

## BRANCATI CENTER BULLETIN

*Baltimore*

## DEAR NEIGHBORS,

In this issue of the Bulletin, we remember Dr. Felicia Hill-Briggs who was a strong supporter of the Brancati Center's work. We remind you that COVID-19 is still present; staying up-to-date with your vaccine is the best way to prevent problems with COVID-19. We have been experiencing a real heat wave in Baltimore City and we hope that our tips on staying healthy in the heat will be helpful. We also spotlight artificial intelligence in healthcare and the SHARP research pilot. Stay cool, and please let us know what you would like to see in our next issue of the Brancati Bulletin.

-The Brancati Center Team

## STAYING HEALTHY IN THE HEAT

In the US, more than 700 people die every year from the heat.

Why can the heat be so bad?

- Humidity: Humidity keeps you from sweating as much, and sweating cools you down.
- Your personal risk: Things like age, obesity, being sick, heart disease, medications, and alcohol can also affect how much you can cool yourself down.

Ask your neighbors and loved ones:

- Are you drinking enough water?
- Do you have air conditioning?
- Do you need help keeping cool?

How do we all stay healthy in the heat?

- Stay in air conditioning as much as you can. A fan is not enough.
- Don't wait until you're thirsty to drink water.
- Check on your neighbors and family members.
- Your stove and oven will make your house hotter so try to use them less.
- Pace yourself. Work out earlier or later in the day when it's cooler.
- Cool down with a cold shower.
- Don't leave your pets or children in the car.

See the CDC's website for more info on [heat-related illnesses](https://www.cdc.gov/nceh/features/extremeheat/index.html) like heat stroke and heat exhaustion.

<https://www.cdc.gov/nceh/features/extremeheat/index.html>

## COVID CORNER

Hospitalizations for COVID-19 are at a low level in Baltimore City right now. However, COVID-19 is not gone and we do expect it to peak in the cooler months. Only 20% of Baltimoreans have received the updated bivalent booster. Here are some COVID-19 tips:

- If you have cold symptoms, get tested. COVID-19 is still here.
- Make sure you're UP-TO-DATE with your vaccine:
  - Children who are younger than 6 years old should get recommendations on vaccination from their pediatricians.
  - Everyone 6 years and older should have had at least 1 updated bivalent COVID-19 booster (Pfizer or Moderna).
  - People over the age of 65 years and those who are immunocompromised are eligible for a 2nd bivalent COVID-19 booster.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Website: [www.brancatibcenter.org](http://www.brancatibcenter.org)  
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The Johns Hopkins Brancati  
Center is based in Baltimore,  
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## Spotlight:

### Artificial Intelligence in Health

Dr. Tanjala Purnell, Education Director for the Brancati Center, along with other Johns Hopkins faculty members, are conducting a project that looks at the impact of artificial intelligence on healthcare.

#### What is it?

Artificial intelligence (AI) is the ability of a computer or a robot controlled by a computer to do tasks that are usually done by humans. AI has been featured prominently in the news due to its growing impact and potential contributions to numerous fields, including law, education, and the health sector.

#### What is an example of AI?

ChatGPT is an example of an AI chatbot developed by OpenAI and launched in November 2022. It allows users to refine and steer a conversation towards a desired length and language used. With the launch of ChatGPT and other advanced AI, it is vital that we assess how to use these tools ethically and safely.

#### How can you learn more about AI?

A team of health equity experts from Johns Hopkins have joined a national effort funded by the NIH to diversify the pool of AI researchers in health and to partner with community members. To learn more about AI and health equity, you are invited to participate in a free virtual Community Conversation Cafe event on July 27, 2023 from 1:00-2:15 pm EST. Please RSVP by emailing [aim-ahead@uh.edu](mailto:aim-ahead@uh.edu).

### Diabetes Prevention Program Fall Recruitment

Fall is a busy time for the Brancati Center! We will be launching many new Diabetes Prevention Programs (DPP) through the end of October. The DPP is a yearlong lifestyle change program that lowers the risk of diabetes. Adults with prediabetes and an elevated body mass index (BMI) are eligible to join. Please email us at [brancaticenter@jhmi.edu](mailto:brancaticenter@jhmi.edu) or call at 410-614-2701 to learn more.



### Remembering Dr. Hill-Briggs

We want to remember Dr. Felicia Hill-Briggs who passed away at her home in New York City on June 23, 2023. Dr. Hill-Briggs was recruited to General Internal Medicine by Dr. Fred Brancati. She developed the DECIDE chronic disease self-management program and was a strong supporter of our Diabetes Prevention Program. Dr. Hill-Briggs helped to develop a new DPP session, "Emotions and You," based on feedback from our participants. She also ensured that we were part of the national Medicaid DPP demonstration and led the submission of the large grant that currently funds our DPP expansion. We are grateful to have known Dr. Hill-Briggs, and we miss her. *Pictured: Dr. Felicia Hill Briggs (L), Dr. Jeanne Clark, Brancati Center Executive Director (R)*

### SHARP Pilot

Unhealthy alcohol use, depression, and other mental health symptoms interrupt critical steps in HIV prevention and care contributing to significant health disparities among women at-risk or living with HIV. With our community advisory board of stakeholders and consumers, we developed a 1-session computer-delivered intervention which provides information and help with alcohol and mental health challenges. Our community health workers (CHW) then provide support and follow up care. Our \*SHARP\* pilot examines effectiveness of the computerized intervention + CHW counseling in reducing alcohol use, linking women to community resources and defining the barriers and facilitators of our intervention in the community. The study is led by Drs. Heidi Hutton and Geetanjali Chander, Associate Members of the Brancati Center.

### Upcoming Community Events

**August 1st from 5:00-8:00pm:** Operation PULSE's National Night Out Event, 1300 Wilcox Street. Blood pressure measurements and general health education

**August 12th from 12:00-3:00pm:** Israel Baptist Church's Health Fair, 1220 N. Chester Street. A1c and blood pressure screening, general health education