



Chicago Chronic Condition Equity Network (C3EN)

ANNUAL MEETING

Elbert S. Huang, MD MPH FACP (UC)
Elizabeth B. Lynch, PhD (Rush)

STATE OF THE CENTER | SEPTEMBER 12, 2024

C3EN Vision

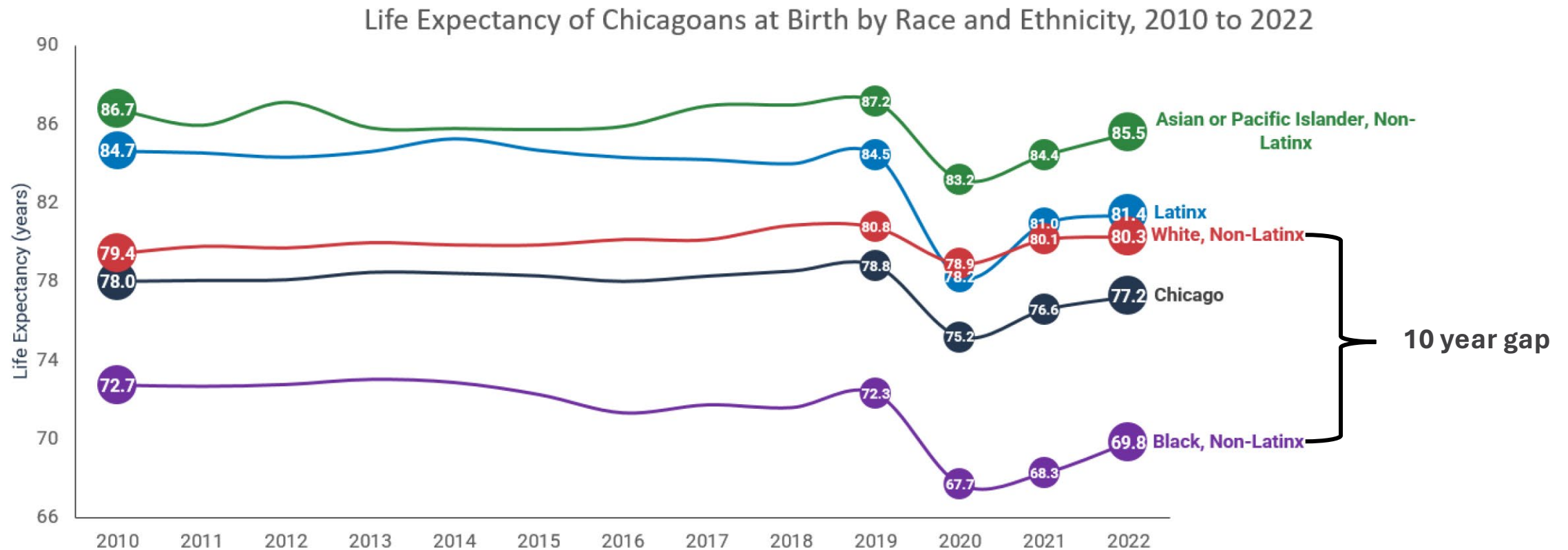
To eliminate disparities of multiple chronic diseases in the Chicago Region so any person can live their life fully regardless of their race, gender, socioeconomic status, and neighborhood.

C3EN Mission

In partnership with community stakeholders:

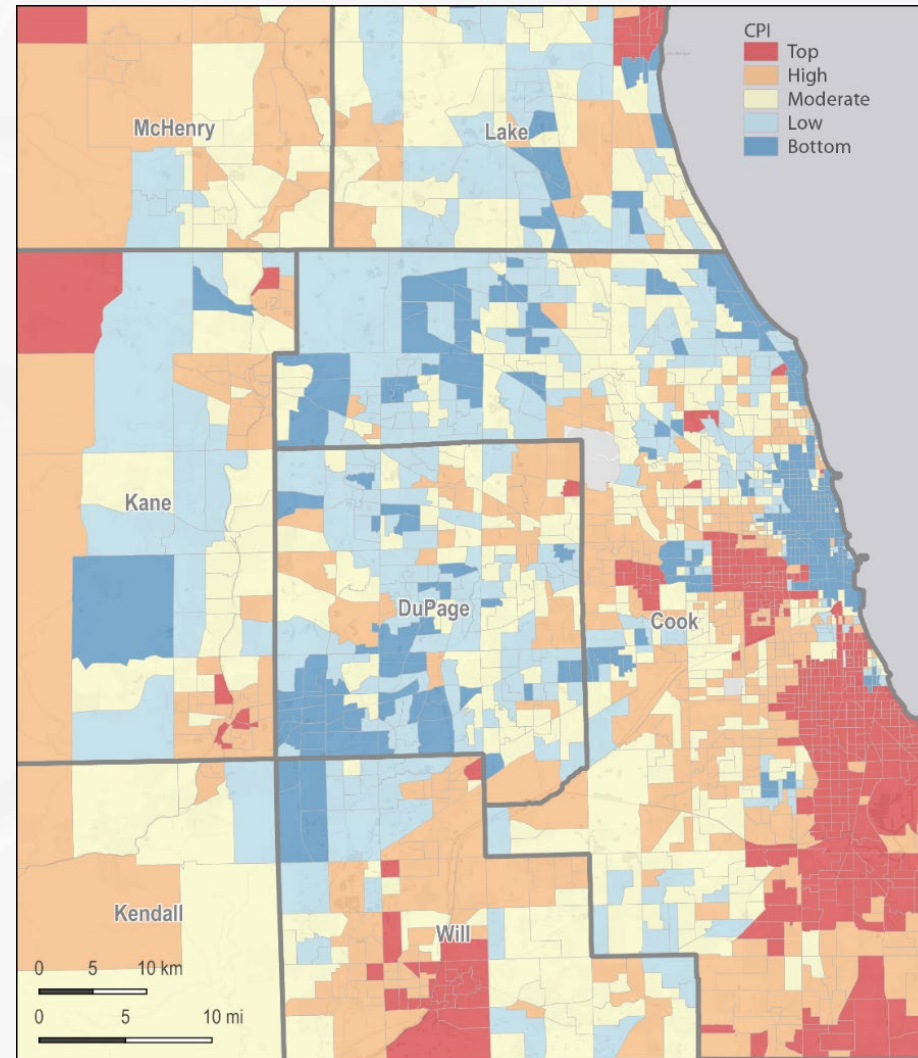
- Identify solutions to address inequities in multiple chronic conditions in Chicagoland area, with a particular focus on cardiometabolic health.
- Understand the role of contextual/intersectoral factors (e.g., neighborhood, social determinants of health, mental health) on development of multiple chronic conditions and the effectiveness of interventions to reduce inequities in those health conditions.
- Engage community partners in a meaningful way throughout all phases of the research cycle.
- Stimulate collaborations across academic institutions, clinics, regions and community organizations.

Life Expectancy in Chicago



Source: Illinois Department of Public Health (IDPH), Division of Vital Records, Death Certificate Data Files, 2010-2022

Chicago Geographic Health Disparities

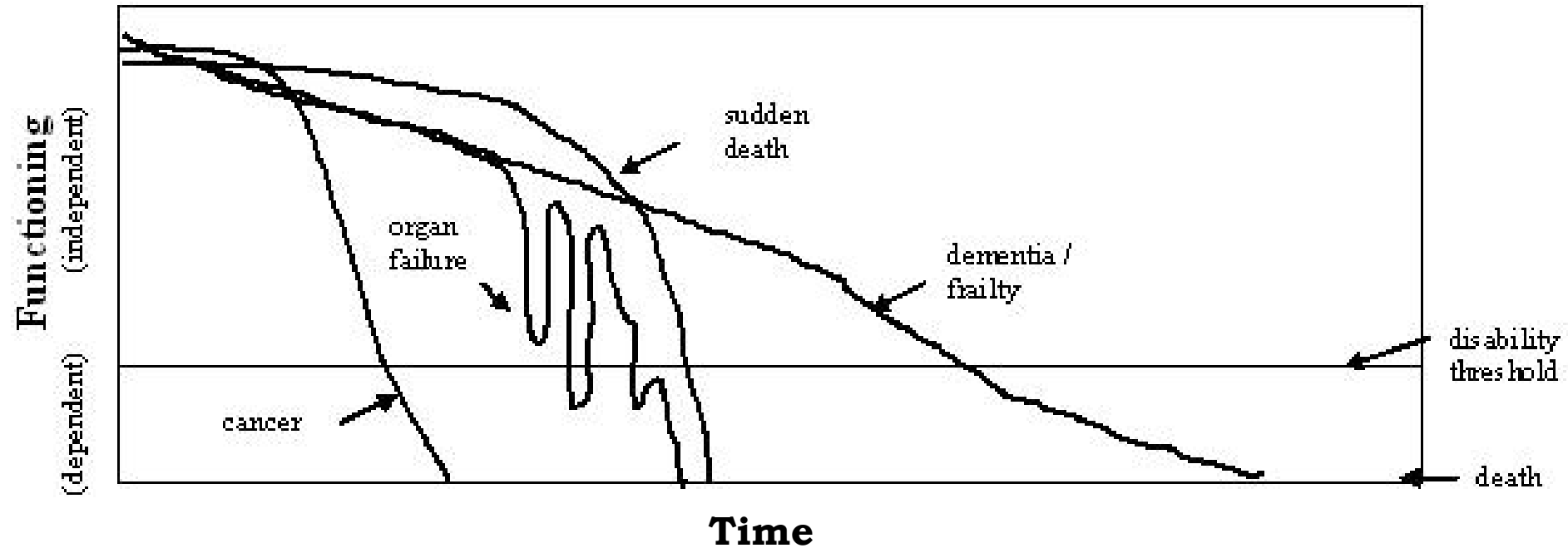


Goals for this Meeting

- Provide an update on Research Projects and Pilot Program
- Provide an update on the Community Engagement activities
- Learn about Health Disparities Infrastructure Projects
 - Healthy Chicago Equity Zones
 - Medicaid Transformation Projects – Wellness West
- Panel Discussion: Co-Conspirators for Health Equity
- CELEBRATE ACCOMPLISHMENTS, MAKE NEW CONNECTIONS, MAKE PLANS TO DO SOMETHING, AND HAVE FUN!!!

C3EN Research Projects

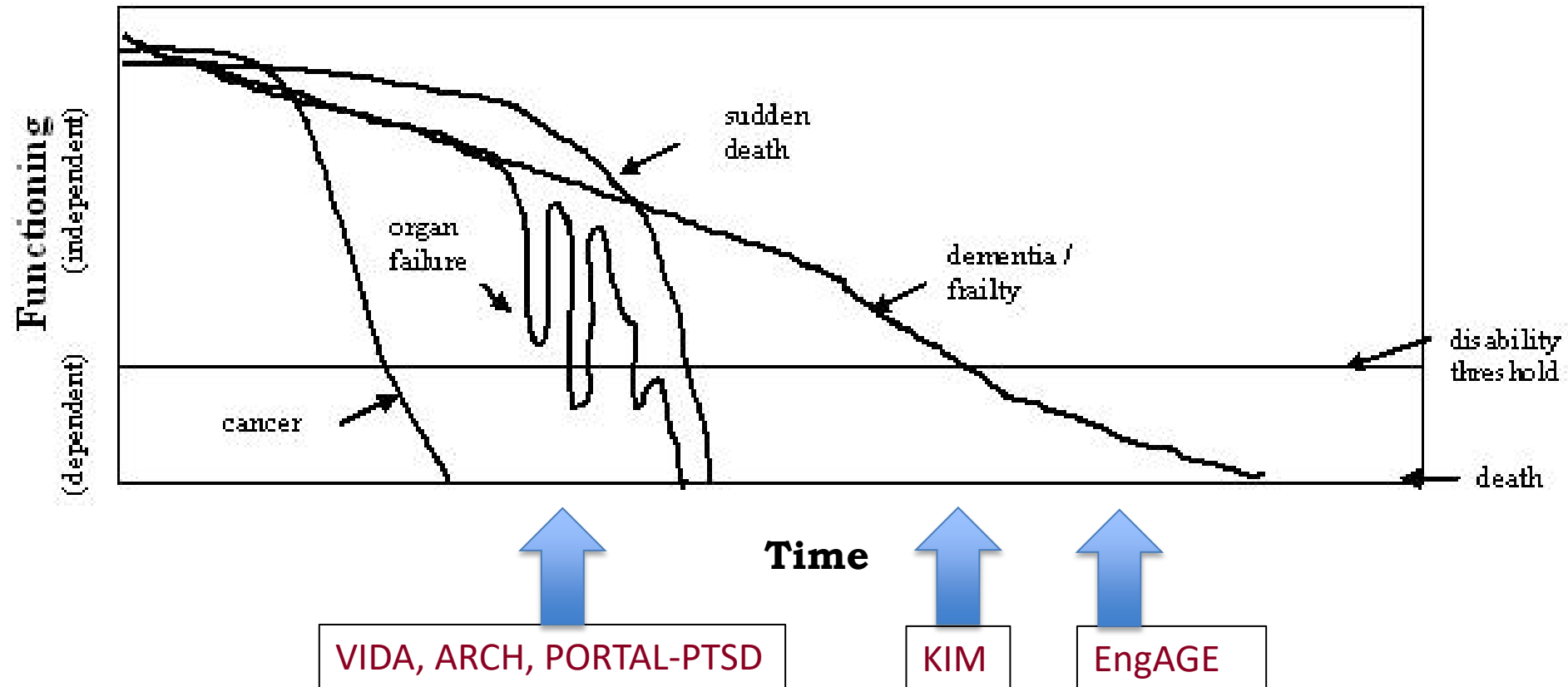
Life Course and Potential Aging Trajectories



U.S. Department of Health and Human Services. A FRAMEWORK FOR IDENTIFYING HIGH-IMPACT INTERVENTIONS TO PROMOTE REDUCTIONS IN LATE-LIFE DISABILITY. VICKI A. FREEDMAN, NANCY HODGSON, JOANNE LYNN, BRENDA SPILLMAN, TIMOTHY WAIDMANN, ANNE WILKINSON, AND DOUGLAS A. WOLF. PROJECT TEAM. SEPTEMBER 27, 2006. [PDF Version](#) (90 PDF pages).

Title and Acronym/ Abbreviation	KIM (Physical Function)	VIDA (Diabetes)	EngAGE (Physical Function)	PORTAL-PTSD (Mental Health)	ARCH (Mental Health and Physical Activity)
Principal Investigator(s)	Elizabeth Lynch, Steven Rothschild	Arshiya Baig	Megan Huisingh-Scheetz	Neda Laiteerapong	Brad Appelhans
Multiple Chronic Diseases Under Study	Chronic health condition and physical function limitation	Type 2 diabetes and at least one CVD risk factor	Multimorbid, Home bound, older adults	Traumatic stress and PTSD	Depression and Cardiometabolic risk factors
Study Objectives	A church-based intervention to improve physical function limitations in mid-life and older African Americans.	A trial to address the problem of inadequate management of diabetes in middle-aged racial ethnic minorities.	A trial to address the problems of physical inactivity and social isolation of homebound elders.	A study to implement a program of population health screening and treatment for PTSD in a health center.	Evaluate a CHW-delivered intervention that leverages community-based recreation to reduce depression and cardiometabolic risk
Setting	Alive Faith Network churches	Access Community Health; Advocate Health Care	In subjects' home	Chicago Family Health Center clinics	In subjects' home; Community recreation facilities
Communities with Health Disparities	African Americans / Chicago West Side	African Americans and Hispanics	African Americans / Home bound	African Americans / Chicago South Side	Socioeconomically disadvantaged in Cook and Lake counties

Potential Aging Trajectories



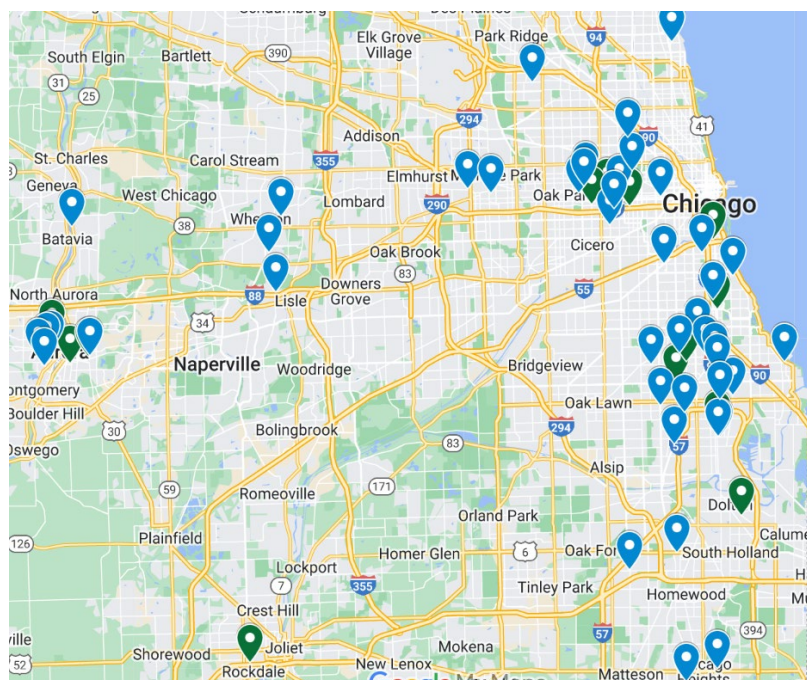
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Keep It Movin': A Church-Based Intervention to Improve Physical Function in African Americans



Can a church-based physical activity program improve physical function in African Americans with functional limitations?



39 Zip Codes Represented
88 Churches Contacted → 19 Enrolled

Church Engagement/Screening Process



RANDOMIZATION

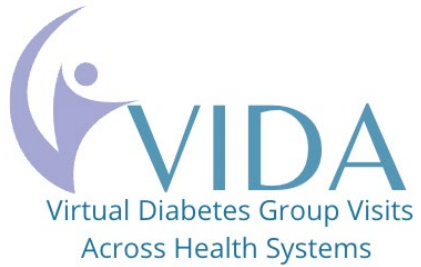
GetFit4Life



Stronger4Longer



VIDA Intervention



Do virtual group visits improve blood sugar control for patients with diabetes?



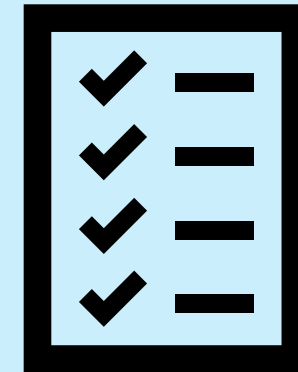
Medical Visit



DM Education

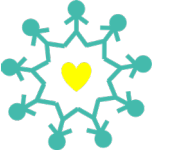


Group Social Support



Goal Setting

Engage



Can technology reduce loneliness and disability in home bound older adults?



Photo by

Caregiver



Older Adult



Voice Activated Device

NORC
at the UNIVERSITY of CHICAGO

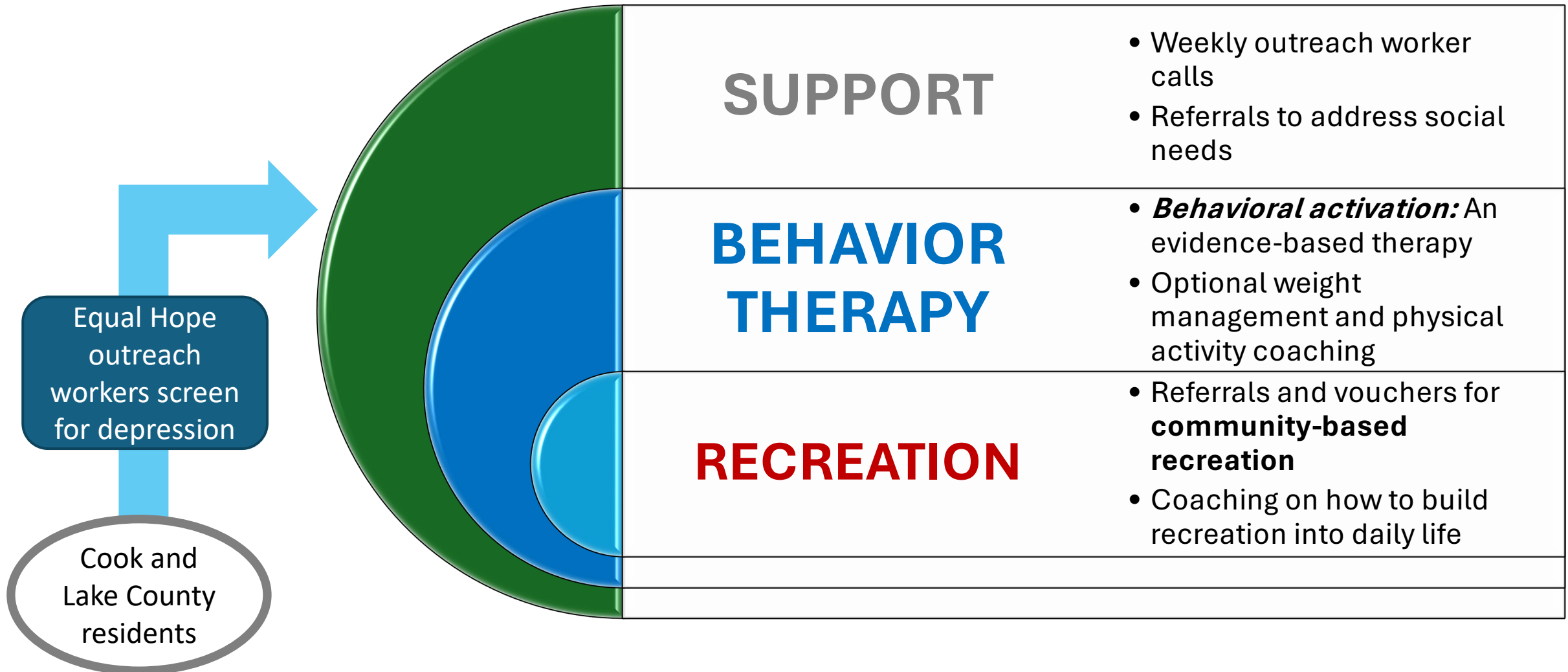


**THE UNIVERSITY OF
CHICAGO MEDICINE**

orbita

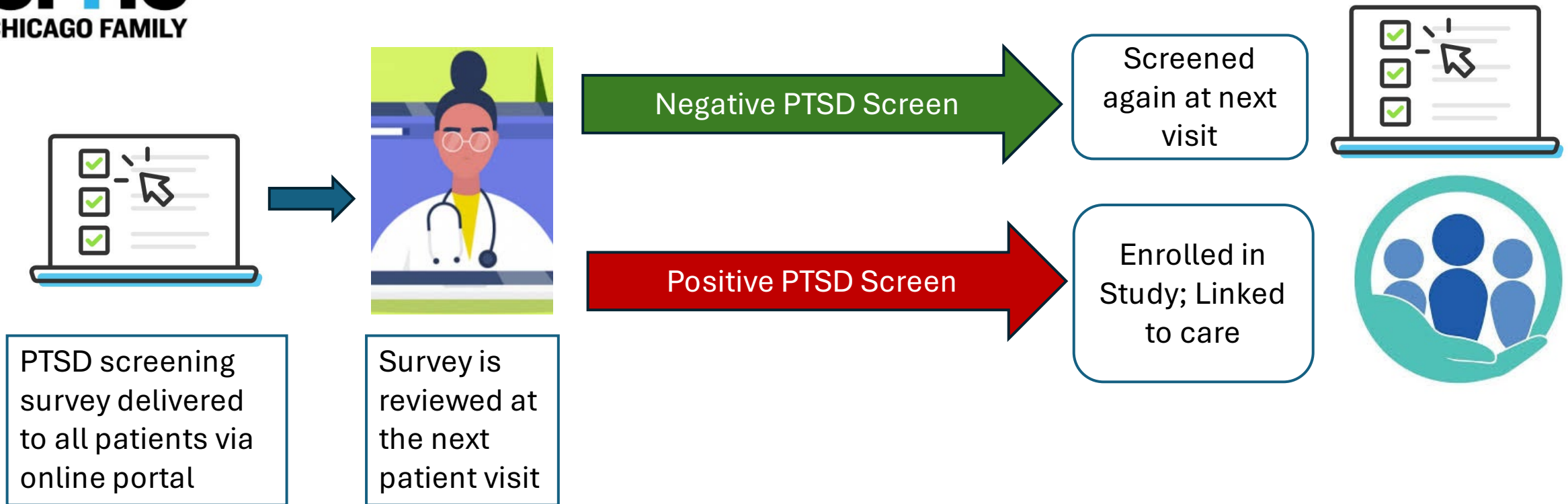
ARCH Intervention

Can providing easier access to community based recreational programming improve mental health and physical activity?

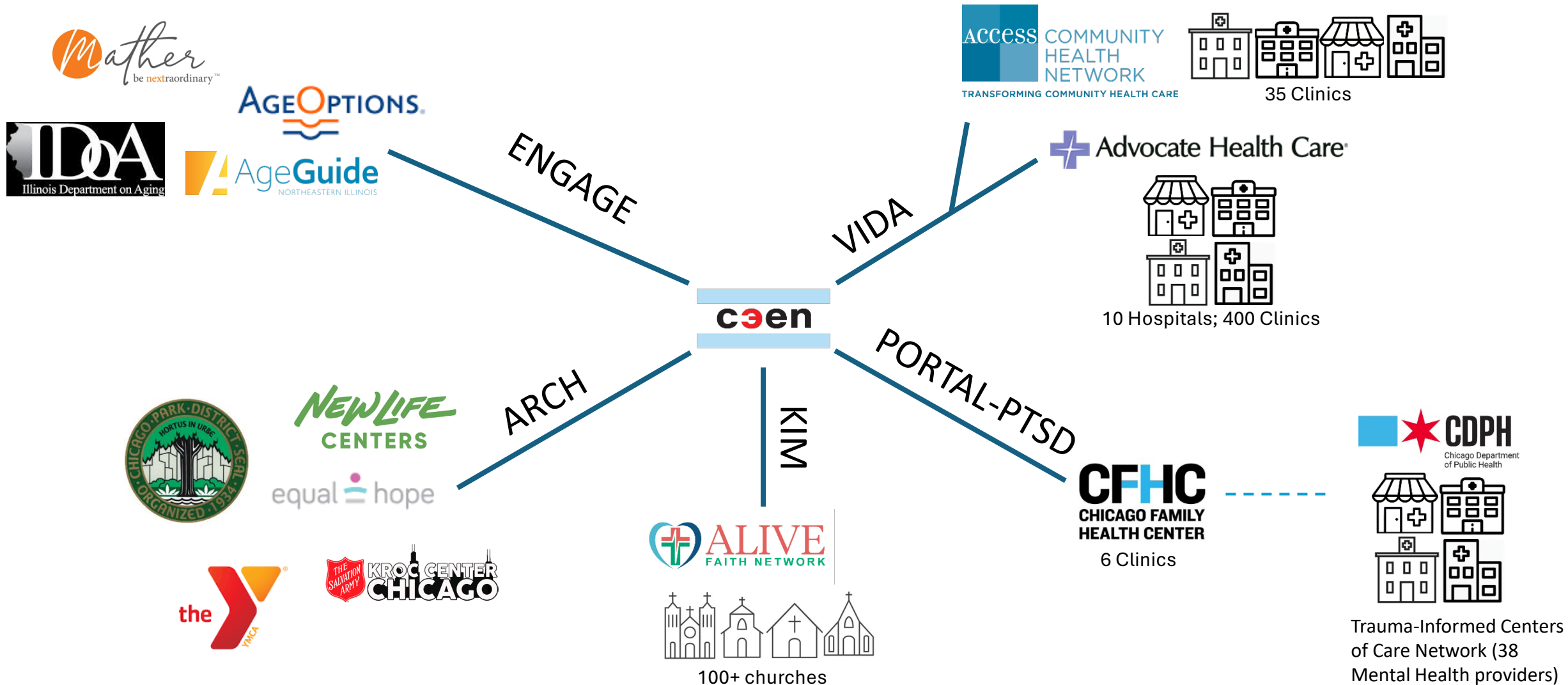


PORTAL-PTSD: Patient Outcome Reporting for Timely Assessments of Life Post-Traumatic Stress Disorder

Can population health screening improve diagnosis and treatment of PTSD?



Research Projects and their Connections



All Projects Actively Recruiting

If you know someone who might benefit from one of the programs ...

	Population	PI	Who to contact
KIM	Persons with mobility issues attending ALIVE FAITH Church	Lynch, Rothschild	Amber Deckard Amber_deckard@rush.edu
VIDA	Persons with diabetes in ACCESS or Advocate systems	Baig	Courtney Borsuk Courtney.Borsuk@bsd.uchicago.edu
EngAGE	Homebound older adults	Huisingh-Scheetz	Brittni Bryant Brittni.Bryant@bsd.uchicago.edu
ARCH	Persons with depression and inactive	Appelhans	Elizabeth Havron Elizabeth_e_havron@rush.edu
PORTAL-PTSD	Patients in Chicago Family Health Centers	Laiteerapong	Ainur Kagarmanova akagarmanova@bsd.uchicago.edu

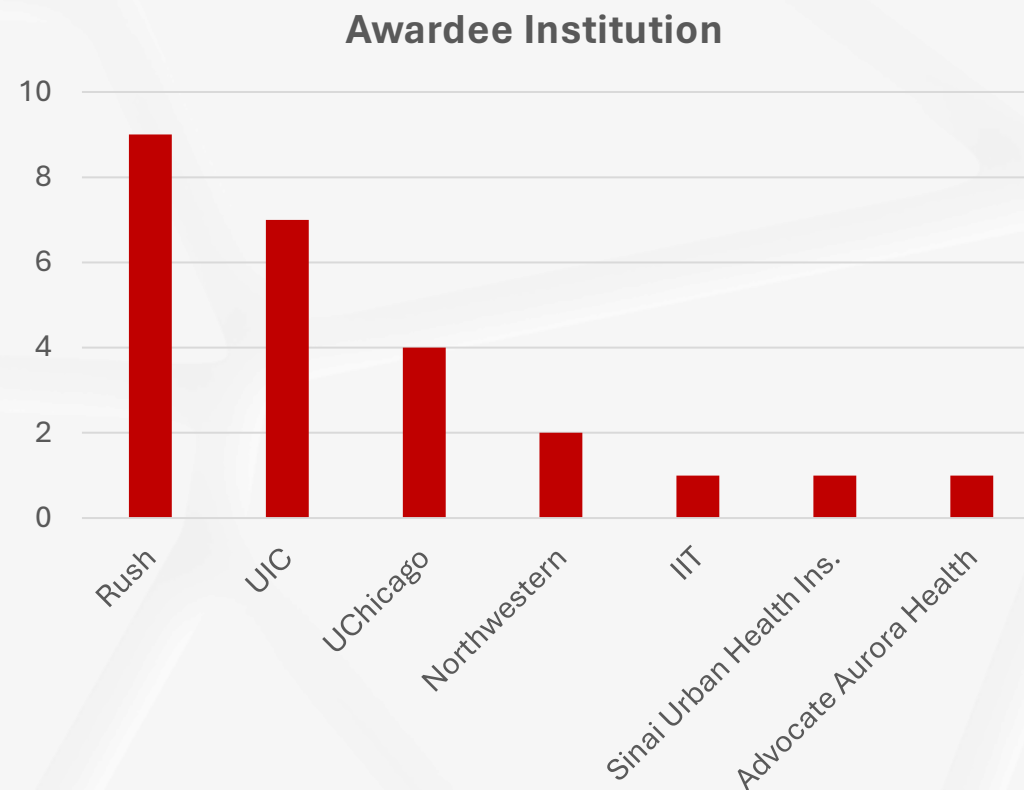
C3EN Investigator Development Core

PILOT AWARD PROGRAM

- Reviewed **53** applications: one scientific reviewer and one community researcher
- Awarded **25** pilot projects across 4 funding cycles (**48%** funding rate)
- **16** community partners
- Funds disbursed: **\$1,800,000** (**\$110,000** goes to community partners)

JOYCE CHAPMAN COMMUNITY GRANT PROGRAM

- Awarded **10** community grants
- Funds disbursed: **\$38,000**



C3EN Investigator Development Core

PILOT AWARD PROGRAM: NEW AWARDEES



Chizubor Abasilim, PhD
University of Illinois
Chicago



Allison Carroll, PhD
Northwestern University



Eva Chang, PhD, MPH
Advocate Aurora Health
Research Institute



Melissa Crane, PhD
Rush University
Medical Center



Lindsay Sheehan, PhD
Illinois Institute
of Technology



Anna Volerman, MD
University of Chicago

JOYCE CHAPMAN COMMUNITY GRANT: NEW AWARDEES



John Martin, PhD
Rush University Medical Center



Amanda Mathew, PhD
Rush University Medical Center



Anna Volerman, MD
University of Chicago

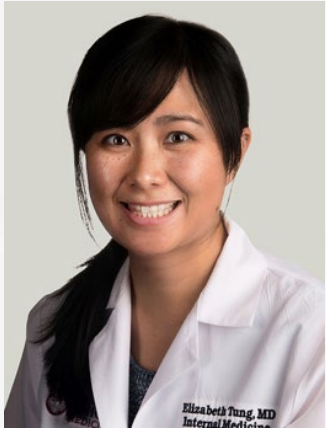


Cassandra Ma, PsyD
Reclaim13



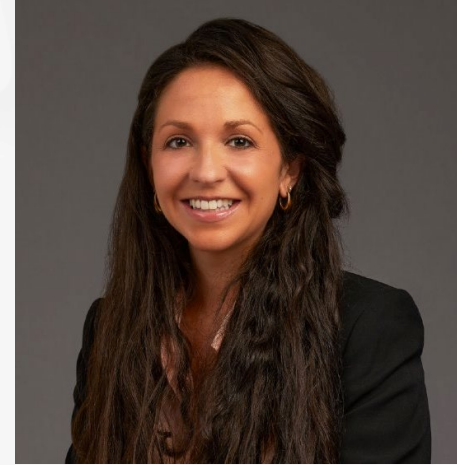
Raheem Young, DBA
Governors State University

C3EN Awardee Achievements



**Elizabeth Tung
and Anna Volerman,**
Univ. of Chicago

- R01 Award
- Preventing youth violence with community health workers and legal aid



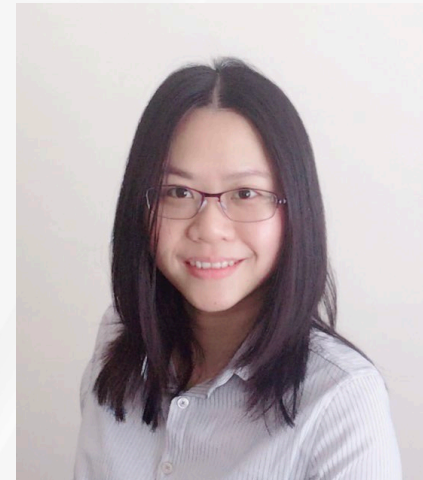
Kirsten Dickins,
Rush Univ. Medical Center

- R01 Award
- Improving traumatic stress in homeless black women



Chuka Emezue,
Rush Univ. Medical Center

- NIMHD Health Disparities Research Institute 2024 Scholar
- Rush to Progress Pilot Award



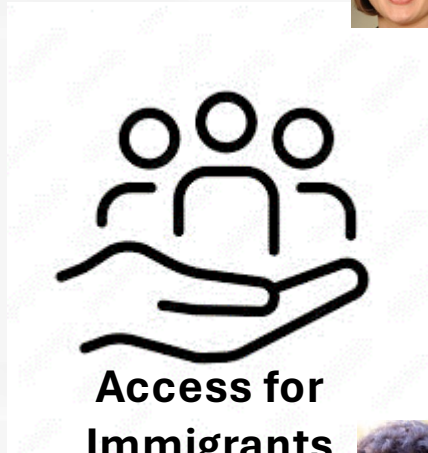
Li-Ting Longcoy,
Univ. of Illinois Chicago

- K99 Award
- Facilitating advanced care planning discussions in patients with advanced cancer


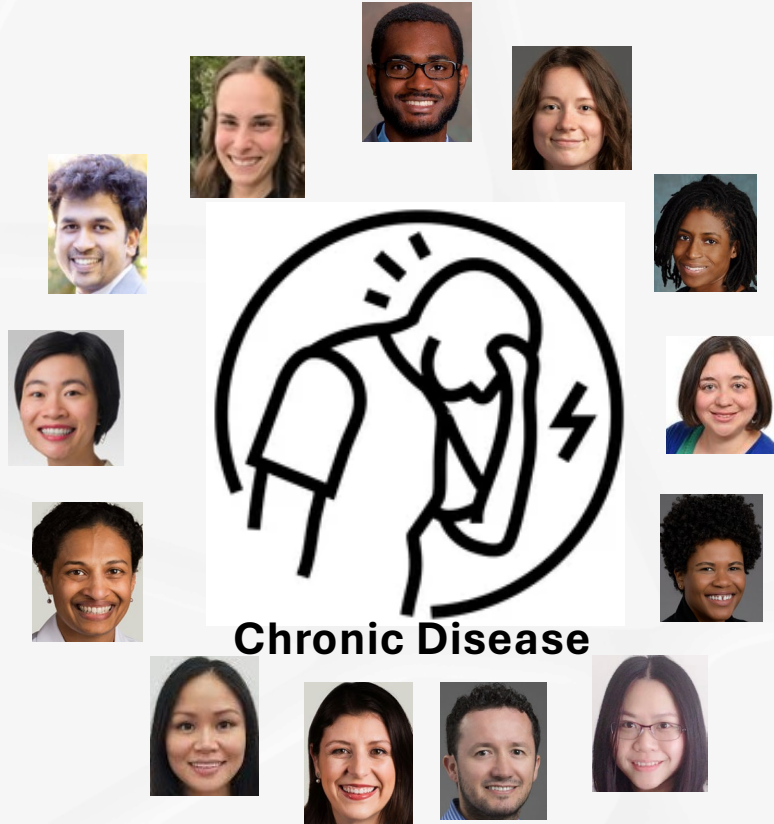
84% of Pilot Projects overlap with Themes identified at Community Townhalls

The infographic displays four themes identified at community townhalls, each represented by a central icon, a title, and a cluster of 10 pilot project photos. The themes are:

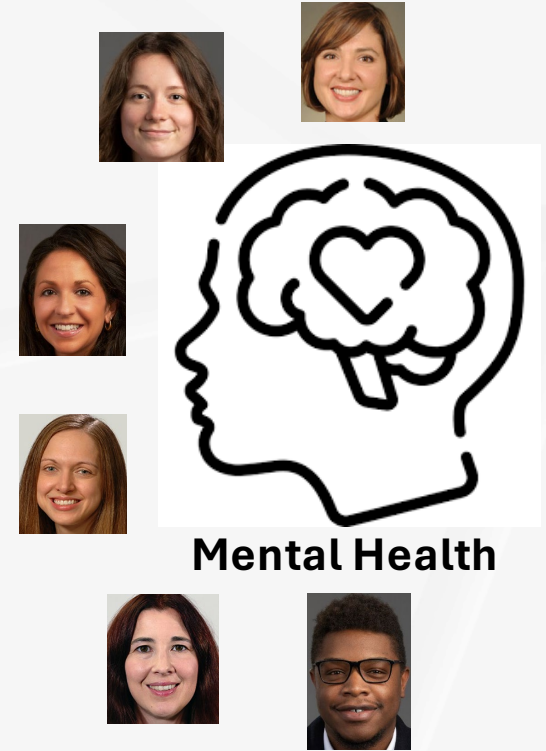
- Access for Immigrants:** Represented by an icon of two stylized figures, one holding the other. The title "Access for Immigrants" is centered below the icon. Ten pilot project photos are arranged in a circle around the icon.
- Chronic Disease:** Represented by an icon of a hand holding a heart with a lightning bolt. The title "Chronic Disease" is centered below the icon. Ten pilot project photos are arranged in a circle around the icon.
- Mental Health:** Represented by an icon of a head profile with a brain and a heart inside. The title "Mental Health" is centered below the icon. Ten pilot project photos are arranged in a circle around the icon.
- Violence Prevention:** Represented by an icon of a raised fist. The title "Violence Prevention" is centered below the icon. Ten pilot project photos are arranged in a circle around the icon.



Immigrants



Dr. David Williams is a professor of Health, Behavior, and Society at the Harvard T.H. Chan School of Public Health. He is also a senior advisor at the Center for Communications Programs. Dr. Williams is a member of the National Academy of Medicine and the National Academy of Sciences. He is also a member of the National Institutes of Health (NIH) and the National Cancer Institute (NCI). Dr. Williams is a past president of the American Public Health Association and the American Society of Tropical Medicine and Hygiene. He is also a past president of the International Association of Agricultural Medicine and Health.

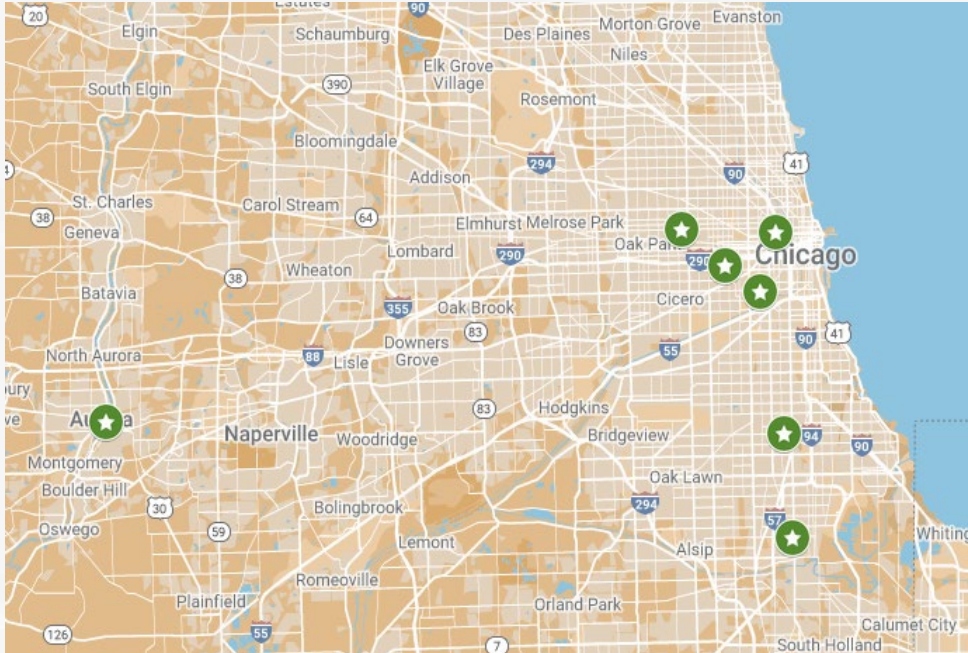
A portrait of a smiling man with short, dark, curly hair, wearing black-rimmed glasses and a dark suit jacket over a white shirt. He is looking directly at the camera against a plain, light-colored background.

C3EN 2024-2025 Goals

- Provide cutting edge research support and expertise to facilitate chronic condition health disparities research conducted across practice networks, in community settings, and in the home
- Attract and support diverse investigators who are new to health disparities research of multiple chronic conditions by providing education, training, mentoring, support for community and stakeholder engagement, pilot grant funding, and access to research support services
- Fund 6-7 new pilot projects

C3EN Community Engagement

Update on C3EN Townhalls



- 10 townhall meetings in last fiscal year
- 1 Listening session with older adults
- Westside, Aurora, Southside and Far Southside
- 3 of the 2.0 townhalls were Virtual

Townhalls 1.0

- Goal: Identify health priorities of community members
- Feb 2023 – Dec 2023
- **7 sessions with 149 people**
- Plus: older-adult listening session in 2024

Townhalls 2.0

- Goal: Report back to original communities & share information about health priorities
- **7 sessions with 287 people** (3 virtual)
- Subject matter expert presented top theme(s) from the first town hall in each location
- SDOH referrals and resources provided to community members

AMAZING RESULTS

TRIAL PILOT

2 YEARS IN
CREATE A LIFELINE

SHOW GREAT REDUCTION POST

FLOWERS STONES

WE ARE VIRTUAL TONIGHT

SCREENED

270

WOMEN

RESHAPE

BEGINS WITH Interview

NET

62" ASSAULTS
HUMAN RIGHTS APPROACH
TESTIMONY THERAPY

INTERVENTIONS TO ADDRESS!

ON THE WHEEL
NOT IN CONTAINED AREAS

ASK THE RIGHT QUESTIONS?

FORMS OF DISCRIMINATION

NEGATIVE MOOD

HYPERAROUSAL
AVOIDANCE

STRESSOR

RE-EXPERIENCED SYMPTOMS

PTSD

LISTENED TO THE COMMUNITY

KRISTEN DICKENS
PHD

OUR KEYNOTE

SINCE GEORGE FLOYD

RACE

NO MAJOR IMPROVEMENT IN POLICY

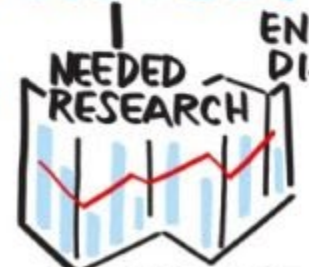
NEAR SOUTH TOWNHALL MEETING

Responding to the Community

WELCOME
THANK YOU for JOINING



TOWNHALL PROJECT



BRIDGING SCIENCE

CHRONIC HEALTH ISSUES

FRESH FOOD

HOUSING

SAW THEMES

MENTAL HEALTH

LOOK AT SOCIAL DETERMINANTS

PRIVILEGE WALK IS SIMILAR TO THE WHEEL!

RACISM

WHAT IS EXPERIENCED

WHAT IS SEEN!

RACIAL TRAUMA
THREAT TO EMOTIONAL
PHYSICAL + PSYCHOLOGICAL
SAFETY DUE TO RACISM

WOMEN
65% OF POPULATION
75% OF HOMELESSNESS

WHEEL of POWER + PRIVILEGE

HIGHER RATES OF HOMELESSNESS

RELATIONSHIP BETWEEN TRAUMA AND PTSD

RACIAL TRAUMA

AND PTSD AMONG WOMEN



29% OF POPULATION
IN CARCERATION
MORE LIKELY IN BLACK MEN

CONSENT FOR RESEARCH

FOLLOW UP

IS HARD
BRINGING SMES
KEYNOTES DURING PHASE TWO!

BIG TEAM

SHARE EXPERIENCES
HOURS TO TALK

FOCUSED



IDEAS FOR WAYS TO HELP!

TIME FOCUSED ON THEM WEEKLY

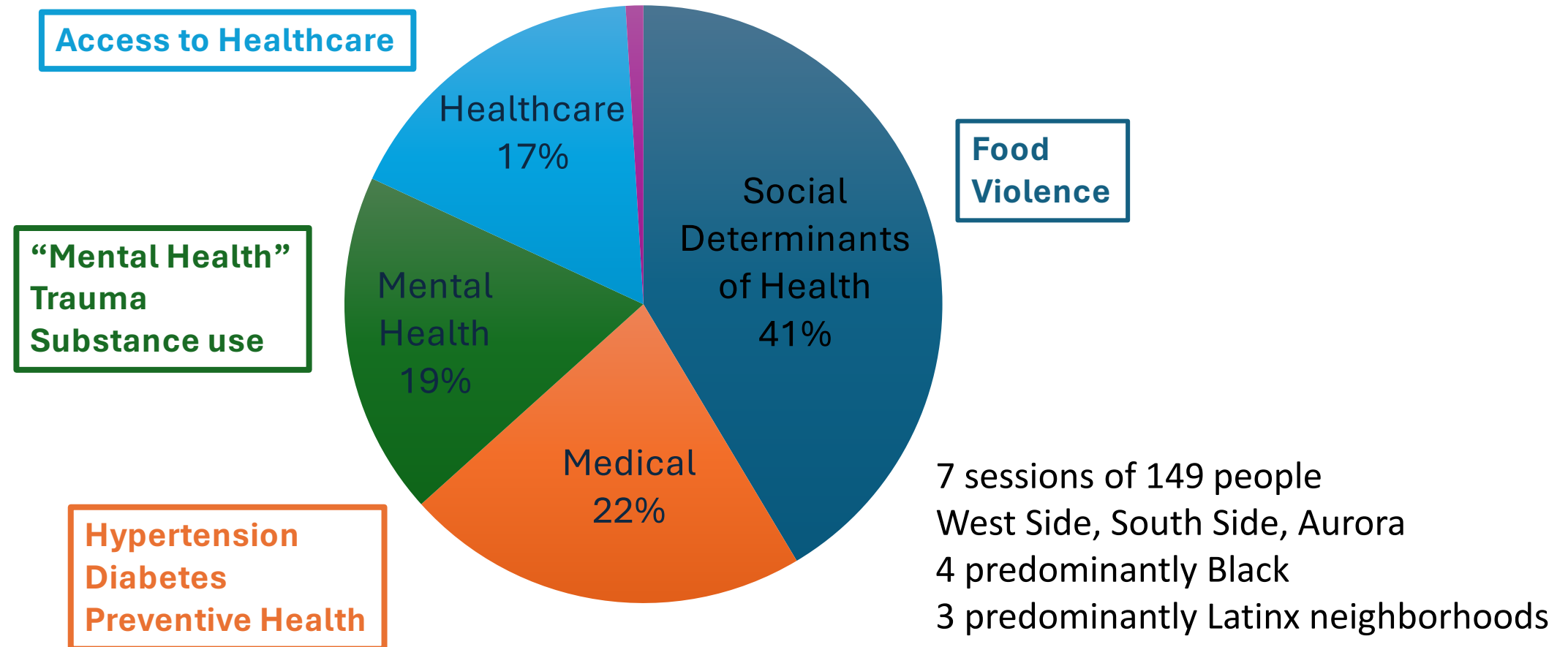
ABLE TO CONTRIBUTE



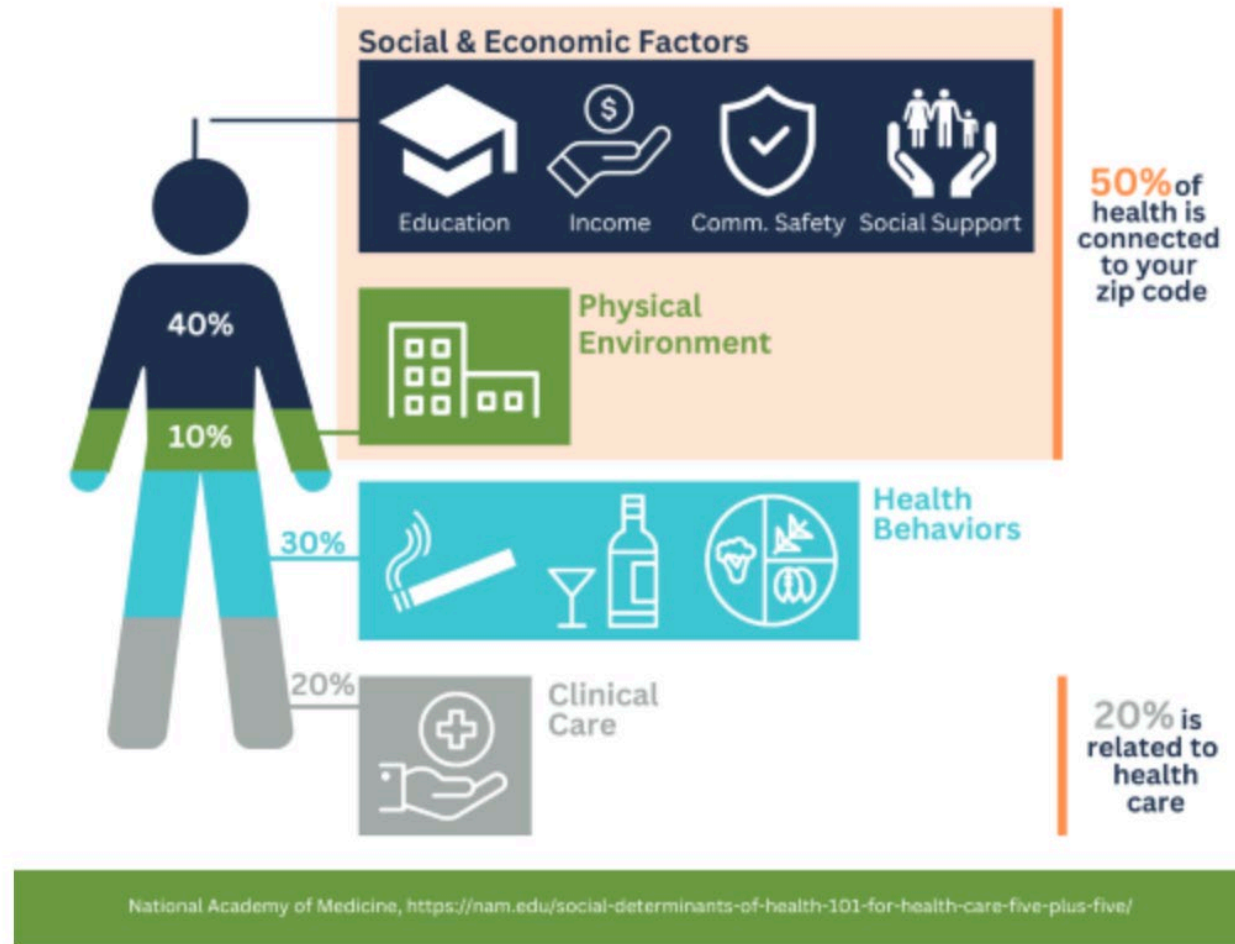
c3en

ink factory
you talk. we draw. it's awesome.

High Priority “health issues” Identified by Communities in Townhall 1.0



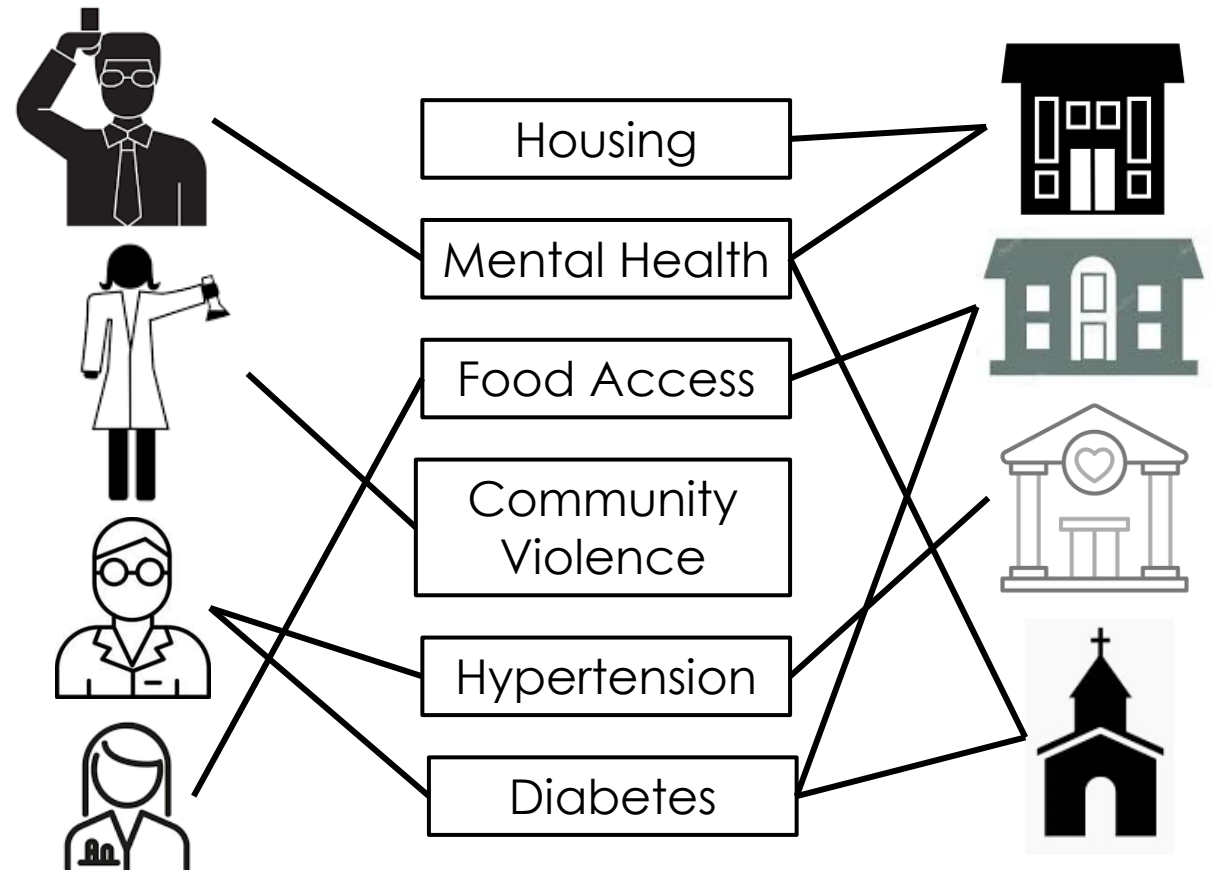
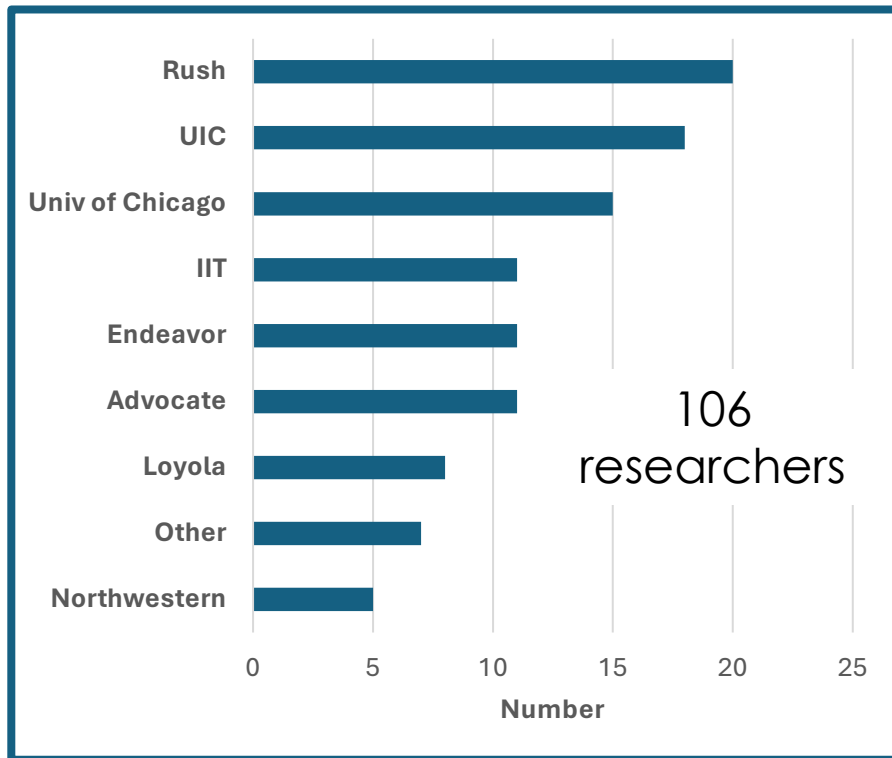
What impacts your health?



C3EN Community-Based Research Network

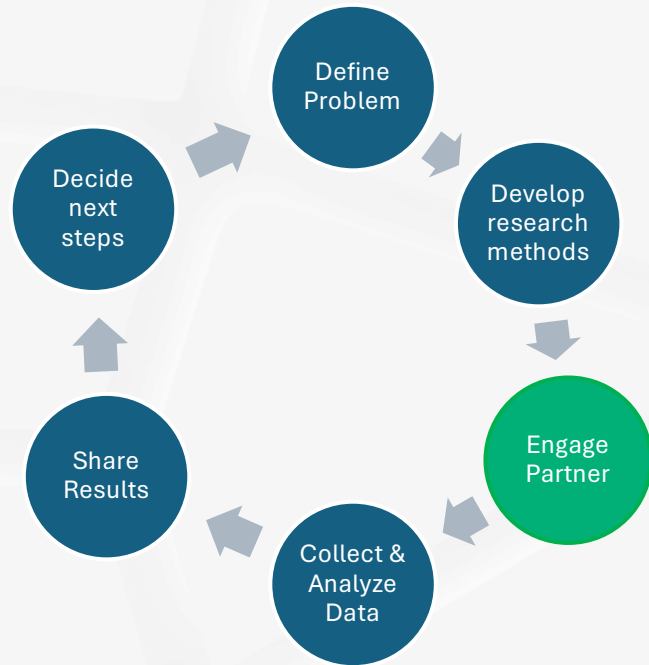
Connects researchers and community-based organizations to partner around research topics of mutual interest

*Researchers Interested in
Community-partnered Research*



Ways of utilizing community partnerships in research

Often researchers engage community members during only one phase of the research



Using community partner to recruit participants for the study

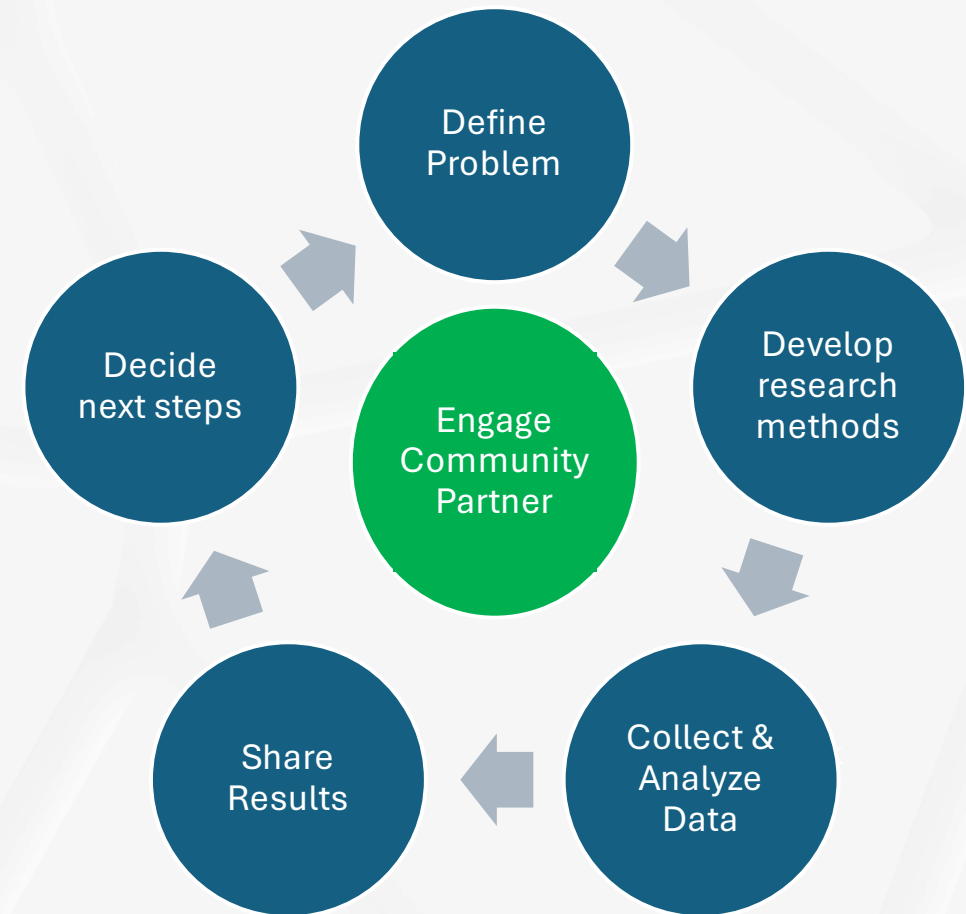


Using community partner to recruit participants for focus groups to define the intervention

C3EN Community-Based Research Network

Provide infrastructure to support research projects that are partnerships between researchers and community organizations

Our goal is to support research that involves community in all phases of research



Mental Health Convening

Goals:

- Stimulate conversation
- Bridge the gap between community organizations and researchers

Inaugural convening held June 5, 2024

- 16 CBO/Agencies
- 16 Researchers

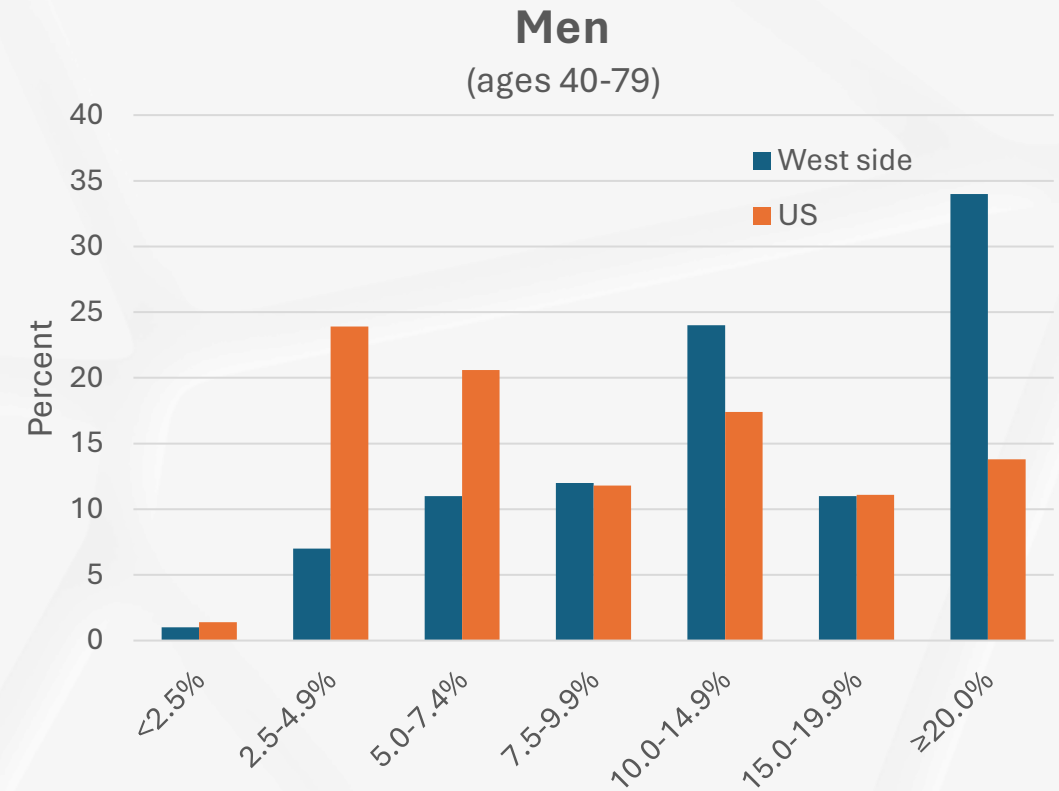
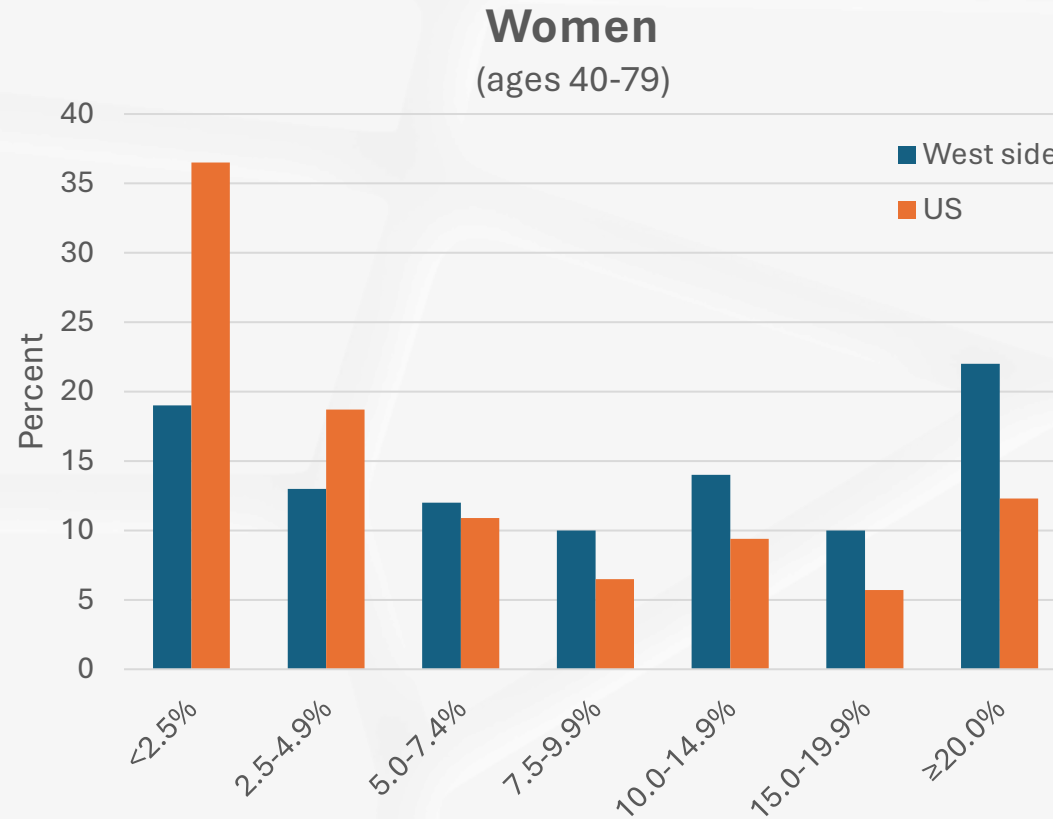
Research priorities that emerged:

- Need better ways to measure mental health,
- Address root causes of mental health issues,
- Develop culturally tailored, scalable programs



Risk for Cardiovascular Disease

African American adults participating in the Alive Faith Network health screening in 2018 in churches on the West Side of Chicago



10-year risk of having a cardiovascular problem, such as heart attack or stroke

Reducing Blood Pressure Would Help Reduce Cardiovascular Disease

What community interventions have been successful at reducing blood pressure in African Americans?

Of **18** interventions studied, **4** showed a decrease in blood pressure

- Only 3 showed decrease in systolic BP sustained at 12 months
 - Walgreens study: -5.3 mmHg
 - Weight loss study: -4.7 mmHg
 - Barbershop study: -20.6 mmHg



Barbershop Study

- Pharmacist in barbershops measuring BP and prescribing medications



New initiative to decrease cardiovascular risk in Chicago

Clinic/Provider level

- Common database with all BP from medical records across Chicago
- Performance improvement training for low performing clinics
- Pharmacists in all clinics

Community level

- CHWs and Pharmacists in CBOs treating patients where they are
- Food access
- Address social determinants of health

Policy change