



# Models FOR THE Nation

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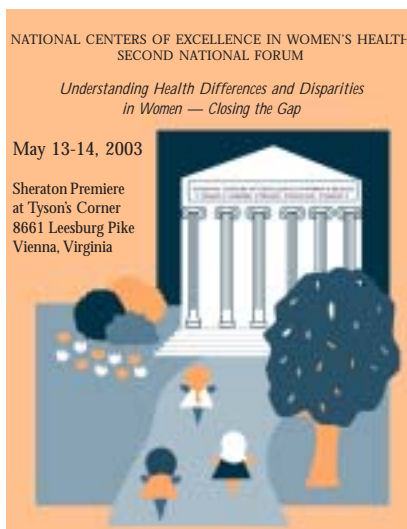
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May 2003

## 2nd National Forum to Highlight Best Practices in Women's Health as Funded by DHHS' OWH

Sharing best practices in reducing health disparities among women is at the heart of the National Centers of Excellence in Women's Health Second National Forum. The Forum, *Understanding Health Differences and Disparities in Women—Closing the Gap*, which is sponsored by the U.S. Department of Health and Human Services' (DHHS) Office on Women's Health (OWH), will be held at the Sheraton Premiere Hotel in Vienna, Virginia, on May 13-14, 2003.

Improving the health status of American women is the keystone initiative of the OWH National Centers of Excellence in Women's Health Program (CoE). With federal funding, the 13 academic health centers designated as National Centers of Excellence in Women's Health continue to develop and evaluate model healthcare systems for women that integrate academic research, medical training, public health education, and community-focused clinical services. The CoEs also foster the recruitment, retention, and promotion of women in medicine.



At the Forum, CoE representatives will share information about their efforts to assist others in the health care community—including researchers, educators, clinicians, and advocates—in reducing healthcare disparities among women. Poster presentations and oral presentations will also be conducted by dozens of other women's health researchers, educators, and evaluators from across the nation. Unique to this Forum will be a research symposium and research poster sessions highlighting the Forum theme.

Participants will learn about the CoEs' replicable efforts to reduce healthcare disparities among women and to create comprehensive and integrated model healthcare systems across the country. This will include firsthand presentations of research findings, evaluation outcomes, proven practices, and lessons learned by the CoEs since the program's inception in 1996. Participants will also hear from their colleagues in the field about research and innovations in women's health, women's health education, and community-based health initiatives.



## Request for Proposals for the 4<sup>th</sup> Generation CoEs Released

The U.S. Department of Health and Human Services Program Support Center is soliciting proposals from interested academic medical centers to develop and evaluate a National Center of Excellence in Women's Health, a national model program to advance women's health care. The CoE model includes a comprehensive, coordinated, and integrated program in five key areas: clinical care, research, community outreach, professional education, and the retention and promotion of women's faculty.

Funds are provided by the Office on Women's Health to coordinate and leverage resources to accomplish program goals. The OWH anticipates making up to three awards to be effective September 30, 2003. The period of performance shall be for a one-year base period with three, one-year option periods.

The CoE program is a national program that encourages geographic diversity among its sites and, for that reason, states may only have two CoEs. Currently, there are two CoEs in the states of California, Pennsylvania, and Massachusetts. Additionally, academic medical centers in DHHS Region VIII will be given preference during this solicitation since there are no CoEs or National Community Centers of Excellence in Women's Health (CCOEs) in this region. Region VIII includes Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming.

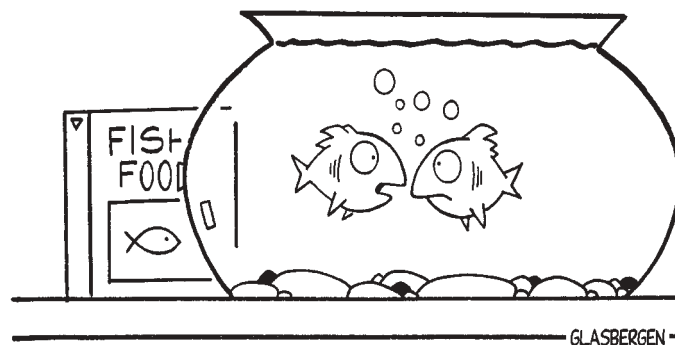
Solicitation 233-03-0023 is available on the Federal Business Opportunities website at <http://www.eps.gov/spg/HHS/psc/DAM/233-03-0023/Attachments.html>.

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**“To avoid overtraining, fitness experts say you shouldn't swim more than 3 or 4 times a week.”**

*2nd National Forum continued from page 1*

Additionally, the Forum will provide the CoEs with an opportunity for networking with colleagues from academic health centers, universities, community hospitals, and related organizations.

The National Forum will also highlight the recent multi-site qualitative and quantitative CoE evaluation study. The Forum will feature a dynamic luncheon speaker, plenary sessions, workshops, and a networking reception, each with a focus on eliminating health disparities. There will also be an informational question and answer teleconference about the CoE program and CoE contract process (May 13, 2003, 4:00 p.m.-5:20 p.m., EST), as well as a workshop featuring presentations by staff of the new National Community Centers of Excellence in Women's Health.

The Forum's target audience is university, community hospital, and academic medical center staff working to develop sound clinical, medical research, and training programs in women's health, as well as for individuals interested in adopting the CoE model or its components.

For the latest information about the Forum, visit <http://www.4women.gov/COE/forums.htm>, or call Allison Marks at 202-628-8080.

## CoEs Received Funding for Intergenerational Projects

Five CoEs received FY 2002 funding from the Office on Women's Health to develop and implement year-long projects to reach intergenerational audiences on a variety of psycho-social and physical health issues. The following projects and their related activities will be implemented by the CoEs and their respective community partners.

### Indiana University CoE

Indiana University (IU) is organizing a series of educational sessions to teach fathers and sons skills to identify healthy and unhealthy relationships. The program goal is to approach the problem of domestic violence from the potential abuser's perspective. In an effort to centralize the curriculum and project in one setting, the Domestic Violence Network of Greater Indianapolis and Community Solutions of Indianapolis have been contacted as possible partners. Venues/sites for the sessions include: churches, Boys/Girls Clubs, the Father Resource Center at Wishard Health Services, and Wishard's community health centers. In addition, the program has consulted with several physicians to develop an interactive game for family use. IU will provide a "how-to" manual for outreach duplication.

### UCLA CoE

UCLA is tailoring its intergenerational project after the National Bone Health Campaign (NBHC). Girls and their mothers or adult mentors have been invited to an event-based program to promote the NBHC. The project includes guest speakers, interactive fitness demonstrations, high calcium foods cooking demonstrations, and exhibits. Girls are encouraged to bring their grandmother or "adopt" a grandmother for the day. The UCLA CoE is partnering with the Los Angeles Unified School District to bring the program to targeted schools.

### Magee-Womens Hospital CoE

Families in Motion, a program that promotes wellness and awareness of health in African Americans through community walks, is sponsoring walks in Pittsburgh and surrounding communities with health disparities. All

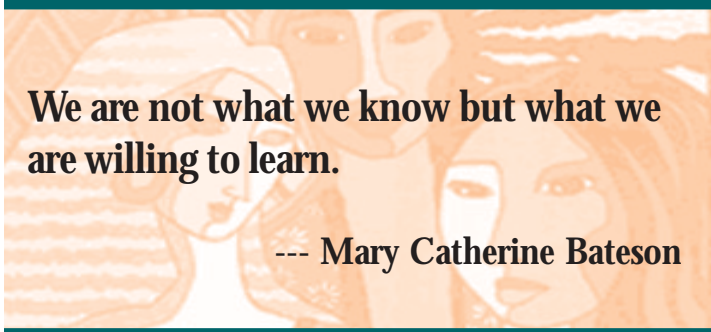
walking groups wear visors with the Families in Motion logo to signal their presence in communities. The program begins with a sign-up in each community and continues with eight consecutive walks on Saturdays during spring. *Pick Your Path to Health* materials are distributed. In addition, newly developed materials promote the program, and health promotion resources are provided for each targeted community. A toolbox will be packaged for interested groups.

### Tulane/Xavier Universities CoE (TUXCOE)

In collaboration with the Girls First program, TUXCOE is piloting an intergenerational mentorship model for girls. TUXCOE trains adolescents and young women who have outgrown the Girls First program. Trainees are from various ethnic, socioeconomic, and educational backgrounds, and serve as peer mentors to girls 9-12 years of age. The program integrates mentorship education components, teaching adolescents and young women about how to address issues related to young girls.

### University of Washington CoE

The University of Washington is promoting diet and exercise for intergenerational groups of women by promoting monthly meetings with a nutritionist or graduate nursing student. Meeting topics include healthy eating, exercise habits, and coaching each other. Group-building activities which focus on health issues such as diabetes, heart disease, and osteoporosis are used to motivate participants. The project is expected to help motivate women long-term to stay active, and will have participants continue to meet beyond CoE involvement.



**We are not what we know but what we are willing to learn.**

--- Mary Catherine Bateson

# CoE Innovations

The National Centers of Excellence in Women's Health (CoEs) continue to meet the changing needs of today's women. Through a unique approach to health care, the CoEs are successfully implementing programs designed to improve the health of all women. The following programs and activities offer a glimpse at the variety of activities being implemented at the community level.

## Tulane/Xavier Universities CoE (TUXCOE)

### TUXCOE Receives BIRCWH Grant

TUXCOE was awarded a \$2.3 million NIH Building Interdisciplinary Research Careers in Women's Health (BIRCWH) grant to research cardiovascular disease in women. The grant, which will run through 2007, will pay 75 percent of salary for up to 10 junior faculty to further their education and experience in bridging basic and clinical research in cardiovascular disease. A Women's Health Resource Laboratory is also included in this funding. The principal investigator for the BIRCWH grant is Dr. Paul Whelton, vice president of Tulane University Health Sciences Center, and a world-renowned researcher in cardiovascular disease. Dr. Jeanette Magnus, TUXCOE Center Director, will serve as co-principal investigator.

### Cardiovascular Disease in Minority Women

TUXCOE, in conjunction with the New York CCOE, and Harvard, and Puerto Rico CoEs, was awarded funds to implement a program entitled *To the Heart of Minority Women* that will study risk factors, prevention, intervention, and early detection of cardiovascular disease in minority women, specifically African American and Hispanic women. TUXCOE will develop a training curriculum for Women Community Educators (WCE) concerning risk factors, prevention, and early detection of cardiovascular disease. It will train WCEs in the Transtheoretical Model of Behavior Change. WCEs will be trained to conduct education sessions or seminars in the community, to conduct pilot testing of the curriculum in African American communities, and to evaluate the satisfaction level of the community women in regards to peer and health education programs.

### Breastfeeding Awareness Campaign

TUXCOE has received funding to assist in OWH's national breastfeeding awareness campaign. TUXCOE will

provide consulting services to OWH on breastfeeding for all women, but specifically the African American community, which will assist in the development of the Ad Council's breastfeeding partnership with OWH. TUXCOE will also coordinate and manage the logistics for 12 focus groups to be conducted by OWH at a location near the University, and will participate in a working group to write up the results of the focus groups for publication in a professional journal. The professional services provided will support the DHHS' National Breastfeeding Awareness Campaign and assist the Department in reaching the *Healthy People 2010* objective of increasing breastfeeding rates for all women, but particularly African American women.

### Appointments and Recognitions

Dr. Jeanette Magnus, TUXCOE Center Director, was appointed to serve on the Governor's Commission for Women's Policy and Research.

Alethia Gauthier, R.N., TUXCOE Care Coordinator, was selected as one of New Orleans City Business newspaper's women of the year. Ms. Gauthier was one of seven Tulane University women featured in *Women of the Year 2002*.

During September 11-13, 2002, TUXCOE participated in the Facing Facts Conference on the Status of Women in Louisiana, which was hosted by the Newcomb College Center for Research on Women in New Orleans. Six TUXCOE representatives including the Center Director, and other staff members and student interns participated as panelists.

## Indiana University CoE

### A Unique Program for Treating Overweight and Obesity Highlighted

Dr. Ann Zerr, CoE Co-Director and Medical Director, will present at this year's national meeting of the Society of General Internal Medicine in Vancouver, BC, April 30-May 4, 2003. Her workshop, *Challenges for Treating Obesity and Overweight in the Primary Care Setting*, will explore the etiology of obesity and will discuss behavioral, medical, and surgical treatment options for weight loss. As the director of the Indiana CoE weight management program—one of the very few in the United States that

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*CoE Innovations continued from previous page*

treats obesity in underserved populations—Dr. Zerr offers valuable insight and first-hand experience.

### CoE Physicians Honored

Three Indiana University CoE physicians were honored at the 5th Annual *Speaking of Women's Health* conference in Indianapolis for their contributions toward the field of women's health.

The physicians are:

Margaret J. Blythe, M.D., a pediatrician who specializes in adolescent medicine, has served as a passionate advocate for female adolescent health care in the central Indiana community. Through her visionary leadership, Indiana's most vulnerable teens receive a high standard of culturally competent healthcare. Dr. Blythe is a nationally recognized authority on clinical issues affecting girls and young women, such as eating disorders, substance abuse, menstrual disorders, and sexually transmitted diseases.

Kathy D. Miller, M.D., a specialist in breast cancer research, has been deeply involved in breast cancer research, treatment, and education for many years. Her work received national attention in the best-selling book, *Ice Bound: A Doctor's Incredible Battle for Survival at the South Pole*, the story of Dr. Jerry Nielsen. Dr. Nielsen, an emergency physician, while on a polar expedition to Antarctica, discovered that she had breast cancer. Through e-mail and video conversations with Dr. Miller, Dr. Nielsen treated herself until she could get back to the United States.

Ann D. Zerr, M.D., was honored for her work with the Indiana CoE. Through her leadership, a number of clinical services previously not available to low-income women are now offered at the Center, including programs for pain management, reproductive endocrinology, urinary incontinence, weight management, and women's cardiology. Dr. Zerr's other contributions include creating a women's health Web site ([www.womenshealthtoday.org](http://www.womenshealthtoday.org)); serving as faculty coordinator and volunteer physician for

the Indiana University School of Medicine health care for the homeless project; serving as a frequent lecturer on women's health concerns; and as an internist, providing primary care at the CoE.

### University of Illinois at Chicago CoE (UIC)

#### Transforming Academic Medicine Through Women's Leadership

On September 23, 2002, more than 120 leaders in academic medicine gathered in Chicago for a conference entitled *Beyond Parity: Transforming Academic Medicine Through Women's Leadership*. The international conference was co-sponsored by the UIC CoE; the OWH, Region V, USDHHS; and the UIC Center for Research on Women and Gender (CRWG), under the leadership of Claudia Morrissey, M.D., M.P.H., and Sarah Kilpatrick, M.D., Ph.D. The conference focused on the status of women leaders in academic medicine, the structural and cultural barriers that impede women's advancement, methods to dismantle these barriers, and ways to redefine traditional notions of success beyond parity. Conference attendees were encouraged to realize that women must be the key agents to initiate and sustain change and to develop innovative programs to promote women's leadership.

#### Sexual Identity and Drinking Study Funded

UIC CoE received a four-year grant from the National Institute of Alcohol Abuse and Alcoholism to study *Sexual Identity and Drinking: A Longitudinal Follow-up*, the first ever longitudinal study of lesbian health. Dr. Tonda Hughes, CoE Co-Director, will serve as principal investigator. The research will focus on risk factors for alcohol and other drug abuse among women who identify as lesbian. Although lesbians have long been viewed as being at high risk for alcohol and other drug abuse, this federally funded study is the first to focus on this topic.

#### Breastfeeding Community Outreach Project

The UIC CoE lactation consultants have received funds to work on a National Media Campaign with the Ad Council

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### National Community Centers of Excellence in Women's Health Will Not Be Announced in 2003

The National Community Centers of Excellence in Women's Health (CCOE) program grants will not be funded this fiscal year. Implemented in FY 2000, there are currently a total of 12 National Community Centers of Excellence in Women's Health.



## UCSF CoE Women's Health Center Celebrates Grand Opening

The new eight-story Women's Health Center celebrated its grand opening on September 21, 2002, at the UCSF Medical Center at Mount Zion, 2356 Sutter Street. The festivities included the *Passport to Health* fair which featured health information and screenings free of charge. Haile T. Debas, M.D., dean of the School of Medicine and Nancy Milliken, M.D., CoE Center Director, led a formal dedication ceremony.

"Women have been asking for one-stop shopping, and the new Women's Health Center is a major step in this direction," said Milliken, who is associate chair for clinical programs and associate clinical professor in the UCSF Department of Obstetrics, Gynecology, and Reproductive Sciences. "With both primary and specialty care now provided under one roof, we can achieve greater than ever coordination and communication between care providers. A healing garden, café, and Women's Health Resource Center provide a welcoming atmosphere to women on the first floor that invite them to actively participate in their health," she said.

At the health fair, attendees picked up "passports" to get stamped when they visited information tables or participated in health screenings. The screenings and information topics included adolescent, bone density, breast, heart, and colorectal health. The Osher Center for Integrative Medicine, also located at the UCSF Medical Center at Mount Zion, hosted lectures on body image and integrative medicine approaches to menopause. Staff also gave demonstrations of Tai Chi and acupuncture. "We want to promote women's understanding of how to make better lifestyle and treatment choices across their entire lifespan, and we'll continue to support them in forming active partnerships with their health care providers," said Milliken.

Learning about and serving women's unique health needs are at the heart of the UCSF Women's Health Center mission. The one-year-old UCSF Mount Zion Women's

Health Clinical Research Center is located nearby. Proximity of research to patient care means that new research findings become part of clinical practice more rapidly—and emerging patient care issues help guide research initiatives, the Center Director noted.



Caption: UCSF CoE Women's Health Center birthday celebration—March, 2003. From left: CEO of UCSF Medical Center, Mark Laret, CoE Center Director, Nancy Milliken, Dean of School of Medicine, Dr. Haile T. Debas, CoE Project Officer, Susan M. Clark.

### *CoE Innovations continued from page 5*

to promote breastfeeding. The CoE assisted the Ad Council with focus groups in the Chicago area and provided feedback regarding comments about breastfeeding. The focus group information will serve as the basis for the Ad Council campaign, which will air in August 2003. The CoE will also work with other breastfeeding groups in the community to help kick off the media campaign to promote breastfeeding in the community. A call center will be set up to answer questions about breastfeeding that may result from the campaign. Prenatal breastfeeding classes and support groups will also be developed, with the goal of helping women start their own breastfeeding support group upon leaving the program.

### **Clinical Evaluation of Botanical Dietary Supplements**

UIC CoE will house the Phase II clinical arm of the botanical study comparing the effects of red clover, black cohosh, and equine estrogen on menopausal women. As a result, during the next four years, therapeutic massage will be offered as an out-of-pocket service to those women who want it. A task force has been designated to determine other alternative therapies and services that can be offered. The group will examine internal and external obstacles to alternative therapies, as well as expand its partners to include the Colleges of Nursing, Pharmacy, and the Applied Health Sciences.

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(412) 641-1133 (fax)  
<http://www.magee.edu/cewh2.htm>

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(608) 267-5577 (fax)  
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**Additional Women's Health  
Information and Resources:**

**National Women's Health  
Information Center  
Office on Women's Health  
Department of Health and  
Human Services  
Washington, D.C.  
800-994-WOMAN  
888-220-5446 (TDD)  
<http://www.4woman.gov/>**

**CoE Home Page:**

<http://www.4woman.gov/coe>

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**We'd Like to Hear from You**

We welcome your input. If you have suggestions or comments on *Models for the Nation*, please contact Ying Ge at 301-984-7191 or [ying.ge@matthewsgroup.com](mailto:ying.ge@matthewsgroup.com).

