

Women's Health Awareness 2021

**Transforming
Communities
by Enhancing
Women's Health**









**A Virtual Women's Wellness Conference
Race and Health: Changing the
Narrative, Reaching for Equity**

**Saturday, April 17, 2021
9:00 a.m. – 1:00 p.m.**

The lead sponsor is the National Institute of Environmental Health Sciences, Office of Human Research Compliance, Clinical Research Branch. The Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House Inc., and the North Carolina Central University Department of Health Education are co-sponsors.

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Women's Health Awareness 2021

Steering and Planning Committee

Joan P. Packenham, Ph.D.

Founder and Director, NIEHS Women's Health Awareness Program

Chair, Event Steering and Planning Committee

Director, NIEHS Office of Human Research Compliance, Clinical Research Branch

Chair, Health Awareness Committee, Durham Alumnae Chapter Delta Sigma Theta Sorority Inc.

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Program Manager, Health Promotion and Wellness, Durham County Department of Public Health

Chapel Hill Alumnae Chapter, Alpha Kappa Alpha Sorority Inc.

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Sharon Beard, M.S.

Acting Branch Chief, Worker Education and Training Branch, NIEHS and NIH Health Awareness and Emergency Management Committees

Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

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Diversity Educator, Duke University Health System

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Community Engagement and Research Evaluator, Office of Health Equity, Duke Cancer Institute

Leatrice Martin, MBA, CHES

Senior Program Coordinator, Duke Mobile Application Gateway, Duke Clinical & Translational Science Institute

Sharon Mosley, M.S., LCMHC

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Mental Health Counselor and Owner, The Fit Talk PLLC

Angelo Moore, Ph.D., R.N., NE-BC

Program Manager, Office of Health Equity, Duke Cancer Institute

Wyvonia Perry, R.N., BSN

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Phi Chapter, Chi Eta Phi Nursing Sorority Inc.

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Special Volunteer, Clinical Research Branch, NIEHS and NIH

Mariah Prince, Ph.D., MSN

Nurse Practitioner, Duke University Health System

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Judy Pyant, MSW

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Betty Reed, R.N., BSN

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Phi Chapter, Chi Eta Phi Nursing Sorority Inc.

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Interim Dean, College of Health and Sciences,
North Carolina Central University
Delta Sigma Theta Sorority Inc.

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Delta Sigma Theta Sorority Inc.

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Health Awareness Committee, Durham Alumnae Chapter,
Delta Sigma Theta Sorority Inc.

Joyce Siler, B.A.

Health Awareness Committee, Durham Alumnae Chapter,
Delta Sigma Theta Sorority Inc.

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of Biology and Center for Science, Math, and Technology
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Health Awareness Committee, Durham Alumnae Chapter,
Delta Sigma Theta Sorority Inc.

Nicole Williams, B.S.

Postbaccalaureate Intramural Research Training Award
Fellow, Office of Human Research Compliance,
Clinical Research Branch, NIEHS and NIH

Cheryl Woods Giscombe, Ph.D., R.N., PMHNP-BC, FAAN

LeVine Family Distinguished Associate Professor of Quality
of Life, Health Promotion, and Wellness, University of North
Carolina at Chapel Hill School of Nursing

Adjunct Associate Professor, University of North Carolina
School of Medicine

Director, Interprofessional Leadership Institute for Behavioral
Health Equity

Health Awareness Committee, Durham Alumnae Chapter,
Delta Sigma Theta Sorority Inc.

Subcommittees

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Parris Milly, NIEHS and NIH

Nathan Mitchiner, NIEHS and NIH

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Monica Barnes, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Pamela Bivens-Pippin, M.A., Diversity Educator, Duke University Health System; Triangle Alumnae Chapter, Sigma Gamma Rho Sorority Inc.

Debra Daugherty, Social & Scientific Systems Inc., a DLH Holdings Company, contracted through the National Institute of Environmental Health Sciences

Lauren Davis, Co-Chair, Technology Team, Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.

Christine Flowers, MPA, Director, NIEHS Office of Communications and Public Liaison

Sonya Harris, Chair, Technology Team, Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc.

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Jeanine Holland, MBTA, President, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Interpreters

Access Interpreting Inc., contracted through the National Institutes of Health

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Jaslyn Grullon, MPH, NIEHS Office of Human Research Compliance

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Nicole Williams, B.S., NIEHS Office of Human Research Compliance

Craig Wladyka, MPA, NIEHS Office of Human Research Compliance

Chris Wommack, Social & Scientific Systems Inc., a DLH Holdings Company, contracted through the National Institute of Environmental Health Sciences

Transforming Communities by Enhancing Women's Health



Dear Women's Health Awareness Community,

It is a great honor and pleasure to welcome you to the Women's Health Awareness 2021 virtual health and wellness conference. This year, we celebrate seven years of serving women and families of the Triangle community, North Carolina counties, and beyond. On behalf of the National Institute of Environmental Health Sciences (NIEHS), National Institutes of Health (NIH), Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House Inc., North Carolina Central University Department of Public Health Education, and the Women's Health Awareness Steering and Planning Committee, we say thank you to all of our past and present conference participants and partners for your unwavering dedication to support us in enhancing the lives of women and their families.

Who knew in March 2020 that we would still be battling the COVID-19 pandemic 412 days later! Many are weary, frustrated, and ready for this to be over, but we continue to press forward, learning how to live under this new norm and preparing for living post-COVID-19 days. With the distribution of the vaccine, there is a light at the end of the tunnel, and we will return to some form of normalcy in the near future.

Since the beginning of the pandemic shutdown (March 2020), the Women's Health Awareness (WHA) program has kept you engaged with our **public health messages** and **newsletters**. We sought to provide factual information, the latest scientific advances, and tips to keep you and your families safe, healthy, and informed.

We expanded from our annual in-person conference to a virtual health series "**RealTalk With the Experts**." Since October 2020, we presented the Women's Health Awareness community with six webinars, whose topics included: Breast Cancer 101, Protect Your Family's Health: Clean Air in Your Home, Understanding and Reversing Diabetes and Most Chronic Illnesses, Women and Heart Disease, and Family Mental Health in the Era of COVID. Our 2021 health conference closes out a successful, extensive year of virtual programming.

COVID-19 has revealed that America has failed to adequately take care of the health of its minority populations. This conference "Race and Health: Changing the Narrative, Reaching for Equity" provides eye-opening information on the impacts of racism on health, and points us to the steps we can take toward achieving health equity for Black and Brown communities.

It takes a village to address environmental health disparities within our communities. The environment surrounds us all, and we need to work together to see change happen.

We want to thank our renowned speakers, Women's Health Awareness Steering and Planning Committee and sub-committee members for their support. Without them, this event would not exist. Secondly, we thank our corporate, business, and local community partners for their support through generous contributions and services (listed on pages 21 through 27).

Most importantly, we thank YOU, our Women's Health Awareness community, as you have chosen to participate in this health and wellness virtual conference. We hope you will learn and gather important health information that will positively impact your daily life and health.

Thank you for your continued support of the Women's Health Awareness program.

Warmest and best regards,

Joan P. Pakenham, Ph.D.

Founder and Director, NIEHS Women's Health Awareness Program; Chair, Event Planning and Steering Committee; Director, NIEHS Office of Human Research Compliance, Clinical Research Branch, NIEHS; Chair, Health Awareness Committee, Durham Alumnae Chapter and South Atlantic Region, Delta Sigma Theta Sorority Inc.



Women's Health Awareness 2021

Conference Agenda

Program Agenda for Women's Health Awareness 2021

Time	Session
9:00 a.m.	Virtual Check-In Begins
Welcome	
9:00 – 9:20 a.m.	Opening Joan P. Packenham, Ph.D. , Founder and Director, NIEHS Women's Health Awareness Program; Chair, Event Steering and Planning Committee; Director, NIEHS Office of Human Research Compliance, Clinical Research Branch; Chair, Health Awareness Committee, Durham Alumnae Chapter Delta Sigma Theta Sorority Inc.
	Let's Move Willa Robinson Allen, MPH, MAED, MCHES , Program Manager, Health Promotion and Wellness, Health Education Division, Durham County Department of Public Health; Chapel Hill Alumnae Chapter, Alpha Kappa Alpha Sorority Inc.
	Welcome Joan P. Packenham, Ph.D. , Founder and Director, NIEHS Women's Health Awareness Program; Chair, Event Steering and Planning Committee; Director, NIEHS Office of Human Research Compliance, Clinical Research Branch; Chair, Health Awareness Committee, Durham Alumnae Chapter Delta Sigma Theta Sorority Inc.
	Spoken Word Arianna Bogier
	Meditation Karen Sheffield-Abdullah, Ph.D. , Postdoctoral Research Fellow, UNC School of Medicine
Keynote Address: Environmental Racism and Its Impact on You	
9:20 – 9:25 a.m.	Introduction of Keynote Speaker, Harriet Washington Pamela Bivens-Pippin, M.A. , Diversity Educator, Duke University Health System; Triangle Alumnae Chapter, Sigma Gamma Rho Sorority Inc.
9:25 – 10:25 a.m.	Environmental Racism and Its Impact on You Harriet A. Washington , Science Writer, Editor, and Ethicist
10:25 – 10:40 a.m.	Question and Answer Session
10:40 – 10:50 a.m.	Guided Meditation Karen Sheffield-Abdullah, Ph.D. , Postdoctoral Research Fellow, UNC School of Medicine

Agenda for Women's Health Awareness 2021

Time	Session
The Heartland of America: Impact of Race and Health in Rural Communities	
10:50 – 10:55 a.m.	<p>Introduction of Panelists Sharon Beard, M.S., Acting Branch Chief, Worker Education and Training Branch, NIEHS and NIH Health Awareness and Emergency Management Committees Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc. and Angelo Moore, Ph.D., R.N., Program Manager, Office of Health Equity, Duke Cancer Institute</p>
10:55 – 11:55 a.m.	<p>The Heartland of America: Impact of Race and Health in Rural Communities Lisa Nelson, M.D., Oncologic and Vascular Surgeon (Retired) and Amy Liebman, MPA, M.A., Director, Environmental and Occupational Health, Migrant Clinicians Network</p>
11:55 a.m. – noon	Break
Racism and Stress: The Mind-Body Connection	
Noon – 12:05 p.m.	<p>Introduction of Speakers Sharon Mosley, M.S., LCMHC, Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc. Mental Health Counselor and Owner, The Fit Talk PLLC</p>
12:05 – 12:45 p.m.	<p>Racism and Stress: The Mind-Body Connection Cheryl Woods Giscombe, Ph.D., R.N., PMHNP-BC, FAAN, LeVine Family Distinguished Associate Professor of Quality of Life, Health Promotion and Wellness, University of North Carolina at Chapel Hill School of Nursing Adjunct Associate Professor, UNC School of Medicine Director, Interprofessional Leadership Institute for Behavioral Health Equity and Ashly Gaskin-Wasson, Ph.D., Licensed Psychologist, Psychological Assessment, Consultation & Therapy Center</p>
Closing	
12:45 – 1:00 p.m.	<p>Guided Meditation and Poem Karen Sheffield-Abdullah, Ph.D., Postdoctoral Research Fellow, University of North Carolina at Chapel Hill</p>
	<p>Announcements Joan P. Pakenham, Ph.D., Founder and Director, NIEHS Women's Health Awareness Program; Chair, Event Steering and Planning Committee; Director, NIEHS Office of Human Research Compliance, Clinical Research Branch; Chair, Health Awareness Committee, Durham Alumnae Chapter Delta Sigma Theta Sorority Inc.</p>



Women's Health Awareness 2021

Conference Sessions

Environmental Racism and Its Impact on You

9:25 – 10:40 a.m.



Session Chair:

Joan P. Packerham, Ph.D.

Founder and Director, NIEHS Women's Health Awareness Program

Chair, Event Steering and Planning Committee

Director, NIEHS Office of Human Research Compliance, Clinical Research Branch

Chair, Health Awareness Committee, Durham Alumnae Chapter Delta Sigma Theta Sorority Inc.



Session Moderator:

Pamela Bivens-Pippin, M.A.

Diversity Educator, Duke University Health System, Triangle Alumnae Chapter, Sigma Gamma Rho Sorority Inc.

WHA Steering and Planning Committee Member since 2015



Women's Health Awareness 2021 Keynote Speaker:

Harriet A. Washington

Science Writer, Editor, and Ethicist

Goal

This session will discuss the devastating consequences of environmental racism and what individuals and communities can do to reverse its toxic effects on marginalized communities.

Participants Will

- Learn about environmental racism in the United States.
- Identify the health problems caused by environmental racism.
- Understand the overall impact of cognitive harms in disparate communities caused by exposures to environmental toxins.
- Learn methods to reduce exposure to toxins within home environments and communities.

The Heartland of America: Impact of Race and Health in Rural Communities

10:55 – 11:55 a.m.



Session Chairs:

Sharon Beard, M.S.

*Acting Branch Chief, Worker Education and Training Branch, NIEHS and NIH
Health Awareness and Emergency Management Committees
Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.
WHA Steering and Planning Committee Member since 2015*



Angelo Moore, Ph.D., R.N., NE-BC

*Program Manager, Office of Health Equity, Duke Cancer Institute
WHA Steering and Planning Committee Member since 2020*

Panelists:

Lisa Nelson-Robinson, M.D.

Oncologic and Vascular Surgeon (Retired)

Amy Liebman, MPA, M.A.

*Director, Environmental and Occupational Health
Migrant Clinicians Network*

Goal

This session will introduce the community to health inequities in rural communities.

Participants Will

- Identify challenges that racism has on health care for the rural population.
- Discuss race as an exposure as it relates to chronic disease outcomes and access to health care in rural communities.
- Explore how to improve advocacy and share best practices to obtain resources in rural settings.

Racism and Stress: The Mind-Body Connection

12:05 – 12:45 p.m.



Session Chairs:

Cheryl Woods Giscombe, Ph.D., R.N., PMHNP-BC, FAAN

LeVine Family Distinguished Associate Professor of Quality of Life, Health Promotion and Wellness, University of North Carolina at Chapel Hill School of Nursing

Adjunct Associate Professor, UNC School of Medicine

Director, Interprofessional Leadership Institute for Behavioral Health Equity

WHA Steering and Planning Committee Member since 2019



Sharon Mosley, M.S., LCMHC

Health Awareness Committee, Durham Alumnae Chapter, Delta Sigma Theta Sorority Inc.

Mental Health Counselor and Owner, The Fit Talk PLLC

WHA Steering and Planning Committee Member since 2018

Speakers:

Cheryl Woods Giscombe, Ph.D., R.N., PMHNP-BC, FAAN

LeVine Family Distinguished Associate Professor of Quality of Life, Health Promotion and Wellness, University of North Carolina at Chapel Hill School of Nursing

Adjunct Associate Professor, UNC School of Medicine

Director, Interprofessional Leadership Institute for Behavioral Health Equity

Ashly Gaskin-Wasson, Ph.D.

Licensed Psychologist

Psychological Assessment, Consultation & Therapy Center

Goal

To learn about the psychological impacts of race and stress on communities of color and ways to address it to achieve optimal mental health.

Participants Will

- Learn strategies to address stress and trauma associated with the current social and political climate.
- Hear treatment options to address the ways stress and race impact the mental health of communities of color.
- Discuss coping techniques to support individuals and families at home, work, and community while navigating white spaces.
- Learn strategies for enhancing compassion and care toward communities of color.



Women's Health Awareness 2021

Speaker Biographies

Speaker Biographies



Willa Robinson Allen, MPH, MAED, MCHES

Program Manager, Health Promotion and Wellness, Health Education Division, Durham County Department of Public Health; Chapel Hill Alumnae Chapter, Alpha Kappa Alpha Sorority Inc.

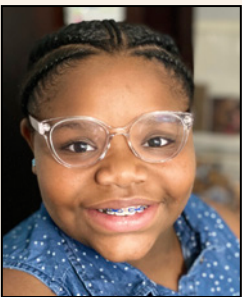
WHA Steering and Planning Committee Member since 2016

Willa Robinson Allen manages chronic disease education, injury prevention, and outreach programs for adults in Durham County. Many of these programs focus on healthier lifestyle changes to reduce the risks of developing conditions such as diabetes, heart disease, and cancer.

She is a proud graduate of North Carolina Central University with a bachelor of science in health education with a concentration in community health. She has a MAED in adult education from the University of Phoenix, and a master's in public health from the University of North Carolina at Greensboro. She is also a certified childbirth instructor at Rex Birthing Center in Raleigh, North Carolina, a CPR instructor, and a certified group fitness and licensed Zumba instructor.

Willa served 20 years in the armed forces, and retired as a E7/SFC (sergeant first class) in the U.S. Army Reserves. She was trained as an operating room technician, an EMT-B, and a licensed practical nurse.

Her passions include working with faith-based organizations, cooking, and crafting (sewing and scrapbooking).



Arianna Bogier

Arianna Bogier is an 11-year old poet, songwriter, and singer. Since the age of 1, she has shown tremendous interest in music and dancing. At the age of 9, she became passionate about social justice issues in America and around the world. She is a fifth grade straight-A student in the Mooresville Graded School District, and aspires to go to college to study pre-Law on a full academic scholarship.

Her hobbies include playing basketball, video games, and spending time with her family. She lives in the Charlotte, North Carolina, area with her parents, Mr. and Mrs. Jonathan and Erika Bogier, and younger brother, Jonathan, Jr.



Ashly Gaskin-Wasson, Ph.D.

Licensed Psychologist

Psychological Assessment, Consultation & Therapy Center

Ashly Gaskin-Wasson (she/her) is a licensed psychologist who has both research and clinical expertise in examining the psychological impact of racism-related stress and trauma (RST) on the lives of African Americans across the lifespan, as well as identifying both general and cultural protective processes (e.g., racial socialization, racial identity) that can reduce that impact. Currently, Dr. Gaskin-Wasson is working toward these efforts in several ways including clinical work through her private practice, developing resources to help families of color navigate RST, and consulting organizations and research teams on RST.

Dr. Gaskin-Wasson obtained her undergraduate degree from Washington University in St. Louis, and earned both her M.A. and Ph.D. from the University of North Carolina at Chapel Hill. She completed her pre-doctoral internship at Emory University School of Medicine/Grady Memorial Hospital, and her postdoctoral fellowship at the Durham VA Medical Center. She has served on the teaching, clinical, and research faculties at UNC Chapel Hill, Duke University Medical Center, and the University of North Carolina at Greensboro. When she is not working, you can find her spending time with her family and cooking/tasting new dishes.

Speaker Biographies



Cheryl Woods Giscombe, Ph.D., R.N., PMHNP-BC, FAAN

LeVine Family Distinguished Associate Professor of Quality of Life, Health Promotion and Wellness, University of North Carolina at Chapel Hill School of Nursing

Adjunct Associate Professor, UNC School of Medicine

Director, Interprofessional Leadership Institute for Behavioral Health Equity

Dr. Cheryl Woods Giscombe is a health psychologist and a psychiatric nurse practitioner. Her research focuses on stress management to improve health among diverse populations, with specific emphasis on the health and well-being of African American women.

Dr. Giscombe is the president of the International Society of Psychiatric-Mental Health Nurses, and she is a summer faculty member for the Harvard School of Public Health's Health and Happiness Center, in collaboration with the University College in London. As a Josiah Macy Faculty Scholar, Dr. Giscombe developed the Interprofessional Leadership Institute for Behavioral Health Equity. She is director of the Giscombe Health, Equity, and Arts Lab, and her research, practice, and teaching activities integrate mindfulness practices in clinical, community, and educational settings to promote optimal health, well-being, and equity for all.

She developed the groundbreaking Superwoman Schema conceptual framework and questionnaire to conduct research on stress and health in African American women. Dr. Giscombe also incorporates holistic approaches (such as mindfulness-based stress reduction) to improve mental health and reduce disparities experienced by African Americans.

Dr. Giscombe is a graduate of North Carolina Central University; Stony Brook University in Long Island, New York; and the University of North Carolina at Chapel Hill. She is a Fellow of the American Academy of Nursing and the Academy of Behavioral Medicine Research, and has been recognized as a "Leader in the Field" by the American Psychological Association. She is a Harvard Macy Institute Scholar and Faculty member.

Dr. Giscombe has published and presented broadly to national and international audiences. She has received grants from the National Institutes of Health, the Substance Abuse and Mental Health Services Administration, the Robert Wood Johnson Foundation, and the Health Resources and Services Administration.

Speaker Biographies



Amy Liebman, MPA, M.A.

*Director, Eastern Region Office/Environmental and Occupational Health,
Migrant Clinicians Network*

Amy Liebman has devoted her career to improving the safety and health of disenfranchised populations. Since 1999, she has established nationally recognized initiatives to improve the health and safety of immigrant workers and their families. She oversees programs ranging from integrating occupational and environmental medicine into primary care to designing worker safety interventions.

She is a national leader in addressing worker safety and environmental health through the community health worker (CHW) model, and is currently testing the CHW model with immigrant dairy workers. Prior to her current position, she directed numerous environmental health and justice projects along the U.S.-Mexico border, including an award-winning, community-based hygiene education program that reached thousands of families living without water and sewerage services.

She has spearheaded policy efforts within the American Public Health Association to support the protection of agricultural workers, and serves on the federal advisory committee to the EPA Office of Pesticide Programs.

Her programs have won several awards, including the 2008 EPA Children's Environmental Health Champion Award and the 2015 National Safety Council Research Collaboration Award. In 2011, Liebman received the Lorin Kerr Award, an APHA/Occupational Health and Safety Section honor recognizing public health professionals for their dedication and sustained efforts to improve the lives of workers. She is a past chair of APHA's Occupational Health and Safety.

Liebman has been the principal investigator and project manager of numerous government and privately sponsored projects. She has authored articles, bilingual training manuals, and other educational materials dealing with environmental and occupational health and migrants. Liebman has a master's degree from the LBJ School of Public Affairs at the University of Texas at Austin, and a master of arts from the Institute of Latin American Studies at the University of Texas at Austin.

Speaker Biographies



Lisa Nelson-Robinson

Oncologic and Vascular Surgeon (Retired)

Lisa Nelson-Robinson is a native New Yorker who has recently retired from the practice of general, oncologic, and vascular surgery after 27 years in Rocky Mount, North Carolina. She was in private practice as a partner of Boice-Willis Clinic, a physician-owned multi-specialty clinic formed in 1914. She was also formerly co-director of the Nash/UNC Health Care Systems Breast Clinic.

Dr. Nelson received her undergraduate degree from Wesleyan University in Middletown, Connecticut. She obtained her medical degree from Yale University in 1985. She did her surgical internship at UCLA, and after serving a three-year military obligation, she completed her surgical residency at Vanderbilt University in Nashville, Tennessee.

Dr. Nelson has been involved in community engagement actively since her arrival in Rocky Mount, North Carolina, in 1993. She served on the boards of My Sister's House, a local women's shelter, Conetoe Family Life Center, and was a founding board member of Rocky Mount Preparatory Charter School serving for eight years. Dr. Nelson has travelled on five occasions as lead surgeon to Northern Uganda with Westminster Medical Missions, and to Sierra Leone with the Saving Lives Initiative to teach specialized surgical techniques to surgeons and residents at University of Sierra Leone College of Medicine. She went on to financially sponsor two Ugandan surgeons specialty residency training.

Locally, Dr. Nelson serves on the board of trustees for the nonprofit Triangle Bike Works. This organization takes Black youth and youth of color on multi-day cross country cycling tours visiting historical African American sites across the country. Her most recent initiative for this youth mentoring program was the totally vertically integrated Princeville Homecoming Century cycling event, 10k run, and festival. The intent of Princeville homecoming is to showcase the power of cooperative economics and a circular economy within the Black community. The festival has been postponed to 2021 because of the current COVID-19 pandemic.

She is the creator of the Black Business Matters Initiative Fund. Dr. Nelson recognizes the direct connection between racist economic disempowerment and the social determinants of health with the resultant disparate poor health outcomes in the Black community.

Speaker Biographies



Karen Sheffield-Abdullah Ph.D., MSN, CNM

Postdoctoral Research Fellow, UNC School of Medicine

Dr. Karen Sheffield-Abdullah's research focuses on the utilization of holistic, integrative, multi-sector strategies to promote physical, mental, and emotional well-being for individuals and communities. She is particularly interested in developing strategies to reduce the long-term health effects of psychological trauma, anxiety, and depression on women's health and birth outcomes. Her additional interests include the bio-psycho-social benefits of self-compassion, mindfulness, and other mind-body therapies as adjuncts to conventional interventions. This program of research will help to facilitate the development of culturally-relevant interventions to reduce disparities in stress-related adverse outcomes during the perinatal period, and provide a platform to guide successful models for women's health care provision that incorporate stress management and improve wellness across the lifespan.

Dr. Sheffield-Abdullah has a doctoral degree in nursing from The University of North Carolina at Chapel Hill School of Nursing and a master of science in nursing from Yale University. Dr. Sheffield-Abdullah's postdoctoral fellowship is supported by the UNC School of Medicine, Program on Integrative Medicine, through an NIHT-32 Fellowship Training Grant for Research in Complementary, Alternative, and Integrative Medicine.

Speaker Biographies



Women's Health Awareness 2021

Keynote Speaker

Harriet A. Washington

Science Writer, Editor, and Ethicist

Harriet A. Washington is a science writer, editor, and ethicist who is the author of "Carte Blanche: The Erosion of Informed Consent in Medical Research" (2021, Columbia Global Reports); and "A Terrible Thing to Waste: Environmental Racism and Its Assault on the American Mind." She has been a Writing Fellow in Bioethics at Harvard Medical School, the 2015-2016 Miriam Shearing Fellow at the University of Nevada's Black Mountain Institute, a Research Fellow in Medical Ethics at Harvard Medical School, Visiting Fellow at the Harvard T.H. Chan School of Public Health, a visiting scholar at DePaul University College of Law, and a senior research scholar at the National Center for Bioethics at Tuskegee University. She has also held fellowships at Stanford University, and teaches bioethics at Columbia University, where she delivered the 2020 commencement speech to Columbia's School of Public Health graduates, and won the 2020 Mailman School Of Public Health's Public Health Leadership Award, as well as the 2020-21 Kenneth and Mamie Clark Distinguished Lecture Award. In 2016, she was elected a Fellow of the New York Academy of Medicine.

Her work helped provide the basis for the AMA apology to the nation's Black physicians in 2008, and led to the banishment of the James Marion Sims statue from Central Park in 2018.

Washington has written widely for popular and science publications, and has been published in refereed books and journals such as "Nature," "JAMA," "The American Journal of Public Health," "The New England Journal of Medicine," the "Harvard Public Health Review," "Isis," and "The Journal of Law, Medicine, and Ethics." She has been editor of the "Harvard Journal of Minority Public Health," a guest editor of the "Journal of Law, Medicine and Ethics," and is a reviewer for the "Journal of the American Association of Bioethics and the Humanities." Her other books include "Infectious Madness: The Surprising Science of How We "Catch" Mental Illness," "Deadly Monopolies: The Shocking Corporate Takeover of Life Itself," and "Medical Apartheid: The Dark History of Experimentation from Colonial Times to the Present," which won a National Book Critics Circle Award, the PEN/Oakland Award, and the American Library Association Black Caucus Nonfiction Award.

A film buff and lover of baroque music, Washington has also worked as manager of a poison control center, a classical music announcer for public radio station WXXI-FM in Rochester, New York, and she curates a medical film series.



Women's Health Awareness 2021

Corporate and Business Partners





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Women's Health Awareness 2021

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"Communities and countries and ultimately the world are only as strong as the health of their women."

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Joyce's Specialties

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