketplace+Shopping+Textbooks_00000000&2sid=Google_&sourceId=PLGoP20456&k_clickid=3x20456

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Health Care's Role in Addressing Structural Violence

<https://rushinperson.rush.edu/2016/05/16/expanding-health-cares-mission-to-address-structural-violence/>

Closest Thing to a Wonder Drug? Try Exercise

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Diversity 3.0: At the Core of Excellence

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Preaching Better Health

<http://www.aarp.org/health/healthy-living/info-2015/preaching-better-health.html>

Unequal Treatment: Teaching About Racism During Medical Education

<http://www.medscape.com/viewarticle/864567>

The missing patient voice in value-based care

<http://www.modernhealthcare.com/article/20160510/NEWS/160519985>

John Noseworthy: Telemedicine will increase access to care, reduce costs

<http://www.twincities.com/2016/06/05/john-noseworthy-telemedicine-will-increase-access-to-care-reduce-costs/>

Obesity Rates Rising Among Women: CDC

<https://consumer.healthday.com/vitamins-and-nutrition-information-27/obesity-health-news-505/obesity-rising-among-women-not-men-cdc-711733.html>

How Exercise May Help the Brain Grow Stronger

<http://well.blogs.nytimes.com/2016/06/15/how-exercise-may-help-the-brain-grow-stronger/>

Tai chi may be as good as physical therapy for arthritis-related knee pain

<http://www.health.harvard.edu/blog/tai-chi-may-good-physical-therapy-arthritis-related-knee-pain-201606159780>

Obesity rate among women reaches record high in the US

<https://www.statnews.com/2016/06/07/women-obese-weight-gain-men/>

Caregivers and Technology - What They Want and Need

<http://www.aarp.org/content/dam/aarp/home-and-family/personal-technology/2016/04/Caregivers-and-Technology-AARP.pdf>

Key Facts on Health and Health Care by Race and Ethnicity

<http://kff.org/disparities-policy/report/key-facts-on-health-and-health-care-by-race-and-ethnicity/>

'Life, Death And Politics' Treating Chicago's Uninsured

<http://www.npr.org/2011/06/15/137109975/life-death-and-politics-treating-chicagos-uninsured>

NIH launches research program to reduce health disparities in surgical outcomes

<https://www.nih.gov/news-events/news-releases/nih-launches-research-program-reduce-health-disparities-surgical-outcomes>

Just Health Care, Just in Time

<https://www.sju.edu/news-events/magazines/sju-magazine/sju-magazine-summer-2016/just-health-care-just-time>

Wealthy spending more on health care than poor and middle class, reversing trend

<http://www.cnn.com/2016/07/06/wealthy-spending-more-on-health-care-than-poor-and-middle-class-reversing-trend.html>

Being Unfit May Be Almost as Bad for You as Smoking

http://well.blogs.nytimes.com/2016/07/27/being-unfit-may-be-almost-as-bad-for-you-as-smoking/?_r=0

Why Telemedicine Is Making Major Progress Nationally

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How The Seeds Of Mindfulness Grow Wellbeing: Aetna's Innovative Approach

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How health systems can tackle health disparities

<http://www.chicagobusiness.com/article/20160830/NEWS03/160839994/how-health-systems-can-tackle-health-disparities>

Persistence of Racial and Ethnic Differences in Utilization and Adverse Outcomes of Total Joint Replacement

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CMS may crack down on third-party groups that subsidize ACA premiums

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UIC to enroll participants in president's Precision Medicine Initiative

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Healthcare collapse: Aetna leaving exchanges in 11 states due to Obamacare

http://www.naturalnews.com/055032_Obamacare_collapse_Aetna_healthcare_costs.html#ixzz4LNXp3WZj

Aetna to Narrow Individual Public Exchange Participation

<http://www.businesswire.com/news/home/20160815006226/en/Aetna-Narrow-Individual-Public-Exchange-Participation>

Aetna will leave most Obamacare exchanges, projecting losses

<https://www.washingtonpost.com/news/wonk/wp/2016/08/16/aetna-pulls-back-from-the-obamacare-exchanges/>

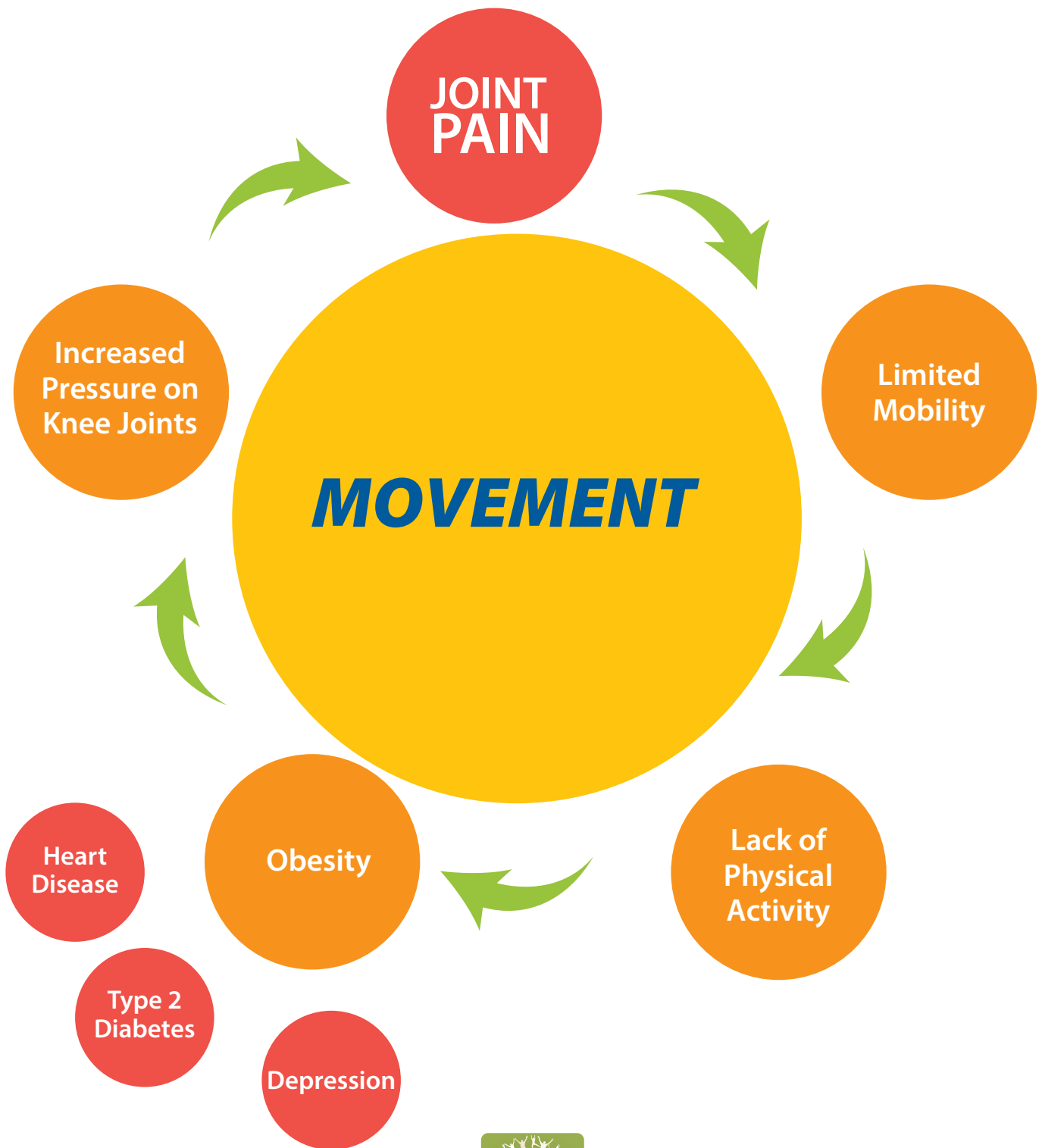
Minorities less likely to have knee replacement surgery, more likely to suffer post-surgical complications when they do

<http://www.sciencenewsline.com/news/2016080415070003.html>

NIH establishes new research program to address health disparities of chronic diseases

<https://www.nih.gov/news-events/news-releases/nih-establishes-new-research-program-address-health-disparities-chronic-diseases>

Breaking the Vicious Cycle



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