



DEPARTMENT OF FAMILY MEDICINE & PUBLIC HEALTH SCIENCES

**Tweet from Chair,
Tsveti Markova, MD, FAAFP**



Our generous donors' gifts make a transformational impact in our department. Thank you!



Department of Family Medicine and Public Health Sciences

School of Medicine

Mission Statement

We are committed to improving the health, well-being, and environment of individuals, families, and communities by advancing the science and practice of family medicine and public health through innovation and excellence in research and education.

We're on the Web!

www.familymedicine.med.wayne.edu/

Important Dates

public page



2017 Match Day

March 17, 2017

Family Medicine and Public Health Sciences Department-wide Research Day

April 19, 2017

Medical School Graduation

June 6, 2017

DFMPHS All-Faculty Meetings

June 21, 2017

DEPARTMENT OF FAMILY MEDICINE AND PUBLIC HEALTH SCIENCES RECEIVES INNOVATIVE GIFT FROM ALUM BRUCE KRESGE, MD

Seeking to spark careers in Family Medicine, Bruce A. Kresge, MD '56 established the *Family Medicine Endowed Direction Fund for Medical Students* to support programs and initiatives in the WSU Department of Family Medicine and Public Health Sciences that attempt to pique and retain student interest in the discipline.

The term "doctor" often elicits the image of the family medicine physician. Dr. Kresge, now retired, knows the reason for that image. "Family physicians have a special relationship with their patients. It's the doctor they go to for help. Specialist doctors might see patients once or twice, but then sends them back to their family doctor. We need specialists, but the close relationship between primary care physicians and their patients is very special, very important, and we definitely need more of them."

Projections by the Association of American Medical Colleges indicate that by 2020 the nation will need 91,500 new doctors. In Michigan, that translates to shortages of between 8,000 and 12,000 physicians, 4,000 of which will be primary care physicians. To ensure ongoing access to quality and affordable health care, a critical supply of family medicine physicians must be introduced. Dr. Kresge is taking an innovative philanthropic approach to encourage more

students to pursue family medicine as a career to help meet that need.

"Typically, a medical student has some family member in a specialty who encourages and inspires them to go into medicine and into a particular specialty," Dr. Kresge said. "I wanted to support something that gets more medical students to see family practice as a fulfilling career choice. I came to the conclusion that it was important to support seminars and other programming that afford students opportunities to see different family physicians, how they work, what they do and what they are able to do. I'm very impressed with the Family Medicine Interest Group (FMIG), and I believe it to be a wonderful way of getting students interested and keeping them interested."

Traditionally focused on pre-clinical students in Years 1 and 2, the FMIG offers information that is generally outside of the prescribed curriculum, and provides an informal introduction to family medicine in an educational setting. In recent years, an additional FMIG with a focus on Year 3 students has been added to further the momentum developed during the required Year 3 clerkship. During the past three years, the School of Medicine has seen an increase in the number of students pursuing and matching into family medicine residency positions. This encouraging statistic points to

the success of the various initiatives to engage students in family medicine. Dr. Kresge's gift will ensure that the programs continue to inspire and develop even more family medicine physicians.

Dr. Kresge's vision for the *Family Medicine Endowed Direction Fund for Medical Students* is that it will inspire students to become highly-qualified and motivated primary care physicians who will address health disparities in Detroit and throughout the region. "The School of Medicine is a huge anchor for medical care in the area and the state. A lot of the students who graduate from the school stay in the area to practice, and we need them here in our community," he said. "Investing in these programs is investing in the health care of Detroit."

"We are so grateful for and honored by Dr. Kresge's incredible gift to support these important programs," said Tsveti Markova, MD, FAAFP, professor and chair of the Department of Family Medicine and Public Health Sciences. "His generosity will allow the department to build on the success of these initiatives that demonstrate the value that family medicine brings, not only to individual patients, but to public health overall."

Thank you Dr. Kresge!

Excerpted from February 7, 2017 School of Medicine News

WSU School of Medicine
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& Public Health Sciences

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Acronym Soup



IRB—Institutional Review Board

A committee that monitors research designed to obtain information from or about human subjects. In accordance with FDA regulations, an IRB has the authority to approve, require modifications in (to secure approval), or disapprove research

SOCIETY OF TEACHERS OF FAMILY MEDICINE (STFM) – NATIONAL CLERKSHIP CURRICULUM

Juliann Binienda, PhD, an

associate professor in our undergraduate medical education and public health sciences programs, is a member of the National Clerkship Curriculum (NCC) Editorial



Board. This board is charged with advancing the minimum core curricula to train family medicine principles and practice in medical student family medicine clerkships.

Because of her expertise in curriculum and instructional development, she was given a fellowship in part to devise a measure for clerkship directors to measure the gaps in their clerkship curricula compared to the

NCC.

She recently presented on this topic in two invited sessions at the recent STFM Annual Medical Student

Education Conference held in Anaheim, California.

Congratulations to Dr. Binienda and thanks for your continued support of our students' education in family medicine principles and practice.

For more information, please contact Dr. Binienda at jbiniend@wayne.edu

DEPARTMENT OF FAMILY MEDICINE AND PUBLIC HEALTH SCIENCES TO HOST FIRST ANNUAL RESEARCH DAY

The Department of Family Medicine & Public Health Sciences (DFMPHS) Research Day will be held Wednesday, April 19, 2017 in the Margherio Conference Room, Mazurek Education Commons from 8:30 am to 12:30 pm.

An invitation for submissions for oral presentations (10 minutes) and/or the poster session was emailed on February 27. Abstracts should relate to family medicine or public health with a preference for abstracts related to work conducted or ongoing in the department.

The Call for Abstracts is open to doctoral (medical, PhD) students, our MPH

students, and our residents (family medicine, transitional year) working on research associated with the DFMPHS.

There will be two oral presentation sessions (9:30-10:05 am and 10:10-10:45 am).

The poster session will take place from 10:45-11:30 am in Margherio, Mazurek Education Commons at the School of Medicine.

Oral presentations and posters will be judged by a committee. Top-ranked oral and poster presentations will be recognized.

Key dates related to the abstract submission process:

- The deadline for abstract is midnight March 24, 2017. Submit by email to: jgleason@med.wayne.edu with a subject line of "DFMPHS Research Day Abstract"
- Notification will be by April 5, 2017

For any abstract-related questions and/or comments, email Dr. Dawn Misra, Associate Chair for Research at dmisra@med.wayne.edu

If you are interested in submitting an abstract for a oral presentation and/or for the poster session, please contact Judy Magdalenic at jmagdale@med.wayne.edu for a PDF of the submission guidelines.

NHSC SCHOLAR AND WAYNE STATE UNIVERSITY SCHOOL OF MEDICINE STUDENT PLANS TO RETURN TO HER RURAL ROOTS

Cara Crawford-Bartle, a fourth-year student in Wayne State University's School of Medicine, grew up in West Branch, a small town located in Northern Michigan where she developed a strong awareness about the need for medical professionals in rural communities. She became interested in a possible healthcare career in middle school, but was a bit daunted by the additional years of school required by a medical degree. "My hometown wasn't known for producing physicians and I wasn't sure I could handle the additional four years of schooling after undergrad," said Crawford-Bartle.



Doubts about attending medical school began to diminish when she applied for and was selected as a candidate to attend the WSU School of Medicine upon completion of her undergraduate degree at Northern Michigan University as part of the MedStart program. MedStart is a selective program which guarantees admission to the WSU School of Medicine after completing undergraduate studies.

After earning her undergraduate degree, Crawford-Bartle applied to become a National Health Service Corps (NHSC) Scholar and was accepted to the program. The NHSC is a federally funded program that provides scholarships and loans in exchange for practicing in rural and urban communities with limited access to health care. "I was excited about the idea of securing employment in an underserved area upon completion of medical school, in addition to the obvious financial benefits of the scholarship," said

Crawford-Bartle. As an NHSC Scholar, she receives a full-tuition scholarship, a monthly stipend and an additional stipend for textbooks, supplies and travel. In exchange for four years of financial support, she will work for four years in a facility located in a medically underserved area.

Crawford-Bartle recently shared her NHSC Scholar experience with a group of WSU Medical Students at the 2016 NHSC Community Day, a program sponsored by Michigan Area Health Education Center and presented by the Michigan Center for Rural Health that educates healthcare students about the NHSC Loan Repayment Program. The NHSC Loan Repayment Program is similar to the NHSC Scholar program except that students apply for the program after school and the NHSC repays student's tuition loans up to a certain amount yearly in exchange for practicing in underserved areas.

During her years as a medical student, Crawford-Bartle has excelled in her studies but has also engaged with the local community through her work with the Robert R. Frank Student Run Free Clinic, the co-curricular Medicine and Political Action in the Community (MPAC) Program and ROCK (Raising Our Community's Knowledge), a group she helped coordinate during her first two years of medical school.

When she graduates in June 2017, Crawford-Bartle plans to practice Family Medicine in a rural area, not unlike the community she grew up in. "Having grown up in a small agricultural community, I am drawn to

working in a rural setting in the future and addressing the unique healthcare needs of those living in more isolated areas with limited access to primary care physicians," commented Crawford-Bartle. "I enjoy the challenge of building rapport with patients while trying to treat all aspects of their health—physiological, psychological and social."

No matter where Cara Crawford-Bartle ends up practicing medicine, it is clear she will remain committed to providing quality healthcare to the underserved and will have a positive impact on her local community.



Cara Crawford-Bartle (left) speaks at the 2016 NHSC Community Day along with Rachel Ruddock from the Michigan Center for Rural Health

Reprinted from Winter 2017 MI-AHEC E-News. For additional AHEC News visit: miahec.wayne.edu



Applause! Applause!



The Robert R. Frank Student Run Free Clinic (SRFC) Executive Board held its sixth annual stakeholder meeting on January 27, 2017. The clinic is in its 7th year. In 2016, nearly \$10,000 in grants were secured with some of the money being used to purchase laptops for the clinic as well as other supplies. Also in 2016, medical students "running" the SRFC published two articles in *The Journal of Student-Run Clinics* (as reported in our department newsletter in August 2016). Finally, eight students traveled with Drs. Binienda and Chadwell to the STFM Medical Student Education Conference this February in Anaheim, CA.

More

Applause! Applause!



Dr. Dawn Misra is pleased to announce, her WSU undergraduate student in the BUILD Program, Leena Abbas, was one of three poster award winners at the WSU MedEq 1st Annual Health Equity Research Conference on February 18. BUILD Scholars (Building Infrastructure Leading to Diversity) is an initiative to support diversity and student success in the biomedical sciences, supported by a grant from the National Institutes of Health (NIH). MedEq (Medical Equity) Health Disparities Conference serves to celebrate student achievement in health disparities research and conjoin together professionals from all levels to start a conversation about innovations and solutions that promote health equity. It also provides interested students with a tremendous opportunity to network with professionals in the field and partake in health disparities research on their own.

ASSOCIATION FOR PSYCHOLOGICAL SCIENCE RECOGNIZES DR. ZILIOLOI AS A 'RISING STAR'

Samuele Zilioli, PhD, an assistant professor in WSU's Department of Family Medicine & Public Health Sciences and Psychology Departments has been named one of the Association for Psychological Science's (APS) 2016 Rising Stars.



assistants in the earliest stages of their research career post-PhD.

Individuals being considered for Rising Star designation are evaluated for their promise of excellence in research based on the following criteria:

tions, or theoretical or empirical contributions

- Work with potentially broad impact

Congratulations to Dr. Zilioli!



The APS Rising Star designation is presented to outstanding psychological scientists

- Significant publications
- Significant discoveries, methodological innovations



FACULTY SPOTLIGHT

Dr. Samiran Ghosh, associate professor, has been elected as a Community/Publication Outreach Chair for the Drug Information Agency, Bayesian Statistics Working Group for a term of 3 years, 2017-2019.



Dr. Ghosh was also elected as Secretary/Treasurer of the Association of Mental Health Statistics Section under the American Statistical Association (ASA) also for a term of 3 years, 2017-2019.

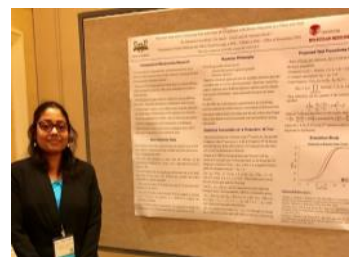
Congratulations to Dr. Ghosh for these appointments!

In addition to his association engagements, Dr. Ghosh was pleased to learn that one of his mentored students, Dr. Shrabanti Chowdhury received a Graduate Trainee Scholarship Award while attending the November 2016 PCORI Annual Meeting (Patient-Centered Outcomes Research Institute) in National Harbor, MD. A limited number of scholarships are awarded by PCORI. The scholarships are designed to enable the next generation of leaders in patient-centered outcomes research (PCOR) and comparative effectiveness research (CER) to attend and participate in these meetings as they pursue a career committed to advancing the field of PCOR. The scholarship can be used for regis-

tration fees, hotel and travel costs, as well as stipends for meals and other incidentals not provided during the meeting.

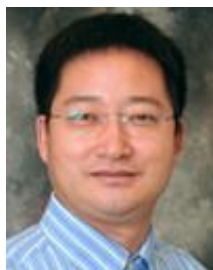
Dr. Chowdhury's abstract, "Bayesian Approach of Assessing Non-inferiority of a Treatment with Binary Outcomes in a Three-arm Trial" was selected as a poster presentation to the community of peers of PCORI (8 of 50 entries were selected).

Congratulations on a job well done.



“MULTI-YEAR SCHOOL-BASED IMPLEMENTATION AND STUDENT OUTCOMES OF AN EVIDENCE-BASED RISK REDUCTION INTERVENTION” PAPER PUBLISHED IN *IMPLEMENTATION SCIENCE*

Bo Wang, PhD, an associate professor in the Department of Family Medicine and Public Health Sciences' Behavioral Health Division, recently published a paper in *Implementation Science* with his research colleagues. The aim and scope of *Implementation Science* is to 'publish research relevant to the scientific study of methods to promote the uptake of research findings into routine healthcare in clinical, organization or policy contexts.



grade 7 and 58 grade 8 teachers and 4,411 students initially in grade 6 and followed for three years. Student outcomes include HIV/AIDS knowledge, reproductive health skills, self-efficacy and intention to use protection. Data from teachers includes implementation and modification of the curriculum, attitudes towards the prevention program, comfort level with the curriculum, and attendance at training workshops. Structural equation modeling and mixed-effect modeling analyses were applied to examine the impact of teachers' implementation.

Results: Teachers' attitudes towards and comfort with the intervention curriculum, and attendance at the curriculum training workshop had a direct effect on teachers' patterns of implementation, which had a direct effect on student outcomes. Teachers' attitudes had a direct positive effect on student outcomes. Teachers' training in interactive teaching methods and longer duration as teachers were positively associated with teachers' comfort with the curriculum. High quality implementation in grade 6 was significantly related to student outcomes in grades 6 and 7 post-implementation. Level of implementation of the booster sessions in grades 7 and 8 were likewise significantly related to subsequent student outcomes in both grades.

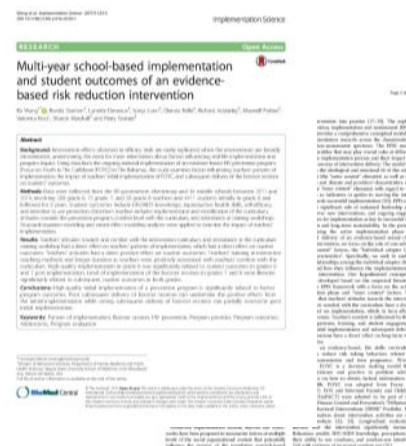
Conclusions: High quality initial implementation of a prevention program is significantly related to better program outcomes. Poor subsequent delivery of booster sessions can undermine the positive effects from the initial implementation while strong subsequent delivery of booster sessions can partially overcome poor initial implementation.

Following is a reprint of the **Abstract**. If you are interested in receiving a PDF of Dr. Wang's article, please contact Judy Magdalenic at jmagdale@med.wayne.edu

Background: Intervention effects observed in efficacy trials are rarely replicated when the interventions are broadly disseminated, underscoring the need for more information about factors influencing real-life implementation and program impact. Using data from the ongoing national implementation of an evidence-based HIV prevention program [Focus on Youth in The Caribbean (FOYC)] in The Bahamas, this study examines factors influencing teachers' patterns of implementation, the impact of teachers' initial implementation of FOYC, and subsequent delivery of the booster sessions on students' outcomes.

Methods: Data were collected from the 80 government elementary and 34 middle schools between 2011-2014, involving 208 grade 6, 75

sequent delivery of booster sessions can undermine the positive effects from the initial implementation while strong subsequent delivery of booster sessions can partially overcome poor initial implementation.



For additional research materials, visit *Implementation Science* at:

ImplementationScience.biomedcentral.com



Dr. Erin Hendriks, clinical assistant professor (voluntary) and the staff at the DMC Family Medicine residency program located at Thea Bowman Community Health Center are collecting used books for children.

This book drive is an on-going effort to get books into the hands of 'little ones'. However, adult books will also be accepted.



Please forward any donations to Judy Magdalenic, 3939 Woodward Gardens, Room 313.

MERCEDES HENDRICKSON JOINS “BIBB” AS PROJECT MANAGER

Mercedes Hendrickson, BA is transitioning to a new role as project manager on a new NIH-funded R01 grant *Biosocial Impact on Black Births*, affectionately coined “BIBB”; PI: Carmen Giurgescu, PhD.



Dawn Misra, PhD and Rhonda Dailey, MD are Co-Investigators on the project. The 5-year grant aims to better understand the pathways between social stressors and preterm birth in African American women.

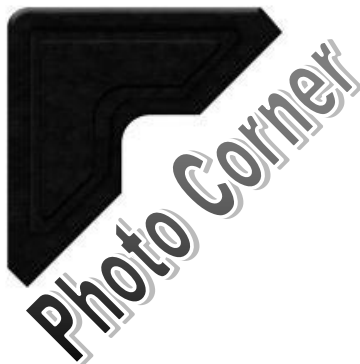
A research assistant in the department since 2011,

Mercedes has been involved in multiple research projects and been an integral part of the support staff.

She will continue to provide support on Dr. Todd Lucas'

NIH R01 grant as well, *Health Message Framing and Colorectal Cancer Screening in Urban African Americans*.

Congratulations Mercedes!



Event Host: Dr. Margit Chadwell
Event Organizer: Lisa Blackwell
Photo credit: Blake Arthurs



Event: Family Medicine Interest Group (FMIG) Mentor/Mentee meeting and greet and eat.
Date: Thursday, February 16, 2017; 5:30–8:30 PM
Speaker: Richard Bryce, DO; Henry Ford Hospital System
Sponsored by Michigan Academy of Family Physicians (MAFP) and American Academy of Family Physicians (AAFP)

MASTER OF PUBLIC HEALTH STUDENTS AWARDED JOHN B. WALLER, JR., DRPH AND MENTHELE (MIKKI) WALLER ENDOWED SCHOLARSHIP

Ms. Lisa Lukose and Mr. Henri Avril, Master of Public Health (MPH) students in the Wayne State University (WSU) Department of Family Medicine & Public Health Sciences (DFMPHS), received the 2015-2016 *John B. Waller, Jr., DrPH and Menthele (Mikki) Waller Endowed Scholarship for MPH Students* in a celebration on December 16, 2016. Mr. Avril and Ms. Lukose were chosen on the basis of their scholastic achievement and public health engagement. Each MPH student received a scholarship award of \$1,500 for MPH course credits. WSU School of Medicine (SOM) celebration speakers included Tsveti Markova, MD, FAAFP, DFMPHS Chair; Kimberly Campbell-Voytal, PhD, MSN, RN, Director of the MPH Program; and Herbert Smitherman, MD, MPH, FACP, Vice Dean of Diversity and Community Affairs. Anita Moncrease, MD, MPH, presented “WSU SOM Pub-

lic and Community Health Historical Highlights.” Mrs. Mikki Waller was the Honored Guest.

“As educators and mentors, the Department of Family Medicine & Public Health Sciences is honored to serve our Greater Detroit communities, and to promote public health scholarships. We are proud of Lisa and Henri and look forward to their futures in public health” said Tsveti Markova, MD, FAAFP, DFMPHS Department Chair.

In addition to serving as Chair of the Department of Community Medicine as well as Director of Public Health for the City of Detroit, Dr. Waller had tremendous influence in shaping public health policy and the establishment of community health systems in Detroit. He was recognized nationally for his leadership. In a 2006 *Michigan Journal of Public Health* Tribute to Dr.

Waller, David Satcher, MD, PhD, 16th United States Surgeon General, an esteemed colleague of Dr. Waller, stated “Dr. Waller will always be appreciated for his ability and commitment to put a community face on public health. Hopefully, public health will always reflect this ‘community face.’”

2016 is the first year of the Waller Endowed Scholarship. Dr. Waller established the Master of Public Health program in the School of Medicine at Wayne State University. Prior to 2016, the Waller family and DFMPHS provided an annual “Student Achievement Award.” As the MPH program continues to grow, Dr. Markova noted “We appreciate the generosity of the Waller family and their contribution to the advancement of the values of Detroit urban health.”



Ms. Lisa Lukose
2015-2016 Scholarship Awardee



Mr. Henri Avril
2015-2016 Scholarship Awardee



Congratulations and a special thank you to Dr. Margit Chadwell, MD, FAAFP, assistant professor and director of the Family Medicine & Continuity Clinic Clerkship Year III. For the second year in a row she submitted a nomination for a WSU student to receive a Student Externship Matching Grant. She received notification on February 22 that it was awarded! The funding is made possible by matching grants from the American Academy of Family Physicians Foundation and the Family Medicine Foundation of Michigan.

Congratulations to Adam McMillan and his mentor Dr. Peter Schmidt. We will share more information about Adam's externship journey in our future newsletter issues.

Special thanks to Dr. Chadwell for submitting the externship nomination to inspire another future family physician.



Congratulations to DFMPHS team member, Elaine Berube. She became a 'first-time' grandmother to a granddaughter on February 23, 2017. Her son, David and his wife, MacKenzie, welcomed Thea Creswell Berube. She weighed 6 lbs, 15 ozs. and is their first child. Congratulations!!

MI-AHEC'S SOUTHEAST REGIONAL CENTER OFFERS TRAUMA-FOCUSED SEMINAR

Southeast Regional AHEC will be sponsoring a seminar "Building Trauma Informed Organizations Across Disciplines" with keynote speaker Connie Black-Pond, co-founder and the clinical director of the southwest Michigan Children's Trauma Assessment Center at Western Michigan University.

WHEN: Friday, May 12, 2017
TIME: 8 AM–2 PM
COST: \$65
WHERE: WSU College of Nursing
 21 Cohn Building
 5557 Cass Avenue, Detroit, MI

Registration is required. For more information about registration and agenda details, please read the flyer or contact Eriz Hughey at 616-771-9487.

AGENDA	KEYNOTE SPEAKER
<p>8:00 a.m. Registration and Continental Breakfast</p> <p>8:30 a.m.-9:30 a.m. "Trauma Informed: Honoring the Impact of Trauma and Survival" Connie Black-Pond, MD, LMSP, LPC Clinical Director, Children's Trauma Center (WMCU)</p> <p>9:30 a.m.-10:30 a.m. "Core Concepts of Child and Adolescent Trauma" Renee Northrup, Ph.D., LP, LMHC, ACSW Professor, School of Social Work, WMU Jenke Way, Ph.D., ACSW, LMSP Professor, School of Social Work, WMU Amy Vlach, LMSP, Director of Admissions and Student Services, School of Social Work, WMU</p> <p>10:35 a.m.-10:50 a.m. Break</p> <p>10:50 a.m.-11:35 a.m. "The Impact of Trauma on Children with Incarcerated Parents" Darlene (Doe) Dineen, Executive Director, Criminal Justice Academy, Grand Rapids Colbert Williams, Founder and Director of The Institute Project</p> <p>11:35 a.m. to 12:00 p.m. "Understanding Trauma from a Public Health Perspective" Mary Mullen, ACSW, LMSP Project Coordinator, Trauma Informed Systems, MCHH</p> <p>12:00 p.m.-12:30 p.m. Lunch</p> <p>12:30 p.m.-1:35 p.m. "Trauma Informed Teaching: Intersection of Mental Health and Education" Beverly Ransel, Ph.D., LMSP Principal Care R, Ford Academy</p> <p>1:30 p.m.-1:45 p.m. Panel Discussion</p>	<p>Connie Black-Pond is a co-founder and the clinical director of the southwest Michigan Children's Trauma Assessment Center at Western Michigan University. Black-Pond has provided more than 25 years of assessment and treatment services to children and adults who have histories of trauma, and has been directly involved in the planning, development, implementation and direction of trauma assessments at the Children's Trauma Assessment Center.</p> <p>Continuing Education This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Western Michigan University Homer Stryker M.D. School of Medicine and WMU - Western Michigan University Homer Stryker M.D. School of Medicine. This activity is accredited by the ACCME to provide continuing medical education for physicians.</p> <p>Western Michigan University Homer Stryker M.D. School of Medicine designates this live activity for a maximum of 4.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.</p> <p>Michigan Social Work CE Hours: 4.5 This continuing social work education activity is sponsored by Western Michigan University School of Social Work. The School of Social Work is an approved provider with the Michigan Continuing Education Collaborative. Approved Provider Number: MCECC. For full CE credit, participants will be required to sign in and out, provide their Michigan Social Worker identification number, and complete a course evaluation.</p> <p>4.5 State Continuing Education Clock Hours (SECH) 4.5 Category 1 Continuing Education Contact Hours (CECH)</p> <p>For more information call: Eriz Hughey 616-771-9487</p>

Information submitted by Sabrina Williams, Associate Director of Grants and Finances
sdwilliams@med.wayne.edu

DEPARTMENT OF FAMILY MEDICINE AND PUBLIC HEALTH SCIENCES GOES 'RED' FOR HEART DISEASE AWARENESS AND HEART HEALTH

Many organizations across the country, encouraged their employees to wear red on Friday, February 3 for National Wear Red Day, a movement designed to bring national attention to the fact that heart disease is the #1 killer of women, and to raise awareness of women's heart health.

For the first time this year, the Department of Family Medicine and Public Health Sciences participated in the movement by encouraging its employees, women and men, to wear something red on February 3 in support of this important cause.

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren't paying attention to. A disease they truly believed, and many still believe to this day, affects

more men than women. 2017 will mark 15 years since the initial National Wear Red Day was observed. Over those 15 years, the American Heart Association says the movement has contributed to:

- Nearly 90% of women made at least one healthy behavior change.
- More than one-third of women lost weight.
- More than 50% of women increased their exercise.
- 6 out of 10 women have changed their diets.
- More than 40% of women have checked their cholesterol levels.
- One third of women have talked with their doctors about developing heart health plans.
- Today, nearly 300 fewer women die from heart disease and stroke each day.

- Death in women has decreased by more than 30 percent over the past 10 years.

Thanks to our colleagues who wore red as a way to bring awareness to women's heart health. Two of the groups gathered below for a photo.



Woodward Gardens group pictured L to R: Kim Campbell-Voytal, Lisa Blackwell, Sabrina Williams, Mercedes Hendrickson, Rhonda Dailey, James Blessman, Jinping Xu, Juliann Binienda, Judith Magdalenic



IBio group pictured L to R: Carolyn Blue, Parada Jordan, Julie McQueeney, Lisa Todd, Angela Tiura & Liying Zhang.