



HBCU
WELLNESS
PROJECT
at Meharry Medical College

Raising
the Bar
to Healthy
Lifestyles
and
Choices.



What is the HBCU Wellness Project?

Abbreviated for Historically Black Colleges and Universities (HBCU), The HBCU Wellness Project is an intervention designed to utilize the human and social capital at private historically black colleges and universities to promote health and modify risks for chronic diseases among individuals living in the surrounding communities. The primary goal of the HBCU Wellness Project is to leverage educational and service oriented resources at HBCUs to positively impact the health and well being of Tennessee residents.

Project Objectives:

- Conduct needs assessments for local communities and campuses.
- Enhance the capacity of faculty to integrate service learning into the curricula.
- Recruit, train and guide student health ambassadors to develop health and wellness projects to promote readiness for change.
- Assess short and long term outcomes of service learning activities in communities of color.
- Develop and maintain a pipeline of students of color interested in entering health professions workforce.



The participating HBCUs include: Meharry Medical College, Fisk University, Lane College, Knoxville College, LeMoyne-Owen College.

Healthy choices



are not a secret!

Student Health Ambassadors

Student health ambassadors (SHAs) are full-time students who attend one of the participating Historically Black Colleges or Universities associated with the HBCU Wellness Project. SHAs are exposed to service learning pedagogy that will enable them to work with local health and social service agencies in addition to serving as community representatives. In this role SHAs will positively impact the health and well being of underserved community residents in culturally sensitive and culturally relevant ways.

SHA Key Roles:

- SHAs are health promotion and disease prevention advocates.
- SHAs are change agents who work with community partners and residents.
- SHAs are trained to investigate key community health issues through extensive study.

“I became a SHA because I enjoy giving back to society and I also plan to pursue a career in Public Health.”

~ **Cleydy Avila**, Knoxville College

Student Research

The SHAs take pride in being able to touch the community through their research of disparities plaguing the minority communities. As health promotion and disease prevention advocates, they disseminate health information on topics associated with health priority areas for communities of color using evidence based methods shown to be effective in targeted communities. While conducting research the SHAs participate in community and campus events to further increase their knowledge on their particular research by working within the local communities. With access to the community the SHAs are able to disseminate information on local resources that will provide guidance to community participants. The local resources are usually local nonprofit organizations that focus on particular disparities that affect minority communities. These organizations are identified as community partners.

The community partner helps the SHA identify underlying causes of health inequalities in communities of color. With this partnership, the community partner is able to gain an outside perspective on their resources while giving the SHA insight on their research. Together the goal is to increase health protective behaviors in communities, empower residents through education, information and skills; building activities that will lead to long-term solutions for social and/or environmental factors that contribute to disease development, disability and early death.

Reaching into the Community

Fisk University

Queen Afua teaches Holistic Wellness at the HBCU Wellness Project community forum at Fisk University



Lane College

HBCU Community Wellness Event



Meharry Medical College

Meharry Student Health Ambassadors



Knoxville College

HBCU Wellness Health fare



"The HBCU Wellness Project is vital to me as a student because of the opportunity it allows to make a difference in someone's life."

~ Keiara Gallien
Student Health Ambassador
Lane College

Lemoyne- Owen College

On November 22, 2008, the LeMoyne-Owen College/Meharry HBCU Wellness Program worked in conjunction with the National Urban League and Walgreens "Take Care Health Tour" Health Fair in the Hispanic Community located at the Iglesia Nueva Vida Church.

"The HBCU Wellness Project is important to my community regarding the spread of HIV/AIDS. HIV is becoming common for some Tennessee communities. Through the HBCU Wellness Project, it is imperative that the awareness lectures, test screenings, and instructions on the proper way to use contraceptives are properly addressed to the community."

~ Zuhura Aminah Ndidika Bediako Blake
LeMoyne Owen College



Community Perspective

How the HBCU Wellness Project Community Forum Impacted my Life

By Abimbola A. Wali, Community Participant

Queen Afua's visit to Fisk University on January 30 – 31, 2009 reawakened and reinforced my belief that food is indeed your medicine.

- > Instead of eating out weekly, I began to prepare my own food and have limited eating out to once per month.
- > Now I bring my lunch weekly, and include a fresh spinach salad.
- > I began purchasing fresh vegetables instead of frozen vegetables, and I eat starches in the afternoon, and not at dinner.

I have joined a group of women and we are preparing to begin a detoxification diet, which will eventually lead to us doing the purification fast.

The results I experience thus far are my bowels are no longer blocked, and I eliminate several times per day. This makes me feel lighter, and I've notice a small change in the appearance of my abdominal area.

What will always stick with me, is how Queen Afua was able to inspire and encourage so many people to form wellness groups. I thank the HBCU Wellness Project for this life changing opportunity.



Service Learning

Service learning is a system of structured learning opportunities and experiences in local communities that expose students to the real-life problems and concerns of stakeholders. Students become civically engaged through active participation, collaboration, problem-solving and providing community service. In this regard, students are given an opportunity to connect what they have learned in the classroom with their actual community experiences and facilitate that connection through journaling and reflection. It differs from traditional learning because it:

- > Strives to achieve a balance between service and learning objectives
- > Places emphasis on addressing community concerns
- > Involves community partners
- > Emphasizes reciprocal communication and learning
- > Emphasizes reflection
- > Development of civic engagement and responsibility

Community Based Participatory Research (CBPR)

The SHAs are trained to incorporate community based participatory research into their studies. You may ask what is CBPR? According to the Community Health Scholars Program, CBPR is a “collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings. CBPR begins with a research topic of importance to the community and has the aim of combining knowledge with action and achieving social change”.

“I became a SHA because I believe it provides me an opportunity to work with members of the community and provide them with information to make good choices when facing difficulties in life.”

~ Sarah Price

Student Health Ambassador
School of Medicine
Meharry Medical College

Health Disparities “Promoting Change”



Valerie Montgomery Rice, M.D.
Meharry Medical College,
Dean of the School of Medicine,
Sr. Vice President for Health Affairs

We live in a world, where there are significant differences in health status.

Our nation has made tremendous progress in the health sciences. Today, we stand apart from the rest of the world with our many advances in the biomedical sciences. Mapping and sequencing the Human Genome is essentially complete, putting us at the threshold of a new era of discovery and therapeutic promise. However, that promise will not be fully realized if we fail to make similar progress in opening wide the doors for the health professions to all of our citizens.

The National Center for Health Statistics reports women of color are more likely to report that they are in fair or poor health. One-fifth of African American women, 29% of Latinos, and 13% of white women assess their health status as fair or poor.

This reflects in part the role of socioeconomic factors in determining population health. Persons of higher socioeconomic status are more able to acquire effective innovations, thereby mitigating the potential of even lifesaving health services to reduce disparities.

Cultural differences, a lack of access to health care, combined with high rates of poverty and unemployment, contribute to the substantial ethnic and racial disparities in health status and health outcomes.

In 2003, the Institute of Medicine (IOM) warned of the “unequal treatment” minorities face when encountering the health system. Thus, the IOM recommends increasing the number of minority health professionals as a key strategy to eliminating health disparities.

Health services research has shown that minority health professionals are more likely to serve minority and medically underserved populations. Despite this fact, there is a severe underrepresentation of minorities in our health professions.

“The HBCU Wellness Project is important in my community because it provides information to the underserved about current issues that are affecting us. It serves as a tool to encourage, educate and motivate people in the community to take care of ourselves and provide information on how to seek proper care for different health conditions.”

~ April Nellum
Student Health Ambassador
Lane College



Indisputable Health Disparity Facts

- > Patients of lower socioeconomic position are less likely to receive recommended diabetic services and more likely to be hospitalized for diabetes and its complications.
- > Many racial and ethnic minorities and persons of lower socioeconomic position are more likely to die from HIV. Minorities also account for a disproportionate share of new AIDS cases.
- > African Americans and patients on lower socio economic status have higher rates of avoidable hospital admissions
- > Hispanics and people of lower socioeconomic status are more likely to report unmet health care needs
- > Minorities are more likely to be diagnosed with late-stage breast cancer and colorectal cancer compared with whites.
- > Minorities have higher rates of cardio and cerebrovascular disease that result in premature death
- > African American infants have higher mortality and morbidity due to poor preconception health information

Source: *The National Healthcare Disparities Report*

“I became a SHA in order to make a difference in the community I live in.”

~ Timothy Anderson
Student Health Ambassador
LeMoyne-Owen College

Changing Lifestyle Patterns

“Adopting healthy eating and active living initiatives...”

Monica Coote, Exercise Specialist, Center for Women’s Health Research at Meharry, believes we can be effective in preventing health disparities in such chronic diseases as cancer, diabetes and heart disease if we educate people in our communities about healthy eating and active living.

The HBCU initiatives focus on such issues by encouraging community partners and leaders to adopt healthy eating and active living initiatives to address health disparities.

By leveraging cultural strengths such as culturally focused healthy diets and exercise patterns, we will increase the probability of successful and sustainable outcomes.



Monica Coote, CFT, CN
Exercise Specialist,
Center for Women’s Health Research,
Meharry Medical College

“The public health and university partnership is a natural fit to get students involved at the community level on issues of public health importance.

Training that the next generation of leaders to be public health savvy, as well as even more “community competent” will not only give voices to those we are interested in helping, but also assure that these voices are respected and valued.”

*Fisk University Community Partner - Kimberlee Wyche Etheridge, M.D., M.P.H.,
Director Family Youth and Infant Health,
Metro Nashville/Davidson County Public Health Department*

Community

LeMoyné Owen College Community Partners

Aging Commission
Alzheimer Association
American Cancer Society
American Diabetes Association
American Heart Association
American Liver Foundation
Americare/Middelta Home Health Agency
Balm in Gilead
Baptist Memphis, Baptist DeSoto,
and Baptist Collierville
Big Brothers and Big Sisters
Bioscrip Pharmacy
Birthright of Memphis
Boys and Girls Club
Catholic Charities
Champion Pharmacy
Children and Family Services
Church Health Centerr
CIGNA HealthCare
Congressman Steve Cohen
CoverKids
Crime Victim Center
Crime Victims Have Rights
Cummings Elementary Schools
Cypress Creek
Department of Children Services
Down Syndrome Association
Douglas, Bungalow, and
Crump Neighborhood
Dr. Walter Rayford
EKG Tech Consultants
FreeLife International
Friends for Life Corporation
GTX Pharmaceuticals
Girls Scouts

Goodwill Homes Senior Center,
Goodwill Homes Head Start
Girls Incorporated of Memphis
Guthrie Clinic
Health Care Option/Colonial Penn
Health Petals
Jabber Jaw Cricket Phones
Knowledge Quest
LeBonheur Hospital,
Early Intervention Program
LeMoyné-Owen College Owen College
Community Development Corporation
Walker House after School Program
LeMoyné-Owen College Owen College/
West Tennessee Child Passenger
Safety Center
Lupus Foundation of America,
Memphis Area Chapter, Inc.,
Martha Patterson
Make A Dog Healthy
MSARC
March of Dimes
Memphis City Beautiful
Memphis City Schools
Memphis City Schools
Methodist Healthcare –
Methodist University Hospital
Memphis Health Center
Memphis Healthy Churches and
Baptist Hospital Outreach Services
Memphis HIV Family Care Program,
Community HIV Network, Memphis
Adolescent & Young Adult HIV Program
Memphis Housing Authority

Memphis Shelby County
Health Department
Human Resources Training and
Development
TENnder Care
Mid-South Arc
Midtown North Community Housing Audit
Metropolitan Urban Development
(MUD) Project
National Association of Health Services
Executive, Memphis Chapter
National Marrow Donor Program
New Directions HIV/AIDS Program
Optometrist and Independent Contractor
Perea Preschool
Porter Leath Childcare Center
Pyramid Recovery Center
Dr. Walter Rayford, Urologist
Safe Against Sexual Assault
St. Andrews AME Church
St. Jude Cancer Research Center
Shelby County Coalition to
Eliminate Syphilis
Shelby County Government
Crime Victims Center
Shelby County Head Start
Shelby County Sheriff Department
Sierra Club Environmental Justice Program
Sista Network, Inc.
Southeast Mental Health Center
Susan G. Komen Breast Cancer Foundation
Tennessee Legislative Black Caucus
Tennessee State Representative
GA Hardaway

West Tennessee Health Diversity Institute
(HDI), Tennessee Division of Minority
Health and Health Diversities Elimination
of the Tennessee Dept. of Health
Tennessee Black Health Care Commission
and Tennessee Black Caucus of State
Legislators
SSCOMM, Inc.
Tennessee Technology Center
The Regional Minority Health
Coalitions (RMHC)
Think Tank
Unison Health Plan
U.S. Dream Academy
University of Tennessee- Memphis
Warm Spirit
Weight Watchers
West Tennessee Health Diversity Institute
Windsor Health Group

“Clinton Chapel AME Zion Church is excited about the opportunity to work with Knoxville College HBCU Wellness Project. The relationship with the college has helped our congregation to become more aware of taking care of their health”

Knoxville College Community Partner – Reverend John A. Butler

Partners

Knoxville College Community Partners

Centers for Disease Control
Changed Heart Seekers Outreach
Clinton AME Zion
Covenant Health Systems
East Tennessee Regional
Minority Health Coalition
Emmanuel Presbyterian
Eternal Life Harvest Center
First Calvary Baptist
Greater First Church of God in Christ
Greater Warner Tabernacle
Hattie E. Coleman CME
Holy Ghost Catholic
Hope Resource Center
Knox County Health Department
Knoxville Kidney Foundation
Lennon-Seney United Methodist
Logan Temple
Mount Calvary Baptist
Mount Olive Baptist
Mount Zion Baptist
New Friendship Baptist
New Hope Missionary Baptist
New Living Faith Community
New Mount Calvary
Payne Avenue Baptist
Rogers Memorial Baptist
St. Joseph House of Prayer
University of Tennessee-Knoxville
Wilder Street Baptist

Meharry Medical College Community Partners

American Diabetes Association,
Nashville Chapter
American Heart Association
Power to End Stroke
Americorps
Center for Women's Health
Research-Meharry Medical College
Clark Memorial United Methodist Church
Delta Sigma Theta Nashville
Metropolitan Alumnae Chapter
Dr. Gwinnett Ladson
Green Meadow Church of Christ Shelbyville
Hadley Park Community Center
Kroger Corporation Community Affairs
Lee Chapel AME Church
Mathew Walker Comprehensive
Health Clinic
Meharry Medical College
Department of Pediatrics
Vanderbilt Coalition for Healthy Aging
National Cancer Institute
Sisters Network Inc.
Tennessee Voices for Children
United States Department of Agriculture
Vanderbilt Coalition for Healthy Aging
Vanderbilt-Ingram Cancer Center -
Office of Minority Affairs

Lane College Community Partners

American Cancer Society
American Heart Association
Power to End Stroke
Children & Family Services
East Side Medical Clinic
Jackson Family YMCA
Jackson Madison County Department
Mid South Heart Center
Northwest Head Start
West Tennessee Legal Services

Fisk University Community Partners

Academy for Educational Development
Athletic Odyssey Youth Association
Birthing Project Nashville
Black AIDS Institute
Centennial Pediatrics
Centerstone
Coleman, Mensah, & Watts, M.D.
Earth Matters
Emory University
Family Empowerment Services
Farmer's Market
Fisk University
Gilda's Club Nashville
Haiya Dance Company
Head Magnet Middle School
Islamic Center of Nashville

Marathon Village
Matthew Walker CHC
Meharry Medical College
Mental Health Cooperative
Metro Public Health Department
Metro Public Schools/McGruder FRC
MHAMT
NAMI Vanderbilt
Nashville Cares
National Step Show Alliance
Northwest YMCA
Perrace Pediatrics
Schrader Lane Church of Christ
Street Works
TN Department of Mental Health
TN State Government
TN Voices for Children
UT Expanded Food and Nutrition Education
Vanderbilt University
Vanderbilt University Medical Center
Walgreen's Pharmacy
Windsor Medicare Extra
Yoga Education Society
Yoga Society of Nashville

National Partners

State Farm 50 Million Pound Challenge
Office of Minority Health
American Heart Association-
Power To End Stroke



Fisk University

The Fisk-Meharry Wellness Initiative has afforded an opportunity for Fisk University to maintain our reputation and legacy of “town and gown”. Through this partnership, we have been able to integrate our student body with the local community around issues that really matter...our health. We have empowered our students with opportunity, and have encouraged them to become translators and disseminators of vital information in hopes of modifying behaviors to eventually eradicate health disparities along racial lines.



“I became a health ambassador because I identified myself, my friends and many of the people I care about as the population at risk for many various health disparities. Also, learning to assess and effectively influence people’s behavior is a significant part of my aspirations in the fields of psychology and sociology.”

~ Joseph Bazelaïs
Student Health Ambassador
Fisk University



Participating Colleges and Universities



Lane College

Since the conception of the Historically Black Colleges and Universities (HBCU) Wellness Project in 2006, Lane College (LC) has actively assisted in finding better solutions for community residents to gain better access to health care through the use of the resources provided through the project. The project has provided free educational literature and brochures, educational workshops, health activities, testing/screenings, health fairs, and information about access to healthcare agencies and healthcare professionals. These critical factors permit LC to be a vehicle through which the community learns about health disparities, how to prevent them, and how to maintain one's health once diagnosed.

Lane College has opened its doors to numerous community partners. The HBCU Wellness Project has changed the lives of individuals by promoting education, providing needed access to healthcare, developing a network of caring healthcare professionals and utilizing community outreach opportunities.



The project's primary focus is on the elimination of health disparities. This focus involves partnering with community partners and healthcare organizations to offer educational workshops and free and confidential screenings for citizens. Student Health Ambassadors gather surveys, analyze data, and track participants' health knowledge. At least one major activity is sponsored each month.

The Project has also assisted the target community and Lane College students in community-based service learning, developing effective intervention programs, and assisting the college to better prepare its students for graduate school and/or careers in the healthcare professions.

"This is a great opportunity for me to have hands on experience in promoting good health as well as reaching the community."

~ Amrael Brown
Student Health Ambassador
Lane College





"I became a SHA to make a difference!"

~ **Chester Hurlston**

Student Health Ambassador
Knoxville College

Knoxville College

Knoxville College Staff envisioned an integrated public health and wellness program that would focus on health disparities in underserved populations. That dream is coming to fruition as Knoxville College announces the Center for Public Health due to the Meharry HBCU Wellness Project at Knoxville College. The HBCU Wellness Project is the cornerstone of the Center for Public Health and Wellness. Because of the center the college now offers a degree in public health, and is part of the college work program.

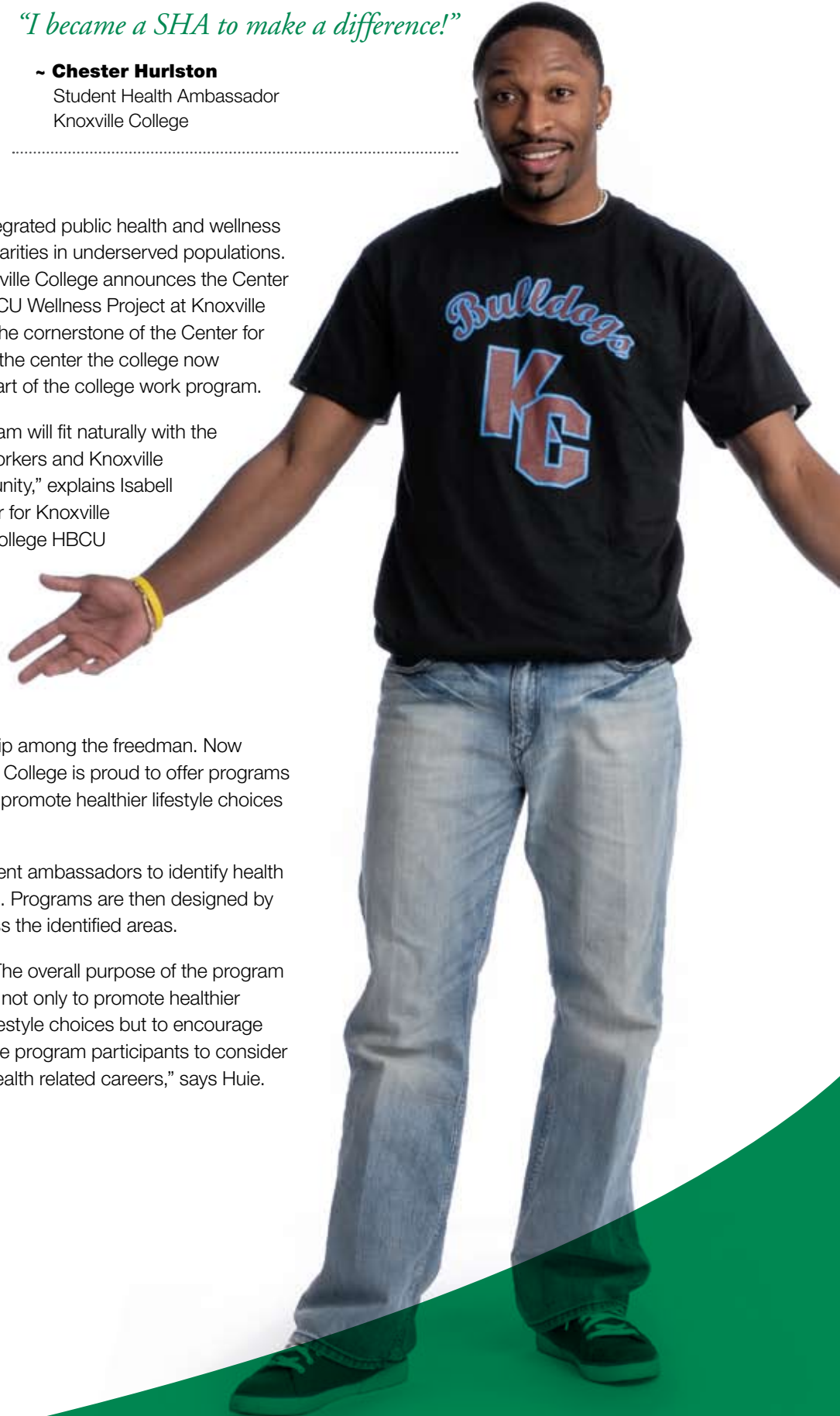
"The new Center for Public Health Program will fit naturally with the nation's demand for public healthcare workers and Knoxville College's strategy for serving the community," explains Isabell Huie, M.P.H., M.S., Public Health Director for Knoxville College Center and Meharry-Knoxville College HBCU Wellness Campus Coordinator.

Knoxville College was founded in 1875 by the Board of Freedman's Mission of the United Presbyterian Church in North America. It was chartered by the state of Tennessee in 1901 to promote religious moral and educational leadership among the freedman. Now accredited in the state of Tennessee, the College is proud to offer programs such as the HBCU Wellness Program to promote healthier lifestyle choices to the surrounding community.

The HBCU Wellness Program uses student ambassadors to identify health disparities in the underserved population. Programs are then designed by the students and implemented to address the identified areas.



"The overall purpose of the program is not only to promote healthier lifestyle choices but to encourage the program participants to consider health related careers," says Huie.



Participating Colleges and Universities



Lemoyne–Owen College

Over the past three years, since the seating of the HBCU Wellness efforts at LeMoyné-Owen College, the College has benefitted in a variety of ways:

- > The College's infrastructure has expanded resulting in increased personnel thus increasing the local workforce. We were able to hire five staff persons to lead in implementation of institutional and community outreach.
- > The College's infrastructure has expanded technologically. The College gained a state-of-the-art videoconferencing center which not only enables us to interface with the HBCU Wellness network, but it has also provided opportunity for us to conference with other entities – e.g., our partners with the Department of Defense funded Partnership for the Asthma Trigger- Free Homes (PATH) asthma project.
- > The Wellness programs' emphasis on community outreach and the formation of partnerships has resulted in the development of relationships with more than 100 agencies in the Mid-South region. These agencies have not only supported the student health ambassadors' health projects, but they have also been accessible to the College at large. Moreover, agency experience with the Wellness programs has often proven to be foundational to the formation of additional partnerships. For example, the Wellness program fostered a relationship with the Memphis Health Center (MHC) that predated the PATH asthma study's partnership with the same medical facility. It was the HBCU Wellness program's success with MHC that allowed for an expanded relationship with the PATH asthma research study.
- > Through the College's Wellness programs, and the participation of student health ambassadors in a variety of community outreach efforts including the Mid-South Fair (70,000+), the Southern Heritage Classic (68,000+), and numerous other health fairs and community outreach events, we estimate an impact of reach more than 100,000 Mid-Southerners. Further, with our ability to host the CoverKids' program and the hiring of a Hispanic translator/ community outreach consultant, we are developing a significant outreach to Memphis' growing Hispanic population.



“As a SHA I hope to be able to change at least one life that will create a ripple effect in health despaired communities.”

~ **Natalie Brooks**

Student Health Ambassador
Lemoyne-Owen College



The Impact



Laura Stewart
Former Student Health Ambassador
LeMoyne-Owen College
Class of 2008

The HBCU Wellness has been very essential to me because I had an opportunity to work with 4 great colleges (Lane, Fisk, Knoxville and LeMoyne-Owen) as well as Meharry Medical College Staff. The HBCU Wellness Project educated me on health disparities in the African American community and in my own personal life. Since The HBCU Wellness Project, I have graduated from LeMoyne-Owen College, started an EMT Certification Class at Southwest Community College that I complete by the fall of 2009, and I am currently working on an MBA in Health Care Management at The University of Phoenix. I have continued to train individuals in CPR/FA in my community and other communities whenever needed. The HBCU Wellness Project has truly shaped my future in health care and rigorously educated me health conscious. I hope that the TN MMC HBCU Wellness Project continues to receive funding to continue its mission in educating African American communities on health disparities.



McAlina Niron Bell
Former Student Health Ambassador
Lane College
Class of 2008
Student, Loma Linda University
School of Public Health

The HBCU Wellness Project introduced me to the field of public health. I was able to gain firsthand experience in health promotion, health education, global health development, epidemiology and biostatistics. From my experiences I was able to form a project plan that impacted my life but also assisted in filling the gap within minority communities that lacked health care awareness on breast and ovarian cancer in African American women. After researching and challenging the inner me, the HBCU Wellness Program and I were able to come up with a project title that would provide data through pre-post test surveys, and participant involvement with the help of a community partner, the American Cancer Society. The title of the project was "Breast and Ovarian Cancer among African American Women ages 35-65 in the West Tennessee Region". I enjoyed interacting with the community and understanding the aspects of a disease that affects everyone in the family. I was also proud to have been a part of an important statewide project that I hope will continue to help people take better care of themselves and their families.

The Future of the HBCU Wellness Project



Lisa McDonald-McGee, M.Ed.
HBCU Wellness Project Director

Over the past two years, trained student health ambassadors (SHAs) have developed and continue to develop IRB approved health and wellness projects focused on promoting change in knowledge, attitudes and behaviors (KAB) among community residents. Along with community based organizations (CBOs), churches, agencies and other health services experts, these projects reflect the need for basic

interventions that increase understanding and promote better health behaviors such as physical activity, healthy eating and routine medical exams. Campuses are more engaged in conducting monthly health forums (town hall meetings) to openly discuss public health issues such as safer neighborhoods, physical and mental fitness, environmental dangers, school health, sexually transmitted diseases and many other issues that impact individuals and communities daily.

While campus-community partnerships are not unique to the reduction and elimination of health disparities, the win-win relationships that are fostered between the HBCU campuses, the student health ambassadors and their many partners are different. The SHAs provide invaluable sweat equity to the CBOs as they pursue objectives in their daily work in communities and the campuses and the students gain tremendous experience in working with families and individuals promoting change in KAB that impact health.

Needs assessments are disseminated annually to document the perceptions, needs, and realities of Tennessee citizens. This data is analyzed for better planning to enhance, re-focus and reinforce health and wellness strategies for SHAs and campuses. As the project completes its third year, the evidence suggests that the MMC HBCU Wellness Project is a critically vital and significant health and wellness change agent. It has impacted more than 10,000 individuals to date and has 289 local, state and national partners. The SHAs have had their work showcased at several health education and disparity venues in San Diego, Washington, D.C., New Orleans and Atlanta. Several SHAs have changed their major to a health related field as a result of this affiliation as a student health ambassador and have gone on to further other health education goals at Loma Linda University, Tulane School of Law, University of Chicago Hospital, Washington Hospital Center and other institutions.

Meharry Medical College, as the coordinating center for the HBCU Wellness Project, with all of its human resources, will continue to engage and train students for health careers with service learning as a philosophical foundation. Through this project, MMC will expand its partnerships with other institutions and organizations whose missions are to improve outcomes in minority and other underserved communities thus promoting change in Tennessee's most vulnerable citizens. We are extremely grateful to the Legislative Black Caucus, other members of the Tennessee Legislature and the Tennessee Department of Health for their commitment and passion to ensuring that health disparities remain targeted for elimination.

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