

Happy Holidays from the Meharry Community Engagement Core

Published: Wed, 12/20/23

DECEMBER 2023



MEHARRY COMMUNITY ENGAGEMENT CORE NEWSLETTER

Meharry Community Engagement Core connects community members and organizations with Meharry researchers to conduct research and share results that will improve health for communities that experience the poorest outcomes.

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Our Vision

To eradicate health and healthcare disparities through long-term collaborative, mutually beneficial community-research partnerships.

SISTER DIABETES STUDY

This study will compare two ways of providing support for food intake among African American women with Type 2 Diabetes.

Core Partnerships

Want to partner with the Community Engagement Core as a community member or a community-based organization representative? [Click here](#)

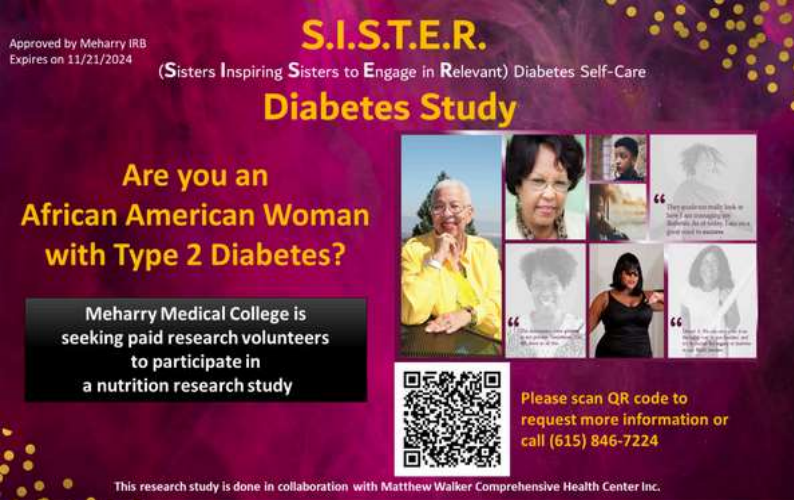
Are you interested in participating in research studies at Meharry?

[Click here](#)

Call for Contributions!

Do you want to be featured in our next issue?

[Email](#) us for more details!



Approved by Meharry IRB
Expires on 11/21/2024

S.I.S.T.E.R. Diabetes Study

(Sisters Inspiring Sisters to Engage in Relevant) Diabetes Self-Care

Are you an African American Woman with Type 2 Diabetes?

Meharry Medical College is seeking paid research volunteers to participate in a nutrition research study

Please scan QR code to request more information or call (615) 846-7224

This research study is done in collaboration with Matthew Walker Comprehensive Health Center Inc.

[CLICK TO READ FLYER](#)

Who can participate?

African American women with Type 2 Diabetes that are 21 years old and older.

What can participants expect?

- Free Nutritionist Support
- Free Diabetes Education Materials
- Free Diabetes Education Materials

[LEARN MORE](#)



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MEHARRY IN THE NEWS

“—
Meharry Medical College, partners with multiple pharmaceutical companies to the launch the Together for CHANGE™ initiative to create better health care and outcomes for all. [Read more](#) —”

“—
Meharry’s Board of Trustees unanimously approves nation’s first School of Global Health. [Click to learn more](#) —”

“—
Meharry receives a NIH grant to develop a new Diversity Center for Genome Research (DCGR). [Click for details](#) —”

Learn how you can support this initiative!



Community Advisory Board Members Needed

Meharry Community Engagement Core is seeking volunteers to fill positions on a new Community Advisory Board to support Meharry's New Diversity Center for Genome Research!



Examples of Community Advisory Board Member Activities:

- Identify strategies to build community trust in genomics research*
- Share thoughts and opinions about ongoing genomics research studies
- Help develop genomics research training materials for non-scientists

Scan QR code or visit website below to apply



<https://redcap.link/diversitycab>

Deadline to Apply:
December 30, 2023

*Genomics research is defined as the study of human genomes – genetic material – and how that information is applied.

To learn more about Meharry's Community Engagement Core, call us at (615) 327-5807 or visit our website at <https://www.meharryresearchconnect.org/>



[CLICK TO APPLY](https://redcap.link/diversitycab)

Health tips for surviving the holidays

Have a game plan!

Eat breakfast, limit starchy foods and avoid skipping meals to help manage your blood sugar.

Enjoy your favorite treats in small portions.



Stay hydrated!

Remember to drink plenty of water even in the winter (definitely in-between the eggnog!)

If you choose to drink alcohol, limit the amount and be sure to have it with food.



Take a walk!

After your meal, take a walk with family and friends. Burn a few calories!





Forgive yourself!

Eating healthy during the holidays is not easy. Do not beat yourself up if you eat more carbs or food than planned.

Adapted from American Association of Diabetes Educators (AADE)



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<https://meharryresearchconnect.org/>

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