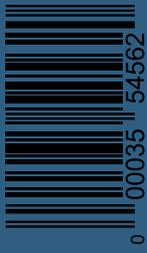


URBAN HEALTH INITIATIVE

THE OFFICIAL NEWSLETTER OF EMORY UNIVERSITY'S URBAN HEALTH INITIATIVE



DIRECTOR'S MESSAGE:

DR. CHARLES MOORE

STAFF SPOTLIGHT:

MS. TAMATHA REASONER

VOLUNTEER SPOTLIGHT

MR. FARHAN HOODBOY

JANUARY 2024
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TO EMORY URBAN HEALTH INITIATIVE COMMUNITY,

As we embark on the journey of a new year, I find myself inspired by the challenges we've overcome together. This newsletter is dedicated to the resilience and sacrifices of every individual and family in our community.

In the spirit of our ongoing mission, I am thrilled to share with you the latest strides and initiatives within the Emory Urban Health Initiative. Our dedication to health education, community collaboration, and advocacy has never been more crucial, given the rising health disparities exacerbated by the social biases faced daily within the metro Atlanta community.

VIOLENCE PREVENTION PROGRAM:

I am pleased to announce the commencement of our Violence Prevention Program, a vital initiative aimed at addressing and mitigating the impact of violence within our communities. Through education, intervention, and community engagement, we aspire to create safer environments for all.

EXPANSION OF THE AGRICULTURAL PROGRAM:

In our pursuit of advancing health careers work, we are excited to inform you about the expansion of our Agricultural Program. This development aims to further integrate health and wellness into our communities by fostering sustainable agricultural practices and promoting a holistic approach to well-being.

HOMELESS HEALTH PROGRAM LED BY TAMMY REASONER:

Under the dedicated leadership of Tammy, we are actively developing a Homeless Health Program. This initiative underscores our commitment to inclusivity and reaching out to underserved populations, ensuring that healthcare is accessible to everyone, regardless of their living circumstances.

As we navigate these changes, let's continue championing health equity, knowing that each of us plays a crucial role. Your unwavering support is invaluable as we shape a brighter, more equitable future.

Sincerely,

Charles E. Moore, MD

VOLUNTEER SPOTLIGHT:

Farhan Hoodbhoy, a graduate of Boston University with a Bachelor's degree in Biology, discovered his passion for medicine early on. His experiences at Winship, where he conducted cancer-related research and shadowed an oncologist, reinforced his desire to become a physician. Pursuing a Master's in Bioethics at Emory, he sought opportunities to develop personally and professionally, leading him to the Urban Health Initiative (UHI).

Farhan's involvement with UHI began during his practicum at the NICU at Emory Midtown, under Dr. William Sexson, one of UHI's founders. Impressed by UHI's commitment to ethical community engagement, he eagerly joined the team.

His motivation to volunteer stems from a desire for self-actualization and a belief in UHI's values. His work focuses on improving communication in medicine, a crucial aspect of healthcare accessibility. Farhan finds interviewing stakeholders and community members particularly fulfilling, as it allows for deeper insights into their experiences.

A memorable experience for Farhan was distributing essential supplies to individuals in need, where he witnessed firsthand the impact of UHI's work. This experience reinforced his belief in the importance of respecting, hearing, and acknowledging every individual's needs and desires.

Through volunteering, Farhan has learned the value of selfless service and the impact even one person can make. He encourages others to find their passion and engage with their communities, as every contribution matters.

Looking to the future, Farhan aspires to continue his medical studies and hopes to advocate for change within the healthcare system. He aims to break down barriers in communication and serve as a patient advocate, embodying the values he holds dear.



STAFF SPOTLIGHT:



Tammy Reasoner shared her journey with Emory UHI over the last decade. She has collaborated with the organization as a partner addressing food insecurity and access to healthcare. Tammy's background in food and nutrition security programming has provided her with valuable insights into the complexities of these issues, which are often intertwined with social determinants.

Tammy has been inspired by UHI's collaboration and innovation mindset, which motivated her to join the team. She finds fulfillment in contributing to community-driven programs, such as a recent focus on a community needs assessment for housing insecure families in Clarkston. She is enthusiastic about leveraging Emory's resources to address social determinants of health in the community.

Each workday, Tammy looks forward to the dynamic environment at UHI, where everyone wears multiple hats. She is drawn to the opportunity to work on issues like maternal morbidity and mortality, food insecurity, and housing insecurity, knowing that each connection can lead to new opportunities.

Looking ahead, Tammy aspires to see Urban Health Initiative, with support from Emory University, continue to lead in community collaboration and provide integrated solutions to improve the health of all Atlantans. She recognizes the challenges posed by increasing food insecurity, lack of affordable housing, violence, and limited healthcare access and believes that collaborative efforts are crucial in addressing these issues.



COMMUNITY PARTNERS:



In 2014, Brittany Prince founded WellStart, a non-profit organization aimed at addressing health disparities in underserved communities. This initiative, later renamed WellStart Initiatives in 2015, was prompted by her local hospital's ranking among the Top 25 worst hospitals in the US in 2012. Motivated to drive change, she delved into health statistics within her city and county, uncovering significant disparities compared to state and national averages. This realization propelled her to establish WellStart Initiatives, dedicated to implementing strategies that empower underserved communities through health education, promotion, and advocacy.

At its core, WellStart Initiatives is committed to crafting and implementing strategies to address these health disparities. Through a comprehensive approach encompassing health education, promotion, and advocacy, the organization seeks to empower underserved communities. By providing essential knowledge and resources, WellStart Initiatives aims to bridge the gap in healthcare access and improve overall well-being. Their mission is guided by a vision of transformation, envisioning a future where these communities experience an elevated standard of living and health.



EVENTS:

UHI & HEALTHY MOTHER HEALTHY BABIES MIXER



Last December, the Urban Health Initiative (UHI) and Healthy Mothers Healthy Babies (HMHB) came together to create an impactful event. The goal was to connect doulas with Emory's medical professionals, and the response was overwhelming. With over 70 attendees, the event was a hub of insightful discussions, collaborative roundtables, and valuable networking opportunities.

SURGICAL ROBOTIC EXPERIENCE FOR HCC STUDENTS

We are pleased to share the success of the recent Surgical Robotic Experience held in partnership with Intuitive, which took place on December 6, 2023. This unique event brought Intuitive's mobile robotics unit to our high school, offering students a hands-on experience with state-of-the-art surgical robots.

- Intuitive's mobile robotics unit visited our high school through a collaboration with the Health Career Collaborative program.
- Students interacted with the robots and learned from robotic engineers during a two-hour immersive experience.
- The event aimed to inspire students to pursue STEM careers by providing exposure to cutting-edge technology.
- It sought to ignite students' passion for innovation and problem-solving in healthcare and beyond.



EVENTS:

HEALTH CAREER COLLABORATIVE KICK-OFF

The Health Career Collaborative (HCC) kickoff event was held at Benjamin E Mays High School on January 17th with about thirty 10th-12th grade students in attendance. Below are some event highlights:

- Opening speech by Dr. Stacie Schmidt, Emory HCC faculty advisor, centered around serving as health ambassadors in the community
- Inspirational talk by Jasmine Herd, HCC president, about her journey to medicine
- Breakout sessions led by Dr. Schmidt (on the connection between medicine and nutrition); Open Hand Atlanta (on learning more about dietitians); and Atlanta Doula Collective (on learning more about doula work)



IVYY PROJECT'S ONE YEAR ANNIVERSARY CELEBRATION

We are excited to share that the Interrupting Violence in Youth and Young Adults (IVYY) Project at Grady marked its one-year anniversary on January 18, 2024. The celebration, held at the Correll Pavillion's 6th-floor conference room, brought together approximately 45 attendees who shared stories, hugs, and cupcakes while commemorating the project's impact.



EVENTS:

IVYY PROJECT'S ONE YEAR ANNIVERSARY CELEBRATION



[WATCH VIDEO](#)

- Notable speakers included Dr. Randi Smith, M.D., IVYY Project's Founder and Medical Director; Dr. Charles Moore, M.D., Director of Emory Urban Health Initiative; and Jacquell Clemons, MPH, IVYY Director.
- Ms. Clemons expressed gratitude for the collaborative effort of colleagues and their vital support in advancing the project's mission.
- In its first year, the IVYY Project received 582 patient consults, with early evaluations showing promising results. Only about 1% of IVYY participants have experienced reinjury, well below the national average.
- The anniversary celebration highlighted IVYY's impactful work and the collaborative spirit that drives its success. We congratulate the IVYY Project on its achievements and look forward to its continued positive impact on the community.

NUTRITION CORNER:

65
MINUTES

12
INGREDIENTS

4
SERVINGS

VEGGIE & RICE STIR - FRY

INGREDIENTS:

- 1 CUP BROWN RICE
- ½ POUND BROCCOLI
- 2 MEDIUM CELERY STALKS
- 1 MEDIUM CARROT
- 1 SMALL JALAPEÑO OR OTHER CHILI PEPPER
- 1 CLOVE GARLIC
- 6 OUNCES BONELESS CHICKEN PIECES OR FIRM TOFU
- ¼ CUP LOW-SODIUM SOY SAUCE
- 1 TABLESPOON BROWN SUGAR
- 1 TABLESPOON CORNSTARCH
- 2 TABLESPOONS CANOLA OIL
- ½ TEASPOON GROUND GINGER



INSTRUCTIONS:

1. COOK RICE FOLLOWING PACKAGE DIRECTIONS. SET ASIDE. COVER TO KEEP WARM. WHILE RICE IS COOKING, MAKE VEGGIE MIXTURE.
2. RINSE AND CHOP BROCCOLI AND CELERY. PEEL, RINSE, AND CHOP CARROTS. RINSE AND MINCE JALAPEÑO. PEEL AND FINELY CHOP GARLIC.
3. IF USING CHICKEN, REMOVE ANY SKIN. CUT CHICKEN INTO SMALL PIECES.
4. IN A SMALL BOWL, STIR TOGETHER SOY SAUCE, BROWN SUGAR, AND CORNSTARCH. ADD 1 TEASPOON OF THE MINCED JALAPEÑO. STIR.
5. IN A MEDIUM SKILLET OVER MEDIUM-HIGH HEAT, HEAT OIL. ADD GROUND GINGER AND STIR. ADD CHICKEN OR TOFU. COOK, STIRRING OCCASIONALLY, UNTIL SLIGHTLY BROWNED AND STARTING TO COOK THROUGH, ABOUT 2 MINUTES.
6. ADD CHOPPED VEGGIES. STIR FREQUENTLY. COOK UNTIL VEGGIES ARE TENDER AND CHICKEN IS COMPLETELY COOKED BUT NOT DRY, ABOUT 5-7 MINUTES.
7. ADD SOY SAUCE MIXTURE. BRING TO A BOIL. REDUCE HEAT. SIMMER UNTIL SAUCE IS SLIGHTLY THICKENED, ABOUT 2 MINUTES.
8. SERVE OVER WARM BROWN RICE.

CHEF'S NOTE:

- USE ANY VEGGIES YOU LIKE. BE SURE TO CUT ALL VEGGIES INTO EQUAL-SIZE PIECES SO THEY COOK EVENLY. ADD DENSER VEGGIES, LIKE BROCCOLI, CELERY, AND ROOT VEGGIES, TO THE SKILLET FIRST. ADD VEGGIES WITH A HIGH WATER CONTENT, LIKE SQUASH OR SPINACH,

Nutrition Facts

Serving Size 1 1/2 cups
Servings Per Recipe 4

Amount Per Serving

Calories 360 Calories from Fat 90

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 52g 19%

Dietary Fiber 5g 18%

Sugars 6g

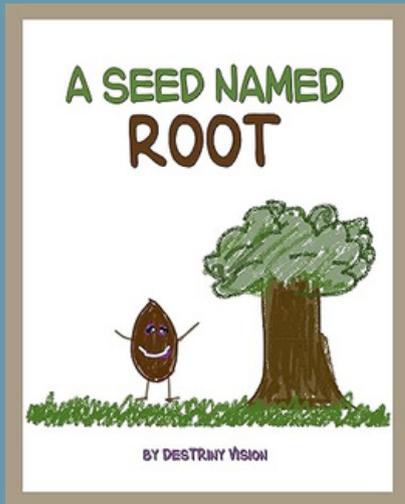
Protein 15g

Vitamin A 70% • Vitamin C 70%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

RECOMMENDED READS:



NURTURE THEIR IMAGINATION: A MUST-READ FOR YOUNG EXPLORERS

Discover the magic of storytelling with "A Seed Named ROOT," a delightful children's book that sparks imagination and curiosity. Join ROOT on an enchanting adventure as they learn about growth, resilience, and the beauty of nature.

Bring joy and wonder into your child's life with this captivating story. Purchase your copy today and embark on a journey filled with imagination and life lessons!



DISCOVER YOUR BEST SELF:

Explore the transformative journey of self-awareness and growth with this insightful guide. Developed through personal experiences, the steps outlined in this book are designed to help you identify, acknowledge, and heal the obstacles that may be holding you back from becoming the best version of yourself.



THANK YOU!

"We make a living by what we get,
but we make a life by what we give."

- Winston Churchill



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UVA