

# BREAK THE CYCLE 12

## BREAK THE CYCLE OF ENVIRONMENTAL HEALTH DISPARITIES

Reducing Children's Environmental Health Disparities and Promoting Health Equity for all Children

### **Break the Cycle 12: Resilience – The Phenomenon of Overcoming Adversity**

Break the Cycle is an annual program that cultivates the interest of university students in developing projects that focus on the vulnerability of children who grow up in circumstances of social and economic disadvantage. During their project, each student examines how exposure to adverse environmental factors can have a negative impact on children's health, growth and development. Each student develops a project in which they 'break the cycle' to assure that these children can look forward to a positive future. Since the inception of our Break the Cycle program we have had over 100 student projects each constituting a small step toward the promise of a better future for children and their families. This conference highlights the student projects from our 12<sup>th</sup> Annual Break the Cycle Program 2016-2017.

In reality, although children may be exposed to the same set of environmental experiences, they will have a wide range of outcomes. The determinants of the outcomes include physiological, psychological, genetic, and experiential factors. The theme for our 12<sup>th</sup> annual Break the Cycle Program 2016-2017 is *Resilience*, which represents the process of adapting positively in the face of adversity, trauma, tragedy, threats or significant sources of stress. Resilience is a successful response to environmental challenges and stress and the factors that promote resilience include:

- A loving and supportive environment
- Positive relationships with adults and peers
- Supportive, attentive and responsible parenting
- Avoidance of repeated stress and trauma
- Avoidance of adult responsibilities while still a child
- Experiences in overcoming life challenges
- Individual and group cognitive-behavioral trainings
- Supportive and responsible foster care and adoption

(Wu et al Frontiers in Behavioral Neuroscience 15 February 2013)



## **Break the Cycle of Environmental Health Disparities 12**

The 12<sup>th</sup> Annual Break the Cycle program will consider the role of resilience in promoting success for children living in adverse environmental circumstances.

### **Monday April 24, 2017**

#### **8:30 AM Registration & Breakfast**

#### **9:00 AM Opening of Program**

Robert Geller, MD, Director, Southeast PEHSU, Professor of Pediatrics, Emory University, Atlanta GA

#### **9:10 AM Message from the ATSDR**

Michael Hatcher, DrPH, Chief, Environmental Medicine Branch, Division of Toxicology and Human Health Sciences, ATSDR, CDC, Atlanta GA

#### **9:20 AM Message from the EPA**

Ruth Ezel, MD, PhD, Director of the Office of Children's Health Protection, United States Environmental Protection Agency, Washington DC

#### **9:40 AM Introduction to Break the Cycle**

Leslie Rubin, MD, Director, Break the Cycle Program, Associate Professor, Morehouse School of Medicine, Co-Director Southeast PEHSU, Atlanta GA

#### **10:00 AM Home, Belonging and the Incarcerated Mother: A study on the effects of mass incarceration on children's behavioral health outcomes**

Tatenda Mangurenje, student, Peter Brown, PhD, mentor, Department of Anthropology, Emory University, Atlanta GA

#### **10:20 AM Factors affecting the length of stay in drug exposed infants admitted to the Neonatal Intensive Care Unit**

Praytibha Agarwal, student, David Wood, MD, MPH, mentor, Department of Pediatrics, East Tennessee State University, Johnson City TN

**10:40 AM Health Break**

**11:10 AM Impact of early life housing on child behavior at age seven**  
Abby Gaylord, student, Julie Herbstman, PhD, Department of Environmental Health Sciences, Mailman School of Public Health, Columbia University, New York City, NY

**11:30 AM A Silver Lining for High-Risk Infants: Coordinated Care for Children 0-32 Months**  
Lea Redd, student, Bree Andrews, MD, MPH, Department of Pediatrics— Neonatology, The University of Chicago Medical Center, Chicago IL

**11:50 AM Lunch**

\$10 Optional lunch (can only be added at initial registration) – We encourage you to network with presenters and attendees

**1:30 PM Neurodevelopmental Outcomes of recent exposure to DDT in children of selected communities of Zambia**  
Nosiku Munyinda, student, Charles Michelo, BSc, MBChB, MPH, MBA, PhD, Mentor, Department of Public Health, University of Zambia, Lusaka, Zambia

**1:50 PM Racial Disparities in Access to Municipal Water Supplies in the American South: Impacts on Children’s Health**  
Frank Stillo, student, Jackie McDonald Gibson, PhD, mentor, Gillings School of Global Public Health, University of North Carolina at Chapel Hill, Chapel Hill NC

**2:10 PM KEYNOTE SPEAKER**  
**Research Roadmap: Science and scientific gaps to help address different aspects of environmental justice**  
Andrew Geller, PhD, MS Deputy Director, United States Environmental Protection Agency, Sustainable and Healthy Communities Research Program

**2:30 PM Health Break**

**3:00 PM Interactive Educational Lead Hazards Class to Children at the Boys and Girls Club in Metro Atlanta - Pilot**

Catherine Evans, Amrita Mahtani, Sam Peters, Patrick Fueta, students; W. Michael Caudle, PhD, mentor, Department of Environmental Health, Rollins School of Public Health, Emory University, Atlanta GA

**3:20 PM The Role of Social Support and Adolescent's Mothers Breastfeeding Practices in North Carolina**

Colleen Clark, student, Kimberly Price, PhD, mentor, Department of Public Health, Lenoir-Rhyne University, Hickory NC

**3:50 PM The effectiveness of a community-based program of nutrition education and physical activity to decrease health disparities of childhood obesity**

Hope Bentley, student, Jannett Lewis-Clark, MOT, OTD, OTR/L, CLT, mentor, Department of Nursing and Allied Health, College of Veterinary Medicine, Tuskegee University, Tuskegee AL

**4:10 PM Urban Farming as a Model for Positive Youth Development**

Luis Torres, student, Cappy Collins, MD, mentor, Department of Public Health, Icahn School of Medicine at Mt. Sinai, New York City NY

**4:30 PM Review and Conclusion**

Leslie Rubin, MD

**5:00 PM Adjourn**

**Tuesday, April 25, 2017**

**Resilience: The Phenomenon of Overcoming Adversity**

**8:00 AM Registration & Breakfast**

**8:30 AM Introduction**

Leslie Rubin MD, Director, Break the Cycle Program, Associate Professor, Morehouse School of Medicine, Co-Director Southeast PEHSU, Atlanta GA

**8:50 AM Started from the bottom: My resilience story**

Natalie Hernandez, PhD, M.P.H., Assistant Professor, Prevention Research Center, Post-Doc Fellow, Center of Excellence on Health Disparities, Department of Community Health and Preventive Medicine, Morehouse School of Medicine, Atlanta GA

**9:10 AM Resilience**

Jessica Spraggins, M.P.H., CCPH Health Education Specialist, Division for Heart Disease and Stroke Prevention (DHDSP), Centers for Disease Control (CDC), Atlanta GA

**9:30 AM Experience, Strength, and Hope**

Lucy Hall, B.S., NCAC, and CASAC, CEO and Founder, Mary Hall Freedom House, Atlanta GA

**9:50 AM Resilience**

Mel Konner, MD, PhD, Samuel Candler Dobbs Professor, Department of Anthropology, Program in Neuroscience and Behavioral Biology, Emory University, Atlanta GA

**10:10 AM Challenges to Work Groups**

Leslie Rubin, MD

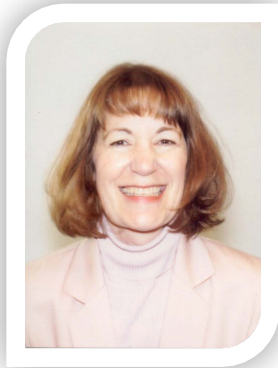
**10:15 AM Health Break**

**10:30 AM Group Discussions**

**11:45 AM Feedback from Groups and Conclusion**

**12:30 PM Adjourn**

## Guest Presenters:



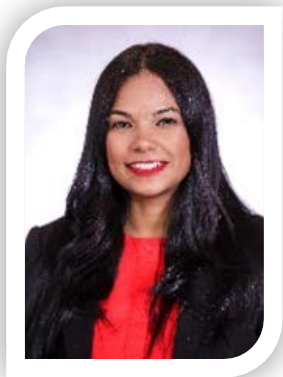
### **Ruth Etzel, MD, PhD**

Ruth A. Etzel, MD, PhD is Director of the U.S. Environmental Protection Agency's Office of Children's Health Protection. Etzel served as the Senior Officer for Environmental Health Research at the World Health Organization from 2009 to 2012. In the U.S. she has served in numerous public-sector leadership positions including the Centers for Disease Control and Prevention. Etzel is the founding editor of the influential book *Pediatric Environmental Health* (4th edition to be published in 2018).



### **Andrew Geller, PhD, MS**

Andrew Geller, PhD, MS is the Deputy National Program Director for EPA's Sustainable and Healthy Communities (SHC) Research program and lead author on EPA's Environmental Justice Research Roadmap. Geller led SHC's strategic planning effort to develop the Office of Research and Development's research focused on providing science and tools to help communities identify and reach sustainability goals.



### **Natalie D. Hernandez, PhD, M.P.H.**

Natalie Hernandez, PhD, M.P.H. is an Assistant Professor at Morehouse School of Medicine (MSM). She is also a Research Fellow with the Prevention Research Center and Center of Excellence on Health Disparities at MSM. Hernandez is also a former Satcher Health Policy Leadership Fellow. Her research interests are sexual and reproductive health disparities among ethnoracial minority women, social determinants of health, and health policy.



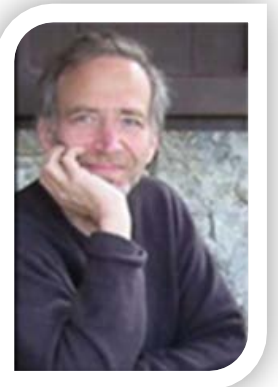
**Jessica Spraggins, M.P.H., CCPH**

Jessica Spraggins, M.P.H., CCPH is a Health Education Specialist on the Health Communications Team in the CDC's Division for Heart Disease and Stroke Prevention (DHDSPP). Prior to her work in DHDSPP, Spraggins worked in the same capacity in the Health Communications Branch of CDC's Office on Smoking and Health for 6 years. In addition to her work in public health, Spraggins has shared her personal experience of surviving childhood abuse and trauma.



**Lucy Hall-Gainer, B.S., NCAC, and CASAC**

Lucy Hall-Gainer is the Founder and CEO of Mary Hall Freedom House. Gainer came from a family that battled generational addiction. Her mother died of alcoholism when she was six, and left behind seven children, several of whom lost their lives to substance abuse. Witnessing her mother's struggle inspired Gainer to reach out to women who suffer from addiction. Over 10,000 women and children have achieved recovery through Mary Hall Freedom House since it was founded in 1996; by empowering them to end the cycle of generational addiction, poverty and homelessness.



**Melvin Joel Konner, MD, PhD**

Melvin Joel Konner, MD, PhD is the Samuel Candler Dobbs Professor of Anthropology and of Neuroscience and Behavioral Biology at Emory University. He has held grants from the National Institute of Mental Health and National Science Foundation, and has been a fellow of the American Association for the Advancement of Science, the Center for Advanced Study in the Behavioral Sciences, the John Simon Guggenheim Memorial Foundation, and the Foundations Fund for Research in Psychiatry. Konner was elected to the American Academy of Arts and Sciences in 2016 and is the author of many books.

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APRIL 24-25, 2017

### A PROJECT OF:

SOUTHEAST PEDIATRIC ENVIRONMENTAL HEALTH SPECIALTY UNIT (PEHSU)  
INNOVATIVE SOLUTIONS FOR DISADVANTAGE & DISABILITY (ISDD)  
GEORGIA COUNCIL ON DEVELOPMENTAL DISABILITIES (GCDD)  
EMORY SUSTAINABILITY INITIATIVES

### BREAK THE CYCLE OF ENVIRONMENTAL HEALTH DISPARITIES 12

MONDAY APRIL 24<sup>th</sup> 8:30 AM to 5:00 PM

### RESILIENCE: THE PHENOMENON OF OVERCOMING ADVERSITY

TUESDAY APRIL 24<sup>th</sup> 8:30 AM to 12:30 PM

Emory University  
Health Research Sciences Building  
Rollins Auditorium, 1<sup>st</sup> Floor  
1760 Haygood Drive, Atlanta GA 30322

**Register Now**

**NO CHARGE, BUT REGISTRATION IS REQUESTED**

**OPTIONAL \$10 LUNCH OPTION ON MONDAY BY RESERVATION**

**PARKING:** Conference participants can use the parking decks (there is a fee) for CHOA-Egleston or Emory Hospital and walk to HSRB

Register at: <http://bit.ly/BreakCycle12>

Questions: [laura.wells@emory.edu](mailto:laura.wells@emory.edu) or 404-310-8129