

# BRANCATI CENTER BULLETIN



## DEAR NEIGHBORS,

In this issue of the Brancati Bulletin, we discuss how the ending of the Public Health Emergency will affect our community. February is Heart Disease Awareness Month, and we highlight the risk factors for having heart disease; the good news is that we can do a lot to prevent heart disease. We are delighted to introduce the Interfaith Family Health Center of Baltimore, a partnership between the Brancati Center and Liberty Grace Church of God. Dr. Maya Venkataramani and Ms. Kat Dustan-Stokes presented at the National Institutes of Health in November of 2022 on the Brancati Center's approach to the social determinants of health in the Diabetes Prevention Program. We want to remind you that we are enrolling new participants in the DPP. We'd love to hear from you about what you'd like to see covered in next month's edition. Be well.

-The Brancati Center Team

## HEART HEALTH

Someone has a heart attack every forty seconds in the United States. In one out of five cases, the victim is unaware of it. Taking care of your heart health and checking your risk of developing heart conditions is critical.

### What is heart disease?

There are several types of heart conditions. The most common heart disease in the United States is coronary artery disease. It results from plaques made up of cholesterol deposits that build up and reduce the blood flow.

### Who is at risk?

The risk of heart disease increases with age; it is also higher if you have a family history. While those factors are out of our control, many key risk factors can be managed. They are:

- **High blood pressure**
- **High cholesterol**
- **Smoking**
- **Diabetes**

### How to prevent it?

Preventing heart disease requires checking and controlling the risk factors.

### Get help now!

**Smoking Cessation Program**

**Million Hearts**

## COVID CORNER

The Public Health Emergency (PHE) will expire on May 11, 2023. The PHE granted free COVID-19 vaccines, booster shots, tests, and treatment, among other benefits. After the PHE is lifted, the cost of COVID-19 vaccines, tests, and treatments will depend on your health insurance.

The COVID-19 virus is still out there. Seniors with underlying conditions and people who are immunocompromised will continue to be at high risk of severe COVID-19 infection. Getting the vaccine limits that risk, and wearing a mask when you are sick helps reduce the spread of the infection.

Website: [www.brancatilcenter.org](http://www.brancatilcenter.org)  
Email: [brancaticenter@jhmi.edu](mailto:brancaticenter@jhmi.edu)  
Facebook: BrancatiCenter  
Twitter: @BrancatiCenter

The Johns Hopkins Brancati  
Center is based in Baltimore,  
Maryland



# Program recruitment

## Diabetes Prevention Program Recruitment

We're recruiting for the DPP!

**What is it?** A yearlong lifestyle change program that lowers the risk of diabetes

**Who can join?** Adults with prediabetes and an elevated body mass index (BMI)

**How do I learn more?** Visit our website:

<https://www.hopkinsmedicine.org/population-health/dpep/diabetes-prevention-program/>

**How do I join?** You can email us at [brancaticenter@jhmi.edu](mailto:brancaticenter@jhmi.edu) or call us at 410-614-2701



On November 15, 2022, Kat Dustan-Stokes (Community Health Worker and Community Outreach Specialist) and Maya Venkataramani (Associate Director of Community Program Implementation) presented at the National Institute of Health's "Workshop on Housing and Obesity: Gaps, Opportunities, and Future Directions for Advancing Health Equity."

During their presentation, titled "Addressing Housing Instability and Quality-related Barriers to Engagement in Lifestyle Interventions: Experiences from the Delivery of Community-based Diabetes Prevention Programs," they highlighted the Brancati Center's experiences in screening for, and addressing, housing related barriers to engaging in, and staying in, the year long Diabetes Prevention Program (DPP).

The Brancati Center team conducts screening of the social determinants of health for all Diabetes Prevention Program participants. In addition, our Community Health Workers (Kat Dustan-Stokes and Shannon Adams) provide targeted support to DPP participants so that everyone can be successful in the program. This support includes connecting participants with resources to access affordable and healthy foods and identifying alternative housing options for those navigating housing-related barriers. We believe screening for social determinants of health and connecting participants to resources play a large role in our participants' success in the DPP!

Maya Venkataramani, MD, MPH

## The Sydney Kimmel Comprehensive Cancer Center Education Sessions

### Join our Webinar:

Breast Cancer: Screening  
and Ways to Reduce Your  
Risk

March 21,  
2023 at 6:00 pm  
**REGISTER  
HERE**



[cureoperationpulse.org](http://cureoperationpulse.org)

**SAMHSA Helpline**

1-800-662-HELP (4357)

