

National Center of Excellence in Women's Health
Region VIII Demonstration Project

UND Women's Health Update

Volume 1, Issue 1

March 2005

Information Inside

Thank U

Take the President's
Challenge

Meet Our Team:
Director,
Elizabeth Burns,
M.D., M.A.

Topic of the Month:
Healthy Weight

Please feel free to
contact us with any
questions, comments,
or concerns.

sowens@medicine.
nodak.edu

(701)777-3274

Box 9037 Grand
Forks, ND 58202-
9037

U.N.D. SMHS Designated as a National Center of Excellence in Women's Health Region VIII Demonstration Project

The designation was made recently by the Office on Women's Health, a division of the U.S. Department of Health and Human Services (DHHS).

The school's Department of Family Medicine, chaired by Dr. Elizabeth Burns, has received funding of nearly \$500,000 for the four-year project to develop a comprehensive, coordinated and integrated program to improve health care for women in North Dakota.

The Center of Excellence in Women's Health (CoE) Demonstration Project for Region VIII (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming) will focus on five key areas:

- 1 - recruitment, retention and promotion of women faculty;
- 2 - professional education and training in women's health;
- 3 - community outreach; 4 - clinical care, and 5 - research

The clinical care component (4) will be carried out in partnership with Altru Health System, under the leadership of Dr. Michael Brown, chair of the Altru Obstetrics and Gynecology Department, Grand Forks.

Other component directors are: recruitment and retention (professional development) - Dr. Mary Ann Sens, professor and chair of pathology; education - Dr. Rosanne McBride, assistant professor of family medicine; community outreach - Dr. Mary Wakefield, Director of the Center for Rural Health at the UND School of Medicine and Health Sciences ; and research - Dr. Sharon Wilsnack, professor of neuroscience. Dr. Jim Beal, assistant professor of family medicine, serves as deputy co-director with McBride and will lead the program evaluation team.

The new demonstration project will focus on the needs of women in rural areas as well as the needs of diverse populations, especially Native American women.

The goal of the CoE is to involve all health professionals statewide who provide care to women of all ages, Burns said. “We plan on developing a resource center for women, a clinical care model that is interdisciplinary and focuses on prevention, and research opportunities to see what really works for women here in North Dakota.”

In 1996, the DHHS Office on Women’s Health (OWH) established the CoE program with the goal of improving health care of American women. The CoE program is a means for designated centers to serve as catalysts in their communities and across the nation to address and provide for the advancement of women faculty, the integration of high quality research and training in women’s health linked with community outreach and behavioral, dental and physical health care services.

Thank U

Thank you for helping us make National Wear Red Day (February 4th) , to raise awareness that heart disease is the number one killer of women, such a great success.



For listening to *What’s New at the U* on 1310 KNOX, February 10th, where CoE Director, Elizabeth Burns, M.D., M.A. and Coordinator Sarah Owens talked about the CoE and its exciting future.

Take the Presidents Challenge February 20th-April 2nd

Throughout the 6-week time period, you will log points for each minute of physical activity and various other wellness activities you perform. Each week, you will report your points to your team captain who will then report each team member’s points to the challenge coordinator. At the end of the challenge, your points will be tallied and you will be able to select prizes based on the number of points you received.

To **Register** and for additional Information, check out :
<http://wellness.und.edu/president.htm>

Meet Our Team:
Elizabeth Burns, M.D., M.A.
Director

Elizabeth A. Burns, M.D., M.A., The Verrill J. and Ruth Fischer Professor and Chair of the Department of Family Medicine at the University of North Dakota School of Medicine and Health Sciences earned a B.S. (chemistry), magna cum laude, from Marygrove College, Detroit, Michigan and an M.D. from the University of Michigan. She did a flexible medicine internship at Henry Ford Hospital (Detroit) and a family practice residency at Harrisburg Hospital (Pennsylvania). Dr. Burns was a Robert Wood Johnson Foundation Faculty development fellow at the University of Iowa, where she also earned a M.A. in the Division of Instructional Design and Technology. Following this fellowship, she joined the faculty in Family Medicine at Iowa, where she was promoted with tenure. She served as a residency program director in family practice at the University of Iowa Department of Family Medicine. Dr. Burns became Professor and Chair of the Department of Family Medicine at the University of Illinois at Chicago School of Medicine in 1992, serving for 8 years in that capacity. In 2002, she accepted the position of Professor and Chair of the Department of Family Medicine at North Dakota. She is currently a Bishop/ACE fellow in academic administration and leadership and is the Director of the National Center of Excellence in Women's Health Region VIII Demonstration Project at the University of North Dakota School of Medicine and Health Sciences.



Topic of the Month: **Healthy Weight**

According to former U.S. Surgeon General David Satcher, an "obesity epidemic" threatens public health in the United States. Obesity is generally caused by too many calories and too little physical activity. Obesity can lead to several serious and sometimes fatal diseases, including Type 2 diabetes, heart disease, stroke, hypertension, and asthma. The American Cancer Society estimates that, in 2002 alone, approximately one-third of all cancer deaths will be due to poor nutrition lack of physical activity, obesity, and other lifestyle factors.

In addition to these diseases, research has shown a link between obesity and depression. According to a study reported in the Pediatrics journal, adolescents who have depression are more likely to be obese than those who do not have depression. Conversely, some studies have shown that people who are obese often internalize negative attitudes about their weight, which can lead to depression.

Maintaining a healthy weight can increase life expectancy, quality of life, and physical and mental well-being. As an individual, you can help maintain a healthy weight by eating the recommended number of calories each day and getting regular exercise. Communities can promote healthy weight by establishing safe venues for children to play, ensuring that school lunches are healthy, and encouraging physical activity for its residents.

It is extremely important, however, that you consult your physician before making any changes to your diet or beginning a new exercise program. To find a dietitian in your area, visit the web site of the American Dietetic Association's Nationwide Nutrition Network at:

<http://www.eatright.org/Public/PublicDietitianDisclaimerAdvanced.htm>.

Source: <http://www.mentalhealth.org/highlights/January2003/weight/pubs.asp>