



Central Ohio Pathways HUB Newsletter

Equity. Access. Quality.

Optimal health outcomes for *all* people
in *every* community



Care Coordination in
the
#CentralOhioHUB

629 Active Clients

3,228 Total Clients
Served

25,303 Pathways
Initiated

18,726
Pathways
Completed



FEATURED CONTENT

Operating Under Resilience Project: Researching Stress and Emotion Management for African American Women with Hypertension during COVID-19 Pandemic

By: McKenzie Carter



The Operating Under Resilience (OUR) Project, a research study in the Ohio State University College of Nursing, is looking at the topic of stress and emotion management for Black and African American women. Specifically, Black and African American women with hypertension in a COVID-19 social distancing society. Managed by Dr. Kathy Wright, assistant professor at the College of Nursing, the project is a nurse and dietician-led, web-based health education program. It aims to provide instruction on accurate home blood pressure monitoring, mindfulness awareness, healthy eating, and interpersonal communication skills for the target population dealing with stressors of experiencing hypertension amid a global pandemic. With a background in geriatric mental health and minority mental health, Dr. Wright has focused her current work on cardiovascular disease management through management of blood pressure, chronic stress, and brain health in African American people across the lifespan. Through this study, her team of experts examined the cognitive markers of stress by not only gathering information about participants' experiences with the COVID-19 pandemic as it relates to stress and how they manage blood pressure, but also doing a detailed cognitive examination with them. Dr. Wright noted that education on blood pressure management for this population is particularly important, because poor blood pressure management in middle age has shown to lead to increased risk in developing dementia later in life.

[Read full article on our website](#)

INSIGHTS FROM THE BLOG



Using ACE Screenings to Mitigate Long-Term Adverse Outcomes

By: Tanikka Price, Education Director of the Central Ohio Pathways HUB at Health Impact Ohio

Growing up as a little Black girl in the Linden area of Columbus, Ohio, I got good grades and did well in school. However, I was constantly in trouble for disruptive behavior, such as fighting. Teachers and caregivers would continually ask me, "What is wrong with you?" Perhaps the better question would have been, "What happened to you?" My behavior was directly related to my Adverse Childhood Experiences (ACEs), but I would not learn about that framework until my later years.

Read full blog for more details



Quality Improvement Coaching for Primary Care Practices Participating in the Heart Healthy Ohio Initiative

Health Impact Ohio continues to strive toward its vision of “Optimal health for *all* people in *every* community.” Our Chief Transformation Officer, Caroline Carter, an experienced Practice Facilitator, was selected as one of the Practice Facilitators to provide Quality Improvement Coaching to the Ohio primary care practices participating in the Heart Healthy Ohio Initiative.

Read more about Quality Improvement Project

CENTRAL OHIO PATHWAYS HUB

CHW Profile Project

This month's Central Ohio Pathways HUB Community Health Worker Profile Project features Kimberly Wilson-Lawson. Kim has been a CHW and supervisor with the African American Alzheimer's and Wellness Association, specifically working with the Wellness First program, for two years. Health Impact Ohio's Communications Manager, McKenzie Carter talked to her about what it means to be a CHW. Watch more CHW Profile Project interviews on our website [here](#).



See full interview on our website

NEXT CHW MONTHLY MEETING

▶ Thursday, March 10, 2022
9AM-11AM

▶ Supervisor Sign-Off Time:
11AM-11:30AM



PARTNER NEWS AND EVENTS

[A Racial Equity Framework for Addressing Health Policy](#)

[HPIO: Connections Between Racism and Health](#)

[HPIO: COVID Cases Declining in Ohio, but Still 'Quite High,' ODH Director Says](#)

[City Awards \\$12.2 Million in COVID-19 Rental Assistance to Help Keep Vulnerable Residents in Their Homes](#)

[CMA: Free Spring Professional Headshots for Medical Students](#)

[Nationwide Children's Hospital: HHS Announces Winners of National Challenge to Increase Pediatric Vaccinations and Well-Child Visits](#)



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