

*our*

AUGUST 2021

# HEALTH

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## CASTING A VISION

OF HEALTHY FAMILIES  
AND COMMUNITIES



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## ONLINE ARTICLES

### Cyber Scams to Watch for During the COVID-19 Pandemic

By Burton Kelso, President  
Integral Computers

Cyber criminals are always looking for ways to take advantage of people. The COVID-19 crisis is one of those opportunities for them. **Visit [kcourhealthmatters.com](http://kcourhealthmatters.com) to learn what scams are being used and how to protect yourself.**



### Advance Care Planning

Make your wishes known. It's important to identify a family member or someone you trust to make healthcare decisions in the event you are unable to do so.

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By Dr. Robert Lee Hill, Community Consultant

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This organization leads the way in

addressing the urgent need for affordable

housing solutions.



# WHO'S LOOKING OUT FOR OUR HEALTH?

According to Ali H. Mokdad, Ph.D., Population Health Professor at the University of Washington, Seattle, "All health is local." Dr. Mokdad shares that despite greater public awareness about the social determinants of health (SDOH), health inequities in the US remain severe. The SDOH are the conditions in the environments where people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning and quality-of-life outcomes and risks.

Public health policymakers set 10-year national goals for improving health outcomes. *The Healthy People 2030* goals to be measured include:

**ECONOMIC STABILITY:** Help people earn steady incomes that allow them to meet their health needs.

**EDUCATION ACCESS AND QUALITY:** Increase educational opportunities and help children and adolescents do well in school.

**HEALTHCARE ACCESS AND QUALITY:** Increase access to comprehensive, high-quality healthcare services.

**NEIGHBORHOOD AND BUILT ENVIRONMENT:** Create neighborhoods and environments that promote health and safety.

**SOCIAL AND COMMUNITY CONTEXT:** Increase social and community support.

To learn more about these goals, visit [health.gov/healthypeople](https://health.gov/healthypeople).

In this edition, Dr. Robert Hill and others share viewpoints on how many lived experiences collide with society's realities. Let's awaken to the possibilities of a time and place where everyone has what they need to succeed.

What is your "vision" of a healthy community, and what can you do to make it healthier and safer?



As the summer winds to a close, I encourage everyone to not only think of yourself, but think more broadly about the health and safety of others.

To your health,

**Ruth Ramsey**, Publisher and CEO

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## WE WOULD LOVE TO HEAR FROM YOU.

Send us your suggestions for health topics you would like to see in *Our Health Matters*. Also share what you enjoy about the magazine.

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or write to us at

*Our Health Matters*  
PO Box 5425  
Kansas City, MO 64131



# Sometimes You Have to Drive a Little Farther

## TO SPEND MORE TIME WITH THOSE YOU LOVE

When it comes to your rehabilitation after an illness or injury, you want the best outcome with the fastest results—just like you find at MidAmerica Rehabilitation Hospital.

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The Joint Commission Disease-Specific Care Certification in  
Brain Injury Rehabilitation, Spinal  
Cord Injury Rehabilitation and  
Stroke Rehabilitation









# Strawberry Mango Salsa

Fresh, flavorful, bursting with flavor and offers the perfect balance of tart and sweet that keeps you coming back for more.

**PREP TIME:** 10 mins

**NUTRITION FACTS:** Calories 207

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## INGREDIENTS\*

- Ripe mango, diced ataulfo (honey) mango recommended
- 2 cups strawberries, diced
- 1 firm but ripe avocado, diced
- 2 kiwi, diced yellow or green
- 2 tbsp diced jalapenos or red onion (optional)

## HONEY-LIME VINAIGRETTE INGREDIENTS

- 2 tbsp olive oil
- 1 tbsp rice wine vinegar
- 1 tbsp freshly squeezed lime juice
- 1-2 tsp honey
- 1 pinch each, salt and pepper

## INSTRUCTIONS

- Whisk vinaigrette ingredients together. Taste and adjust seasonings per preference.
- Dice fruit and add to a mixing bowl. Pour vinaigrette over top and gently toss to mix.
- Enjoy immediately or store for up to 2 days.



# MORE IMPORTANT FACTS

Onions are very low in sodium. As part of a low sodium diet, onions may reduce the risk of high blood pressure.

Avocados are sodium free. Diets low in sodium may reduce the risk of high blood pressure.

Mangos are an excellent source of fiber, vitamin C, and vitamin A. They contain no fat, saturated fat, or cholesterol.

Strawberries contain no saturated fat or cholesterol. They are high in vitamin C.



**SOURCE:** [fruitandveggies.org](http://fruitandveggies.org), Elise and Stephen Compston



**BMI IS BASED ON BOTH  
HEIGHT AND WEIGHT**

**If a person is 72"  
or 6', then:**  
27kg/m<sup>2</sup> is 199 lb  
30kg/m<sup>2</sup> is 221 lb

**If a person is 66"  
or 5' 5", then:**  
27kg/m<sup>2</sup> is 167 lb  
30kg/m<sup>2</sup> is 186 lb

# Having Trouble Keeping the Weight Off?

A New Medication Approved for Obesity in 2021

**S**emaglutide (brand name Wegovy®) was approved by the Food and Drug Administration (FDA) on June 4, 2021. This is the first time since 2014 a drug for routine use has been approved for people with obesity or overweight. People who have obesity are at an increased risk of serious conditions such as type 2 diabetes, heart disease, and some cancers.

## What is semaglutide?

Semaglutide is an injectable drug used for weight management to reduce cravings and help curb your appetite. It is called a GLP-1 drug. GLP-1 is a hormone that is released from your intestines when you eat. It is the hormone that tells your body that you are full and you do not need to eat any more food.

## Does semaglutide really work?

The FDA approved semaglutide to be used on a consistent basis by people who have obesity or overweight; its use should be combined with a reduced calorie diet and exercise. This approval was based on a clinical trial that showed on average, people who used semaglutide lost over 12% of their initial body weight when compared to people who received a placebo, which contained no drug at all. The average body weight for the people who participated in the trial was 231 pounds.

## How do you use semaglutide?

Semaglutide is a drug that you inject under the skin, in the stomach, upper legs (front of thighs) or upper arms. It is given once a week, and it is only available by prescription from your doctor.

## Who is eligible for semaglutide?

If you have a BMI of 27 kg/m<sup>2</sup> or more and at least one weight-related medical condition, such as type 2 diabetes, you may be eligible for semaglutide. If you have a BMI of 30 kg/m<sup>2</sup> or greater, you may also be eligible for semaglutide, even if you don't have any other weight-related conditions. Some of the side effects reported with semaglutide are nausea, diarrhea, vomiting, constipation, and low blood sugar.



**By Tenille L. Lawson**  
PharmD, BCPS  
Medical Writer

## What else should I know about semaglutide?

Semaglutide is also an active ingredient in a few type 2 diabetes medications. Be sure to ask your doctor or pharmacist about taking other medications while using it, even over-the-counter medications.

Semaglutide has warnings about an increased risk of pancreatitis, gallstones and diabetic eye disease. It also has a high warning due to a risk of certain types of rare thyroid tumors.

If you are struggling to lose weight and keep it off, talk to your doctor about your treatment options. Learn more from the National Institute of Diabetes and Digestive and Kidney Diseases at: [www.niddk.nih.gov/health-information/weight-management](http://www.niddk.nih.gov/health-information/weight-management). •



# GET VACCINATED.

## COVID-19 AFFECTS DIFFERENT PEOPLE IN DIFFERENT WAYS.

Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

## PEOPLE WITH THESE SYMPTOMS MAY HAVE COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Sore throat
- Diarrhea
- Nausea or vomiting

## LOOK FOR EMERGENCY WARNING SIGNS FOR COVID-19.

If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Call your medical provider for any other symptoms that are severe or concerning to you.

For informational purposes only. Consult your local medical authority for advice.

CDC.GOV

## “I’ll protect you, you protect me.”



Register online  
at [MoStopsCOVID.com/navigator](https://www.mostopsCOVID.com/navigator)  
or call the COVID-19 hotline  
at 877-435-8411.

## COVID-19 Vaccines Are Safe

- Get vaccinated.
- Wear a face mask.
- Stay 6 feet apart.
- Wash your hands.

Missouri Department of Health and Senior Services  
Office of Minority Health



MoStopsCOVID.com  
[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER: Services provided on a non-discriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.





# How Do Neighborhoods Create a Culture of Health?



**By Dina Newman**  
Director, Center for  
Neighborhoods

Department of  
Architecture, Urban  
Planning + Design

University of Missouri-  
Kansas City

**T**he University of Missouri-Kansas City's Center for Neighborhoods (CFN) works with neighborhood leaders to help them create a culture of health for their neighborhoods. CFN empowers neighborhood leaders, advocates and residents with the tools and knowledge they need to address challenges within their communities. Neighborhood leaders identify the assets and the challenges they have in their neighborhoods, and CFN provides the support they need so they can best address these issues.

There are over 240 neighborhoods in the Kansas City region, and no two communities are the same. CFN has found that each neighborhood leader has a unique perspective on what it means to create a neighborhood culture of health for their community. One leader may say that a healthy community means that vacant lots and open spaces are free of illegal dumping and trash. Another neighborhood leader believes that access to fresh, affordable fruit and vegetables contributes not only to the community's health but also to a person's individual health. And still another neighborhood voice makes it clear that cleaner air for her asthmatic child is the most important factor for the health of her community.

## Connecting for Good

Since the Center for Neighborhoods opened five years ago, they have provided opportunities for neighborhood organizations to work in tandem with social service agencies, government officials, philanthropic organizations, and various University departments. They are currently working on a project entitled "Our Healthy KC Eastside" Covid-19 Vaccination initiative, a five-month, community-led and community-engaged vaccination outreach. CFN is acting as the Neighborhood Sector Lead under the direction of Jannette Berkley-Patton, Ph.D., of UMKC's School of Medicine.

Additionally, Center for Neighborhoods and six neighborhood leaders are working with KCMO Parks + Recreation on the Quality of Life Investment District (QLID) project to improve neighborhood parks.

For more information on the Center for Neighborhoods, email [neighborhoods@umkc.edu](mailto:neighborhoods@umkc.edu) or visit their website, [cfn.umkc.edu](http://cfn.umkc.edu). •





# HOPE FOR HEALTHY SMILES

Every family deserves access to quality dental health care. According to the report *Healthy People 2020*, oral health is essential to overall health. Yet, those who need dental care the most are often the least likely to receive it. Low-income populations of all ages experience the lowest access to oral health care.

Hope Dental was started in 2011 by Heartland Outreach Providers to meet the unmet oral health needs of children enrolled in Medicaid programs in Missouri, as well as the uninsured, or underinsured. Hope Dental is the only Medicaid dental provider in Jackson County serving both adults and children. Services are available for anyone who has Missouri Medicaid regardless of where they live.

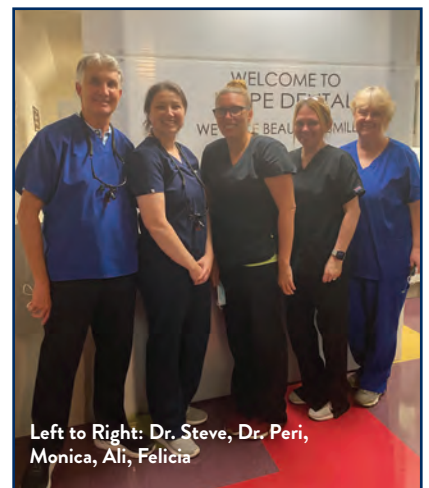
## MEETING THE NEEDS OF FAMILIES

Today, after more than 10 years, HOPE Dental's services have proven successful in overcoming barriers to accessing dental care, which include:

- Lack of transportation
- Parental time constraints
- Language differences
- Cost of dental services

As needs continue to grow, HOPE Dental has expanded to offer a wide range of dental services that includes: dental exams, cleaning, fillings, sealants, tooth extractions, dentures and partials. They also offer discounted pricing and accept adults with Medicare Advantage Plans.

HOPE Dental recently added a dental insurance program for some treatments not covered by other plans.



Left to Right: Dr. Steve, Dr. Peri, Monica, Ali, Felicia



## HOW YOU CAN HELP

Your support helps HOPE Dental bring more smiles to children and adults who need it most. Every family should have a place where they can go for quality dental care. Heartland Outreach Providers is a 501c3 not for profit organization.

**For more information call 816-427-1164 or visit [heartlandoutreach.org](http://heartlandoutreach.org)**

**1215 NW HIGHWAY 7 | BLUE SPRINGS, MO 64014  
(INSIDE OF POINTE OF HOPE CHURCH)**

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A man in a light blue t-shirt is seen from behind, carrying a young girl on his shoulders. The girl has long brown hair in a braid and is wearing a blue dress with a white daisy pattern. She has her right arm raised towards the sky. The background is a bright, warm sunset or sunrise with a gradient from orange at the bottom to light blue at the top.

# CASTING A VISION

OF HEALTHY FAMILIES AND



# N

# COMMUNITIES

In the United States, healthy families are essential for the health of our communities, cities, states, and our nation as a whole. The foundation of health in a family's present circumstance determines the prospects for health and positive growth across generations.



**By Dr. Robert Lee Hill**  
Community Consultant

## Numbers MATTER

The factors impacting a family's health include a multitude of numbers, from the zip codes where we are born and live and worship, to the addresses of our schools and work places, to the number of parks and playgrounds available to our children and youth, to our ages and the status of our blood pressure and the nature of our diets.

A family's proximity to a grocery store is as crucial to health as the quality and accessibility of a health care provider.

The reliability of an accessible public transportation system is as important to one family as annual medical exams are to another.

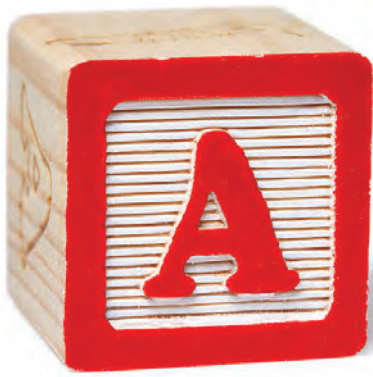
The rate of gun violence affects one family's health as much as, and, in some cases, more than regular dental care impacts another family's health.

All of which is to say that social determinants of health impact everyone's quality of life. Enhanced access to quality education, healthcare, affordable housing, transportation, and employment can raise the quality of life for all people.

Two important determinants of health are exposure to Adverse Childhood Experiences (ACEs) and exposure to reading.

"ACE" (Adverse Childhood Experiences) assessments have become very useful for improving the health of families. Some examples of ACE are:





**ACCEPTANCE**  
everyone has value

**BELONGING**  
embrace each other

**COMPASSION**  
lead with caring  
and support

A community that wants to support the health of all families would do well to promote the learning of a new set of “ABC’s”: acceptance; belonging; compassion; daring; exercise; faith; grace; hominess and holiness; insight; joy; kitchen-table wisdom; love; meaningfulness; nurture; open-heartedness; purpose; quality-over-quantity; reality-as-it-is; sustaining hope; thriving instead of surviving; unity; victory; “we-ness” as more important than “me-ness”; never X-ing out anybody; saying “yes” to community solutions; zeal that champions the health of all families!!

childhood abuse, which includes emotional, physical, and sexual abuse; neglect, including both physical and emotional neglect; and growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or an incarcerated household member.\* Social workers, school officials, medical professionals, and the general public now explore the number of Adverse Childhood Experiences and Adverse Community Environments that families encounter and can predict with an impressive measure of accuracy the health and life prospects of families. Lessening the trauma caused by adverse factors and introducing positive factors have been shown to radically improve the overall health of families.

“The 30 Million Word Gap” was a study of poor kids and their more well-to-do counterparts. The results highlighted how important vocabulary attainment is for brain development in children from infancy to age three.\*\* I once heard a pediatric neurologist declare that the best prescription he could write for the health and well-being of children under the age of three is for parents to read aloud to their children twenty minutes a day.

Knowing more about the impact of the ACEs and the need for our children to hear words from caring adults are but two tasks in the quest for better health and life outcomes for all families. •

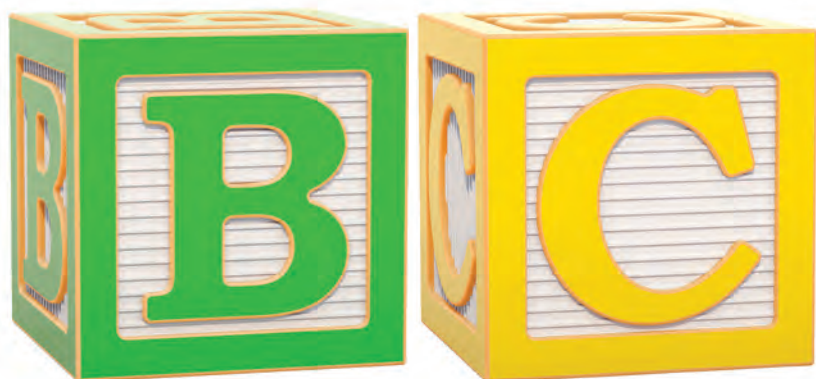
#### **SOURCES:**

\*American Journal of Preventive Medicine, June 2019

\*\*University of Chicago Center for Research Informatics/  
30 Million Words

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*Dr. Robert Lee Hill is Minister Emeritus of Community Christian Church, where he served for more than 30 years. He is also Community Consultant with the Kauffman Foundation, with a focus on community engagement with public education. He is the author of ten books, most recently, ALL YOU NEED IS MORE LOVE.*





# It Is Indeed a New Day

Schools are introducing social and emotional support into the school day.

**A**s schools reopen and parents once again try to get students into the swing of the school year, the need for parents and schools to work together is front and center. COVID-19 disrupted our school systems in many ways and also exposed deep problems faced by many of our students. Lack of wifi access and reliable supervision were just two of the issues families faced.

To their credit, school systems have risen to these challenges with changes designed to help our children thrive. For example,

**“If you are going to save lives, you have to give children the right spaces, resources, cues, and support for them to share, figure themselves out, and then learn.”**

**— Nadia Lopez, The Bridge to Brilliance: How One Woman and One Community Are Inspiring the World**

school districts have eliminated suspension policies that push out our most vulnerable children. Schools are also introducing social and emotional support into the school day so that children learn how to handle their feelings in a healthy way.

My mother worked two jobs my entire life. School was a safe space for me. At home, I was the second adult. I cared for my sib-

lings, cooked dinner, and made sure that the chores were done before my mother got home. At school, I was able to focus on myself and the person I wanted to become. It was at school that I was first told that I could be something other than what I was. One teacher told me that I was great at speaking. Another told me that I was great at writing, and still another encouraged me to go to college. Had it not been for school and my teachers who saw me as I wanted to be, I am not sure where I would be now.

It's a fact that students who do not finish high school are almost guaranteed a lower quality of life overall, including lower income and poorer health. If we truly view education as the saving of a life, then I say bring on the diversity workshops, encourage teachers to think deeply about bias, reexamine outdated discipline policies and let's work with parents and students to reimagine them.

Education at its best is a partnership, and we need that now more than ever. •



**By Kia Turner, Ed.D.**  
CEO, Red Apple  
Education Corporation

Red Apple Education Corporation is a local education consultancy that trains school districts and their stakeholders to take a people-first approach to student attendance and family engagement.



# A VISION FOR HOUSING



Affordable housing is a critical need for Kansas City residents facing homelessness and housing insecurity.

The City of Kansas City is embarking on a plan to ensure that there are affordable housing options for unhoused, housing insecure and low-income residents. As a part of the vision to generate 10,000 affordable units by 2027, the City has launched a program to convert existing buildings like vacant schools, nursing homes and even hotels/motels into homes.

According to City Manager Brian Platt, by converting existing properties such as hotels, schools, and old nursing homes, the city envisions creating up to 500 new, affordable housing units across the city at a lower cost and faster rate than building new units.

The City Council authorized up to \$2.5 million to be appropriated for this use, in addition to \$12.5 million just allocated to the City's first affordable housing trust fund and a recently announced \$8.3 million award from Housing and Urban Development (HUD).

This year the city provided temporary housing for the unhoused for 98 nights. At its peak, nearly 420 people took shelter in hotel rooms while also receiving medical care, benefits such as meals and vital document recovery, and job assistance.

## SOME OF THE POSITIVE RESULTS

### ACHIEVED FROM TEMPORARY HOUSING INCLUDE:

- **344 people completed a housing needs assessment, which revealed that the vast majority had not previously sought help from social services.**
- **More than 60 people found full-time or part-time employment.**
- **Nearly 30 people transitioned to more permanent housing programs.**
- **There were 14 life-saving or serious medical interventions, including HIV and chronic illness diagnosis.**
- **30 people acquired vital documents like birth certificates, ID cards, etc.**
- **35 people enrolled in benefits (Medicare/Medicaid SSI) and more than 100 were helped with improving benefits and resources.**

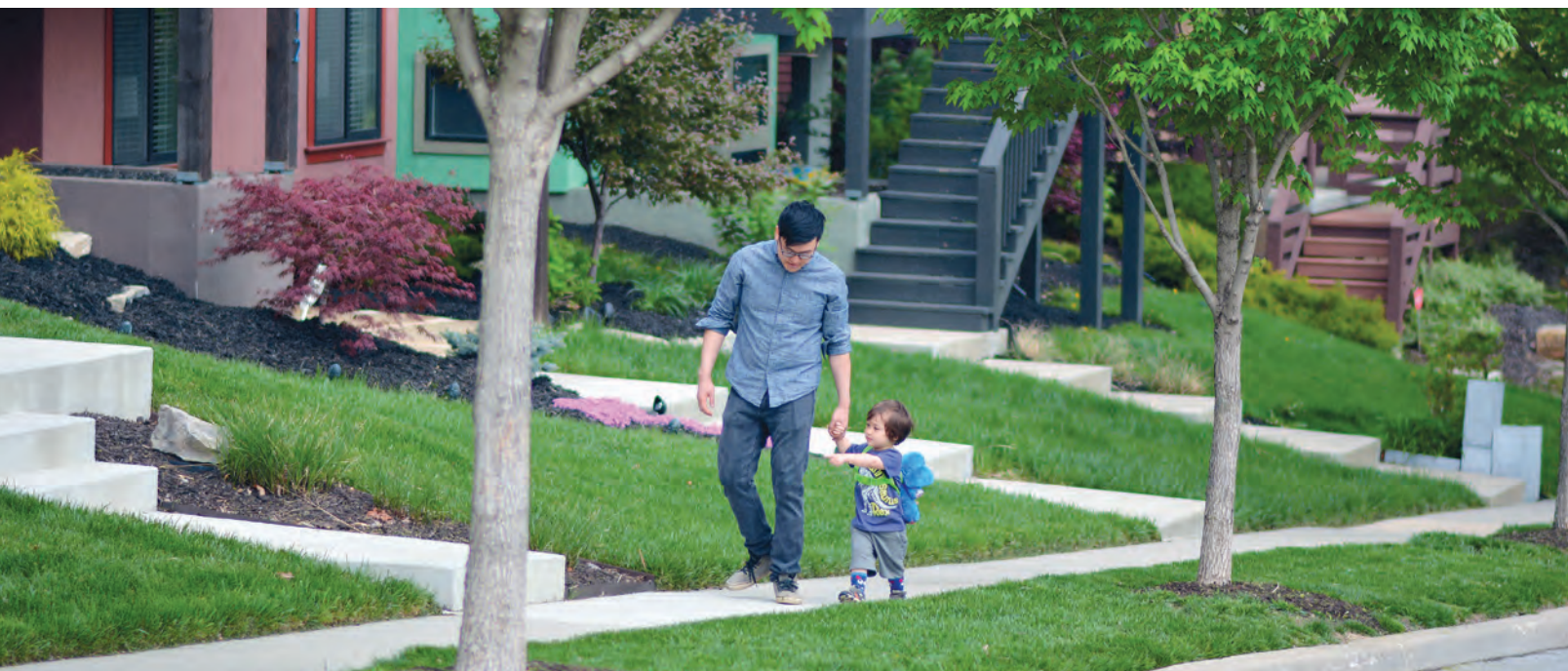
Press Release, City of Kansas City, Missouri, July 30, 2021

**FOR MORE INFORMATION ABOUT LOCAL EFFORTS TO ELIMINATE HOUSING INSECURITY, VISIT THE GREATER KANSAS CITY COALITION TO END HOMELESSNESS AT, [GKCCEH.ORG](https://gkcceh.org)**





*I bike for a healthier, greener tomorrow.*



*I walk for a healthier, greener tomorrow.*

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 **AirQKC.org**





# AFRICAN AMERICANS ARE TWO TIMES MORE LIKELY TO DEVELOP ALZHEIMER'S DISEASE COMPARED TO WHITES

By **Leilana McKindra**, University of Kansas Medical Center

**E**xperts at the University of Kansas Alzheimer's Disease Center (KU ADC) are joining the urgent call for greater research participation from communities heavily impacted by the disease, including African Americans, who are two times more likely to develop Alzheimer's compared to whites.

"The primary reason we're trying to increase diversity in our research is that we want to find drugs that work for everybody," said Jeffrey Burns, M.D., professor of neurology and director of the KU ADC. "The other reason this is so important is we know African Americans and Latinos are more likely to develop Alzheimer's disease, so we want our studies to include these communities."

Burns said more research participation by different groups also will help experts understand why disparities exist and find ways to reduce them.

The KU ADC is working to increase diversity in all its studies, including Bio-Hermes, AHEAD and IGNITE.

**Bio-Hermes**, which is looking at the ability of 10 blood and digital biomarker tests to predict amyloid protein in the brain, a hallmark of Alzheimer's disease, will seek volunteers until African Americans and Latinos make up at least 20 percent of participants

across all study sites. It is one of the first Alzheimer's clinical trials designed to ensure groups at higher risk for the disease are included.

**AHEAD** is studying an investigational treatment that could help delay memory decline years before symptoms arise, and **IGNITE** is examining the connection between brain health and exercise in older adults.

KU ADC assistant research professor Ashley Shaw, Ph.D., leads Aging with Grace, a community education program that helps African Americans reduce the risk of developing dementia. She said many African Americans are reluctant to participate in clinical trials because of the history of unethical research and medical practices in the United States. But she stressed that regulations and oversight by entities such as Institutional Review Boards have been established to protect all research participants and prevent abuses.

"The best way to get a better understanding of dementia and how we can stop it is through clinical research," Shaw said. "The most important reason we need more African Americans in clinical trials is to ensure that the discoveries, treatments, interventions and prevention strategies are going to be relevant to the community."

For more information about research opportunities, contact the KU ADC at [kuadc@kumc.edu](mailto:kuadc@kumc.edu) and 913-588-0555



# — FIGHTING FOR — JOBS AND FREEDOM

NO JUSTICE  
NO PEACE

In court with tenant on left, Attorney Gina Chiala, middle and and Intern, Kevin Jean Paul.



Naming an organization Heartland Center for Jobs and Freedom (HCJF) was not an afterthought. The words, heart, land, center, jobs and freedom resonated and had a deeper meaning for executive director and staff attorney, Gina Chiala. HCJF opened its doors in 2017 with the mission to change the landscape of social injustice towards disadvantaged individuals and families. HCJF declared all-out war against unfair wages and working conditions, substandard housing, sexual harassment, race discrimination and exploitation by predatory businesses. It's working. HCJF is the only organization in Kansas City that brings together legal advocacy and grassroots movements to create change.

## THE SOLUTION

HCJF represents hundreds of tenants being sued by their landlords, and they stop evictions in nearly every case. Their target audience is low-wage workers making less than \$15 an hour or less than a living wage. These include fast-food workers, CNA's, custodial workers, warehouse workers, Uber drivers, retail workers and workers in manufacturing.

Workers are informed of their legal rights and how to protect them. For example, if a tenant is living in unhealthy housing conditions, they walk them through the process of documenting the conditions, reporting them and seeking change.

The key to HCJF's success is its strong connection to their principles — a willingness to take risks and pioneer new programs.

## HOW YOU CAN HELP

The work of Heartland Center for Jobs and Freedom is outmatched by the demand from hundreds of people lacking legal representation. They also need funding to sustain staff. For more information, visit [jobsandfreedom.org](http://jobsandfreedom.org).



HEARTLAND CENTER FOR JOBS & FREEDOM

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# Lack of Affordable Housing— STATE OF EMERGENCY

**T**he Coronavirus pandemic has exposed extreme disparities in housing options and availability for our working class and disadvantaged populations. In many neighborhoods across the country, it is an unofficial “state of emergency” with no clear direction of how to confront and address the problem.

Quality housing options are not available at a price point that individuals and families can afford while having enough remaining for their basic needs or savings. Because of this, a majority of these households live paycheck to paycheck and are just one setback or unexpected expense away from being unable to pay their rent or mortgage. Studies

have a high enough income to afford a market-priced two-bedroom apartment in any county of the metro. This leaves them with very few options, including spending nearly 50% of their income on rent and utilities or living in less than desirable housing conditions.

In 2017, KCMO voters passed Central City Economic Development (CCED), which imposes a sales tax of 1/8 percent to be used for funding economic

development projects within a focused area of Kansas City’s urban core that has been disinvested and redlined for decades. CCED projects increase the number of housing options for surrounding residential neighborhoods.

Community Builders of Kansas City leads economic development access and advocacy for Kansas City’s east side through its residential and commercial development. Since 1991, Community Builders has invested \$225 million in urban renewal, earning recognition and respect on the national community development stage.

I have spent my career advocating for this type of investment in Kansas City. Now is the time to partner-up and scale-up! •

*Emmet Pierson has over 30 years of economic development experience. To learn more visit: [cb-kc.org](http://cb-kc.org).*



**By Emmet Pierson, Jr.**  
President & CEO  
Community Builders  
of Kansas City

**More than half of all  
Americans spend over 40% of their  
income on rent and utilities.  
This is 10% higher than the  
acceptable 30% used by creditors to  
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show more than half of all Americans spend over 40% of their income on rent and utilities. This is 10% higher than the acceptable 30% used by creditors to determine credit worthiness. Several millions more are living in a state of housing uncertainty, described as living with a friend or family member, experiencing frequent moves, having trouble paying rent or being without consistent employment.

Locally, a minimum-wage full-time employee making \$10.30 per hour in Kansas City, Missouri, does not





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**WHAT'S NEXT?  
- OCTOBER 2021 -**

## **INNOVATIONS IN CANCER TREATMENT BRING HOPE**

Lung cancer is the second most common cancer in both men and women. According to cancer.net, this year an estimated 235,760 adults (119,100 men and 116,660 women) in the United States will be diagnosed with lung cancer.

There are a number of innovations taking place in diagnosing and treating many types of cancer. In May 2021 the FDA approved a treatment for advanced non-small cell lung cancer, that has had amazing results. Learn how personalized medicine helps doctors decide how best to treat different types of cancer.

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# HELP SLOW THE SPREAD OF COVID-19

When you wear a mask, you protect others as well as yourself.

Masks work best when everyone wears one.

A mask is NOT a substitute for social distancing. Masks should still be worn in addition to staying at least 6 feet apart, especially when indoors around people who don't live in your household.

Masks should completely cover the nose and mouth and fit snugly against the sides of face without gaps.

Masks should be worn any time you are traveling on a plane, bus, train, or other form of public transportation.

**FOR MORE INFORMATION VISIT: [CDC.GOV](https://www.cdc.gov)**

**FOLLOW OUR HEALTH MATTERS COVID-19 UPDATES  
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