MOVEMENT IS LIFE: A CATALYST FOR CHANGE

ADDRESSING MUSCULOSKELETAL HEALTH DISPARITIES

2017 NATIONAL CAUCUS

November 9-10, 2017
Marriott at Metro Center
Washington, DC
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Dear Colleague:

**Welcome to the Eighth Movement is Life Musculoskeletal Health Disparities Caucus!**

Over the past years, we have developed into a strong and committed Caucus with a laser focus identifying sustainable ways to decrease bone, joint and muscle health disparities among women and racial/ethnic minorities. We continue to highlight the impact of such disparities on chronic disease management, immobility and quality of life. Our mission remains unchanged—to engage patients, providers, communities and policy makers in the discussion to promote sustainable change and achieve health equity.

However, we continue to face massive CHALLENGES on the journey!

- Inability to reverse the increasingly sedentary nature of our nation fueling the obesity epidemic and leading to early onset arthritis, diabetes, heart disease, hypertension and depression (the “Vicious Cycle”)
- Unwillingness to recognize that the Vicious Cycle disproportionately impacts women and communities of color
- Inability to prevent worsening of healthcare for racial/ethnic demographics impacted by economic factors and the “wealth gap”
- Unwillingness to tackle “social determinants of health” that continue to increase disparities and health inequity
- Unwillingness to address the role that bias and racism play in public and private healthcare

We must CHALLENGE ourselves to consider some very difficult questions!

- How do the current healthcare payment models, which promote “cherry picking” healthy patients and “lemon dropping” patients who are caught in the Vicious Cycle, impact equity?
- Will there be unintended consequences from healthcare policy decisions now being considered that may increase disparities?
- How do we work collectively to address the spiraling costs associated with chronic disease management?
- Through technology and innovation we now live longer. How can we work together to ensure that we don’t just live longer but live better?

2017 brought a much greater emphasis on developing ideas for ACTIVISM THROUGH ENGAGEMENT! This year we began a series of town hall meetings in churches, organizations and community centers! Movement is Life hosted a Bloomberg Government event to educate policy makers on the critical role they play in addressing disparities.

**DATA IS THE KEY TO REALITY!** I encourage you to take a moment and review the 14-year data sets on the next few pages from the Agency for Healthcare Research and Quality. The disparity statistics in racial/ethnic communities are worsening for most of the quality metrics!

Each one of you who has joined us this year MUST ADVOCATE FOR SUSTAINABLE CHANGE! We cannot forget that many in our underserved communities do not believe they have a voice. TOGETHER WE CAN BECOME ONE VOICE FOR HEALTH EQUITY.

We have an exciting agenda this year. I encourage you to reach out to Movement is Life Steering Committee members with ideas for collaborative opportunities!

Thank you for joining the 2017 “Movement is Life” MOVEMENT!

_Signed,_

Mary I. O’Connor, MD
Chair, Movement is Life Caucus
Director, Center for Musculoskeletal Care at Yale Medicine and Yale-New Haven Health
Professor of Orthopaedics and Rehabilitation, Yale School of Medicine
Chair, Diversity Advisory Board, American Association of Orthopaedic Surgeons
Is joint pain due to arthritis turning America into a sick and disabled nation?

Joint pain due to arthritis cripples millions of Americans. The total cost for pain in the United States ranged from $560 to $635 billion in 2012. The mean adult healthcare expenditure for pain in 2012 was $4,475. That cost was $4,048 higher for joint pain and $5,838 higher for arthritis. Pain negatively impacted three components of productivity: work days missed, number of annual hours worked and hourly wages. In 2012, musculoskeletal conditions accounted for $190 billion in total medical services expenditures and is listed as one of the top 5 disease categories in the United States. The physical, psychological and economic toll of this health crisis requires immediate action and priority status on the national health agenda. Eighty percent of Americans either have or know someone with arthritis, and the numbers continue to escalate.

Joint pain is a faceless concept, but just imagine what happens to people’s lives when joint pain begins to rob them of mobility and takes them down a path of disability and illness. They can’t work or it gets harder to function at work. They become inactive and rapidly gain weight. They are constantly told to exercise as a way to manage their diabetes or heart disease but it hurts to get out of bed. It gets harder to perform basic tasks for themselves or their family. Soon the debilitating pain and immobile joints cause them to lose their independence. They become home bound—perhaps depressed—and throughout this cycle, the cost of their healthcare escalates.

One in five Americans suffer from doctor-diagnosed arthritis, but among three segments of the population, the impact is worse. Women, African-Americans and Hispanics have more severe arthritis and functional limitations. These same individuals are more likely to be obese, diabetic and have higher incidence of heart disease—medical conditions that can be improved with physical activity. Instead of moving, however, these groups have an inactivity rate of 40–50 percent... and this rate is going up!

The crippling effect of joint pain is contributing to these inactivity levels, and bone, joint and muscle health disparities have a little-known, but serious impact... Physical inactivity contributes to 300,000 preventable deaths a year in the United States. We must address growing disability and physical inactivity due to joint pain among women, African-Americans and Hispanics because of its profound effect on chronic disease management and the health of this nation. A physically inactive, obese and immobile body can head down a path toward chronic disease and illness, medication dependency, disability and depression.

Musculoskeletal Health Disparities must gain priority status in the national health dialogue. Early intervention is the key.

**Movement is Life! Our mantra drives our mission:**

BEYOND SILO THINKING—The entire continuum of care—healthcare providers, patient advocates, community and faith-based organizations, health advocacy organizations, academia and medical schools, researchers, private foundations, public policy officials, federal agencies and government leaders—must sit at the same table so we can harness the power of collaboration and develop priority actions that can make an impact now, while continuing to work toward long-term solutions.

NO MORE ACTIVITY INSTEAD OF ACTION—We must convert activity into action that halts the worsening health statistics and has measurable and sustained impact on people’s health, restoring their ability to fully contribute to their family, community and the nation. Let’s find ways to make an impact now while we develop long-term strategies to break the cycle and begin a journey towards NO MORE MUSCULOSKELETAL HEALTH DISPARITIES and a healthier nation.
For the 14th year in a row, the Agency for Healthcare Research and Quality (AHRQ) is reporting on healthcare quality and disparities. The annual National Healthcare Quality and Disparities Report (QDR) is mandated by Congress to provide a comprehensive overview of the quality of healthcare received by the general U.S. population and disparities in care experienced by different racial and socioeconomic groups. The report assesses the performance of our healthcare system and identifies areas of strengths and weaknesses, as well as disparities, for access to healthcare and quality of healthcare.

The following charts have been adapted from the 2016 National Healthcare Quality and Disparities Report.

**Figure 1. Leading causes of death for the total population, United States, 2015**

- Heart Disease
- Cancer
- Unintentional Injuries
- Chronic Lower Respiratory Diseases
- Cerebrovascular Disease
- Alzheimer’s Disease
- Diabetes
- Pneumonia and Flu
- Kidney Disease
- Suicide


**Figure 2. Personal healthcare expenditures, by type of expenditure, 2014**

- Hospital Care
- Nursing Care
- Home Healthcare
- Physician and Clinical Services
- Other Healthcare
- Durable Equipment
- Prescription Drugs
- Dental Services

Note: Personal healthcare expenditures are outlays for goods and services related directly to patient care. These expenditures are total national health expenditures minus expenditures for investment, health insurance program administration and the net cost of insurance, and public health activities.

- In 2014, hospital care expenditures were $971.8 billion, 40% of personal healthcare expenditures (Figure 2).
- Expenditures for physician and clinical services were $603.7 billion while expenditures for dental services were $113.5 billion, 25% and 5% of personal healthcare expenditures, respectively.
- Prescription drug expenditures were $297.7 billion, 12% of personal healthcare expenditures.
Consider Pennsylvania: Same year data, different results in quality based on race/ethnicity

Figure 3. Overall quality of care, by state, 2014-2015

Note: All measures in the report with state-level data are used to compute an overall quality score for each state based on the number of quality measures above, at or below the average across all states. States were ranked and quartiles are shown on the map. The states with the worst quality score are in the first quartile, and states with the best quality score are in the fourth quartile.

Figure 4. Average differences in quality of care for Blacks, Hispanics, and Asians compared with Whites, by state, 2014-2015

Note: All measures in this report that had state-level data to assess racial and ethnic disparities were used. Separate quality scores were computed for Whites, Blacks, Hispanics, and Asians. For each state, the average of the Black, Hispanic, and Asian scores was divided by the White score. State-level AI/AN data were not available for analysis. States were ranked on this ratio, and quartiles are shown on the map. Disparity scores were not risk-adjusted for population characteristics in each state. The states with the worst disparity score are in the fourth quartile, and states with the best disparity score are in the first quartile.
Figure 5. Number and percentage of access measures for which members of selected groups experienced better, same or worse access to care compared with reference group, 2013-2015

<table>
<thead>
<tr>
<th>Group Comparison</th>
<th>Better</th>
<th>Same</th>
<th>Worse</th>
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</thead>
<tbody>
<tr>
<td>Poor vs. High Income (n=20)</td>
<td>19</td>
<td>10</td>
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<tr>
<td>Black vs. White (n=20)</td>
<td>5</td>
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<tr>
<td>Asian vs. White (n=18)</td>
<td>8</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>NHOPi vs. White (n=5)</td>
<td>4</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>AI/AN vs. White (n=11)</td>
<td>8</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Hispanic vs. Non-Hispanic White (n=20)</td>
<td>15</td>
<td>14</td>
<td>11</td>
</tr>
</tbody>
</table>

Key: n = number of measures; AI/AN = American Indian or Alaska Native; NHOPi = Native Hawaiian or Other Pacific Islander.

Figure 6. Number and percentage of quality measures for which members of selected groups experienced better, same or worse quality of care compared with reference group (White) in 2013-2015

<table>
<thead>
<tr>
<th>Group Comparison</th>
<th>Better</th>
<th>Same</th>
<th>Worse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black vs. White (n=182)</td>
<td>77</td>
<td>56</td>
<td>65</td>
</tr>
<tr>
<td>Asian vs. White (n=163)</td>
<td>32</td>
<td>55</td>
<td>66</td>
</tr>
<tr>
<td>AI/AN vs. White (n=93)</td>
<td>31</td>
<td>12</td>
<td>37</td>
</tr>
<tr>
<td>NHOPi vs. White (n=50)</td>
<td>14</td>
<td>12</td>
<td>47</td>
</tr>
<tr>
<td>Hispanic vs. Non-Hispanic White (n=168)</td>
<td>15</td>
<td>14</td>
<td>47</td>
</tr>
</tbody>
</table>

Key: n = number of measures; AI/AN = American Indian or Alaska Native; NHOPi = Native Hawaiian or Other Pacific Islander.

Figure 7. Number and percentage of quality measures with disparity at baseline for which disparities related to race and ethnicity were improving, not changing or worsening (2000 through 2014-2015)

<table>
<thead>
<tr>
<th>Group Comparison</th>
<th>Improving</th>
<th>No Change</th>
<th>Worsening</th>
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<tbody>
<tr>
<td>Black vs. White (n=182)</td>
<td>47</td>
<td>22</td>
<td>12</td>
</tr>
<tr>
<td>Asian vs. White (n=163)</td>
<td>17</td>
<td>3</td>
<td>11</td>
</tr>
<tr>
<td>AI/AN vs. White (n=93)</td>
<td>2</td>
<td>2</td>
<td>43</td>
</tr>
<tr>
<td>NHOPi vs. White (n=50)</td>
<td>2</td>
<td>1</td>
<td>43</td>
</tr>
<tr>
<td>Hispanic vs. Non-Hispanic White (n=168)</td>
<td>12</td>
<td>11</td>
<td>43</td>
</tr>
</tbody>
</table>

Key: n = number of measures; AI/AN = American Indian or Alaska Native; NHOPi = Native Hawaiian or Other Pacific Islander.
Figure 8. Number and percentage of quality measures for which income groups experienced better, same or worse quality of care compared with reference group (high income), 2014-2015

Key: n = number of measures

Figure 9. Number and percentage of quality measures with disparity at baseline for which disparities related to income were improving, not changing or worsening (2000 through 2014-2015)

Key: n = number of measures
Obesity Trends Continue to Worsen 2011-2013

Prevalence\* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2011

Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.

Prevalence\* of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013
Prevalence\(^{\dagger}\) of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

\(^{\dagger}\) Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.

Obesity Trends Continue to Worsen 2015-2016
Who is Movement is Life?

Our Vision:
Movement is Life is a multi-disciplinary coalition seeking to eliminate racial and ethnic disparities in muscle and joint health by promoting physical mobility to improve quality of life among women, African Americans and Hispanics/Latinos.

Strategic Objectives:
MOVEMENT IS … RAISING AWARENESS of the epidemic of limited mobility and developing functional solutions to reduce disparities.

MOVEMENT IS … STRATEGIZING with healthcare providers, community leaders and other stakeholders to combat the disparaging rate of disabling joint pain among women, African Americans and Hispanics/Latinos.

MOVEMENT IS … IMPLEMENTING community-based initiatives to combat the disparaging rates of arthritis and co-morbid conditions that lead to immobility.

MOVEMENT IS … ADVOCATING to decrease musculoskeletal health disparities that contribute to joint pain and immobility.

MOVEMENT IS … EDUCATING patients on the significance of daily physical activity to decrease poor joint health and improve overall health.

Strategic Focus:

Reduce Disparities

Strategic Messaging:

Joint Pain

Increased Pressure on Knee Joints

Limited Mobility

MOVEMENT

Obesity

Lack of Physical Activity

Depression

Type 2 Diabetes

Heart Disease

Patients

Provider

Community

Policy
Cultural Communication

To maximize our impact in the communities we serve, Movement is Life has produced patient education materials that are culturally sensitive and relevant. These are some of the flyers and brochures we have created to address the disturbing disparities in healthcare in an impactful way.

startmovingstartliving.com/resources
Being only 10 pounds overweight increases the force on the knee by 30-60 pounds with each step!
Take the Movement is Life Journey to learn how to solve the vicious cycle puzzle.

www.movementislifejourney.com

Our online support community Start Moving—Knee Pain Support is the place for those suffering with joint pain to share and communicate thoughts and challenges.

https://healthunlocked.com/startmoving
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>Breakfast and Registration</td>
<td></td>
</tr>
<tr>
<td>8:00am</td>
<td>Welcome/Opening Remarks</td>
<td>Mary I. O’Connor, MD</td>
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<tr>
<td></td>
<td></td>
<td>Movement is Life Caucus Chair</td>
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<tr>
<td></td>
<td></td>
<td>Director, Center for Musculoskeletal Care at Yale School of Medicine and Yale New Haven Hospital</td>
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<td></td>
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<td>Professor of Orthopaedics and Rehabilitation, Yale University School of Medicine</td>
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<td>Chair, Diversity Advisory Board, American Association of Orthopaedic Surgeons</td>
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<tr>
<td>8:00am</td>
<td>Dismantling Racism in Healthcare</td>
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<tr>
<td>8:30am</td>
<td>Camara Phyllis Jones, MD, MPH, PhD</td>
<td>Immediate Past President, American Public Health Association</td>
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<td></td>
<td></td>
<td>Senior Fellow, Satcher Health Leadership Institute and Cardiovascular Research Institute, Morehouse School of Medicine</td>
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<tr>
<td>9:15am</td>
<td>Let’s Move for Life!</td>
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<tr>
<td>9:30am</td>
<td>David A. Ansell, MD, MPH</td>
<td>Senior Vice President, Community Health Equity, Rush University Medical Center</td>
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<td>Michael E. Kelly, MD, Presidential Professor, Rush University Medical Center</td>
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<td></td>
<td>Author, <em>County: Life, Death, and Politics at Chicago’s Public Hospital and The Death Gap: How Inequality Kills</em></td>
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<tr>
<td>10:15am</td>
<td>Break</td>
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<tr>
<td>10:30am</td>
<td>Small Groups</td>
<td></td>
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<tr>
<td>11:30am</td>
<td>KEYNOTE</td>
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<tr>
<td>11:30am</td>
<td>Seizing the Power of Moments</td>
<td>Dan Heath, MBA</td>
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<td></td>
<td>Senior Fellow, Duke University, CASE Center</td>
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<tr>
<td>12:30pm</td>
<td>Lunch and Poster Exhibits</td>
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<tr>
<td>1:30pm - 2:15pm</td>
<td>Community Empowerment Through Change, Understanding and Faith</td>
<td>Carol R. Naughton, President, Purpose Built Communities</td>
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<tr>
<td>2:15pm - 2:25pm</td>
<td>Let’s Move for Life!</td>
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<tr>
<td>2:25pm - 3:10pm</td>
<td>Let’s Move for Life!</td>
<td>Patricia Pérez, President, VPE Tradigital Communications</td>
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<td>3:10pm - 3:20pm</td>
<td>Let’s Move for Life!</td>
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<td>3:20pm - 4:05pm</td>
<td>Let’s Move for Life!</td>
<td>Reverend Dr. W. Franklyn Richardson, Senior Pastor, Grace Baptist Church</td>
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<td>4:05pm - 4:20pm</td>
<td>Break</td>
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<td>4:20pm - 5:05pm</td>
<td>Small Groups</td>
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<tr>
<td>5:05pm - 6:05pm</td>
<td>Group Report Outs</td>
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<tr>
<td>6:05pm - 6:30pm</td>
<td>Vanguard Award</td>
<td>Cara V. James, PhD, Director, Office of Minority Health, Centers for Medicare &amp; Medicaid Services</td>
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<tr>
<td>6:30pm - 8:00pm</td>
<td>Reception</td>
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**Friday, November 10, 2017**

<table>
<thead>
<tr>
<th>Time</th>
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<th>Speaker/Role</th>
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<tbody>
<tr>
<td>7:00am - 8:00am</td>
<td>Breakfast and Registration</td>
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<tr>
<td>8:00am - 10:30am</td>
<td>Activism Workshops</td>
<td><strong>Activating Your Community</strong></td>
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<tr>
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<td></td>
<td>Rosemary Agostini, MD, Founder and First Chief of Activity, Sports and Exercise Medicine, Kaiser Permanente of Washington</td>
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<td>Lt. Adrian Diaz, Seattle Police Department</td>
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<td>Patria Alguila, Training Director, MHP Salud</td>
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<td></td>
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<td>Onika Jervis, National Director of Recruitment and Outreach, GirlTrek</td>
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<td></td>
<td><strong>Bias Is a Two-Way Street: Protecting Patients and Caregivers</strong></td>
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<td></td>
<td>Alexander R. Green, MD, MPH, Associate Professor of Medicine and Director, Theme on Health Equity and Cross Cultural Care, Harvard Medical School, Senior Scientist, Mongan Institute for Health Policy, Massachusetts General Hospital</td>
<td></td>
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<tr>
<td></td>
<td>Augustus A. White, III, MD, PhD, Member, Movement Is Life Executive Steering Committee, Director, Culturally Competent Care Education Program, Ellen and Melvin Gordon Distinguished Professor of Medical Education, Professor of Orthopaedic Surgery, Harvard Medical School</td>
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<tr>
<td></td>
<td><strong>Eliminating Disparities in Musculoskeletal Health and Health Care: Addressing the Social Determinants of Health</strong></td>
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<td></td>
<td>Robert C. Like, MD, MS, Professor and Director, Center for Healthy Families and Cultural Diversity, Department of Family Medicine and Community Health, Rutgers Robert Wood Johnson Medical School</td>
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</tr>
<tr>
<td>Time</td>
<td>Duration</td>
<td>Session</td>
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</table>
| 8:00am   | 10:30am  | **ACTIVISM WORKSHOPS**  
  *Is Payment Policy Colorblind?*  
  • Scott Cook, PhD  
    University of Chicago Medicine  
  • Adaeze Enekwechi, PhD  
    Vice President, McDermott+Consulting  
  • Tamara Huff, MD  
    Orthopaedic Surgeon, St. Francis Orthopaedic Institute  
| 10:30am  | 10:45am  | Break            |
| 10:45am  | 1:15pm   | **MOVEMENT WORKSHOPS**  
  *Applying Telemedicine in Underserved Communities*  
  • Latisha Rowe, MD, MBA  
    Founder & CEO, Reliable Online Wellness Experience  
  
  *Motion In Action—Mind/Body/Spirit*  
  • LeShea Agnew  
    National Medalist and Instructor, Hunyuan Taijiquan (Tai Chi)  
  • Cheryl Jones  
    Director of Mindfulness, Office of the Chief Medical Officer  
  
  *Moving Out of the Vicious Cycle: Behavioral Health, the Missing Link*  
  • Ramfis Marquez, PhD, LPC  
    Director, Behavioral Health Department, Greater Prince William Community Health Center  
  • Annie R. Neasman, RN, MS  
    President and CEO, Jessie Trice Community Health Center  
| 1:15pm   | 1:30pm   | Break            |
| 1:30pm   | 2:30pm   | **LUNCHEON KEYNOTE SPEAKER**  
  *On the Other Side of Freedom*  
  DeRay Mckesson  
  Civil Rights Activist  
  Podcast Host, Save the People  
| 2:30pm   | 3:00pm   | **CLOSING REMARKS**  
  Mary I. O’Connor, MD  
  Movement is Life Caucus Chair  
  Director, Center for Musculoskeletal Care at Yale School of Medicine and Yale New Haven Hospital  
  Professor of Orthopaedics and Rehabilitation, Yale University School of Medicine  
  Chair, Diversity Advisory Board, American Association of Orthopaedic Surgeons  

November 9-10, 2017, Washington, DC
Dismantling Racism in Healthcare

“Racism is a system of structuring opportunity and assigning value based on the social interpretation of how one looks (which is what we call “race”), that unfairly disadvantages some individuals and communities, unfairly advantages other individuals and communities, and saps the strength of the whole society through the waste of human resources.” —APHA Past President Camara Jones, MD, MPH, PhD

• Put racism on the agenda. Name racism as a force determining the social determinants of health.
• Ask “How is racism operating here?” Identify how racism drives past and current policies, practices, norms and values that create the inequitable conditions in which we are born, grow, live, learn and age.
• Organize and strategize to act. Promote and facilitating conversation, research and intervention to address racism and its negative impact on the health of our nation.

Moderator

Mary I. O’Connor, MD
Chair, Movement Is Life Caucus
Director, Center for Musculoskeletal Care at Yale Medicine and Yale New Haven Health
Professor of Orthopaedics and Rehabilitation, Yale School of Medicine

Speakers

Camara Phyllis Jones, MD, MPH, PhD is Immediate Past President of the American Public Health Association, and a Senior Fellow at the Satcher Health Leadership Institute and the Cardiovascular Research Institute, Morehouse School of Medicine.

Dr. Jones is a family physician and epidemiologist whose work focuses on naming, measuring and addressing the impacts of racism on the health and well-being of the nation. She seeks to broaden the national health debate to include not only universal access to high-quality healthcare, but also attention to the social determinants of health (including poverty) and the social determinants of equity (including racism).

As a methodologist, she has developed new methods for comparing full distributions of data, rather than simply comparing means or proportions, in order to investigate population-level risk factors and propose population-level interventions.

As a social epidemiologist, her work on “race”-associated differences in health outcomes goes beyond simply documenting those differences to vigorously investigating the structural causes of the differences.

As a teacher, her allegories on “race” and racism illuminate topics that are otherwise difficult for many Americans to understand or discuss. She aims through her work to catalyze a national conversation on racism that will mobilize and engage all Americans in a National Campaign Against Racism.

Before coming to the Morehouse School of Medicine, Dr. Jones was an Assistant Professor at the Harvard School of Public Health (1994 to 2000) and a Medical Officer at the Centers for Disease Control and Prevention (2000 to 2014).

She earned her BA in Molecular Biology from Wellesley College, her MD from the Stanford University School of Medicine, and both her Master of Public Health and her PhD in Epidemiology from the Johns Hopkins School of Hygiene and Public Health. She also completed residency training in General Preventive Medicine at Johns Hopkins, and in Family Practice in the Residency Program in Social Medicine at Montefiore Medical Center.

Dr. Jones is a public health leader valued for her creativity and intellectual agility. She has been elected to service on many professional boards, including the Board of Directors of the American College of Epidemiology, the Executive Board of the American Public Health Association, the Board of Directors of the DeKalb County (Georgia) Board of Health, and the National Board of Public Health Examiners. She is also actively sought as a contributor to national efforts to define health equity, and was a project advisor and on-screen expert for the groundbreaking film series Unnatural Causes: Is Inequality Making Us Sick? Highly valued as a mentor and teacher, she has delivered six commencement addresses in the past three years. Her many awards include the Hildrus A. Poindexter Distinguished Service Award (Black Caucus of Health Workers, 2009), John Snow Award (Epidemiology Section of the American Public Health Association, 2011), honorary Doctorate of Science (Icahn School of Medicine at Mount Sinai, 2016), and Woman in Medicine Award (Council on Concerns of Women Physicians of the National Medical Association, 2017).

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David Ansell, MD, MPH, is the Senior Vice President for Community Health Equity at Rush University Medical Center in Chicago. He is an internal medicine physician trained at Cook County Hospital in the late 1970s, where he spent 17 years holding a number of positions including Chief of General Medicine/Primary Care. After leaving County, he spent 10 years as Chair of the Department of Internal Medicine at Mount Sinai Hospital, located in one of the highest hardship communities in Chicago. He has been particularly involved in health equity work, bringing attention to higher rates of breast cancer mortality for African-American women in Chicago. In 2007 he co-founded the Metropolitan Chicago Breast Cancer Taskforce, a not-for-profit that focuses on eliminating the racial disparities in breast cancer mortality. He is the author of numerous papers and book chapters on health disparities. In 2011 he published an acclaimed memoir based on his experiences as a doctor in Chicago, *County: Life, Death and Politics at Chicago’s Public Hospital*. His next book *The Death Gap: How Inequality Kills*, will be released by the University of Chicago Press in 2017. Dr. Ansell is a graduate of SUNY Upstate Medical University and received his Masters of Public Health from the University of Illinois, School of Public Health.

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Seizing the Power of Moments

Some experiences are vastly more memorable and meaningful than others: A moment of connection that unites a group of colleagues. A moment of insight that convinces a skeptic to open his eyes. A moment of compassion that makes a patient’s burden feel lighter.

What makes certain moments so influential? And how can we learn to create moments that spark the change we seek in the world? Drawing from his new book *The Power of Moments*, Dan Heath will reveal the four elements that create defining moments—the moments that shape our work and our world.

Moderator

Mary I. O’Connor, MD
Chair, Movement Is Life Caucus
Director, Center for Musculoskeletal Care at Yale Medicine and Yale New Haven Health
Professor of Orthopaedics and Rehabilitation, Yale School of Medicine

Dan Heath is a senior fellow at Duke University’s CASE center, which supports entrepreneurs fighting for social good. Dan and his brother Chip have written three *New York Times* bestselling books: *Made to Stick*, *Switch*, and *Decisive*. Their books have sold over 2 million copies worldwide and have been translated into 33 languages including Thai, Arabic, and Lithuanian. Their most recent book, *The Power of Moments*, debuts on October 3. He lives in Durham, North Carolina.

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Dan Heath, MBA
Senior Fellow, Duke University, CASE center
PLENARY SESSION

Community Empowerment Through Change, Understanding and Faith

Tired of the status quo and the same old conversations? Then join us at this riveting discussion and brainstorming session. We believe the time is now to create sustainable change in communities. Join us to hear, learn, discuss, brainstorm and share what empowerment, activism and sustainable change looks like and can be. Walk away with ideas and tools to make sustainable change in your communities a reality.

Moderator
Rose Gonzalez, PhD, MPS, RN
Member, Movement Is Life Executive Steering Committee

Speakers
Carol Naughton has been a leader in comprehensive community revitalization for more than 20 years and was a founding staff member of Purpose Built Communities. In her role as President, she is responsible for leading the consulting teams that support revitalizations in 16 cities, as well as the teams currently vetting opportunities in 35 additional neighborhoods. She ensures that clients are focusing their time and resources on the highest-impact activities in their respective neighborhoods and serves as the primary public spokesperson for Purpose Built Communities at conferences and events around the country. The work she has led has been recognized as uniquely successful by many, including Warren Buffett, Ben Bernanke, the White House Office of Neighborhood Revitalization, the Urban Land Institute, Mutual of America, Wells Fargo, Bank of America, the Education Trust, the Low Income Investment Fund, the San Francisco Federal Reserve Bank and the Secretaries of the U.S. Departments of Housing and Urban Development (HUD) and Education.

Previously, Ms. Naughton served as the Executive Director of the East Lake Foundation, the community quarterback organization that developed and continues to implement the model of community revitalization that Purpose Built Communities is charged with replicating around the country. In this role she helped develop and nurture cross-sector relationships in wellness and education, including the first public charter school in Atlanta. Under her leadership, the East Lake Foundation was recognized by the Urban Land Institute as a Global Award of Excellence Winner in 2003.

Prior to joining the East Lake Foundation, she was General Counsel for the Atlanta Housing Authority, where she served as a key member of the leadership team that brought AHA from the brink of receivership to national recognition as a sophisticated, progressive sponsor of affordable housing programs and community development. While at AHA, Carol played a significant role in developing the legal and financial model for mixed-income housing. Before joining AHA, Carol was an attorney with Sutherland, Asbill & Brennan’s real estate group. She is an alumna of Leadership Atlanta. She is a member of the Board of Directors of the Low Income Investment Fund and the Board of Directors of the Charles R. Drew Charter School. She serves on the national steering committee of LOCUS and on the national advisory board for the Build Healthy Places Network. She is a graduate of the Emory University School of Law and was Executive Editor of the Emory Law Journal, and graduated cum laude with an AB in Political Science from Colgate University.

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Patricia Pérez is president of VPE Tradigital Communications, one of the nation’s leading independent, Latino-owned PR agencies specializing in reaching the nation’s multicultural markets. VPE is a full-service agency that combines traditional and digital strategies to serve the communications needs of corporate, governmental, and non-profit entities seeking to reach the nation’s multicultural markets through culturally sensitive relationship-building techniques. VPE is headquartered in Los Angeles with a satellite office in New York.

Patricia is a social marketing and corporate social responsibility specialist, connecting brands with social causes, motivating consumer behavior, and prompting policy change. Her campaigns have helped build brand trust among Latino millennials, boomers, Latina business owners and moms, among others.

Patricia is a sought-after speaker on marketing and social media strategies and has garnered numerous professional awards including a Women in Business Award presented by State Senate District 21. She was named a Women of Influence by Hispanic Lifestyle Magazine, received KVEA-TV’s Outstanding Hispanic Business Leader Award, an HPRA Premio for Professional Distinction, was named an Influential Woman Leader by Business Life Magazine, and was one of La Opinion newspaper’s Mujeres Detacadas (Outstanding Women). She also received the National Latina Business Women’s Association’s Outstanding Business Woman Award and has received numerous Prism Awards by the Public Relations Society of America for her campaigns.

Actively involved in the community, Patricia has served as AARP California’s State President since January 2015, representing 3.3 million members and more than 5,500 volunteers across the state. As state president, Patricia helps champion AARP California’s social change agenda focusing on issues such as caregiving, financial resilience and health security issues, and creating livable communities for all ages. She also serves as the lead volunteer spokesperson reaching AARP members, the public, elected officials and opinion leaders. Whether through presentations at key conferences, media interviews and television ads, or providing testimony at the state and local level, she demonstrates what it means to disrupt aging and to amplify the voice of AARP’s members and their families.

Patricia also serves on the board of the California State Parks Foundation, the Los Angeles River State Park Partners, and the Los Angeles City Workforce Development Board. Patricia is a long-time advocate for job creation, women’s issues, and a passionate defender of the environment. Patricia resides in Eagle Rock with her husband, Frank Medina.

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**Rev. Dr. W. Franklyn Richardson** is Senior Pastor of the historic Grace Baptist Church in Mount Vernon, New York. He has been the head of this vibrant, diverse, multi-staffed ministry since April 1975. Under his leadership, the congregation has continually thrived, growing to include more than 4,000 members, as well as a second church in Port St. Lucie, Florida.

Dr. Richardson began his career in 1969, serving as pastor of Rising Mt. Zion Baptist Church in Richmond, Virginia, and then St. James Baptist Church in Varina, Virginia, prior to taking the helm at Grace Baptist. A graduate of Virginia Union University, Dr. Richardson received his Divinity degree from Yale University Divinity School and his Doctorate of Ministry as a Wyatt Tee Walker Fellow from the United Theological Seminary in Dayton, Ohio. Dr. Richardson has received extensive recognition for his dynamic and impactful leadership in ministry with Honorary Doctor of Divinity degrees from several colleges and universities, including his alma mater, Virginia Union University.

In 1989, Dr. Richardson was inducted into the Martin Luther King, Jr., Board of Preachers at Morehouse College in Atlanta, Georgia. His tireless efforts to defend and promote justice, fairness, and equality for all people were recognized in 2013, when Morehouse paid tribute to Dr. Richardson once again by inducting him into its International Hall of Honor. Established to celebrate extraordinary persons of the 20th and 21st centuries who have made significant contributions to the global nonviolent movement for civil and human rights, Dr. Richardson’s portrait now resides in the Martin Luther King Jr. International Chapel, alongside images of the greatest leaders of the modern era.

A longtime community builder and organizer, Dr. Richardson has played a pivotal role in the grassroots efforts of reestablishing a cultural bridge between community and education. He is singularly responsible for leveling the ground by fighting for equitable opportunities in public education in the Mount Vernon community and he has manned the front lines in the battle for just and affordable housing development. His steadfast efforts have resulted in two Grace Church related Community Development Corporations, which have constructed more than $100 million in affordable housing to date.

Dr. Richardson served as General Secretary for 12 years of the 8-million-member National Baptist Convention USA, Inc., which thrust him into the international arena of the World Council of Churches where he served on its prestigious Central Committee. The World Council represents more than 400 million Christians in 150 nations. He also served on the boards of the Congress of the National Black Churches, the National Urban League and the Constituency for Africa. A life member of the National Association for the Advancement of Colored People, Dr. Richardson is also a member of the Sigma Pi Phi Fraternity.

This distinguished theologian is an internationally sought-after preacher, lecturer and facilitator, having preached on several continents. For the past 30 years, he has been heard throughout the tri-state area on WVOX radio and is viewed on national television every Sunday morning. He is the author of the widely acclaimed *Power of the Pew*, and has written extensively on faith-based community developments. Of note: “Mission to Mandate,” in the National Urban League’s *State of Black America*. In addition to such articles, Dr. Richardson’s most powerful sermons can be found in publications including *Keep the Faith* (Welcome Rain Publishers) and *Joy to the World* (Simon & Schuster).

A man of enormous compassion, intuitive reason, absolute commitment, and an incisive mind, Dr. Richardson demonstrates in his persona the marvelous union of passion and intellect. He is a national advocate for economic equity and his counsel and advice are widely solicited in several major corporate boardrooms throughout America. Dr. Richardson currently serves as a director or trustee for Pepsi Cola (Ethnic Advisory Board); the Ujamaa Community Development Corporation; the Harvard University Divinity School Summer Leadership Institute for Church-based Community and Economic Development; Comcast Corporation and NBC Universal Joint Diversity Council; and Grace Community Development Corporation. He is Chairman of the Board of the National Action Network; the Conference of National Black Churches; *American Legacy* Magazine; and Virginia Union University.

Dr. Richardson is married to Inez Nunnally Richardson. They are the parents of three adult children and the grandparents of five.

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The Other Side of Freedom

Over the past three years we have been engaged in a national conversation about justice in the United States. My own awakening to the reality of the fundamental injustice in American society began when I compelled myself to go to Ferguson, Missouri to witness the response to Mike Brown’s death, firsthand. Since then, I have been in conversations with thousands of people…from a room full of middle schoolers to the president of the United States, unpacking conceptions of equity, purposeful activism, fairness, and our ethical responsibility to one another, and to ourselves.

I want to challenge us all to think about justice more expansively than perhaps we currently do. If we are to have a full, rich and complete conversation about justice, it must include talk about the health of our communities, too—about mental health, physical health and emotional health.

At the Caucus, we will engage in a discussion of what we mean when we talk about disparity, and what our society might look like if we truly sought equity. We will explore how a range of issues converge at the intersection with health. Workshop attendees will interrogate their own responsibility in the larger scope of justice and will explore a set of underlying issues related to how justice and health converge. We will then talk together about possible solutions, and the role that health professionals can play in helping us all get to the other side of freedom.

Moderator

James E. Wood Jr., MD
Member, Movement Is Life Executive Steering Committee
Former Chairman, Center for Orthopaedics, MedStar Harbor Hospital Baltimore

DeRay Mckesson is a civil rights activist focused primarily on issues of innovation, equity and justice. Born and raised in Baltimore, Maryland, he graduated from Bowdoin College and holds an honorary doctorate from The New School.

DeRay has advocated for issues related to children, youth and families since he was a teen. As the co-founder of JoinCampaignZero.org and OurStates.org, DeRay has worked to connect individuals with knowledge and tools, and provide citizens and policy makers with common-sense policies to ensure equity.

DeRay has become a key voice in the effort to confront the systems and structures that have resulted in the inequities faced by Black and other minority populations in every sector of American society. He is also the host of Pod Save The People, a weekly podcast focused on activism and social justice.

DeRay was named one of the World’s Greatest Leaders by Fortune Magazine in 2015, and one of the 30 Most Important People On The Internet by Time Magazine in 2016.

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Activating Your Community

Engaging your community in sustainable change is an extremely challenging endeavor. Community-driven approaches based on health, trust and strength are the building blocks for change. These provide a roadmap for successful collaboration with community partners. In this workshop we will: 1) Discuss the “what and how” as key foundational factors in the creation of an active, engaged community. 2) Share best practices for success in community mobilization and continued engagement—what really works and how that can be replicated. 3) Identify tools and resources utilized to expand and extend a successful model for community activism. We will discuss the role of technology and key messaging for sustainability and growth. This workshop will be a combination of didactic lecture and interactive group discussions.

Moderator
Rose Gonzalez, PhD, MPS, RN
Member, Movement Is Life Executive Steering Committee

Speakers
Rosemary Agostini, MD, who was the first Primary Care Sports Medicine practitioner in the US at Cleveland Clinic 1985-86 and has been committed to caring for active and athletic people of all ages. This commitment has been demonstrated by providing sideline medical and emergency care for inner city high school athletes for more than 25 years, and most recently creating a program titled Walk & Talk with Your Health Care Team for people of ALL ages.

The uniqueness of the Walk & Talk Program is addressing all of the barriers for seniors in an inner city neighborhood to walk and talk with each other, staff, doctors and police officers. Over the past 6 years we have changed hearts and minds in relation to physical activity but most importantly to the community including the officers.

In her clinical practice every day Dr. Agostini helps people of all ages protect their joints and maximize the function of the joints to live functional, happier and healthier lives.

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Adrian Z. Diaz is a 20-year veteran of the Seattle Police Department. He has served in a variety of assignments including Patrol, Undercover, Trainer, Sergeant, and is currently a Lieutenant. Lieutenant Diaz oversees the Community Outreach Section, which encompasses Youth Violence Prevention, Community Re-Integration, Community Outreach, Race and Social Justice Initiative, Crime Prevention Coordinators and False Alarms. During his tenure, Lieutenant Diaz has refined his skill sets as a community connector and develops innovative problem-solving processes. He is the project coordinator for the Seattle Police Department’s Micro Community Policing Plans and coordinates the police department’s involvement in several city initiatives, including Opportunities Youth, Youth Job Opportunities Initiative and Our Best Initiative.

Lieutenant Diaz has contributed to several national publications on community policing, building trust in diverse communities, and juvenile justice. He was an instructor for the International Association of Chiefs Police Law Enforcement Leadership Institute on Juvenile Justice in 2014-2015. He serves as a Commissioner for the Washington State Supreme Court’s Minority and Justice Commission, focusing on disparities in the criminal justice system. Lt. Diaz holds a BA in Law and Justice from Central Washington University and a Master’s in Public Administration from the University of Washington.

Patria Alguila started working as a Program Coordinator for MHP Salud in July 2014. Ms. Alguila was recently promoted to Training Director. She provides capacity-building assistance to Migrant and Community Health Centers, nonprofits, health departments and other agencies developing Community Health Worker (CHW)/Promotor(a) programs. Ms. Alguila trains CHWs and other staff on core competencies, such as scope of work, popular education, service coordination, communication and cultural competence, among other topics. Part of the capacity-building includes presenting on the CHW landscape across the states at various national and regional conferences and meetings. In addition to the training and consultation she provides, Ms. Alguila coordinated MHP Salud’s Informate program (2016), a yearlong program in Lakeland, Florida (Polk County) through which four Hispanic teen peer advocates implemented a needs assessment among their peers and then provided health education and resources on topics related to teen health.

Prior to working with MHP Salud, Ms. Alguila worked as a Lead CHW, where she provided one-on-one health risk assessment and education regarding chronic diseases, nutrition and exercise, and supervised four CHWs. Ms. Alguila has also worked with other community health organizations providing HIV/AIDS testing and counseling for over five years. As an HIV counselor, she provided outreach in the community, HIV/AIDS education, and HIV testing. Ms. Alguila engaged a wide variety of ethnicities and cultures through this work.

Today, she continues to promote the importance of the Community Health Worker profession in all sectors. She currently serves as a Board Member of the Florida Community Health Worker Coalition. Ms. Alguila has a BA in Organizational Communications with a minor in Sociology from University of Central Florida. She is fluent in English and Spanish.

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Onika Jervis serves as the GirlTrek’s National Director of Recruitment and Outreach, where she focuses on leveraging the power of GirlTrek’s nationally trained volunteers, while engaging local and national community partners to grow the movement to 1 million women walking by 2018. Onika comes to this role after serving as the inaugural City Captain for GirlTrek New Orleans, where in a volunteer capacity she successfully led the city and organized nearly 2,000 women, in a year’s time, to walk in 12 locations across the city while engaging city leaders and advocating for Black women’s health and wellness throughout the state. Onika is a former Higher Education professional with over 22 years of experience at SUNY New Paltz, Barnard College, Columbia University and Xavier University. She comes to her role at GirlTrek after serving as the Executive Director of Youth Run NOLA. Onika is a proud member of Alpha Kappa Alpha Sorority, INC., a certified Mental Health First Aid Instructor, and a two-time marathon runner.

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Bias Is a Two-Way Street: Protecting Patients and Caregivers

**Microaggressions—Macroaggressions, Unconscious—Conscious Bias, Individual—Institutional**

Speakers will address microaggressions and macroaggressions from the perspective of the patient to the caregiver as well as the caregiver to the patient. The management of patient to caregiver aggressions is complex, difficult and has been increasing recently. The attendees will be asked to identify the different types of aggressions and explore the management of them. Can you the participant, in this workshop, offer constructive personal and institutional strategies to confront these situations? “Struck by a patient”, the first case study will present a challenge in dealing with patient-to-physician aggression. There is a real need to develop policies, procedures, protocols and practices to manage these aggressions. This workshop is highly interactive and will engage the attendee from the initial case presentation to the final scenarios presented by you at the conclusion.

**Moderator**

Lula Beatty, PhD
Senior Director, Health Disparities, American Psychological Association

**Speakers**

**Dr. Green** is Associate Professor of Medicine and Director of the Theme on Health Equity and Cross Cultural Care at Harvard Medical School, and Senior Scientist at the Mongan Institute for Health Policy at Massachusetts General Hospital. He has authored articles on topics including cross-cultural education, culturally competent healthcare systems, and language barriers and interpreters, and has presented his work widely. Dr. Green has been involved in a variety of research projects on racial/ethnic disparities in health and cultural competence and his research has been funded by RWJF, The Commonwealth Fund, NIH and CMS. He has served on several expert panels and advisory boards including the Joint Commission’s Hospitals, Language and Culture project. He helped produce and implement a documentary film and education project called *Worlds Apart*, designed to teach health professionals to better care for patients across cultural divides. This is currently used by several hundred organizations around the country. His current research and programmatic interests focus on culturally competent approaches to quality improvement, clinician biases as root causes of racial/ethnic disparities in healthcare, and cultural and linguistic competence education for health professionals.

Dr. Green received his Bachelor of Science and medical degree from the University of California, San Diego, and completed his residency training in internal medicine at the New York Hospital—Cornell Medical Center. He joined the faculty at Cornell where he completed a National Health Services Corps fellowship at a community health center in Queens, New York, and developed a teaching curriculum in cross-cultural medicine. He served as Associate Director of the Primary Care Internal Medicine Residency Program at Cornell and Assistant Professor of Medicine. In 2005 he completed a mid-career research fellowship and Masters degree in Public Health at Beth Israel Deaconess Medical Center and Harvard School of Public Health. He served for more than 10 years as the Associate Director of the Disparities Solutions Center at MGH.

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Augustus A. White, III, MD, PhD was the Orthopaedic Surgeon-in-Chief at Beth Israel Hospital in Boston, Massachusetts, for 13 years. Today, he is the Ellen and Melvin Gordon Distinguished Professor of Medical Education, Professor of Orthopaedic Surgery at Harvard Medical School (HMS), former Professor of the Harvard/MIT Division of Health Sciences and Technology, and former Advisory Dean of the Olver Wendell Holmes Society at Harvard Medical School.

Dr. White’s interest in orthopaedics stems from his experiences in athletics—a star athlete as well as a scholar, he became fascinated by orthopaedic treatment of sports injuries. Dr. White attended Stanford Medical School, where he served as Student Body President, and it was at Stanford that he became interested in back pain. Following graduation, he honed his skills at University of Michigan Medical Center as an intern, then at Presbyterian Medical Center San Francisco as a general surgery resident. Dr. White then went to Yale Medical Center, where he completed his orthopaedic residency. Afterwards, he joined the U.S. Army Medical Corps and served for two years and was awarded the Bronze Star. Following this, he studied at the University of Gothenburg and at the Karolinska Institute, where he obtained a PhD for research on the biomechanics of the spine.

He returned to Yale Medical School and became a Professor of Orthopaedic Surgery and Director of the Engineering Laboratory for Musculoskeletal Disease, a currently active laboratory that he co-founded and developed. Over the years, he has trained 25 spine surgeons in the Daniel E. Hogan Spine Fellowship Program, of which he was the Director. While his professional life has drawn him to classroom, laboratory and lecture hall, he is most committed to direct patient care. Stimulated by a desire to better meet the challenges in healthcare management, Dr. White completed the Advanced Management Program at the Harvard Business School, where he was selected by his classmates to deliver a commencement address. He was a member of the Board of Directors of Zimmer Holdings for nine years. He is a past Chairman of the Scientific Advisory Board of OrthoLogic Corporation—now Capstone Therapeutics. Dr. White served as a Director for OrthoLogic, and is a past Director of American Shared Hospital Services.

Dr. White is an internationally known, widely published authority on biomechanics of the spine, fracture healing and surgical and non-surgical care of the spine. He has authored and coauthored more than 250 scientific and clinical publications including chapters, books and articles. Most noted among them is the highly regarded definitive work, The Clinical Biomechanics of the Spine. This internationally used text, the first of its kind, is designed to present scientific material about spine biomechanics in a manner directly applicable to the care of patients with spine problems. Convinced that patient education is a major factor in the successful resolution of back pain problems, Dr. White completed a second edition of a book for patients called Your Aching Back published in 1990, which was selected by Consumer Reports as the best back pain book and it has been translated and published in German. His book entitled, Seeing Patients: Unconscious Bias in Health Care was published in 2011 and received the British Medical Association Book Award as one of ten “highly commended” books in 2011 in the category of “Basis of Medicine.” Four cogent publications include “Some Advice to Minorities and Women on the Receiving End of Health-care Disparities,” published in the Journal of Racial and Ethnic Health Disparities in 2014. This publication ranked in the top 10 downloaded papers for the Journal in 2014. Another article was published first online by the Journal of Academic Medicine entitled, “Race-Conscious Professionalism and African American Representation in Academic Medicine, (Perspective)” in January 2016 by Brian Powers, Augustus A. White, III, Nancy Oriol and Sachin Jain. In 2017 the article by Dr. White and Beau Stubblefield-Tave entitled, “Some Advice for Physicians and Other Clinicians Treating Minorities, Women, and Other Patients at Risk of Receiving Health Care Disparities,” was published in the Journal of Racial and Ethnic Health Disparities. Also published in 2017 was the article in the Journal of Racial and Ethnic Health Disparities, “Self-Awareness and Cultural Identity as an Effort to Reduce Bias in Medicine” by Dr. White, Heather Logghe, Daniel Goodenough, Linda Barnes, Anne Hallward, Irving Allen, David Green, Edward Krupat and Roxana Llerena-Quinn.

Dr. White has committed himself to issues of diversity and is nationally recognized for his work in medical education and issues of healthcare disparities. He is the founding President of the J. Robert Gladden Orthopaedic Society, and has served on its Senior Advisory Board. He has been the recipient of the American Academy of Orthopaedic Surgeons’ Diversity Award and that Society’s William W. Tipton, Jr., MD Leadership Award. At present, Dr. White is the only person to receive both Awards.

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Eliminating Disparities in Musculoskeletal Health and Health Care: Addressing the Social Determinants of Health

There is increasing recognition that social and environmental factors contribute significantly to disparities in access to care, quality, service utilization and health outcomes. In this workshop, Dr. Robert Like, a family physician with a background in medical anthropology, will 1) review how the social determinants of health can impact directly on people’s health and well-being; 2) demonstrate clinical interviewing, communication and advocacy strategies that can be used to address the social determinants of health during patient care encounters; 3) introduce the concept of syndemics (“linked or interacting epidemics”), and describe how employing a syndemic orientation and structural competency can help eliminate multiple health inequities; and 4) discuss why community engagement and partnerships are important for improving community and population health. Teaching methods employed will include lecture, role play/simulation, video, interactive group discussion, and Q & A. The importance of practicing both “upstream” and “downstream” medicine, interdisciplinary teamwork and multi-sector collaborative action will be emphasized.

Moderator

Michelle A. Leak, DEd., MBA
Operations Administrator, Mayo Clinic Florida

Speaker

Robert C. Like, M.D., M.S. is Professor and Director of the Center for Healthy Families and Cultural Diversity, Department of Family Medicine and Community Health, Rutgers Robert Wood Johnson Medical School. Dr. Like received his MD degree from Harvard Medical School in 1979, and completed his residency and MS degree fellowship training in family medicine from Case Western Reserve University in 1984. He is a practicing family physician with a background in medical anthropology, and has carried out fieldwork in the Azores Islands, Portugal; Beersheva, Israel; Zuni, New Mexico; and the Kingdom of Tonga in Western Polynesia.

Dr. Like has served as a member of the DHHS Office of Minority Health’s CLAS Standards National Project Advisory Committee, the OMH Regional Health Equity Council for Region II, co-chair of the Society of Teachers of Family Medicine’s Group on Multicultural Health Care and Education, Medical Society of New Jersey representative to the AMA/NMA/NHMA Commission to End Health Care Disparities, and on numerous national expert panels, committees and task forces. He is also a member of the AHA Equity of Care National Advisory Committee, a W. Montague Cobb/National Medical Association (NMA) Health Institute Senior Fellow, and currently serves as Chair of the New Jersey Statewide Network for Cultural Competence.

Dr. Like was the principal investigator of an Aetna Foundation-funded study entitled, “Assessing the Impact of Cultural Competency Training Using Participatory Quality Improvement Methods.” He previously served as director of the HRSA-funded NRSA Primary Care-Health Services Research Postdoctoral Fellowship Program in the Department of Family Medicine at Robert Wood Johnson Medical School. He has also consulted to the European Union’s Migrant-Friendly Hospitals initiative and is a member of the WHO Health Promoting Hospital’s Task Force on Migrant Friendly Culturally Competent Health Care.

Dr. Like is nationally known for his work in the area of cultural competency and health professions education. He has received a variety of awards including the 2004 Distinguished Service in the Health Field Award from the National Association of Medical Minority Educators, the 2004 and 2007 Pfizer-American Academy of Family Physicians Foundation Visiting Professorships in Family Medicine, and is a member of the Rutgers Biomedical and Health Sciences Stuart D. Cook, M.D. Master Educators’ Guild. He is actively involved in developing and directing undergraduate, residency and continuing medical education programs, and provides training and technical assistance relating to the delivery of patient-centered, culturally responsive care to diverse populations.

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Is Payment Policy Colorblind?

How do we ensure quality healthcare for all? The Center for Medicare and Medicaid Services (CMS) views value-based bundled payment models (BPM) as the future of high-quality medicine; however, are there unintended consequences? Does value-based payment impact access to healthcare for vulnerable patients? This workshop will explore the impact of race, ethnicity and gender in a value-based healthcare system, including alternative payment models. Drs. Cook and Enekwechi will explore how disparities and medical co-morbidities relate to risk stratification and how these concerns affect YOUR access to care. Our moderators will join Drs. Cook and Enekwechi on an engaging open forum for discussion of strategy development.

Moderator
Bill Finerfrock
President, Capitol Associates (CAI)

Speakers
Scott Cook, PhD, is a clinical psychologist with extensive experience serving diverse urban, rural and international populations with multiple medical, social and economic challenges and is experienced in providing integrated behavioral health services in primary care clinics and hospitals. Dr. Cook received his masters and doctoral degrees from the University of Missouri at Columbia. He completed his internship at Cook County Stroger Hospital, the major public hospital in Chicago that serves a resilient, multiethnic population. He worked for eight years in leadership roles in research, behavioral health, youth services and community services at Howard Brown Health, a clinic that serves diverse communities of varied racial, ethnic, sexual and gender minority identities in Chicago.

Dr. Cook serves as the deputy director of Finding Answers: Solving Disparities Through Payment and Delivery System Reform, a national program of the Robert Wood Johnson Foundation (RWJF) based at the University of Chicago. The program has collaborated with over 40 healthcare organizations around the country to conduct disparities-focused health services research across hundreds of clinical sites and to provide technical assistance aimed at identifying and reducing disparities in health and healthcare. He is a Co-Primary Investigator of an Agency for Healthcare Research and Quality study identifying ways to improve shared decision-making between providers and racial and ethnic minority lesbian, gay, bisexual and transgender patients.

Dr. Cook also serves as the Quality Improvement and Clinical Transformation Strategist in the Department of Diversity, Inclusion and Equity at The University of Chicago Medicine. He serves in multiple research, quality improvement and organizational development roles to improve health outcomes for disadvantaged patient populations and advance the organization’s diversity, inclusion and equity innovation goal of becoming a culturally and linguistically competent provider of healthcare that does not vary in patient outcomes across populations.

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Dr. Adaeze Enekwechi is a Vice President for Policy, Strategy and Analytics with McDermott+Consulting, an affiliate of McDermott, Will, & Emery, LLC. Adaeze has a deep understanding of federal health policies, including delivery system reform, Medicare payment models and public health issues facing the country.

Most recently, Adaeze served as the Associate Director for Health Programs at the White House Office of Management and Budget (OMB). As the federal government’s chief healthcare budget official, she provided budget, policy, management and regulatory oversight for over $1 trillion in spending on a range of federal programs including Medicare, Medicaid, insurance marketplaces, the CMS Innovation Center and for a number of agencies including CMS, the Office of the National Coordinator for Health Information Technology, National Institutes of Health, the Food and Drug Administration, and Centers for Disease Control and Prevention.

At the OMB, Adaeze managed the review and approval of major CMMI reform proposals, as well as MACRA/Quality Payment Program rulemaking. She also managed OMB processes for reviewing several FDA policies, Medicaid negotiations, Zika and other public health funding requests. Adaeze is highly experienced with the Affordable Care Act (ACA) implementation, playing a key role in driving ACA budget, policy, strategy and operational coordination with various agencies, including the Department of Treasury, the Internal Revenue Service and the Office of Personnel Management, among others.

Adaeze was previously a Managing Consultant at the Lewin Group where she specialized in health policy evaluation, Medicare and Medicaid payment policies, and quality measurement. She also worked at the Medicare Payment Advisory Commission and the Congressional Budget Office.

Adaeze completed a BA at the University of Iowa, an MPP at the American University, and a PhD in Health Services and Policy from the University of Iowa. She completed postdoctoral training at the University of Chicago, School of Medicine.

Dr. Enekwechi is a Research Associate Professor of Health Policy and Management at the Milken Institute School of Public Health at George Washington University.

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Dr. Tamara Huff is a board-certified orthopaedic surgeon at St. Francis Orthopaedic Institute in Columbus, Georgia. Among her many notable works and achievements along her journey is certification in clinical and translational science, the cornerstone of the future of medicine. This highly interdisciplinary approach to medicine and science is aimed at curing and treating patients by translating research findings and data into new diagnostic tools, procedures, medicines and policies. She specializes in comprehensive musculoskeletal care throughout the continuum of life.

An international presenter on medicine, surgery, and mentoring and training issues, Dr. Huff has also taught professional workshops at medical conferences and classes at universities such as the Morehouse School of Medicine. Her research and thought-leadership articles, papers and posters have been published in several prestigious peer-reviewed and non-peer reviewed medical journals.

Dr. Huff earned her medical degree from Medical College of Georgia at Augusta University and completed her orthopaedic surgery residency at the Ochsner Clinic in New Orleans. She is also certified by the American Board of Orthopedic Surgeons and the Society for Health Care Epidemiology of America. Following her training, Dr. Huff began practicing medicine at the Mayo Clinic Health System in Waycross, Georgia, prior to joining St. Francis Orthopaedic Institute.

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Applying Telemedicine in Underserved Communities

Telemedicine is an exciting and innovative way for patients to connect with online providers, but unfortunately it is currently underutilized in its most promising capacity. Telemedicine has yet to be effectively marketed to or implemented in the underserved communities that need it the most. In order to achieve health equity in underserved communities, we have to apply a bio-psycho-social model to telemedicine implementation. Join this session to learn the best practices for marketing, implementation and measuring the success of a telehealth program in the underserved communities. Dr Rowe is a Family Medicine Physician and Healthcare Executive who has virtually diagnosed and treated chronic medical problems for the underserved for more than three years. Learn key elements for success when connecting with urban communities as well as the common pitfalls through case studies and an in-depth examination of the industry potential. Telehealth in urban communities requires integration into the existing community infrastructure to address all the additional patient needs that underserved communities experience. In this innovative session, we will evaluate the when, where and how to make virtual medicine a reality for the underserved.

Moderator

Ramon Jimenez, MD
Co-Founder and President, American Association of Latino Orthopaedic Surgeons
Past Chair, American Association of Orthopaedic Surgeons, Diversity Advisory Board
Senior Consultant, Monterey Sports and Orthopaedic Institute

Speaker

Dr. Rowe is Chairman of the Board of Directors and CEO of The Rowe Network. The company focuses on management of telehealth practice nationwide and has grown to 60 physician members in 21 states.

She is a graduate of University of Miami with a Bachelor of Science degree in Psychobiology. She received her medical degree from Temple University in Philadelphia. Shortly after completing her residency in Family Medicine at Baylor College of Medicine in Houston, she completed her Masters in Business Administration at Bauer College of Business.

Dr. Rowe started her career at Kelsey Seybold Clinic, the nation’s first accredited Accountable Care Organization as an MBA Fellow. After one year with KSC she moved on to serve as the primary physician at Excel Urgent Care Katy. The new practice grew to average 40 patients per day within one year. Her responsibilities have included supervision of Nurse Practitioners, scheduling, quality assurance and patient care. In addition to serving as CEO of The Rowe Network, Dr Rowe still maintains a part time concierge medical practice.

Dr. Rowe is a member of the American Medical Association, Harris County Medical Society, the Texas Medical Association, Physicians Working Together, Physicians Mom Group, and the Artemis Medical. She is also the founder of the Rowetation Nutritional Challenge, a global online healthy lifestyle movement. In 2014 Dr Rowe was named Top 40 under 40 by the National Medical Association and she is the recipient of the Pinnacle Award by the Greater Houston Black Chamber of Commerce.

Dr Rowe supports a variety of community programs including the Sister’s Network Breast Cancer Awareness Walk, March of Dimes Honey Child Prenatal Education Program and the American Diabetes Association StepOut Walk. She is passionate about physician empowerment and helping individuals achieve complete wellness through lifestyle management. She has one son, Chase Christopher and enjoys fitness, reading and travel.

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Motion In Action—Mind/Body/Spirit

Join exercise physiologist Cheryl Jones and Tai Chi and Qigong instructor LeShea Agnew in exploring healthful movement practices. This workshop is designed to introduce participants to the health and medical benefits of mindful movement practices.

Mindful Exercise offers a workout and a “work-in” experience, which cultivates moment-to-moment awareness through the breath and movement. Mindful Exercise invites participants to note whatever is happening within the body with patience and kindness.

Originating in China, Tai Chi and Qigong are ancient practices that have led to improved health, fitness, wellbeing and longevity for countless individuals up to the present time. They both cultivate Qi—the life energy that flows through the body’s energy pathways by combining movement, breathing and meditation.

This workshop will offer safe, practical and evidence-based approaches in a combined didactic and interactive format. The participant will experience both types of approaches in this workshop and will take home techniques and resources for implementation.

Moderator

Shawn Tucker, PT, COMT, CSJA
Owner, Brentwood Center of Health
Payment Chair, Missouri Physical Therapy Association
Associate, Sisters of St. Joseph of Carondelet

Speakers

LeShea “Sifu Shea” Agnew is a multi-gold national Chen Style Taiji (Tai Chi) champion in Form, Sword and Push Hands. Certified by internationally renowned Sifu J. Justin Meehan and Master Zhang Xue Xin of the Feng Zhigiang Hun Yuan Chen Style Taijiquan Academy in San Francisco, California, Agnew teaches beginner level Tai Chi/Qigong classes for self-healing, relaxation and mind-body wellness in St. Louis and neighboring Illinois. Agnew is also a national award-winning writer, NPR-affiliate anchor, reporter and producer. She is currently co-owner and Editor-in-Chief of The St. Louis Spotlight, a premier news publication and media outlet representing the voice and pulse of the African-American community in St. Louis.

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Cheryl L. Jones has dedicated her entire career to helping others live a healthier lifestyle. She was a personal trainer to Jacqueline Kennedy Onassis and is a recognized expert in health and wellness. Today, Cheryl is a published author and sought-after leader of mindfulness programs that are transforming lives.

As the director of mindfulness at Aetna, Cheryl has been at the forefront of the mindfulness revolution in the workplace and in healthcare. Her mindfulness work with women—through workshops, retreats and coaching sessions—empowers them to build resilience, live more fully and thrive in all areas of life.

She holds a master’s degree in exercise science from the University of Connecticut and a Certificate in Spirituality from the University of Saint Joseph. Cheryl completed three in-person professional trainings in Mindfulness-Based Stress Reduction (MBSR) through the University of Massachusetts Medical School, Center for Mindfulness. This program, developed by Dr. Jon Kabat-Zinn, is considered the gold standard of research-based mindfulness meditation training.

- MBSR for Health Care Professionals, 1996
- MBSR Professional Internship, 1998
- MBSR Teacher Development Intensive, 2002

Cheryl is the author of Mindful Exercise, A Bridge Between Yoga and Exercise and Thriving When Your Cosmic Egg Is Cracked: A Mindful Journey. A mother of two, she lives in Connecticut.

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Moving Out of the Vicious Cycle: Behavioral Health, the Missing Link

Behavior change is a primary focus in our sphere of Movement is Life and Breaking the Vicious Cycle. Strategies that have been effective in creating change will be presented from two different community health center efforts, Hispanic and African American. The spectrum of services provided by the community health centers will be explored. Tools to measure outcomes and change models for treatment will be highlighted. One of the primary strategies for creating behavior change is motivational interviewing. It does work and you, too, can grasp the value of implementing it in your setting. Workshop participants will have the opportunity to participate in two case situations and offer constructive strategies for eliciting sustainable change.

Moderator

Rose Gonzalez, PhD, MPS, RN
Member, Movement Is Life Executive Steering Committee

Speakers

Ramfis Marquez, whose career in behavioral healthcare has spanned more than 21 years, has dedicated himself to helping others heal and recover from adversity, trauma and mental health issues. He is passionate about mindfulness, healthy living and the relation between mind, body and the human spirit. He views these as key components to overall health.

He holds a doctoral degree in clinical psychology and masters degree in psychological counseling from Walden University. He completed undergraduate and graduate studies at Interamerican University of Puerto Rico. He holds an 8th Degree Black Belt in the art of Sin Moo Hapkido. Sin Moo Hapkido translates to the art of coordinating one’s personal strength through martial training to achieve a higher state of mind. His doctoral thesis was a metanalytical research on the positive benefits of martial arts training for children and youth struggling with emotional and behavioral disorders. As a Behavioral Health Director at GPWHC, he always incorporates mindfulness, healthy living and kinesthetic training to enhance healing and recovery.

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http://comcastnewsmakers.com/2015/06/01/taking-care-of-the-mind/
Annie Neasman is President and Chief Executive Officer of the Jessie Trice Community Health Center, Inc. (JTCHC), Miami, Florida. She directs and manages 14 comprehensive community sites which include a 40-bed Women’s Residential Center for substance use as well as 40 school-based health facilities. Her multicultural, multilingual staff of over 380 individuals serves a diverse clientele of approximately 47,000 individuals who make more than 180,000 visits each year. With 54 sites within central and northern Miami-Dade County, JTCHC under Ms. Neasman’s leadership strives to provide comprehensive primary healthcare services, increased access and to improving the quality of life for our diverse community. JTCHC has been serving the communities of Miami-Dade County since 1967.

As a result of the quality care provided during Ms. Neasman’s tenure, JTCHC has been visited by various individuals interested in the health and welfare of the Miami-Dade County Community, including HHS Secretary Mike Leavitt, Congresswoman Nancy Pelosi, First Lady Michelle Obama, Vice President Joe Biden and many others who were able to witness first-hand the excellent service provided by the organization.

Ms. Neasman is a graduate of Florida A&M University School of Nursing and the former Deputy Secretary of Health and Chief Public Health Nurse of the Florida Department of Health, Tallahassee, Florida. She has also served as the Executive Administrator of the Miami-Dade County Health Department, where she was one of the individuals responsible for the recovery of the community after Hurricane Andrew. Ms. Neasman worked in the Jackson Memorial Health System, where she specialized in her early career working in cardiology. She along with others published articles related to cardiology. Ms. Neasman served as President of the Miami Chapter Black Nurses Association for 2007. She is a member of Mount Hermon African Methodist Episcopal Church, Delta Sigma Theta Sorority, National Association of Community Health Organizations and others. She has received numerous awards and recognitions throughout her career, including being named Public Health Nurse of the Year by the University of South Florida and most recently, receiving The Community Ambassador’s Award from the Diaspora Arts Coalition, Inc., National Association of Community Health Centers Grassroots Advocacy Hall of Fame Award and Miami Chapter Black Nurses Association Lifetime Achievement Award.

Ms. Neasman is the mother of Barry and Beatrice and Grandmother of Miles.

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The Longest Journey Begins with the First Step …
The Power of Movement

Sitting has been dubbed “the new smoking,” because of the additional health risks associated with sitting for prolonged periods of time. Sedentariness is indeed a part of modern American life, as work and social obligations often center around sitting. Even those who meet national physical activity guidelines tend to engage in prolonged daily sitting, and they are at equal risk of harm from “the new smoking” when compared to those who do not meet national physical activity goals. Current national physical activity guidelines recommend that American adults engage in >150 minutes of moderate-intensity, or >75 minutes of vigorous-intensity aerobic physical activity per week. Children should engage in >60 minutes of moderate-intensity physical activity daily. Most adults and children in the U.S. fall short of meeting national guidelines and, as a result, suffer from high rates of chronic disease. Low physical activity and high rates of chronic disease are more prevalent among women, racial/ethnic minority groups, low income populations and rural communities. This workshop will provide an overview of sedentary behavior and physical activity patterns among adults and children in the U.S., and will discuss how the U.S. compares to non-U.S. populations. We will review factors that positively and negatively influence sedentary behavior and physical activity, including factors that differ by personal characteristics. We will provide examples of sedentariness and physical activity interventions that have been effective for changing individual behaviors, as well as policies, systems and environments that can impact physical activity. Workshop attendees will brainstorm their roles in assessing, counseling about and tracking sedentary behavior and physical activity in clinical and community settings. Discussions will include sharing of experiences, wisdom and relatable anecdotes from workshop presenters and attendees. Since sitting has been linked with poor health outcomes, attendees will be provided with ample opportunities for an active workshop. Comfortable shoes and loose clothing are suggested.

Moderator
James E. Wood Jr., MD
Former Chairman, Center for Orthopaedics, MedStar Harbor Hospital Baltimore

Speakers
Yetsa A. Tuakli-Wosornu, MD, MPH is an Assistant Clinical Professor at the Yale School of Public Health Department of Chronic Disease Epidemiology and a Physiatrist in the Yale Department of Orthopaedics and Rehabilitation. She is actively involved in clinical care, teaching and research. As a clinician-scientist, she treats patients with common orthopedic conditions such as osteoarthritis nonsurgically, and studies the impact of physical activity on biopsychosocial outcomes in diverse settings. As a Yale alumni (TD ’01) and former Yale athlete, she is passionate about mentoring Yale undergraduate and graduate students, as was selected as a 2017-18 Timothy Dwight College faculty advisor.

As a member of the International Paralympic Committee (IPC) medical committee, she serves as the IPC’s inaugural Welfare Officer, working with the International Olympic Committee to combat non-accidental harms (e.g., harassment and abuse) among all athletes. Appointed by the IPC governing board, she represents Ghana on IPC’s Medical Committee. This eight-member multinational panel provides medical care and leadership to the 160 countries participating in paralympic sport, including the Paralympic Games. The committee also leads bio-psychosocial research, including the sweeping IPC Injury and Illness Prevention survey, now in its third iteration, jointly housed at the University of Brighton, UK, and Stellenbosch University, South Africa. For her IPC work, the Sports Writer’s Association of Ghana named her 2014’s “best sports physician,” an honor equivalent to an American ESPY. As a post-collegiate athlete, she represented Ghana internationally in the women’s long jump.

Her goal is to combine her clinical, scientific, advocacy and athletic work to empower lay people and vulnerable groups (including girls, minorities and persons with disabilities) to take charge of their health through sports and movement. She is passionate about nutrition, sports injuries, adapted sports and how to prevent and/or rehabilitate from injuries using a holistic approach. After graduating from Harvard Medical School and the Johns Hopkins School of Public Health, Dr. Tuakli-Wosornu completed Physiatry residency at the University of Maryland and Sports and Interventional Spine fellowship at the Hospital for Special Surgery. She is a member of the American Academy of Physical Medicine and Rehabilitation, Association of Academic Physiatrists, American College of Sports Medicine, American Institute of Ultrasound Medicine and International Society of Physical and Rehabilitation Medicine.

References
Website: http://www.yetsatuakli.com/
Dr. Melicia Whitt-Glover is President and CEO of Gramercy Research Group in Winston Salem, North Carolina. Gramercy Research Group’s mission is to positively impact and improve the lives of individuals and communities by addressing health and related issues. She is also Executive Director for the Center of Excellence for the Elimination of Health Disparities (CEEHD) at Winston-Salem State University. CEEHD strives to promote equity and social justice in healthcare delivery, treatment, and outcomes by leading collaborative efforts to generate and disseminate evidence-based, policy-relevant solutions, and to educate future leaders how deliberately consider and incorporate equity and social justice in professional practice.

For more than 20 years, Dr. Whitt-Glover has been engaged in research and evaluation projects designed to identify effective strategies to promote adherence to national recommendations for physical activity, diet and healthy weight gain to address disparities in chronic disease morbidity and mortality. Her research has been funded by the National Institutes of Health, the Patient Centered Outcomes Research Institute, national and local foundations, and local government organizations. She is a member of the 2018 Physical Activity Guidelines Advisory Committee, which is a group of the country’s most accomplished physical activity and health experts who will play a critical role in a comprehensive process, culminating with the publication of the second edition of the Physical Activity Guidelines for Americans.

Dr. Whitt-Glover received her BA (Exercise Physiology, 1993) and MA (Exercise Physiology, 1996) from the University of North Carolina at Chapel Hill. She received her Ph.D. (Epidemiology, 1999) from the University of South Carolina. Dr. Whitt-Glover completed a postdoctoral fellowship at the University of Pennsylvania School of Medicine (2000–2002).

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**Name:** Allyn M Bove, PT, DPT; Jamie Porter; Aatif Sayeed; Brian Klatt, MD  
**Institution:** University of Pittsburgh  
**Title:** Race and Gender Disparities in Physical Function Before and After Total Hip Arthroplasty: a Retrospective Analysis  
**Description:**  
Race and gender disparities in joint replacement surgery rates have been well-documented, but little research exists regarding whether disparities persist amongst those who undergo surgery. The purpose of this study was to investigate physical function in individuals who underwent total hip arthroplasty (THA) and identify potential disparities by race and gender.

**Name:** Leigh Callahan and Natalia Favoreto  
**Institution:** University of North Carolina, Chapel Hill  
**Title:** The Weight Loss and Exercise for Communities with Arthritis in North Carolina (WE-CAN)  
**Description:**  
Weight loss and exercise are both effective non-pharmacologic treatments for knee OA. The Weight Loss and Exercise for Communities with Arthritis in North Carolina (WE-CAN) trial aims to determine whether a pragmatic, community-based 18-month diet-induced weight loss and exercise intervention implemented in three diverse North Carolina counties reduces pain, and improves other clinical outcomes in overweight adults with knee OA. This abstract presents challenges and successes in implementing the trial in one of the counties, Johnston (JOCO), which is predominantly rural.

**Name:** Rose Iris Gonzalez, PhD, MPS, RN  
**Institution:** Movement is Life Caucus  
**Title:** Eliminating Latina Pain & Disparities Through Movement  
**Description:**  
An overview of the Movement is Life Caucus that illuminates the disparities that occur among Latinas in the musculoskeletal arena. Its overall goal is to increase awareness of racial/ethnic disparities as well as showcase and discuss the Vicious Cycle. Another goal is to highlight the culturally concordant Latino resources available for nurses and their patients, to help transform health in their communities. Finally, by using this poster format to increase awareness regarding the way immobility is impacting our communities of color, and introducing movement as medicine, providers armed with increased awareness, knowledge and culturally concordant tools/resources can commence work to eliminate these inequities.
**Name:** Tamara Huff, MD  
**Institution:** St. Francis Orthopaedic Institute  
**Title:** Start Moving, Start Living—Affecting Positive Lifestyle Changes in Rural African-American Women  
**Description:**  
Osteoarthritis of the knee is a significant factor contributing to impaired mobility and pain. African Americans have a disproportionately high rate of knee pain and obesity. We surmised that a comprehensive culturally concordant program tailored to the needs of rural African-American women will increase physical activity and decrease knee pain.

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**Name:** Lorraine H. Hutzler, MPA  
**Institution:** NYU Hospital for Joint Diseases  
**Title:** Ethics Disparities and Bundled Payments  
**Description:**  
Nationwide, more than 800 hospitals are involved in Medicare’s Comprehensive Care for Joint Replacement program, which uses bundled payments (rather than fee-for-service) to incentivize efficient care delivery, care coordination and quality care at lower cost. Yet racial disparities in joint replacement are profound; white men may be five times more likely to receive knee replacement. Will bundles mitigate racial or socioeconomic disparities (by optimizing care for all patients) or exacerbate them (by inadvertently encouraging hospitals to avoid these patient groups)? Not all ways of succeeding at bundles are ethically equal. The apparent increasing use of certain health status cutoffs (e.g., body mass index [BMI], hemoglobin A1C, etc.) could unintentionally worsen disparities in musculoskeletal care.

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**Name:** Sarah Jaweed  
**Institution:** Johns Hopkins University, Department of Orthopaedic Surgery  
**Title:** Shared Decision-Making Tools  
**Description:**  
Described as the *Pinnacle of Patient-Centered Care* (Barry & Edgman-Levitan, 2012), shared decision-making is a process in which both the patient and physician contribute to the medical decision-making activity. It allows the decision to incorporate the patient’s values and preferences, encouraging active participation by patients in their healthcare decisions.

Durand et al. (2015) proposed that the ideal shared decision making tool should have the following features (www.coursera.org, Lecture 83):  
- Describe the health condition or problem  
- State explicitly the decision that needs to be considered  
- Describe the options and the positive and negative aspects of each option  
- Describe the consequences of each option
**Name:** Uyen-Sa Nguyen, DSc, MPH  
**Institution:** University of Massachusetts Medical School  
**Title:** Impact of race, education and income on pain and function after total knee arthroplasty (TKA)  
**Description:**
Including race or SES in risk-adjustment and outcome-assessment is still an ongoing debate. Of significance is the CMS development and evaluation of bundled payment models and total knee replacement (TKR) as a risk-adjusted outcome. FORCE-TJR, a national cohort of TKR patients, allows for testing risk models with and without adjusting for race, education or income. Risk-adjustment should take race and SES into consideration in assessing disparity and TKR outcomes, as is understanding variations in TKR outcomes by race.

**Name:** Juan Robles, MD  
**Institution:** Family Health Center—5 Rhythms  
**Title:** 5 Rhythms: Preventing musculoskeletal disease through dance  
**Description:**
The Family Health Center (FHC)-Montefiore is a federally qualified health center (FQHC), located in a medically underserved district in the Bronx, New York. This population is highly affected by musculoskeletal diseases due to obesity and inactivity. In collaboration with 5Rhythms®-the Moving Center of New York, we introduced a 5Rhythms class, focusing on physical and emotional well-being, releasing tension and stress, by free-form dancing. 5Rhythms is designed for people of all ages and physical abilities, to move freely to the sound and beat of five different rhythms. As per the 5Rhythms® founder Gabrielle Roth, “If you set people in motion, they will heal themselves.” Our goal is to make this activity easily accessible to our patients within the clinic setting.
Name: Lesha Spencer-Brown  

Institution: National Recreation and Park Association  

Title: Arthritis-Appropriate Evidence-Based Interventions (AAEBIs)  

Description:

The National Recreation and Park Association is a national nonprofit dedicated to advancing parks and recreation efforts across the United States and Territories through health and wellness, conservation and social equity initiatives. Since 2013, NRPA, with the support of the Centers for Disease Control and Prevention (CDC), the Arthritis Foundation and other national organizations, has been disseminating arthritis-appropriate evidence-based physical activity interventions (AAEBIs) through local parks and recreation. These community-based programs—Walk With Ease, Active Living Every Day and Fit & Strong!—are all CDC-recommended programs that help participants safely and comfortably engage in physical activity in efforts to reduce pain, associated disability, depression and improve balance, strength and overall quality of life. Target populations include individuals with arthritis (and other chronic conditions such as heart disease and diabetes), particularly among those in underserved and low-income areas.

The work that is being done at the community-level by local parks and recreation is in line with the mission of Movement is Life because of our focus on increasing the reach and participation of underserved populations with little to no access to beneficial services and programs. Local parks and recreation serve a wide distribution of the population including communities with limited access to resources, and high rates of poverty and chronic diseases. More than 64% of agencies are located in rural areas, and more than 70% offer programs primarily to women, African-Americans and Hispanics/Latinos. Over 5,900 people across the country have participated and benefited from these programs. “I love it and I need it. I have diabetes, arthritis and dealing with depression. The walking keeps me active, healthy and motivated.”—Walk With Ease participant, California

Name: Daniel Sutton  

Institution: Howard University Hospital  

Title: Do attitudes and beliefs about total knee replacements among minority patients affect willingness to undergo the procedure?  

Description:

The goal of this study is to examine how attitudes and beliefs surrounding total knee replacement (TKR) among minorities influence their decision to undergo TKR. We performed a cross-sectional survey of patients diagnosed with symptomatic knee osteoarthritis, being managed at our institution during a 4-month period. Demographic, clinical, psychological and social data were collected that globally assessed a patient’s understanding and familiarity with TKR, as well as their coping strategies with knee pain.
**Name:** Abigail Wang  
**Institution:** Johns Hopkins School of Medicine  
**Title:** Body Mass Index and Hemoglobin A1c Cutoffs May Worsen Racial Disparities in Lower Extremity Joint Arthroplasty  

**Description:**

Bundled payments discourage surgery on less healthy individuals at risk for high-cost complications. However, whether use of eligibility criteria to identify riskier patients may disproportionally exclude women and minorities is unknown. This study examines whether use of body mass index (BMI) and hemoglobin A1c (HgbA1c) cutoffs for lower extremity joint arthroplasty (LEJA) eligibility may lead to differing levels of access by race/ethnicity and sex. We pooled 1999 to 2014 National Health and Nutrition Examination Survey (NHANES) data on adults, age ≥40 (n=43,793). We used multiple logistic regression models, controlling for education, income, age and survey year.

With a BMI cutoff of 35 kg/m², blacks were less likely to be eligible than whites (OR=0.61, p<0.01) and women less likely than men (OR=0.62, p<0.01). The odds further decreased with a 40 kg/m² BMI cutoff (blacks vs. whites: OR=0.53, p<0.01; women vs men OR=0.50, p<0.01). Using an HgbA1c cut off of 8%, blacks and Hispanics were less likely to be eligible than whites (OR=0.44, p<0.01, and 0.40, p<0.01 respectively).

These results show that efforts to decrease surgical complications by using eligibility criteria could worsen women’s and racial minorities’ access to LEJAs, preventing improvements in mobility and perpetuating the cycle of obesity and joint pain. Bundled payments, which incentivize use of eligibility criteria for LEJAs, may unintentionally exacerbate current disparities. This project identifies a challenge to improving disparities that can help stimulate changes in joint replacement policy and encourage discussion on LEJA eligibility criteria that do not limit high-risk groups’ access.
**Name:** Monique C. Chambers, MD, MSL and Dr. MaCalus V. Hogan, MD  

**Institution:** University of Pittsburgh  

**Title:** Patient-Reported Outcomes Consistently Lower in Socioeconomically Disadvantaged Patients  

**Description:**  
As the demand for total joint arthroplasty increases in the growing elderly population, several efforts have been made to minimize cost without compromising quality. Patient-reported outcomes (PROs) are used as an approved quality measure by CMS as a surrogate for functional status. However, there is a paucity of evidence to support use of these measures without consideration of differences amongst various groups. We attempt to identify factors that, even at baseline, are associated with lower PROs. A prospectively collected database was analyzed of 1323 patients admitted to an academic integrated finance and delivery system with a DRG 469 or 470 from April 2016–January 2017. Data was collected preoperatively and up to 12 months postoperatively.  

A multilevel regression model was applied to assess correlations in patient characteristics with HOOS/KOOS scores. Increasing age (p = 0.004) and time from surgery (p < 0.001) had a statistically significant positive effect on PROs. The following factors were associated with lower HOOS/KOOS scores: African-American race (5.62%, p < .001), Medicaid insurance (5.70%, p = 0.004), extreme joint disease (9.48%, p = 0.011), disposition to SNF (5.08%, p = 0.001), female gender (2.37%, p= 0.001), BMI (0.23%, p = 0.002).  

This study relates directly with the mission of Movement is Life by attempting to identify key patient factors that may be associated with poorer PROs. Such factors warrant consideration in the development of bundled payment models that would otherwise encourage physicians to cherry-pick and/or lemon-drop patients based on their risk.

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**Name:** Monique C. Chambers, MD, MSL and Dr. MaCalus V. Hogan, MD  

**Institution:** University of Pittsburgh  

**Title:** Variations in Discharge Status and LOS in a CJR Patient Model  

**Description:**  
Hospital length of stay, disposition status and readmissions are measures currently used by CMS to score hospital quality of care. However, we must have a better understanding of the factors, at every level, that drive these measures and their respective outcomes. The study analyzed patient, physician and hospital-level variability in LOS and the critical CJR metric of SNF Discharge rates, adjusting for case-level factors. Patients who were female, older, unmarried, and with more comorbidities were significantly more likely to experience both Increased LOS and SNF Discharge. After conditioning on these fixed effects, significant increased LOS variation existed for hospitals and physicians but not patients, and significant SNF Discharge variation existed for hospitals and patients but not physicians.  

The results indicate that: 1) patient and hospital characteristics may influence SNF Discharge decisions significantly more than the physician; and 2) the physician and hospital may influence LOS decisions significantly more than patient characteristics.  

Implications and Relation to Practice and MiL: This analysis was part of an improvement initiative intended to encourage the standardization of physicians and hospital leadership expectations and practices in regard to LOS and SNF Discharge among THA/TKA patients. Trending analysis indicates that SNF Discharge rates have declined since the study period and into the first year of CJR while average LOS has remained consistent. Moreover, both 30- and 90-day readmissions have also decreased. This should encourage health systems seeking improved performance in bundled care programs to consider risk-adjusted small area analyses to reduce variability based on socioeconomic status of patients in an effort to standardize care.
Name: Desmond W. Delk, PhD
Institution: Langston University
Title: ROARS Walking Program at Langston University
Description:

The ROARS Walking Program (RWP) is a campus-wide physical activity initiative at Langston University, an HBCU with a large percentage of minority students, faculty, staff and community partners. Recently, Sa and colleagues (2016) concluded that physical inactivity among African-American students at an HBCU resulted in high rates of obesity, especially when there has been a family history of health-diminishing practices such as sedentary behaviors. Therefore, in the fall of 2016, the RWP was established as a daily program to increase the overall physical activity engagement of the Langston community. Being that Langston University is located in rural Oklahoma, this program serves a community with limited access to an out-of-date fitness facility, and very few activities that encourage healthy lifestyles. Moreover, the university does not support an intramural program. With the pervasive deduction of institutions of higher education that require students to complete physical education classes to graduate, this program serves to fill in this gaping void while helping participants establish a regimen that can be used throughout their lifespan. As aligned with Movement is Life, RWP supports in educating, developing and implementing healthy behaviors that will assist in mitigating health disparities prevalent in women and African Americans most notably joint pain due to inactivity. Additionally, the ROARS Walking Program provides the opportunity for members of the Langston community to reach recommended levels of moderate physical activity engagement while developing partnerships, friendship and collaborations.

Name: Toby King
Institution: United States Bone and Joint Initiative
Title: Experts in Arthritis
Description:

Experts in Arthritis (EIA) is a nationwide community-based patient education program for people with arthritis on how to take control and manage the disease, and provides for them the opportunity to interact with experts in arthritis care at live sessions. These community-based sessions encourage all types of patients to take part, especially underserved and underrepresented populations, such as those in lower socioeconomic brackets, and members of typically Hispanic or African-American communities. This is particularly important to the goals of the EIA program, which include educating higher-risk populations. The program now also offers short, entertaining whiteboard videos at www.ControlArthritis.org through the stories of Roberta, who has osteoarthritis, and Theresa, who has rheumatoid arthritis, and as EIA aims to reach underrepresented populations, the two videos are offered in English and in Spanish.

The EIA program presents current scientific evidence and management strategies in the treatment and care of rheumatoid arthritis, osteoarthritis and juvenile rheumatoid arthritis. At the live sessions, healthcare experts discuss current scientific evidence and management strategies, and then engage participants in an extended Q&A session. The videos convey the same information in condensed form through the stories of Roberta and Sylvia, and how they take control of their arthritis with the aid of social media acquaintances who also have these conditions. EIA is available year-long throughout the USA and delivered in collaboration with local community centers, hospital systems, libraries, churches, et al., to ensure ease of access and enhance its connection to the community.
**Name:** Elizabeth Matzkin, MD  
**Institution:** American Academy of Orthopaedic Surgeons  
**Title:** Osteoarthritis, Obesity and Mobility: “Hip Pointers”  
**Description:**

Osteoarthritis is a growing problem in the US due to the aging and obesity epidemics we are facing. Many factors determine the risk of OA such as genetics, age, female sex, obesity and injury (Zhang and Jordan).

It has been shown that females are at higher risk of OA as well as more severe OA (Srikanth). The relationship of knee OA and obesity has been well documented. The relationship of hip OA and obesity has been more inconsistent but it has been shown that obesity increases the risk of symptomatic and bilateral hip OA. The purpose of this review is to understand the relationship of hip OA to sex, racial/ethnic groups and obesity.

Relevance to Movement is Life Mission: Understanding the risk factors related to hip OA is paramount to preventing and improving treatment in females and racial/ethnic minorities to improve musculoskeletal care. Awareness of the risks and prevention strategies will lead to less obesity, more mobility and a healthier nation.

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**Name:** V. Kai Kennedy, PT, DPT  
**Institution:** Mary Baldwin University  
**Title:** Experiential IPE for Impact on Health Equity  
**Description:**

In physical therapy and occupational therapy (PT/OT) education, service-learning often focuses on student development; however, few studies investigate effects on health equity. Scholars agree that sustainability is fundamental, however students often provide only fragmented engagement with vulnerable communities. Therefore, a model for service-learning with an emphasis on sustainable programming for underserved populations was created.
Perspective is Everything

The Movement is Life Steering Committee is a diverse, cross-collaborative, multidisciplinary coalition of individuals and organizations that represent the multifactorial, complex perspectives impacting musculoskeletal disparities. We strive to have direct impact on the members of the communities we serve.
In May of 2015, Dr. O’Connor became the inaugural Director of the Center for Musculoskeletal Care at Yale Medicine and Yale New Haven Health, leading the creation of a new value- and patient-focused model of care delivery in an academic medical setting. She also continues her work as Chair of the Diversity Advisory Board of the American Academy of Orthopaedic Surgeons, focusing on increasing the number of women and underrepresented minorities in the profession and educating providers on culturally related issues.

Dr. O’Connor received her MD from Drexel University in Philadelphia, Pennsylvania, in 1985. She completed her residency in orthopedics at the Mayo Clinic in Rochester, Minnesota, in 1990 and her fellowship in orthopedic oncology at the same institution in 1991. She practiced at Mayo Clinic in Florida until 2015, during which time she served in many leadership roles: Enterprise-wide Medical Director of Compliance; Chair, Orthopedic Surgery Department; Associate Medical Director for Development; Program Director of the Adult Reconstructive Fellowship; Associate Dean for Surgery Education and member of the Executive Operations Team.

Dr. O’Connor has also published extensively on oncology and arthroplasty-related topics with particular areas of interest including limb salvage in the management of sarcomas involving the pelvic and shoulder girdles, gender differences in outcomes related to joint replacement surgery, sex difference in knee osteoarthritis and use of stem cells to potentially treat osteoarthritis. Dr. O’Connor’s research has been published in peer-reviewed journals such as the Journal of Bone and Joint Surgery, Clinical Orthopaedics and Related Research, and the Journal of Arthroplasty and Orthopedics.

Dr. O’Connor was the first female member of the Musculoskeletal Tumor Society (MSTS), the American Association of Hip and Knee Surgeons (AAHKS) and The Knee Society. She is the Past President of the Association of Bone and Joint Surgeon, AAHKS, MSTS and the Ruth Jackson Orthopaedic Society. She is a member of the Perry Foundation Board, past member of the Advisory Committee on Research on Women’s Health at the National Institutes of Health and past Chair of the American Academy of Orthopaedic Surgeons Women’s Health Issues Advisory Board. She has served as the Chair of the Movement is Life Caucus since its founding in 2010. She is committed to advancing the care of musculoskeletal health for all patients in the United States.

Dr. O’Connor has received numerous awards and honors during her training and career, including being named a Distinguished Clinician at Mayo Clinic and receiving The Corinne Farrell Award from the International Skeletal Society in 2009. She received the Congressional Gold Medal as a 1980 Olympian and is noted for her encouragement of women in career advancement. She was named a 2011 Health Care Hero by the Jacksonville Business Journal and 2015 Woman of Distinction by the Girl Scouts of Gateway Council.
Rose Gonzalez, PhD, MPS, RN, comes to the MIL Steering Committee with much experience in nursing and the policymaking arena. As the Director of Government Affairs for the American Nurses Association (ANA) for almost 15 years, she served as their White House Liaison, and led her team in representing nursing and healthcare issues before the Executive Branch and Congress. Her leadership of state and federal legislative activities, including the ANA Political Action Committee, and its grassroots network, allowed for an integrated and robust approach to federal and state legislative work. Her team was instrumental in negotiating many nursing provisions in the Affordable Care Act.

Prior to ANA, she served as the Acting Executive Secretary of the New York State Boards for Optometry and Veterinary Medicine and prior to that, worked with the NYS Board of Nursing. As a registered nurse she managed a post-anesthesia and same-day surgery unit. She has also worked in various healthcare settings.

Throughout her professional career, Dr. Gonzalez remains involved in her community and strives to increase access to quality affordable healthcare that is culturally and linguistically appropriate. To this end, she works with SRA International, Fairfax, Virginia, and serves on the Think Cultural Health Advisory Group, which advises the HHS Office of Minority Affairs on issues related to culturally competent care. Her work with the National Project Advisory Committee (NPAC) has led to the development of an education module and website for nurses and social workers as well as work on the committee which revised the CLAS Standards. As a member of the National Association of Hispanic Nurses (NAHN), she served as Vice President and continues to work to promote the professional and educational advancement of Hispanic/Latino nurses. She is an active member of the Board of Directors for the Greater Prince William Community Health Center in Woodbridge, Virginia.

Dr. Gonzalez has a BSN, Mount Saint Mary College, Newburgh, New York, an MPS with a concentration in healthcare administration from State University of New York in New Paltz, New York, and a PhD in Nursing from George Mason University, Fairfax, Virginia.

Dr. Jannifer Harper is Anthem National Accounts (ANA) Vice President, Chief Clinical Officer. In this role, Dr. Harper is responsible for developing and delivering ANA clinical strategy for large national customers as well as leading ANA clinical operations and clinical product implementation functions for over 7 million lives.

Prior to Joining Anthem, Dr. Harper served as Florida Blue’s Vice President and Chief Medical Officer, where she was responsible for the development of the overarching clinical strategy for Florida Blue and leading clinical activities including care management, health promotions and wellness, pharmacy, quality and clinical retail health initiatives.

Dr. Harper has also held leadership roles as regional vice president, national medical director for Anthem/WellPoint; chief of medicine, Kaiser Permanente; vice president and regional medical director, CIGNA; medical director, the Medical Group of Ohio and Ohio Health Group; vice president and associate chief medical officer of University Hospitals Case Medical Center of Cleveland and clinical assistant professor of medicine at Case Western Reserve University School of Medicine, where she received her medical degree.

Throughout her career, Dr. Harper has been active in community and professional organizations. She is a member of the American Association of Physician Leadership (formerly American College of Physician Executives) and the American College of Physicians, and she also serves on the Case Western Reserve University School of Medicine Alumni Board as well as the American Lung Association Georgia Board of Directors.

Dr. Harper is board certified in internal medicine and holds a Certified Physician Executive (CPE) designation from the Certifying Commission in Medical Management.
**Dr. Harwell** is a member of the Division of General Internal Medicine at University Hospitals Cleveland Medical Center. She is an Associate Professor of Medicine and on the full-time faculty at University Hospitals Cleveland Medical Center.

Her clinical focus is outpatient general medicine and primary care with an additional focus in healthcare disparities and women’s health. Dr. Harwell is nationally recognized as a leader in education on healthcare disparities and medical issues affecting minorities. She has received numerous awards including national ranking as a Top Doc for *U.S. News and World Report* for the last 6 years in a row.

Dr. Harwell attended medical school at the University of Cincinnati, School of Medicine and subsequently completed internship and residency training at University Hospitals Case Medical Center, where she graduated with honors. She currently serves as the Medical Director at University Hospitals Otis Moss Jr. Health Center.

**Carla Harwell, MD**
Member, Movement is Life Executive Steering Committee
Associate Professor in Medicine, Division of General Internal Medicine, Case Western Reserve University
Medical Director, University Hospitals Otis Moss Jr. Health Center

**Dr. Jimenez** is a senior consultant in an orthopaedic and sports medicine group in Monterey, California.

He also has an active practice in medical-legal evaluations of industrial and personal injury patients.

He has retired from an active operative practice of total joint replacement and arthroscopy, having founded and led a five-man single specialty in San Jose, California. Over the past 40 years he has been involved and served AAOS (American Academy of Orthopaedic Surgeons) at all levels: Board of Directors member, AAOS Leadership Fellows, patient and public education, physician-patient communication, bone and joint decade, orthoinfo.org, speakers media bureau, advocacy and DIVERSITY. In 2009, Dr. Jimenez was awarded the AAOS Diversity Award. In 2018, he was awarded the AAOS Tipton Orthopaedic Leadership Award.

He became an active participant and giver to OREF (Orthopaedic Research and Education Foundation) 30 years ago. His passion and commitment to “give back to orthopaedics” culminated in his Presidency of OREF. He is now serving on the board as immediate Past-President.

Diversity of the manpower workforce of orthopaedics (so that more Hispanic/Latinos have the opportunity to become orthopaedic surgeons) is another passion of Dr. Jimenez, which is why he is a strong advocate of MENTORING.

The issue of musculoskeletal disparities is a very complex one and he realizes that it must be met head-on by all those who encounter it—patients, healthcare providers, hospitals and even insurers. He has devoted the past 15 years to working with other orthopaedic leaders to stem the disparities tide.

He has worked and served on the Steering Committee of Movement is Life (MIL) since its inception seven years ago. He strongly and passionately believes in its goals. Being a second generation Mexican-American, he is very cognizant of the persistent disparities of health and healthcare that Hispanic/Latinos experience.

**Ramon Luis Jimenez, MD**
Member, Movement is Life Executive Steering Committee
Co-Founder and President, American Association of Latino Orthopaedic Surgeons
Past Chair, American Association of Orthopaedic Surgeons, Diversity Advisory Board
Senior Consultant, Monterey Sports and Orthopaedic Institute
Lynne C. Jones, PhD, is an Associate Professor of Orthopaedic Surgery at the Johns Hopkins University School of Medicine and has a joint appointment with the Department of Materials Science and Engineering at the Johns Hopkins University and The Whiting School of Engineering (Baltimore, Maryland). Dr. Jones’ academic appointments include Director at the Center for Osteonecrosis Research and Education; Director of the Clinical Research Group, Adult Reconstruction—Hip and Knee Replacement; and Member of the Center of Metabolism & Obesity Research.

Dr. Jones currently is the Executive Director for the National Osteonecrosis Foundation Board and the President of ARCO (Association Research Circulation Osseous). She is also the secretary of the Orthopaedic Research Society.

Dr. Jones has served as the Principal Investigator (PI) on numerous studies, including Gender Differences in Patients Undergoing Total Joint Arthroplasty (MedStar Research Institute). Since 1977, she has served as the Primary Researcher and Investigator on several grants regarding total joint replacement (including outcomes and modifiable risk factors), osteonecrosis, and bone grafting and tissue engineering.

Dr. Jones earned a Ph.D. in Molecular Microbiology and Immunology from Johns Hopkins University in 1997. She also has a M.S. in Biological Sciences (Endocrinology) from Towson State University.

Michelle A. Leak joined Mayo Clinic in 1996 and since that time has served as Operations Administrator for the Executive Health Program, and the Divisions of Cardiovascular Diseases, Infectious Diseases, Hypertension and Allergy; as well as Chair, Department of Patient Support Services. Currently, Michelle serves as Administrator, Mayo Clinic Obesity Service Line and Integrative Medicine and Health. Prior to joining Mayo Clinic, Michelle served as Associate Hospital Administrator, Medical College Hospitals of Ohio. Michelle holds a Doctorate of Education in Human and Organizational Development from the George Washington University in Washington, DC, a Masters of Business Administration in Healthcare from the University of Toledo in Toledo, Ohio, and a Bachelors of Business Administration in Human Resources, also from the University of Toledo.

Lynne C. Jones, PhD
Member, Movement is Life Executive Steering Committee
Associate Professor, Orthopaedic Surgery
Member, Center of Metabolism and Obesity Research
Johns Hopkins University School of Medicine

Michelle A. Leak, D.Ed., MBA
Member, Movement is Life Executive Steering Committee
Operations Administrator, Mayo Clinic Florida
Frank M. McClellan, JD, LLM, is a Professor of Law Emeritus of the Beasley School of Law of Temple University and special counsel to Friedwald Law, concentrating on healthcare law matters. At Temple he teaches courses on bioethics, medical malpractice, law and medicine writing, and torts. Professor McClellan has lectured regularly in interdisciplinary courses at Temple Medical from 1981 to the present. He joined the Temple faculty as a full professor of law in 1982, after teaching 9 years at Duquesne University. He earned an AB Degree from Rutgers University, a JD degree from Duquesne University and an LLM degree from Yale University. Prior to joining the Duquesne University faculty in 1992 as an Assistant Professor, he served as a law clerk to Chief Judge William H. Hastie of the U.S. Court of Appeals for the Third Circuit and as an associate attorney with the law firm of Wilmer, Cutler and Pickering. He was a founding partner of the law firm Eaton and McClellan that litigated medical malpractice and product liability cases from 1978-2012.

In 2009, the Temple Law Alumni Association awarded Professor McClellan the Shusterman Faculty Award for excellence in teaching. During his tenure at Temple, Professor McClellan has been awarded the Beck Chair in healthcare law, the Lindback Award for outstanding teaching; the I. Herman Stern Chair for excellence in teaching; and the Friel-Scanlon Award for excellence in scholarship.

In 2016 the Legal Clinic for the Disabled in Philadelphia honored him with a special recognition award for contributions in advancing the interests of the disabled, and the Rutgers African-American Alumni Association inducted him into their Hall of Fame for his achievements as a lawyer and a law professor.

Professor McClellan has published numerous law review articles on subjects related to healthcare law, tort law and civil rights, and an award-winning book entitled Medical Malpractice: Law, Tactics and Ethics (1995). He is the co-author of a casebook on tort law. As a lawyer, he has served as lead trial or appellate attorney in more than 30 medical malpractice and product liability cases. In recognition of his accomplishments as a trial lawyer, the American Board of Trial Advocates inducted him as a member in 2016.

EXECUTIVE STEERING COMMITTEE

Frank M. McClellan, JD
Representative, To Our Children’s Future With Health
Member, Movement is Life Executive Steering Committee
Board Member, To Our Children’s Future with Health
Professor Law Emeritus, James E. Beasley School of Law, Temple University
Board Member, AIDS Law Project
Dr. Michael Parks is Clinical Director of Orthopaedic Surgery at Hospital for Special Surgery and Associate Professor of Clinical Orthopaedic Surgery at Weill Cornell College of Medicine in New York. He earned a degree in Chemistry from Duke University and the MD degree from the Medical University of South Carolina in Charleston, where he received the President’s Clinical Science Award. Dr. Parks completed an internship in General and Thoracic Surgery followed by an orthopaedic residency at Duke University Medical Center. He continued his training at Hospital for Special Surgery with a fellowship on the Hip and Knee Service where he remains in practice today.

Dr. Parks specializes in the surgical treatment of adults with arthritis requiring reconstructive procedures of the hip and knee. He is actively involved in clinical research and is the author of multiple publications. His research focus is on joint replacement surgery, biomechanical implant retrievals and on the impact of race, ethnicity and gender on the care of arthritis patients.

Dr. Parks has been recognized for his expertise in numerous publications throughout his career, receiving top doctor rankings in Black Enterprise magazine and Money magazine. He has also been recognized in such publications as The Network Journal, The New York Times magazine, and Castle Connolly’s Best Doctors: New York Metro. Dr. Parks has appeared on NBC’s Today Show and The CBS Early show to discuss innovations in surgical treatment of arthritis.

Dr. Parks currently serves as President-Elect of the Orthopaedic Research and Education Foundation and Past President of the New York State Society of Orthopaedic Surgeons. He has served as a member of The Board of Directors of the American Academy of Orthopaedic Surgery and, The American Association of Hip and Knee Surgeons and is on the steering committee of the Movement is Life Caucus, a multi-stakeholder group devoted to decreasing musculoskeletal healthcare disparities.

Willis Steele, M.Div., holds a Master of Professional Studies in Urban Ministry and Master of Divinity from NY Theological Seminary. He entered his ministry journey at the Abyssinian Baptist Church under the leadership of the Rev. Dr. Calvin O. Butts, III, where he was ordained to the Gospel Ministry in 2004. He is currently co-pastor of Faith Mission, Grace Baptist Church Yonkers, with his wife Rev. Gay Tompson-Steele. Rev. Steele also serves young adults, couples and singles ministries at Grace Baptist Church in Mt. Vernon, New York. Rev. Steele is Manager, Patient Advocacy-Government Affairs, Intercontinental Region—Latin America, Canada, Middle East, Africa and Turkey, at Amgen Inc. He has also had a long tenure at Abbvie, Inc., where in recent years he was responsible for Global Strategic Health Initiatives for Advanced Parkinson’s Disease, Prematurity in New Born Babies, and resolving family and parental issues, and Hepatitis C. As Area Community Affairs Manager for Abbvie/Abbott Laboratories, he has helped them navigate through uncharted waters in an effort to empower the disenfranchised suffering with HIV/AIDS in faith communities. He has also worked closely with hospitals, clinics, CBOs and AIDS service organizations. He educated patients living with this challenging illness, as well as supported staff working with primary physicians who treat and service them and their families. At the Bronx Lebanon Hospital Center, Rev. Steele helped develop and manage a dynamic Treatment Education Program in the Department of Medicine & Infectious Diseases, educating medical and non-medical staff and patients infected with HIV or living with AIDS and other infectious diseases.

Rev. Steele serves on the Boards of the Gospel Heritage Foundation—Atlanta, Georgia, and the Memorial Community Services, a Harlem tenement that makes apartments available to formerly homeless single parents. Rev. Steele has worked extensively with all the major national African-American faith-based organizations to education and sensitize to the health disparities and challenges of their constituents. It’s a tall order in the world of faith, but Rev. Steele remains “ready to serve.”
Dr. Yashika Watkins holds a PhD in Public Health Sciences and a Masters of Public Health from the University of Illinois at Chicago. She is an Associate Professor in the Department of Health Studies, College of Health Sciences at Chicago State University (CSU) and adjunct faculty in the Department of Health Sciences, College of Science and Health at DePaul University. At CSU, she is a member of the Faculty Senate and serves on committees such as Faculty Development, Departmental Application Criteria and the Master of Public Health program. She also serves as an advisor to graduate students in the CSU Master of Public Health program. She is a member of the Movement is Life Steering Committee and the Internal Advisory Committee for the Chicago South Side Cancer Disparities Initiative. She serves as an advisor to Operation Change Chicago and is a study facilitator on the Educational Program to Increase Colorectal Cancer Screening research study. She is co-founder of Transformative Strategies, Inc., and co-founder of the non-profit organization, Move for Life. Her research has focused on reducing disparities in colorectal cancer, osteoarthritis and diabetes.

Yashika J. Watkins, PhD, MPH
Associate Professor, Chicago State University
Augustus A. White, III, MD, PhD, was the Orthopaedic Surgeon-in-Chief at Beth Israel Hospital in Boston, Massachusetts, for 13 years. Today, he is the Ellen and Melvin Gordon Distinguished Professor of Medical Education, Professor of Orthopaedic Surgery at Harvard Medical School (HMS), former Professor of the Harvard/MIT Division of Health Sciences and Technology, and former Advisory Dean of the Oliver Wendell Holmes Society at Harvard Medical School.

Dr. White’s interest in orthopaedics stems from his experiences in athletics—a star athlete as well as a scholar, he became fascinated by orthopaedic treatment of sports injuries. Dr. White attended Stanford Medical School, where he served as Student Body President, and it was at Stanford that he became interested in back pain. Following graduation, he honed his skills at University of Michigan Medical Center as an intern, then at Presbyterian Medical Center San Francisco as a general surgery resident. Dr. White then went to Yale Medical Center, where he completed his orthopaedic residency. Afterwards, he joined the U.S. Army Medical Corps and served for two years and was awarded the Bronze Star. Following this, he studied at the University of Gothenburg and at the Karolinska Institute, where he obtained a PhD for research on the biomechanics of the spine.

He returned to Yale Medical School and became a Professor of Orthopaedic Surgery and Director of the Engineering Laboratory for Musculoskeletal Disease, a currently active laboratory that he co-founded and developed. Over the years, he has trained 25 spine surgeons in the Daniel E. Hogan Spine Fellowship Program, of which he was the Director. While his professional life has drawn him to classroom, laboratory and lecture hall, he is most committed to direct patient care. Stimulated by a desire to better meet the challenges in healthcare management, Dr. White completed the Advanced Management Program at the Harvard Business School, where he was selected by his classmates to deliver a commencement address. He was a member of the Board of Directors of Zimmer Holdings for nine years. He is a past Chairman of the Scientific Advisory Board of OrthoLogic Corporation—now Capstone Therapeutics. Dr. White served as a Director for OrthoLogic, and is a past Director of American Shared Hospital Services.

Dr. White is an internationally known, widely published authority on biomechanics of the spine, fracture healing and surgical and non-surgical care of the spine. He has authored and coauthored more than 250 scientific and clinical publications including chapters, books and articles. Most noted among them is the highly regarded definitive work, The Clinical Biomechanics of the Spine. This internationally used text, the first of its kind, is designed to present scientific material about spine biomechanics in a manner directly applicable to the care of patients with spine problems. Convinced that patient education is a major factor in the successful resolution of back pain problems, Dr. White completed a second edition of a book for patients called Your Aching Back published in 1990, which was selected by Consumer Reports as the best back pain book and it has been translated and published in German. His book entitled, Seeing Patients: Unconscious Bias in Health Care was published in 2011 and received the British Medical Association Book Award as one of ten “highly commended” books in 2011 in the category of “Basis of Medicine.” Four cogent publications include “Some Advice to Minorities and Women on the Receiving End of Health-care Disparities,” published in the Journal of Racial and Ethnic Health Disparities in 2014. This publication ranked in the top 10 downloaded papers for the Journal in 2014. Another article was published first online by the Journal of Academic Medicine entitled, “Race-Conscious Professionalism and African American Representation in Academic Medicine, (Perspective)” in January 2016 by Brian Powers, Augustus A. White, III, Nancy Oriol and Sachin Jain. In 2017 the article by Dr. White and Beau Stubblefield-Tave entitled, “Some Advice for Physicians and Other Clinicians Treating Minorities, Women, and Other Patients at Risk of Receiving Health Care Disparities,” was published in the Journal of Racial and Ethnic Health Disparities. Also published in 2017 was the article in the Journal of Racial and Ethnic Health Disparities, “Self-Awareness and Cultural Identity as an Effort to Reduce Bias in Medicine” by Dr. White, Heather Logghe, Daniel Goodenough, Linda Barnes, Anne Hallward, Irving Allen, David Green, Edward Krupat and Roxana Llerena-Quinn.

Dr. White has committed himself to issues of diversity and is nationally recognized for his work in medical education and issues of healthcare disparities. He is the founding President of the J. Robert Gladden Orthopaedic Society, and has served on its Senior Advisory Board. He has been the recipient of the American Academy of Orthopaedic Surgeons’ Diversity Award and that Society’s William W. Tipton, Jr., MD Leadership Award. At present, Dr. White is the only person to receive both Awards.
A Baltimore native, **Dr. James Wood** spent 25 years in California, acquiring his medical and surgical training, and practicing orthopaedic surgery. Over 15 years of private practice in the San Francisco Bay Area, Dr. Wood served as an orthopaedic consultant to the Oakland Children’s Hospital Sports Medicine Clinic, the National Football League, the U.S. Olympic Training Center, as well as serving as team physician for St. Ignatius High School, and the UC Berkeley and San Francisco State University athletic programs.

In 1995, Dr. Wood returned to Baltimore as the Director of the Orthopaedic Faculty Practice and Vice Chairman of the Department of Orthopaedic Surgery at Sinai Hospital/Lifebridge Health. He directed the orthopedic resident training program and coordinated the Level II orthopedic trauma coverage at Sinai.

In 2002, Dr. Wood was recruited to serve as Chairman of Orthopedic Surgery at Harbor Hospital of Baltimore, a MedStar Health affiliate. He served in this capacity for 13 years. Under Dr. Wood’s leadership the Orthopedic Department obtained Joint Commission certificates of excellence for both joint replacement and spine surgery.

Dr. Wood has consulted domestically and internationally for Zimmer-Biomet Corporation, teaching partial and total knee replacement surgical techniques to orthopedic surgeons. He has actively mentored young physicians and surgeons over 35 years of practice.

As a member of the executive committee of the National Caucus of Arthritis and Musculoskeletal Health Disparities, Dr. Wood speaks nationally on disparities in access and outcomes affecting African-American and Latino patient populations across the U.S.
Juan F. Acosta, DO, MS, FACOEP-D, FACEP is a 1997 graduate of New York College of Osteopathic Medicine. After an Osteopathic Internship and Residency in Emergency Medicine at St. Barnabas Hospital, Bronx, New York, he received a Master’s in Clinical Investigation from Weill Cornell Medical College. He also completed a Health Policy Fellowship from Ohio Heritage University/New York Institute of Technology. In addition, Dr. Acosta is board certified in Neuromusculoskeletal Medicine (NMM/OMM).

Dr. Acosta was the Program Director in Emergency Medicine at St. Barnabas Hospital for several years. During his tenure with Pacific Northwest University (PNWU) of Health Sciences College of Osteopathic Medicine in Yakima, Washington, he served as the Assistant Dean for Postgraduate Medical Education, Director of Clinical Rotations, Regional Dean and Director of Medical Education. In 2009, Dr. Acosta became the Medical Program Director of the Yakima County Department of EMS. He continues to serve as such and as the Past President of the Yakima County Medical Society. Dr. Acosta was very involved in the hospital medical executive committee and was the Emergency Department Medical Director and Vice President of Medical Affairs for Hospital Physician Partners and The Schumacher Clinical Partners. He also served as a Board Member for the Osteopathic Board of Medicine and Surgery for Washington State.

Dr. Acosta has been involved with Graduate Medical Education his entire medical career. While at PNWU, he was involved with OPTI-West Educational Consortium as a Regional Academic Officer. He is presently serving as a member of the Accreditation Council for Graduate Medical Education (ACGME) Osteopathic Principles Committee.

Dr. Acosta recently moved to New York where he serves as the Associate Medical Director for the Emergency Department at Saint Catherine of Siena Medical Center in Smithtown. He is also actively involved with the Disaster Medical Assistance Team (DMAT), a reviewer for CECBEMS, Journal of Emergency Medicine and a section editor for the West-JEM. Dr. Acosta is an Oral Board examiner for American Osteopathic Board of Osteopathic Emergency Medicine (AOBEM). He is presently the secretary for the American College of Osteopathic Emergency Physicians (ACOEP) and Secretary for the Association of Osteopathic Directors and Medical Educators (AODME).

Dr. Acosta also serves on various American Osteopathic Association committees, which include the Commission on Osteopathic College Accreditation (COCA), and the Committee on Continuing Medical Education (CCME).
Ronald Williams Baker, MD, is an assistant professor of Orthopaedic Surgery at Meharry Medical College in Nashville, Tennessee, for the past 7 years, where he is actively involved in mentoring and encouraging medical students to pursue a career in the orthopaedic surgical subspecialty. He also has served as a clinical preceptor for Vanderbilt University orthopaedic surgery residents. He is immediate past chair for the Orthopaedic Surgery section of the National Medical Association. Dr. Baker is on staff at Nashville General Hospital, which is a significant provider of care to indigent and underserved communities in Metropolitan Nashville and surrounding areas.

Meharry Medical College is one of the nation’s oldest and largest historically black academic health science centers dedicated to educating physicians, dentists, researchers and health policy experts.

A native of Miami, Florida, Dr. Baker attended medical school at the University of South Florida College of Medicine in Tampa, Florida. He completed a residency at Howard University Hospital and subsequently trained in a sports medicine fellowship at Drexel University College of Medicine (formerly Hahnemann University) in Philadelphia, Pennsylvania. After completing his fellowship, Dr. Baker followed his wife, a pediatrician and National Health Service Core fellow, and moved to and opened a practice in Upstate New York, where he practiced for 8 years. While in practice he served as chief of surgery at Oswego Hospital, which was a primary provider of care to the surrounding rural underserved communities in the Syracuse, New York area. His interests include mentorship and providing care to the underserved including those in correctional facilities. He is a fellow of the American Academy of Orthopedic Surgeons, Member of the National Medical Association, Tennessee Medical Association and Florida Medical Association.

Lula Beatty, PhD, is the Senior Director, Health Disparities, American Psychological Association (APA). She is responsible for the development and implementation of APA’s strategic initiative on health disparities including the conceptualization of initiative goals and translation into programs and activities and the development of resources and collaborations to support initiative goals. Specific responsibilities include the management of two working groups on health disparities in boys and men and stress and health disparities and a dissemination project on tobacco health disparities. Until 2012 she served as Director of the Special Populations Office, Office of the Director, National Institute on Drug Abuse, NIH, where she was responsible for the overall administration of diversity and health disparities programs such as the Diversity Supplement Program and the Seminar Series, an early-career research mentoring workshop, and special initiatives, e.g., Southern Africa Initiative and African Americans and criminal justice. Before joining NIDA, she was Director of Research at the Institute for Urban Affairs and Research, Howard University. An APA member, she is a Fellow in the Society of Women in Psychology and the Society for the Psychological Study of Ethnic Minority Issues, has served as President of the Section of the Psychology of Black Women and member of the Committee on Women in Psychology, and is a member of the executive committee of the Leadership Institute for Women in Psychology. She is also a member of the Association of Black Psychologists, the American Public Health Association, Sisters of the Academy, and Sigma Xi.

She received her B.A. from Lincoln University (Pennsylvania) and her doctoral degree in psychology from Howard University.
Mary Behrens is the American Association of Nurse Practitioners’ (AANP) representative for the Movement is Life Caucus. She is a recently retired family nurse practitioner in an all-nurse practitioner clinic in rural Wyoming. She is the current President for the Wyoming Center for Nursing, whose mission to promote health through partnerships and advocate for nurses and nursing issues in Wyoming.

Mary Behrens has practiced as a staff nurse, clinical nurse specialist, nurse educator, consultant and family nurse practitioner working with women facing healthcare disparities. She has held elected political office as a city council member, two terms as Mayor of Casper, Wyoming, Representative in the Wyoming State Legislature and Chair of the Natrona County Commission. She has served 8 years on the American Association Board of Directors as Board member at large and 2nd and 1st Vice President. She has traveled to Vietnam as part of a humanitarian group called Friendship Bridge. It has been a long term teaching project for nurses in Vietnam who were working on their Baccalaureate and Masters-level Education. She received the long-term humanitarian award from AANP Foundation for this work.

Mary Behrens serves on many boards. She is currently serving on the University of Wisconsin School of Nurses Board of Visitors, Friends for the University of Wyoming Fay Whitney School of Nursing, the advisory board for the Health Science Center at the University of Wyoming, American Nurses Association Leadership Institute and National Historic Trails Center. She is a frequent speaker at state, national and international meetings.

Mary Behrens received her BS in Nursing at the University of Wisconsin in Madison, her Masters in Maternal-Child Health at the University of Colorado in Denver and her Post Masters in Family Nurse Practitioner at the University of Wyoming in Laramie. She became a Fellow of the American Association of Nurse Practitioners in 2013. She also received the Barbara Toman Curits Award for Outstanding Political Leadership from the American Nurses Association.

Ana Bejinez-Eastman, MD, ABPF, is the Associate Program Director for the PIH Family Practice Residency in Whittier, California. She is also a volunteer clinical faculty member at the UC Irvine, School of Medicine, Department of Family Medicine.

Earlier in her career, Dr. Eastman established a private practice in rural Northern California among migrant laborers, where she helped start the first telemedicine fetal monitoring program in the state, opening the labor and delivery unit of a small rural hospital. She participated in the establishment of a community clinic and was active in teaching medical students and family practice residents from UC Davis, where she was associate clinical professor for the required rural medicine rotation. A native of Whittier, she returned to this program in 1996 to encourage the practice of high-quality, low-risk obstetrics among our graduating residents.

Dr. Eastman’s presentations include the “Benefits of Residency Training Programs to the Community Served” and “Building a Community’s Elder Care System: The Potential Contribution of the Family Medicine Residency Program.”

Dr. Eastman received her medical degree from the University of Southern California, graduated from the USC-PIH Family Practice Residency Program in 1991, and served as Co-Chief Resident in her third year. She is a member of the National Hispanic Medical Association, the American Academy of Family Physicians, American Medical Association, the Society of Teachers of Family Medicine, and the Los Angeles County Medical Association’s Committee on Community Health.
Eileen Bodie is President of EBU Productions Inc., a multimedia company that produces educational and marketing videos, as well as webcasts and live surgery broadcasts. The company also provides audio visual and technical support for symposiums, meetings and live events.

Prior to starting EBU, she was Director of Production for WTTW (PBS Chicago), producing many live television and public affairs programs. Eileen was one of the pioneers in recognizing the value of satellite technology for delivering educational programming. She produced many continuing education seminars live via satellite for the American Medical Association, the American Banking Association and the American Urological Association, as well as many CME programs for corporations.

In addition to her extensive background in educational programming, Eileen has produced several comedy musical specials for HBO.

Eileen is a native of Chicago. She holds a Bachelor of Arts Degree from St. Louis University and completed post graduate work at the Art Institute of Chicago. She continued her education and graduated from the Goldman Sachs 10,000 Small Business Program.

Monique Chambers, MD, MSL is a native of California, where she obtained her dual undergraduate degree in Biochemistry and Movement & Sports Science. She received her Medical Doctorate from the University of California, Davis. However, she is no stranger to Midwest or East Coast living. Currently, she serves as a Clinical Researcher for the University of Pittsburgh, Department of Orthopaedic Surgery. She also works as a Quality Improvement Analyst in collaboration with the UPMC Wolff Quality, Safety and Innovation Center to address healthcare delivery through high quality analysis and implementation. Dr. Chambers embodies the compassion, commitment and desire required to improve the lives of all she encounters. From her involvement as the Academic Affairs Chairperson of the Student National Medical Association, in which she blazed the path for a minority healthcare disparities elective course at the UC Davis School of Medicine, to serving as the Co-Director of the Imani Clinic, to Student Coordinator of the Cancer Coalition, which functions to decrease the cancer disparities of African Americans, and her participation with the Diversity Council at UCDSOM, which advocates for minority students, Dr. Chambers has clearly demonstrated a commitment to devoting her young career to serving those in need and to inspiring the future generation of medical providers. Her first introduction to research was in 2007, when she was granted an internship at the NASA Ames Research Center to conduct research on the impact of space flight on the skeletal system. Later that summer, the data was used to amend space flight treatment protocols in hopes of decreasing osteoporosis in female astronauts. Since then, Dr. Chambers came to realize the valuable interplay between scientific discovery and medical management. Her dedication to eliminating minority healthcare disparities led her to pursue a Master’s of Studies in Health Law and Policy to better understand how legal policy and processes impact outcomes of healthcare. Since graduating with honors from UC Hastings School of Law, Dr. Chambers has spent time in healthcare outcomes research surrounding musculoskeletal disease as well as health quality measures that are the focus of the Affordable Care Act and physician reimbursement. She also serves as the Director of Research and Pipeline Initiative Outcomes for Nth Dimensions Inc., a non-profit that seeks to increase the number of women and underrepresented minorities in surgical specialties. Her work has been recognized in over 28 scientific publications. When asked what motivates her to remain active in so many areas, she replies, “Seeing leaders continue to devote a life to those who have no voice reminds me that at the heart of medicine is service unto others.”
On January 1, 2014, Mr. Finerfrock became the President and Owner of Capitol Associates (CAI), a government relations/consulting firm based in Washington, DC. Prior to assuming ownership of CAI, Finerfrock was a Senior Vice President in the company for more than 20 years.

Finerfrock specializes in healthcare financing, health systems reform, health workforce and rural health. He has worked in and with the U.S. Congress and federal agencies on health policy matters for more than 35 years.

Prior to becoming a lobbyist/health policy advocate, Finerfrock spent nearly eight years working for two U.S. Senators (Senator Edward Brooke and Senator Roger Jepsen).

Upon leaving Capitol Hill, he was hired as the first federal lobbyist for the physician assistant profession and served for eight years as the Director of Federal Affairs for the American Academy of Physician Assistants. While with the AAPA, Finerfrock successfully lobbied Congress to approve Medicare coverage for physician assistants; commissioned officer status for all PAs in the uniformed services; authorization for PAs to receive National Health Service Corps scholarships and loans, among other things.

Finerfrock is the co-founder and Executive Director of the National Association of Rural Health Clinics, primary care clinics located in underserved rural areas throughout the United States. He has testified before Congress and various state and federal agencies on numerous occasions.

Over the years, he has successfully worked on public policy and regulatory issues before the Department of Health and Human Services, the Department of Transportation, the Department of Veterans Affairs, the Department of Defense and the Justice Department. In his spare time, Finerfrock serves as the Springfield Representative to the Fairfax County Healthcare Advisory Board. He was recently re-elected by his fellow Board members as the Vice Chair of the Board.

Finerfrock is a 1977 graduate of Penn State University. He has a degree in Political Science.
Millicent Gorham, PhD (Hon.), MBA, FAAN, is the Executive Director of the National Black Nurses Association, Inc., which represents 150,000 African American nurses in the United States. Ms. Gorham was appointed to that position in October 1995.

Ms. Gorham has more than 30 years of government relations experience. For four years, she worked as the health legislative assistant to U.S. Representative Louis Stokes (D-OH). She was the coordinator of the Congressional Black Caucus Health Brain Trust. She served as the assistant director of government relations for the American Optometric Association for eight years. And, for four years, Ms. Gorham worked as the director of government relations for the National Rural Health Association.

Ms. Gorham was inducted into the American Academy of Nursing as an honorary fellow in 2011. She was appointed to the Community Advisory Board of the Georgetown-Howard Universities Center for Clinical and Translational Science (GHUCCCTS). In 2017, she was appointed to the Board of the United Medical Center in Washington, DC and the Advisory Board of Nursing.com. She served on the U.S. Food and Drug Administration's Nominating Group that recommends consumers to the FDA 46 Advisory Committees. In 2016, she was appointed to the Multicultural Center for Excellence of Pfizer, Inc., and elected to the Board of the Association of Black Cardiologists.

Ms. Gorham has been the recipient of multiple awards, including the 2006 Simmons College Alumnae Achievement Award, the Simmons College African American Alumnae Association “Quiet Leader Award” in 2008, the Bethune Cookman College, Department of Nursing Achievement Award in 1996, and the U.S. State Offices of Rural Health Award in 1995.

Ms. Gorham received a Master’s in Business Administration from Howard University and received an honorary doctorate in Nursing from her undergraduate degree alma mater, Simmons College, in 2011.

Dr. Green is an Emeritus Physician at Virginia Mason and Clinical Professor of Orthopaedic Surgery at the University of Washington School of Medicine in Seattle, Washington.

He has had a long-term interest in matters of professionalism. He serves on the Medical Quality Assurance Commission in Washington State and was involved with the development of the Standards of Professionalism for the American Academy of Orthopaedic Surgeons. He served for 11 years on their Judiciary Committee.

Through Nuestros Pequenos Hermanos, he and his family have supported work for orphaned and abandoned children in Latin America and Haiti. He does volunteer orthopaedic work in Haiti and Honduras. Following the earthquake in Haiti in 2011, he led a team that provided orthopaedic care there for a month.

For several years he taught orthopaedic surgery in the Russian Far East. He has also provided volunteer care for leprosy patients in Thailand.

In retirement from active practice he has turned his attention to helping address disparities in healthcare.

Thomas Green, MD
Emeritus Physician, Virginia Mason Medical Center
Clinical Professor of Orthopaedic Surgery, University of Washington School of Medicine
Melvyn Harrington, MD, is a Harvard-trained, board-certified orthopaedic surgeon and currently an Associate Professor in the Department of Orthopaedic Surgery at Baylor College of Medicine. He specializes in arthritis and joint reconstruction of the hip and knee, primary and revision total hip and knee replacements, and treatment of avascular necrosis of the femoral head. Dr. Harrington has received numerous awards over the years for clinical research, education and leadership in the field of orthopaedic surgery. He is called upon regularly to share his expertise with national and international orthopaedic surgery groups.

After completing his undergraduate education at the Johns Hopkins University, Dr. Harrington earned his medical degree from Vanderbilt University School of Medicine in Nashville, Tennessee. He completed his internship and residency in orthopaedic surgery at the University of California Davis Medical Center in Sacramento. He also completed a fellowship in adult reconstructive orthopaedic surgery at Harvard University, Massachusetts General Hospital.

Dr. Harrington served as an Assistant Professor for eight years in the Department of Orthopaedic Surgery and Rehabilitation at Loyola University Chicago, Stritch School of Medicine. His professional memberships include the American Academy of Orthopaedic Surgeons, J. Robert Gladden Orthopaedic Society, American Association of Hip and Knee Surgeons, Arthritis Foundation, National Medical Association, Houston Medical Forum, American Medical Association, Western Orthopaedic Association and National Osteonecrosis Foundation.

Dr. Tamara Huff is a board-certified orthopaedic surgeon at St. Francis Orthopaedic Institute in Columbus, Georgia. Among her many notable works and achievements along her journey is certification in clinical and translational science, the cornerstone of the future of medicine. This highly interdisciplinary approach to medicine and science is aimed at curing and treating patients by translating research findings and data into new diagnostic tools, procedures, medicines and policies. She specializes in comprehensive musculoskeletal care throughout the continuum of life.

An international presenter on medicine, surgery, and mentoring and training issues, Dr. Huff has also taught professional workshops at medical conferences and classes at universities such as the Morehouse School of Medicine. Her research and thought-leadership articles, papers and posters have been published in several prestigious peer-reviewed and non-peer reviewed medical journals.

Dr. Huff earned her medical degree from Medical College of Georgia at Augusta University and completed her orthopaedic surgery residency at the Ochsner Clinic in New Orleans. She is also certified by the American Board of Orthopedic Surgeons and the Society for Health Care Epidemiology of America. Following her training, Dr. Huff began practicing medicine at the Mayo Clinic Health System in Waycross, Georgia, prior to joining St. Francis Orthopaedic Institute.

Melvyn Harrington, MD
Past President, J Robert Gladden Orthopaedic Society
Past Orthopaedic Surgery Section Chair, National Medical Association
Associate Professor and Residency Program Director, Department of Orthopaedic Surgery, Baylor College of Medicine

Tamara Huff, MD
Representative, American Academy of Orthopaedic Surgeons
Orthopaedic Surgeon, St. Francis Orthopaedic Institute—Columbus, Georgia
Charla Johnson, RN, MSN, ONC, has experience including more than 28 years in the healthcare industry/nursing with a record of continuous dedicated service, achievement and professional advancement in an increasingly technical and competitive environment.

The majority of her nursing career has been aimed at the promotion of musculoskeletal care and the advancement of orthopaedic nursing in our region, state and at the national level through life-long learning and leadership. She was the Orthopaedic Programs Coordinator from 2002-2010 at Our Lady of the Lake Regional Medical Center in Baton Rouge, Louisiana. Lake Joint Effort is the largest joint replacement program in the Southeast.

Community outreach, nursing professional development, utilization review, case management, and leadership opportunities have been embedded throughout her career. She is connected at the national level with National Association of Orthopaedic Nurses (NAON) and is viewed as a content expert in total joints and management of osteoarthritis.

Charla currently serves as a clinician and a Director on the Board of Volunteer Health Corps, a non-profit serving the uninsured and underinsured for primary and orthopaedic care in Baton Rouge, LA. She is the Manager of Community and Provider Education at St. Elizabeth Hospital, a rural community hospital, in Gonzales, Louisiana. She has been a member of Movement is Life Steering Committee since 2014.

Julia Kneedler is the President of Kneedler Solutions. Her responsibilities include management of the educational program and review of activities. She develops educational activities for physicians, nurses and allied health professionals in a wide variety of formats. Her previous employment was with the Association of periOperative Registered Nurses, where she was responsible for developing and implementing educational activities for World Conference, Annual Congress and other planned events. Prior to this she was the Director of the Operating Room at Porter Memorial Hospital in Denver, worked at Loma Linda Medical Center, Operating Room and began her career in the operating room at Greater Bakersfield Memorial Hospital.

Dr. Kneedler is a native of Martinez, California. She holds a Bachelor of Science Degree from Walla Walla College in College Place, Washington; a Master of Science Degree from Loma Linda University in Loma Linda, California; and her Doctorate of Continuing Education from the University of Northern Colorado in Greeley, Colorado. She is co-author of the textbook entitled, Perioperative Patient Care—The Nursing Perspective and has authored and co-authored many books and manuals published by AORN. She is a member of ANA, AORN, Sigma Theta Tau and the Alliance for Continuing Education in the Health Professions (ACEhp). Among her many achievements is the AORN Award for Excellence received in 1996.
Marjorie G. Kulesa, BS, RN, ONC, CNOR, is a Past President of the National Association of Orthopaedic Nurses (NAON). During her tenure as president of NAON Ms. Kulesa was instrumental in forging relationships with other musculoskeletal organizations to bring the voice of orthopaedic nursing to the table. She has been the NAON representative to the Movement is Life steering committee and has been an active planner for all of the yearly Caucuses.

Ms. Kulesa is the former Nurse Coordinator for the Department of Orthopaedic Surgery at NYU Winthrop University Hospital in Mineola, New York, where she was responsible for coordinating orthopaedic education programs for healthcare providers, the general public and patient populations, and served as the research coordinator for the department. She worked closely with the chair of the department, serving as the liaison for the department to hospital committees on issues related to patient care and quality as well as department projects.

At present, Ms. Kulesa is serving on the United States Bone and Joint Initiative Board as a Board Director. While serving on the USBJI board she was a reviewer for The Value in Musculoskeletal Care: Summary and Recommendations document and served as a member of the 2013 summit planning committee on Best Practices in Patient-Centered Musculoskeletal Care.

For the past 30 years, she has planned many conferences, including a national program entitled The State of the Science in the Prevention and Management of Osteoarthritis, a joint venture with the American Journal of Nursing, NAON and the Hospital for Special Surgery. This symposium recommended ways in which nurses can address issues related to osteoarthritis in the areas of research, policy, education and clinical practice. The symposium proceedings were published as a supplement to the AJN and also in the Orthopaedic Nursing Journal. Ms. Kulesa co-authored the executive summary. In addition, she has presented locally, nationally and internationally on orthopaedic conditions and orthopaedic nursing education. She presented at the 2014 AAOS meeting on Do Obesity and Racial, Ethnic and Gender Disparities Impact Arthritis?

In her personal life, Ms. Kulesa has served on community boards for Girl Scouts, local government, Special Education PTA and is active in her church. She is the mother of four children and has five grandchildren.

Sharon LaSure-Roy, MS is a senior digital communications professional with Fortune 500, non-profit and start-up experience. As Florida Blue’s Senior Manager of Social Media, she is responsible for developing, managing and implementing digital strategies that support Florida Blue’s corporate mission and marketing priorities: including brand voice, creating awareness and generating growth of the Florida Blue social media properties. Sharon has held many leadership positions with various organizations including: State Farm Insurance, H&R Block, Florida Hospital and the City of Jacksonville.

She currently serves as a board member for the United Negro College Fund and the American Lung Association of Northeast Florida. She received her Bachelor of Arts in Communications from Hood College and a Master of Science in Integrated Marketing Communications from Northwestern University’s Medill School of Journalism.
Jackie Maldonado is originally from La Paz, Bolivia. She holds a Bachelor’s degree in Business Administration and has been working in healthcare for the past 14 years. She has worked for non-profits in the Northern Virginia area, including Inova Loudon Hospital and Healthworks of Northern Virginia. For the past 5 years, she has been the Outreach and Enrollment Supervisor for Greater Prince William Community Health Center. Ms. Maldonado also forms part of the homeless coalition and works with community partners to increase awareness of services provided at Greater Prince William Community Health Center.

Ms. Meadows received her Bachelor of Science Degree in Physical Therapy from the University of California-San Francisco Medical Center and her Master of Science Degree in Business Communications from Georgia State University.

Ms. Meadows practiced physical therapy previously at the Los Angeles County-University of Southern California Medical Center, Scottish Rite Children’s Hospital and Emory University Hospital in Atlanta, Georgia, and the Visiting Nurses Association of Greater Washington, DC. Her experience includes pediatrics, cardiopulmonary, orthopedics, neurology and home healthcare.

Currently, she is the Program Director of the Minority/Women’s Initiatives Program. She has held this position since 1988. The Department works with members and the public to increase awareness and appreciation of the importance of cultural diversity in all aspects of the profession of physical therapy. This is done by making presentations on diversity, sponsoring workshops, exhibiting at professional associations, promoting fundraising activities for the Minority Scholarship Fund through Diversity 2000 and actively working with state and federal government officials to increase their knowledge of physical therapy. Women’s Initiatives is the program that works with the Association and profession to increase knowledge of and for women in the profession of physical therapy.
Dr. Morgan is an orthopedic surgeon achieving a career of excellence through service to his patients, as a visionary leader in group medical practice, as an avid participant in community involvement, in youth mentorship and in national medical leadership. He presently serves as the Executive Director of the W. Montague Cobb/NMA Health Institute, the research arm of the National Medical Association. He also serves as Senior Executive of the J. Robert Gladden Orthopedic Society. Dr. Morgan continues to be engaged in the practice of Orthopedic Surgery with Sarasota Orthopedic Associates in Sarasota, Florida.

Dr. Morgan graduated from Gary (Indiana) Roosevelt High School as Co-Valedictorian. He earned a BA in Chemistry from Grinnell College, Iowa, and began a long career of medicine after acceptance at Howard University College of Medicine in Washington, DC. He served an internship and orthopedic surgery residency at Northwestern University in Chicago, Illinois, where he was recognized as “Resident of the Year” and also as Chief Resident of Orthopedic Surgery. He then served as Resident Physician at the prestigious Rancho Los Amigos Hospital in Downey, California.

Dr. Morgan joined two of his Northwestern faculty members in their private practice in Evanston, Illinois and then practiced in his hometown of Gary, Indiana for 30 years. He completed a fellowship in Pediatric Orthopedics at the Children’s Hospital of Cincinnati. He served as Assistant Professor of Orthopedic Surgery at Indiana University School of Medicine and as a Clinical Associate at Northwestern University. He later earned his MBA from the University of South Florida in 2001. In addition to his contributions to community service, Dr. Morgan is a Diplomat of the American Board of Orthopedic Surgery, a Fellow of the American College of Surgeons and is certified by the American Board of Managed Care Medicine. He received the Honorary Doctor of Science from his alma mater, Grinnell College, in 1992. He was elected President of the Indiana Orthopedic Society in 1999. He is a Life Member of NAACP and served as Chair of the Life Membership Dinner of the Gary Branch for several years. In 2003, Dr. Morgan was elected to the Steel City Hall of Fame in Gary, Indiana. He received the Joseph Pitts Award for Community Service from the NAACP in 2005. He was named a distinguished alumnus of Howard University College of Medicine. He was also inducted into Alpha Omega Alpha honorary medical society at Howard University.

He also serves as a life member of the Grinnell College Board of Trustees. Dr. Morgan presently serves as Clinical Assistant Professor of Orthopedic Surgery at Florida State School of Medicine and Clinical Assistant Professor of Community Medicine at the University of Connecticut Health Center. It is there that he continues to develop his research interest in healthcare and musculoskeletal disparities. He has published articles in more than 200 scientific publications and made many presentations during his career.
Charles L. Nelson, MD, is Chief of Adult Reconstruction and an Associate Professor of Orthopaedic Surgery at the University of Pennsylvania Health System. Dr. Nelson graduated from the University of Pennsylvania Medical School, where he remained to complete his internship and residency. After finishing a fellowship in adult reconstructive surgery at the Hospital for Special Surgery, he returned to the Hospital of the University of Pennsylvania, where he is currently an Associate Professor of Orthopaedic Surgery. Dr. Nelson specializes in adult hip and knee reconstructive surgery and joint replacement. He participated in the AAOS Leadership Fellows Program. He represented the American Orthopaedic Association as part of the prestigious Austrian Swiss German Traveling Fellowship, visiting many of the major orthopaedic centers in Austria, Switzerland and Germany. He has received numerous awards—he was one of only two nationally chosen recipients of the National Medical Fellowship’s James H. Robinson, MD Memorial Scholarship for outstanding achievement in the study of surgery in addition to winning the Helen O. Dickens, MD award, the Charles Drew Award and William T Fitz, Jr. Awards at the University of Pennsylvania.

The Past President of the J. Robert Gladden Orthopaedic Society, Dr. Nelson has been named as a “Top Doc” by Philadelphia Magazine, and has been chosen several times to be among Top Physicians and Surgeons in America by both peers and consumers by Best Doctors, Incorporated and the Consumer’s Research Council of America. He has published more than 100 peer-reviewed manuscripts and book chapters. He has held several leadership and committee positions for numerous medical societies, as well as civic and philanthropic organizations including the American Academy of Orthopaedic Surgeons, The Knee Society, the American Association of Hip and Knee Surgeons, and the American Orthopaedic Association.

Dr. Alexandra (Alexe) Page addresses improvements in healthcare services, including high-value care, delivery, and diversity, speaking and writing nationally and internationally on these topics. Nationally, work with the American Academy of Orthopaedic Surgeons (AAOS) includes serving as Chair of the Health Care Systems Committee and Vice-Chair of the AAOS Board of Specialties Communications Committee. Dr. Page provides consulting in the field for myriad practices and systems, including the Harvard Medical School Health Policy Advisory Committee.

Addressing healthcare disparities, Dr. Page works locally as a member of the leadership team and providing direct patient care through Project Access San Diego, a safety net health system. Nationally, she serves in the presidential line of the Ruth Jackson Orthopaedic Society (women in orthopaedics) and Movement is Life, an organization addressing musculoskeletal disparities.

Cross-specialty national medical involvement includes serving as the AAOS delegate to the AMA and as a member of the steering committee of the US Bone and Joint Initiative’s Chronic Osteoarthritis Management Initiative. She serves on the national MRI board of the Intersocietal Accreditation Committee, MRI section. In California, Dr. Page serves on the board of the San Diego County Medical Society, as a voting delegate to and Council on Legislation member of the California Medical Association (CMA), as well as a member of the presidential line for the California Orthopaedic Association.
Dr. Vani J. Sabesan is a distinguished orthopedic surgeon with a strong academic career. She arrived in Florida from Detroit, Michigan, where she served as program director for the Orthopaedic Surgery resident program at Beaumont/Wayne State University. She is an associate professor in Orthopaedic Surgery with a subspecialty in Sports Medicine, Shoulder/Elbow & Upper Extremity surgery. Dr. Sabesan recently joined the Cleveland Clinic but previously served as full-time faculty at Wayne State University, Western Michigan University School of Medicine and Michigan State University. Dr. Vani J. Sabesan received her medical degree from Indiana University School of Medicine and completed her orthopaedic surgery residency training at Duke University Medical Center. She received her fellowship training in Shoulder and Elbow Surgery at the Cleveland Clinic, in addition to completing a Doris Duke Clinical Research Fellowship in Orthopaedic Surgery at the University of Iowa.

Dr. Sabesan was a founding member of WMU Homer Stryker School of Medicine where she served as the chair of the musculoskeletal course at the medical school and co-chair of the next US Bone and Joint Initiative program to improve musculoskeletal education in medical schools. Dr. Sabesan is a young female leader in Orthopaedics and has served on a number of regional and national committees including the Michigan Orthopedic Society, Ruth Jackson Orthopedic Society (RJOS), Mid America Orthopaedic Society, and American Orthopedic Association (AOA) Emerging Leaders program. She recently completed her AAOS leadership fellows program and serves on the USBJI Board representing American Shoulder and Elbow Society. Dr. Sabesan’s commitment to service extends beyond her role as female faculty member through her national work with Women’s Leadership programs, RJOS, and medical mission work. Dr. Sabesan’s contributions to the peer-reviewed literature with more than 40 publications demonstrates her commitment to excellence in clinical and biomechanical research, specifically in the area of shoulder arthroplasty, orthopaedic value analyses and sports medicine. Dr. Sabesan lectures both nationally and internationally in her area of expertise. She has received numerous honors including the RJOS traveling fellowship, MidAmerica Orthopaedic Association traveling fellowship, OREF Clinician Scientist Grant, OREF Rockwood Grant, American Association of Orthopaedic Surgeons Leadership Fellows Program and awarded the Doris Duke Clinical Research Fellowship. Outside of her academic activities, Dr. Sabesan has run over 20 marathons and completed an Ironman.

Dr. Sabesan’s clinical practice is focused on shoulder, elbow, hand and sports medicine problems, and her primary interest is in the management of complex shoulder and elbow problems in joint replacement, rotator cuff tears, elbow trauma, sports injuries and revision shoulder surgeries. Her practice also focuses on the female athletes and women’s bone health.
Dr. Erick M. Santos is a board certified orthopaedic surgeon and Fellow of the American Academy of Orthopaedic Surgeons. Dr. Santos has been practicing in South Texas since 2005 and has been committed to mentoring and teaching Family Medicine residents about musculoskeletal topics and addressing issues of disparity in healthcare access in the Latino community of South Texas.

Dr. Santos graduated with a Bachelor’s degree and a double major in Biomedical Engineering and Materials Engineering from The Johns Hopkins University in Baltimore, Maryland. While in college he was involved in improving recruitment of minority students by working as part of the Dean of Student’s office staff. After college he completed a Master’s Degree in Bioengineering at the University of Pennsylvania in Philadelphia and he enrolled in a dual degree program with the medical school, where he completed both his MD and PhD degrees. Dr. Santos did research in biomaterials and tissue engineering including new materials containing growth factors that would serve as bone graft substitutes. Dr. Santos was granted seven U.S. patents for his research work and has several publications in prestigious peer-reviewed journals. While at the University of Pennsylvania he served as Co-Chair of the Student National Medical Association, and also advocated for increased minority student admissions as a student member of the admissions committee at the School of Medicine.

Dr. Santos joined the U.S. Air Force during medical school and completed a General Surgery internship at Wilford Hall Medical Center at Lackland AFB in San Antonio. After the internship he completed Aerospace Medicine training and served four years’ active duty service with distinction at Dyess AFB in Abilene, Texas. These included several overseas deployments as a flight surgeon.

After completing his military service, Dr. Santos did his Orthopaedic Surgery residency at the University of Alabama at Birmingham. After his residency training, Dr. Santos established his own practice in Pleasanton, Texas, and then moved to Corpus Christi. He serves as adjunct faculty for the Department of Family Medicine of two residency programs teaching musculoskeletal topics and business of medicine topics, as well as providing mentorship to young physicians.

Dr. Santos was born and raised in San Juan, Puerto Rico. He lives in Corpus Christi, Texas, with his wife and son and is dedicated to providing orthopaedic surgery services to underserved communities in South Texas.

Dr. Erick M. Santos
Adjunct Assistant Professor, Family Medicine, University of North Texas and Texas A&M University of the Health Sciences
CEO, South Central Texas Bone & Joint Center, PA
Fellow, American Academy of Orthopaedic Surgeons
Member, American Academy of Orthopaedic Surgeons Diversity Advisory Board
Jonathan Silver, MS, PA-C is the Chief Physician Assistant in Orthopedics at Kings County Hospital, which is a level one trauma center, and provides services to the underserved and immigrant communities in the Brooklyn, New York. Mr. Silver is also an adjunct lecturer at the CUNY School of Medicine Physician Assistant Program. He has great interest in mentoring and working with diversity programs for Black and Hispanic students in PA schools to increase their enrollment and completion. His passion is to increase historically underrepresented minorities in medicine across the country. He is a preceptor of orthopedic surgery for PAs and medical students at Kings County Hospital.

Mr. Silver is a fellow member of the American Academy of Physician Assistants, New York State Physician Assistant Society, National Medical Association and a Life member of Kappa Alpha Psi Fraternity. He is a native of Norfolk, Virginia, and attended the Howard University PA program. He completed his Post Graduate Orthopedic Surgical Residency training program at St. Vincent’s Medical Center in Staten Island, New York. After completion of his specialty program, he held a position at The Hospital for Special Surgery in New York City for several years. He earned his Master of Science Degree at Pace University. Mr. Silver lives in Harlem with his family. His hobbies include traveling, biking and photography.

Yetsa A. Tuakli-Wosornu, MD, MPH is an Assistant Clinical Professor at the Yale School of Public Health Department of Chronic Disease Epidemiology and a Physiatrist in the Yale Department of Orthopaedics and Rehabilitation. She is actively involved in clinical care, teaching and research. As a clinician-scientist, she treats patients with common orthopedic conditions such as osteoarthritis non-surgically, and studies the impact of physical activity on biopsychosocial outcomes in diverse settings. As a Yale alumni (TD ’01) and former Yale athlete, she is passionate about mentoring Yale undergraduate and graduate students, as was selected as a 2017-18 Timothy Dwight College faculty advisor.

As a member of the International Paralympic Committee (IPC) medical committee, she serves as the IPC’s inaugural Welfare Officer, working with the International Olympic Committee to combat non-accidental harms (e.g., harassment and abuse) among all athletes. Appointed by the IPC governing board, she represents Ghana on IPC’s Medical Committee. This eight-member multinational panel provides medical care and leadership to the 160 countries participating in paralympic sport, including the Paralympic Games. The committee also leads bio-psychosocial research, including the sweeping IPC Injury and Illness Prevention survey, now in its third iteration, jointly housed at the University of Brighton, UK, and Stellenbosch University, South Africa. For her IPC work, the Sports Writer’s Association of Ghana named her 2014’s “best sports physician,” an honor equivalent to an American ESPY. As a post-collegiate athlete, she represented Ghana internationally in the women’s long jump.

Her goal is to combine her clinical, scientific, advocacy and athletic work to empower lay people and vulnerable groups (including girls, minors and persons with disabilities) to take charge of their health through sports and movement. She is passionate about nutrition, sports injuries, adapted sports and how to prevent and/or rehabilitate from injuries using a holistic approach. After graduating from Harvard Medical School and the Johns Hopkins School of Public Health, Dr. Tuakli-Wosornu completed Physiatry residency at the University of Maryland and Sports and Interventional Spine fellowship at the Hospital for Special Surgery. She is a member of the American Academy of Physical Medicine and Rehabilitation, Association of Academic Physiatrists, American College of Sports Medicine, American Institute of Ultrasound Medicine and International Society of Physical and Rehabilitation Medicine.
A graduate in health sciences from Georgia State University, Shawn has worked as a staff PT for the University of Chicago Hospitals, Illinois Masonic Medical Center, BJC Healthcare Systems and the U.S. Olympic Sailing Team. Owning and managing multiple private practices throughout the Midwest over the past three decades, Shawn is currently the owner of Brentwood Center of Health in Brentwood, Missouri. From 2001 to 2010 he directed Living by Design, a 501(c)(3) in St. Louis, Missouri whose mission was to create access to physical rehabilitation, complementary medicine and peer advocate treatment education services for high-priority healthcare-disparity populations, with a focus on the uninsured and economically poor dealing with chronic diseases. From 2005 to 2009 Shawn was a clinical research coordinator for a National Institutes of Health-funded study entitled Yoga for the Management of Metabolic Syndromes. He was a finalist in the 2014 American Physical Therapy Association Innovation Competition. This current initiative focuses on addressing racial disparity in cancer care using an integrative healthcare model. He has participated as a Movement is Life steering committee member since 2015.

Irene van den Berg, RN, is the Vice President, Business Development, for the Health Advocacy Solutions Group at StayWell, where she works with leading medical associations, non-profit medical organizations and national clients working across a wide variety of categories in the health field. She develops custom health solutions in partnership with her clients to deliver successful and distinctive consumer and patient/provider educational programs in multi-media formats.

Her previous employment was with the International Guidelines Center as the Senior Vice President, Business Development, where she worked with medical associations to develop evidence-based treatment guidelines for healthcare providers in condensed quick-reference formats. Prior to this she worked at the Maryland Laser, Skin & Vein Institute as a staff nurse and sonographer forming ultrasound procedures and assisting the physician with intra operative closure procedures.

Irene received her nursing degree at the University of Amsterdam, the Netherlands, where she also received her master’s degree in obstetrics and gynecology. After moving back to the United States, she became a registered medical diagnostic sonographer while working at North Charles General Hospital and Johns Hopkins Hospital in Baltimore, Maryland. She is a member of the Movement is Life Steering Committee, Healthcare Businesswomen’s Association (HBA) and the American Society of Association Executives (ASAE).
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**Continuing Education Modules**

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- Facebook.com/StartMoveLive
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**Movement is Life Journey Website (www.movementislifejourney.com) and Webkey**
Visit the website to learn about how to solve the vicious cycle puzzle. Use the webkey to learn about the added risks for women and communities of color, how the vicious cycle affects mobility, what might be holding you back, and how to break the vicious cycle.
Breaking the Vicious Cycle

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Increased Pressure on Knee Joints
Limited Mobility

MOVEMENT

Heart Disease
Obesity
Lack of Physical Activity
Type 2 Diabetes
Depression

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