



UHI Hosts Baltimore Research Day

Nearly 30 teams of researchers from across the city came together at the Johns Hopkins Bloomberg School of Public Health on May 9, 2008 for the UHI's inaugural Baltimore Research Day. Researchers presented findings on a range of important Baltimore health issues, including HIV, asthma, early childhood and family health, substance abuse, and injury prevention.

Baltimore Research Day was co-chaired by Bernard Guyer, MD, MPH, Zanvyl Krieger Professor of Child Health at the Bloomberg School of Public Health, and Joshua Sharfstein, MD, Baltimore City health commissioner. The event was designed to showcase and explore the impact of 25 years of research on the health status of Baltimoreans and health policies in Baltimore.

Baltimore Research Day brought together policymakers, students, and researchers from local universities and community groups, including Johns

Hopkins University, Morgan State University, Towson University, University of Maryland Baltimore, as well as a number of Baltimore City agencies.

The event kicked off with a poster session followed by two presentation sessions. All projects that were presented include ongoing collaborations between public health researchers and community and government organizations. In addition to project data, presenters described the policy implications of their research.

Joshua Sharfstein presented three policy impact awards at the closing reception. Recipients of the award were chosen by a panel of community leaders based on the importance of the research problem, the relevance of the findings, and the policy significance of the research.

The UHI plans to make Baltimore Research Day an annual event to highlight the valuable research being conducted in Baltimore.



2008 UHI Policy Impact Award Recipients

Sonia Sarkar, Johns Hopkins University
Impact of a Family Help Desk at a Medical Home for Urban Children

Mary Bollinger, DO, University of Maryland School of Medicine (PI)
Impact of the Breathmobile® on Asthma Outcomes in Underserved Baltimore City Children

Thomas Aversano, MD, Johns Hopkins Medical Institutions (PI)
The Cardiovascular Patient Outcomes Research Team (C-PORT) Projects

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HIGHLIGHTS AND NEWS

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- UHI announces Small Grants recipients (see page 4)
- Five new community health workers are now in the field, working to improve the health and well-being of our neighbors (see page 6)

Write for Success: Learn How to Prepare Winning Grants

Would you like to learn how to prepare a successful grant? Join the UHI on Friday, October 17, 2008 for our capacity building workshop, *Writing for Success: Preparing Winning Grants*. Dr. Robert Blum, director of the UHI, will lead the workshop in which participants will:

- Learn the elements of a successful grant proposal.
- Learn how to develop a budget.
- Learn how to avoid the seven most common mistakes in grant writing.

This workshop is designed and intended for local community-based organizations; a limited number of spaces will be available for Johns Hopkins personnel.

This is the second grant writing workshop offered by the UHI. The first workshop was held in April 2008 and received very positive feedback.

If you're interested in learning more about attending this upcoming workshop, please contact Ebony Pittman at epittman@jhsph.edu.

HIGHLIGHTS FROM RECENT EVENTS

UHI Continues to Facilitate Communication Between Johns Hopkins Institutions and the East Baltimore Faith Community

On May 19, 2008, the UHI held the third Faith Dialogue with leaders from Johns Hopkins University and the East Baltimore faith community. Over 40 participants gathered in the fellowship hall of Zion Baptist Church on North Caroline Street to discuss after-school and employment opportunities for youth.

Panel members highlighted current programs and initiatives targeted at Baltimore youth including Baltimoreans United in Leadership Development's (BUILD) agenda to increase summer employment opportunities and to create 30 flagship recreation centers across the city. Also highlighted was Child First Authority (CFA), a community-wide after-school program in Baltimore City that partners with organizations like the Maryland Institute College of Art, the Baltimore Museum of Art, the Maryland Historical Society, Goucher College, and the University of Maryland Baltimore County to offer academic, cultural, and recreational enrichment. Since 1996, CFA has served 10,000 students—1,500 students are enrolled in the program this year.

Specific programs at Johns Hopkins Institutions were also mentioned: The Saturday Algebra Academy is a collaboration between Dunbar High School and the Johns Hopkins School of Education targeted at preparing Dunbar ninth-graders for the Maryland High School Assessment. The Baltimore Scholars Program provides full-tuition scholarships for Baltimore City public high school students accepted to Johns Hopkins University.



Panel members listen to comments and concerns from participants. Panel members pictured from left to right: Pastor Frances "Toni" Draper, Dean Ralph Fessler, Provost Kristina Johnson, Pastor Marshall Prentice

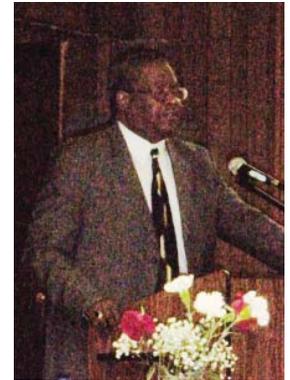
Despite these initiatives and programs, participants agreed that it is simply not enough.

"Hundreds of recreation centers across the city have closed over the years," said Bishop Douglas Miles. "Young people have no viable place, no safe place, no safe space to be young."

Dynamic conversation among panelists and participants revealed the need for mutual understanding of the circumstances and needs of youth in East Baltimore to create practical and effective programs that engage as many students as possible. Community leaders urged Johns Hopkins to lead by example and to use its public voice to increase support from government and the private sector for programs and jobs to employ Baltimore youth.

The Faith Dialogues are a step in strengthening ties between Johns Hopkins Institutions and the surrounding religious communities. The UHI collaborates with faith leaders, including members of the Clergy United for Renewal in East Baltimore (CURE), to plan the events. A brief summary of all of the faith forums that have been held to date will be available later this year.

For more information about the Faith Dialogues contact Ebony Pittman at epittman@jhsph.edu.



Bishop Douglas Miles welcomes panel members and participants

Panel members included:

Marshall Prentice	<i>Pastor, Zion Baptist Church (CURE)</i>
Kristina Johnson	<i>Provost, Johns Hopkins University</i>
Douglas Miles	<i>Bishop, Koinonia Baptist Church (BUILD)</i>
Ralph Fessler	<i>Dean, Johns Hopkins School of Education</i>
Frances "Toni" Draper	<i>Pastor, John Wesley African Methodist Episcopal Zion Church</i>
Ron Fairchild	<i>Executive Director, Johns Hopkins Center for Summer Learning</i>
Carol Reckling	<i>Executive Director, Child First Authority (BUILD)</i>
Yash Gupta	<i>Dean, Johns Hopkins Carey Business School</i>

HIGHLIGHTS FROM RECENT EVENTS

UHI Symposium Highlights Health Care for All!

On January 30, 2008, Vincent DeMarco, president of Maryland Citizens' Health Initiative (MCHI) and Jonathan Weiner, professor at the Johns Hopkins Bloomberg School of Public Health, led the UHI's first symposium: Maryland Health Care for All!

The Maryland Health Care for All! Coalition is a non-profit organization created in 1999 to educate Marylanders about sound ways to achieve quality, affordable health care for all.

Proposed components of Maryland's Health Care For All Plan include 1) protecting all Marylanders against the cost of catastrophic illness, 2) creating a level playing field, 3) promoting shared responsibility, 4) fully insuring

low-income uninsured Marylanders, 5) making private health insurance more affordable to individuals and small employers, 6) promoting a high value, prevention-based health care system, 7) reducing health disparities and, 8) fairly and adequately funding the reform programs.

The symposium gave the community an opportunity to learn about new health care expansion laws and to comment on an overall plan to give all Marylanders access to health care. Discussion centered on single payer plan options and the roles of health insurance companies in covering the uninsured.

To learn more about this plan visit www.healthcareforall.com.

The Maryland General Assembly recently passed the Working Families and Small Business Health Coverage Act. When fully implemented, this Act will provide over 100,000 more Marylanders access to quality, affordable health coverage by expanding Medical Assistance and creating the new Health Insurance Partnership.

On July 1, 2008, the first part of this Act was initiated, a Medicaid expansion that expands coverage to parents and other family members caring for children.

For more information visit www.dhmh.state.md.us/workingfamilies.

Join us on September 3, 2008 at 12pm for **Medicaid Enrollment Training** at the Johns Hopkins Bloomberg School of Public Health (Sheldon Hall, W1214).

UHI Leaders Discuss Urban Health Issues

The UHI works in many capacities to inform public health professionals, educators, lawmakers, students, and community leaders about urban health issues. Below are some of the most recent lectures led by UHI faculty.

Using a Reflective Process to Inform Community-Based Participatory Research

May 6, 2008, CBPR Noontime Seminar Series, Baltimore, MD
Dr. Nadra Tyus incorporated results of the Agape House project in a discussion about ways to incorporate Activity Theory into community-based participatory research, emphasizing the need for researchers to reflect on the work they are doing and work collectively with research participants to develop interventions that fit the needs of the population.

Community-Based Participatory Research: Making it More Than the Sum of its Parts

April 15, 2008, UHI 3rd Tuesday Seminar (held in conjunction with the CBPR noontime seminar), Baltimore, MD
Dr. Philip Leaf described the benefits of community-based participatory research and urged faculty, students, and community leaders to work together to advance community health partnerships in Baltimore.

Addressing Maternal and Child Health (MCH) Disparities in Baltimore

April 16, 2008, PFRH Noon Seminar, Baltimore, MD
Dr. Chris Gibbons explained how UHI community health workers are addressing MCH disparities through a prenatal intervention at the East Baltimore Medical Center.

Creating an Infrastructure for Quality Health, Disparities Reduction and Health Care Quality

April 29, 2008, University of Wisconsin School of Medicine and Public Health, Madison Wisconsin
Dr. Chris Gibbons discussed the growing evidence for considering health promotion, healthcare quality improvement, and disparities reduction initiatives as related components of population level health promotion.

The New York Urban Health Initiative for Reproductive Health May 8, 2008, New York, NY

This two-day conference was sponsored by Mayor Michael Bloomberg in New York City and included, among others, Mayor Sheila Dixon and Baltimore health commissioner Josh Sharfstein. Dr. Robert Blum chaired a panel of urban health commissioners that included the commissioners of health from New York City, Baltimore, Chicago, New Haven, and Mexico City.

eHealth and Disparities

June 10, 2008, NIH/National Library of Medicine/UNCF eHealth Access conference, National Institutes of Health, Bethesda, MD

Dr. Chris Gibbons introduced attendees to the field of eHealth and discussed the potential role of eHealth in addressing racial and ethnic disparities in healthcare.

Populomics

June 11, 2008, University of Westminster/International Congress on Medical Care and Compunetics, London, England

Dr. Chris Gibbons discussed the origins, theoretic basis and future potential of the emerging field of Populomics.

Information Technology and Disparities

June 13, 2008, Center for Information Therapy, Washington, DC

Dr. Chris Gibbons discussed the role computer and information technology applications could play in addressing healthcare disparities.

School Connectedness: Research and Best Practices

June 18, 2008, Montgomery County Safe & Drug Free Schools Workshop, Montgomery County, MD

Dr. Robert Blum gave this keynote address to a group of 450 educators and health professionals from Montgomery County.

Current and Future Plans for the Urban Health Institute

June 23, 2008, Baltimore, MD

Dr. Robert Blum addressed the emeritus faculty of the Bloomberg School of Public Health on current and future plans for the Urban Health Institute.



Current UHI community health worker, **Shante Gilmore**, received an award at the Governor's Volunteer Service Awards ceremony on April 22, 2008.

Former UHI postdoctoral fellow, **Natasha Williams**, recently joined the Washington, DC law office of Bailey & Glasser, LLP.

The **East Baltimore Development Incorporation** received the 2008 Excellence in Economic Development Award for Urban or Suburban Economic Development from the Commerce Department's Economic Development Administration.

The **Baltimore City Public School System** has been awarded over \$3.6 million for W.E.B. Du Bois High School to support mentoring, case management, academic interventions, employment opportunities, and safe school environment strategies over a two-year period. Special appreciation was extended to **Dr. Philip Leaf** for his support and technical assistance during proposal development.

UHI Announces Small Grants Recipients

The UHI was pleased to award seven grants as part of our Small Grants Program. Grants were awarded to faculty and students across Johns Hopkins University in three categories: 1) student-community research or program development, 2) faculty-community research, and 3) new course development. Applicants were required to partner with a community agency or community leader and recipients were chosen by a team of faculty and community leaders. In addition to providing funding for these projects, the grants are intended advance university-community collaborations.

Student-Community Grants

Understanding the Younger Face of Homelessness: Baltimore's Homeless Youth

Vignetta Eugenia Charles, PhD candidate
Bloomberg School of Public Health
Community Partner: Ross Pologe
Fellowship of Lights Youth and Community Services

Computer Classes for the Homeless

Jenna Colagiacomi, undergraduate student
Krieger School of Arts and Sciences
Community Partner: Mary Slicher
Project PLASE (People Lacking Ample Shelter and Employment)

FAITH! (Fostering African American Improvement in Total Health) Nutrition Education Program

LaPrincess Brewer, graduate student
Bloomberg School of Public Health
Community Partner: Rev. Michael Palmer
New Friendship Baptist Church

Hopkins4Playgrounds @ Barclay

Birju Patel, undergraduate student
Krieger School of Arts and Sciences
Community Partner: Andre Humphrey
Reaching the Unreachable Outreach Ministries

Faculty-Community Grants

South Baltimore Community Cancer Profile

Mary A. Fox, assistant professor
Bloomberg School of Public Health, Department of Health Policy and Management
Community Partner: Joshua Sharfstein, commissioner of health Baltimore City

Augmenting the 2009 Census of Homeless

Nan Astone, associate professor
Bloomberg School of Public Health, Department of Population, Family and Reproductive Health
Community Partner: Ross Pologe
Fellowship of Lights Youth and Community Services

Faculty-Community Course Development

Medical Student Elective: Healthcare Issues for Homeless Children

Kathleen Schwarz, professor of pediatrics
School of Medicine
Community Partner: Allison Stewart-Hammerer
Historic East Baltimore Community Action Coalition

Highlight on Small Grants Recipients: The FAITH! Nutrition Education Program

Over the next year, the UHI will highlight each of our small grants recipients.



Left to Right: Brian Buta, Deneen Hamlin, and LaPrincess Brewer

The FAITH! Nutrition Education Program is a faith-based initiative designed to promote good nutrition, diet, exercise, and overall healthy living behaviors within the African American community. The program, created through a partnership between LaPrincess

Brewer and Brian Buta, graduate students at the Bloomberg School of Public Health, Deneen Hamlin, a graduate student at the University of Maryland, and Rev. Michael Palmer of the New Friendship Baptist Church in East Baltimore, consists of a three-part series featuring interactive nutrition education sessions, healthy cooking demonstrations, and video presentations on healthy eating.

Since the FAITH! Kickoff Event in May, there has already been two educational sessions at the New Friendship Baptist Church. The first, in June, included informative lectures on diabetes control and complications and a video presentation on healthy eating. The day wrapped up with a healthy cooking demonstration by a local Baltimore chef, Rodney Madison. The menu introduced the group to soul food favorites with a healthy twist like collard greens with turkey bacon, granny smith apple-potato salad, and baked fried chicken.

The most recent educational session, held in mid-July, featured Johns Hopkins registered nurse, Jeanne Charleston, who presented a talk entitled, *Everything You Need to Know About High Blood Pressure/Hypertension, But Were Afraid to Ask*. The second guest speaker, Dr. Deidra Crews, a Johns Hopkins Nephrology Fellow, delivered a talk, *Let's Talk About Kidney Disease!* Ms. Brewer said that participants were very engaged because over half had a medical history of

hypertension or knew someone with the disease. She added that the presentations were very interactive and participants asked questions on topics ranging from risk factors to organ donation.



Chef Rodney Madison's healthy cooking demonstration

Each person also learned healthy ways to eat "on the go" with a bag lunch from Cosi restaurant. Participants could choose from tuna, grilled chicken or lean turkey sandwiches on whole grain bread with a garden or fruit salad and baby carrots. Ms. Brewer said that everyone was grateful for an alternative to conventional fast food restaurants and that it was evident that church members had already started practicing healthy eating and cooking techniques. She said that church members talked about how they were increasing fruits and vegetables and using salt substitutes and fat-free ingredients in their usual meal preparation.

"For example, during the church's annual Vacation Bible School this summer, the culinary ministry used appropriate serving sizes, healthy substitutes for low-fat, low sodium meals, and recipes from the *FAITH!fully Cooking with Flavor!* cookbook," said Ms. Brewer. "Members have also taken strides to promote healthy eating at home and within their communities. Participants did not totally realize the direct effects of sodium on their health until after our talks on chronic disease and nutrition."



Rev. Michael Palmer speaks to the congregation about the importance of good nutrition.

While the FAITH! Nutrition Education Program sessions will conclude later this summer, the FAITH! Team has provided resources to the congregation to help them continue to eat healthy. The

FAITH!fully Cooking with Flavor! cookbook includes all of the recipes from the program and the "FAITH! Pantry" is a healthy snack shop within the church that offers information about nutrition, recipes, and other resources to promote a healthy lifestyle. In addition, participants received a manual entitled *We've Come This Far by FAITH! Nutrition in Action*, which provides information on all topics discussed in the educational sessions.

Ms. Brewer says that the FAITH! Team hopes to branch out to other churches within East Baltimore to disseminate nutrition education and further develop partnerships with the surrounding community. She says that "the success of our pilot program at New Friendship has proven that it will have a substantial impact on promoting healthy eating."

For more information about the FAITH! Nutrition Education Program, contact LaPrincess Brewer, lbrewer@jhsph.edu.

NEWS AND UPDATES

UHI Welcomes a New Class of Community Health Workers

After completing eight weeks of training, five new community health workers (CHW) are now in the field, working to improve the health and well-being of our neighbors. Like the three classes before them, the current CHWs work throughout East Baltimore conducting health screenings and providing individualized patient education, lifestyle and health coaching, and care coordination. The CHWs reach the community through clinic hours at the OB/GYN clinic of the East Baltimore Medical Center, Wednesday health screenings at the Northeast Market, office hours, and home visits.



From left to right: Ruby Parker (CHW since 2007), Zanada Moses, Annie Coples (CHW since 2005), Carrie Arnwine, Sharon Johnson, Shante Gilmore (CHW since 2007), Leonard Walton, Deedria Faulkner

Where can you find a Community Health Worker?

Office Hours

Urban Health Institute
2013 E. Monument Street
Baltimore, MD 21205
410-502-7270 or 410-502-7277

Services: - Blood pressure screening
- HIV testing
- Medical needs assessment

Hours: By appointment
Monday - Friday, 10:00am - 5:00pm

East Baltimore Medical Center

1000 E. Eager Street
Baltimore, MD 21202
410-522-9800

Services: Provide expectant mothers with educational and emotional support

Hours: Monday - Friday, 10:30am - 5:00pm

Northeast Market

2101 E Monument St
Baltimore, MD 21205

Services: Blood pressure screening

Hours: Every Wednesday, 11am - 1pm

Home Visits

Services: Medical needs assessment

Hours: Door-to-door and by appointment

Urbanite Confronts Crime and Violence in Baltimore



For the special May 2008 issue of *Urbanite*, the magazine partnered with staff of *Johns Hopkins Magazine* to recount stories of people confronting crime and violence in Baltimore. Philip Leaf, senior associate director of the UHI, and director of the Johns Hopkins Center for the Prevention of Youth Violence, offered his expertise and counsel as guest editor for this important issue.

Four special features described different perspectives on understanding violent behaviors and preventing these behaviors:

- “Through a Glass, Darkly”: The June 2007 robbery, beating, and subsequent death of Zach Sowers is used to examine how young people become violent
- “Man of Conviction”: Ellsworth Johnson-Bey, a reformed felon, now devotes his life to keeping ex-offenders out of trouble
- “Raising Oliver”: Rebuilding communities broken by violence
- “Murder, Interrupted”: Innovative anti-violence program uses ex-offenders to intervene before violence escalates

Visit www.urbanitebaltimore.com to read the full issue.

Meet Our Two Newest Staff Members



Lauren Zerbe recently joined the UHI team as our communications specialist. Lauren works with UHI faculty and staff to develop effective communication strategies for the Institute. She is also responsible for all media development including the creation and publication of materials disseminated by the UHI. Before joining the UHI, she was the coordinator for the Johns Hopkins Women's and Children's Health Policy Center. She is an MBA student at the Johns Hopkins Carey Business School and holds a bachelors' degree in visual communication from Towson University.



Catonya Lester is a new senior administrative coordinator in the Department of Population, Family and Reproductive Health. In addition to providing support to the Chair's Office, she will work with the UHI to provide support and coordinate logistics and events. With over 10 years of experience at Johns Hopkins, Catonya most recently worked at the Homewood campus in the Office of Development and Alumni Relations on leadership and principal gift accounts. She has also worked in the departments of Electrical and Computer Engineering, Otolaryngology, Pediatric Neurosurgery, Endocrinology, Gastroenterology, and Adult Medicine. Catonya has also been a mentor for Big Brothers Big Sisters of Maryland since 2002.

Moving On to New Opportunities in Urban Health: UHI Bids Farewell to Staff Members



Dr. Nadra Tyus, a postdoctoral fellow with the UHI for the past three years, recently accepted the position of Health Program Manager for the Black Women's Health Imperative in Washington, DC. Dr. Tyus' significant contributions to the UHI include both research and community outreach. She worked with Dr. Alan Green from the Johns Hopkins School of Education on a series of focus groups with women from the Agape House to determine the kinds of support needed for women and their children in Baltimore. Dr. Tyus also worked with a group of researchers and librarians to conduct a systematic literature review of health-related studies that have been conducted about the residents of Baltimore City between 1990 and 2007. In addition to her research, Dr. Tyus collaborated with Drs. Donna Strobino and Deborah Perry from the Department of Population, Family and Reproductive Health (PFRH) in the Bloomberg School of Public Health to develop departmental objectives in cultural competency. She also collaborated with the Clergy United for Renewal in East Baltimore (CURE) to facilitate three CURE-UHI Faith Dialogues.

During Dr. Tyus' last year as a fellow, she acquired a one-year training fellowship at the Johns Hopkins Center for STI Research and Prevention. Dr. Tyus worked with Dr. Jonathan Zenilman to perform a pilot study concerning rapid HIV testing behaviors of a diverse population in Baltimore. She also worked with Dr. Jonathan Ellen to understand how to develop innovative STI prevention interventions for young women at high-risk for STIs. Dr. Tyus will continue her research with Drs. Zenilman and Ellen as an adjunct faculty member in PFRH.



Roopa Kalyanaraman served as a researcher at UHI from July 2007 – July 2008. During that time, she was a member of the Health Strategy Group (HSG) for the East Baltimore Educational Initiative. She provided a significant amount of research support for this workgroup, including research and recommendations on best-evidence models of health education curricula, school climate programs, mental health and substance abuse curricula, home visiting models, and parenting curricula. In addition, she collected and analyzed data on East Baltimore, including demographic and climate data for area schools and health services utilization at local healthcare providers; she also compiled a directory and created maps of providers of health and social services in East Baltimore. Ms. Kalyanaraman is now working at the New York City Department of Health and Mental Hygiene.

DATES TO REMEMBER

Date	Event	
Tuesdays, 12pm - 1:30pm beginning September 16	Third Tuesday Seminar (Topics TBA)	Upcoming Seminar Dates: Sept 16, Oct 21, Nov 18, Dec 16
Every Wednesday 11am - 1pm	Community Health Workers at Northeast Market for blood pressure screenings	1000 E. Eager Street
Every Wednesday 10am - 2pm	Workforce Wednesdays	EBDI Community Center 1731 E. Chase Street
Wednesday, September 3 12pm - 1:30pm	<i>The New Medicaid Expansion: The Who, The What, and The How</i> Johns Hopkins Bloomberg School of Public Health 615 N. Wolfe Street – Sheldon Hall, W1214	Co-hosted by Baltimore HealthCare Access, Inc., Maryland Health Care for All! Coalition, Maryland Department of Health and Mental Hygiene, and the MidAtlantic Public Health Training Center
Saturday, September 6 12pm - 4pm	<i>Hitting the Books: Prepared to Succeed</i> School Supply Giveaway and Concert	Carmelo Anthony Youth Development Center 1100 E. Fayette Street
Saturday, October 4 - Saturday, October 11	3rd Annual Baltimore Week (Check the UHI or SOURCE website for specific events)	Sponsored by SOURCE www.jhsph.edu/source
Friday, October 17 8:30am - 5pm	UHI Capacity Building Workshop: <i>Writing for Success: Preparing Winning Grants</i>	
Monday, February 2	UHI Quarterly Symposium (Topic TBA)	
Monday, April 6	UHI Quarterly Symposium (Topic TBA)	



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