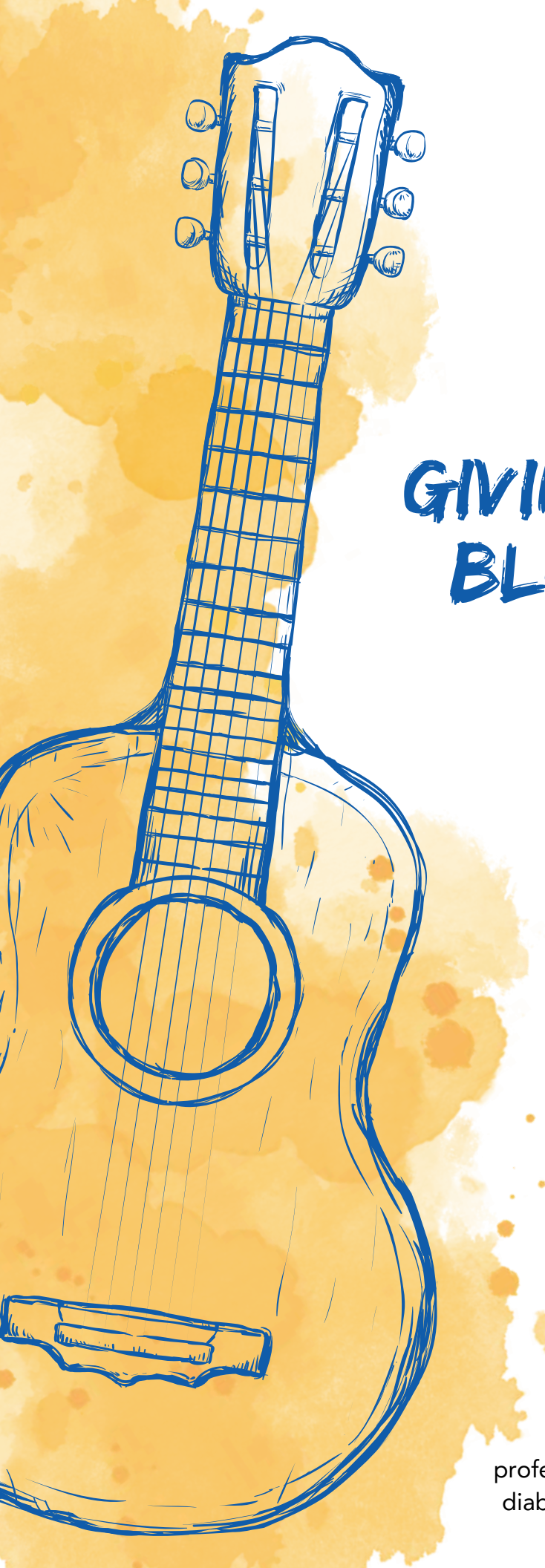


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GIVING DIABETES THE BLUES CONFERENCE 2024

FEATURING:

Dr. Daniel Edney, State Health Officer
Insights from Top Diabetes Experts

This event brings together healthcare professionals, researchers, and those affected by diabetes to share knowledge and inspire action.



AGENDA

9:00 a.m. - 9:05 a.m. | Welcome

Cassandra Brown, MPH

9:05 a.m. - 10:05 a.m. | How We Talk Matters: Speaking the Language of Diabetes

Qula Madkin, MS, RDN, LD, CDCES

10:05 a.m. - 11:00 a.m. | Spread Too Thin: An Update on Adiposopathy

Stephen Farrow, MD, FACP

11:00 a.m. - 11:20 a.m. | Interactive Break

Rochelle Thompson

11:20 a.m. - 12:05 p.m. | It Can Be Done: Q&A with Dr. Turner

Justin Turner, MD

12:05 p.m. - 1:00 p.m. | How Does Mississippi Move the Needle on Type II Diabetes?

Daniel Edney, MD

1:00 p.m. - 1:45 p.m. | Integrating CGM into Your Practice

Autumn Myhand, LD, RD, CDCES

1:45 p.m. - 2:45 p.m. | Kidney Disease and Diabetes

Karthikeyan Venkatachalam, MD

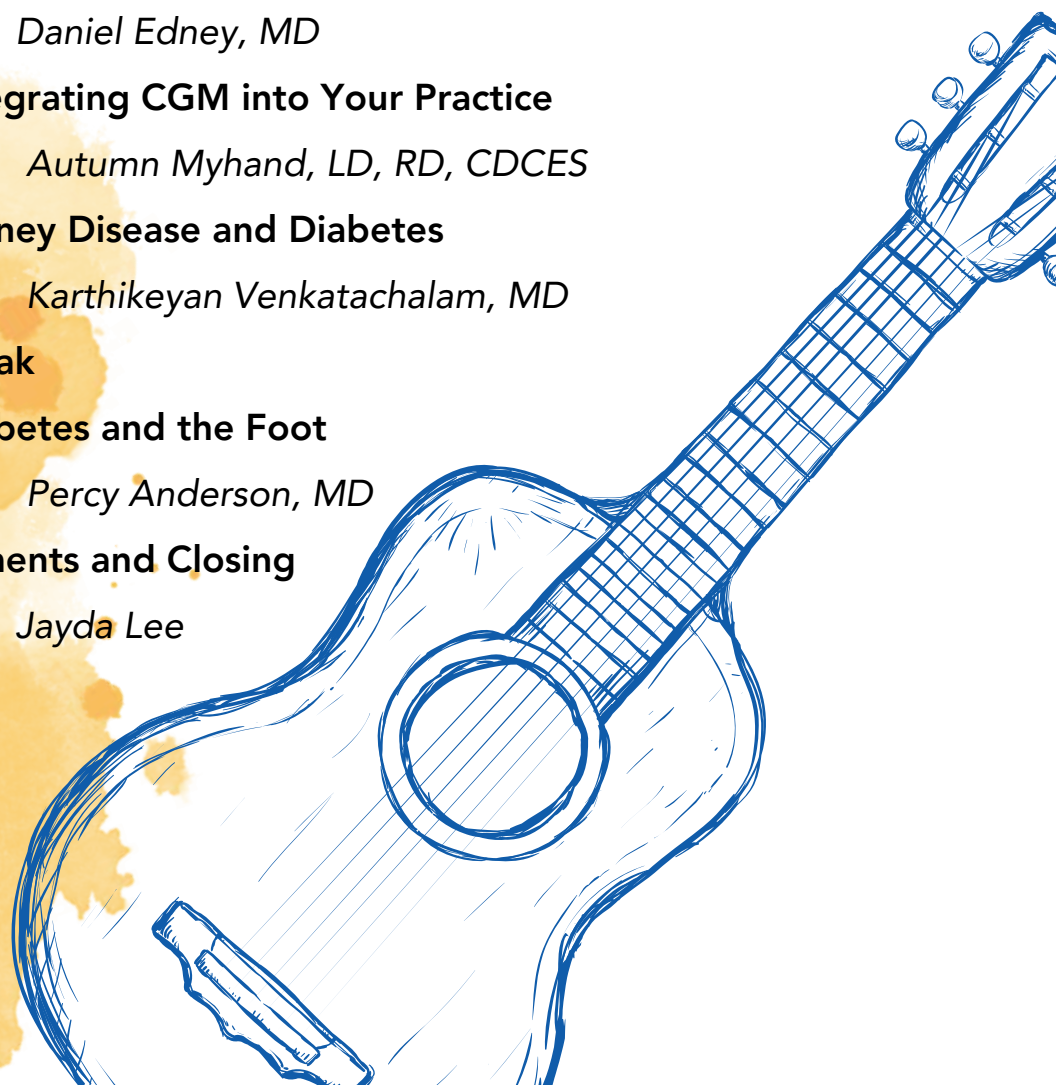
2:45 p.m. - 3:00 p.m. | Break

3:00 p.m. - 4:00 p.m. | Diabetes and the Foot

Percy Anderson, MD

4:00 p.m. | Acknowledgements and Closing

Jayda Lee



GDTB PLANNING COMMITTEE



Kristal Hillie - MSN, APRN, FNP-C

Family NP, Inspire Health + Wellness Clinic

Family Nurse Practitioner and owner of Inspire Health + Wellness Clinic in Southaven, MS where she is working to teach Mississippians how they can thrive through excellent diabetes prevention and management.



Dr. Lindsey Williams

Medication Therapy Management Coordinator

Delta Health Collaborative

Mississippi State Department of Health

Currently serves as the Medication Therapy Management (MTM) Coordinator for the Mississippi Delta Health Collaborative, a part of the Office of Preventive Health, within the Mississippi State Department of Health. The Delta Health Collaborative consists of clinical and community initiatives that work together to battle hypertension and prevent heart disease, stroke, and related health disparities in the 18 Mississippi Delta Counties.

As MTM Coordinator, she works to increase the delivery of Comprehensive Medication Management (CMM) services in community pharmacies and ultimately improve patient health outcomes. She holds a Doctor of Pharmacy degree from the University of Mississippi and completed her postgraduate pharmacy residency training at Baptist Memorial Hospital-North Mississippi. She formerly worked as a clinical pharmacist in a rural hospital setting and has served her community in both independent and chain community pharmacy settings. She has a passion for improving health literacy and health care access in Mississippi.

GDTB PLANNING COMMITTEE



Anna Kathryn Lambert - PharmD
Pharmacist, MSDH

Anna Kathryn Lambert is a pharmacist at the Mississippi State Department of Health in Jackson, MS. Anna Kathryn graduated from the University of Mississippi with a Bachelor of Science in Pharmaceutical Sciences, then went on to graduate with a Doctor of Pharmacy from the University of Mississippi School of Pharmacy in 2018. She completed a Postgraduate Year One Community-Pharmacy Residency Program at the Mississippi State Department of Health, where she was the program's first resident. Upon the completion of her residency, she stayed on staff at the Mississippi State Department of Health to serve as a clinical pharmacist and residency program coordinator. She is now currently serving as the residency program director and academic affairs officer for the Department of Health.



Mickel A. Sandifer - MPH
Community Outreach Specialist, Jackson Heart Study

Community Outreach Specialist at the Jackson Heart Study – Community Engagement Center where he promotes evidence-based health programs, preventive health screenings, and Jackson Heart Study research findings throughout the Jackson metro area to reduce the burden of cardiovascular disease.



Jayda L. Lee - MPH, CPH
Director of the Diabetes Prevention & Control Program

Jayda Lee serves as the Director of the Diabetes Prevention and Control Program at the Mississippi State Department of Health, where she is dedicated to improving diabetes awareness, prevention and management across the state. With a Master's of Public Health and over a decade of experience in public health initiatives, Jayda leads innovative programs that empower communities with tools and resources to manage and prevent diabetes. Her work focuses on education, outreach and building partnerships that address chronic disease and health equity in Mississippi.

GDTB PLANNING COMMITTEE



Dashiah Ellis - MPH

Nutrition Educator, Diabetes Prevention & Control Program

Dedicated Nutrition Educator for the Diabetes Prevention and Control Program with the Mississippi State Department of Health. She holds a Bachelor's degree in Dietetics and Nutrition from the University of Mississippi and a Master's of Public Health from Jackson State University. Earlier this year, Dashiah completed an internship with the Diabetes Foundation of Mississippi, gaining hands-on experience in health education and diabetes prevention. She is passionate about empowering individuals to manage their health and has been actively involved in public health initiatives throughout her career.



Astria Goolsby, BSW

Project Manager, Mississippi Diabetes Project

As a Project Manager for the Mississippi Diabetes Project at the University of Mississippi Medical Center, Astria Goolsby manages statewide partnerships link communities with diabetes prevention and control programs and services. Throughout her 15 plus years of servicing Mississippians, Astria developed comprehensive health and fitness programs and contracted independent fitness instructors to expand her reach. Her role as a Health Educator and college adjunct instructor drove her to refine her skills in communication, leadership, conflict resolution, and public speaking, enabling her to effectively connect with diverse audiences. She is committed to making a positive impact on the community through initiatives like curriculum development, implementing evidence-based fitness programs, and consulting for fitness industry companies.

Speaking engagements at professional conferences and for community organizations has furthered her mission to promote wellness across all demographics in Mississippi. Astria says, "Being a fitness professional is not just my career; it is my calling. I have always focused on the health of the community as well as the financial well-being of my peers in the fitness industry. My journey highlights the vital role trainers play in addressing the national obesity epidemic. Together, we can pave the way for healthier communities, one step at a time."

GDTB PLANNING COMMITTEE



Paulita L. Edwards-Childs, BSW

Healthy Aging Director - Healthy Aging Bureau

Currently serves as the Healthy Aging Director for the Healthy Aging Bureau in the Office of Preventive Health at the Mississippi State Department of Health. Mrs. Childs oversees the Alzheimer's Disease and Related Dementia (ADRD) Program that is BOLD funded, as well as the Falls Prevention and Traumatic Brain Injury Programs.

As the Program Specialist Team Lead for the Healthy Aging Bureau, she develops and implements programs and services to promote healthy aging and health equity for older adults, particularly those with Alzheimer's disease and related dementias. She has successfully established evidence-based programs and an age-friendly public health system while engaging with public and private partners to address the leading causes of death and disability among older adults in Mississippi.

Previously she has led statewide efforts to reduce falls and fall-related injuries, coordinated the MS Fall Prevention Coalition, and engaged in extensive community outreach and education. Her experience also includes working as the Disability & Mental Health Assistant at Friends of Children MS, Inc. Head Start/Early Head Start, where she supported staff and parents in managing disabilities and behavior challenges in children, and as Branch Director II for the MSDH First Steps Early Intervention Program.

Paulita holds a Bachelor of Social Work from the University of Mississippi and associate degrees from Northwest Mississippi Community College and Mary Holmes Community College. Her skills include staff development, strategic planning, and program coordination, and she is actively involved in various professional and community organizations, including the Mississippi Public Health Association and the MS Fall Prevention Coalition.



April Smith, MHSA

Outreach and Education Coordinator, MSDH

April is employed with the MS State Department of Health as an Outreach and Education Coordinator. She received a Bachelor's of Science in Healthcare Administration from Jackson State University and a Master's of Science in Health Services Administration from Mississippi College. She has been working in State government over 20 years.

GDTB PLANNING COMMITTEE

Justin M. Turner, MD

Chief Medical Officer - MSDH



Dr. Justin Turner received his Undergraduate Degree from Jackson State University and Medical Degree from Meharry Medical College. He completed his residency in Internal Medicine at the University of Mississippi Medical Center.

On August 1st, 2022, Dr. Turner was appointed Chief Medical Officer for the Mississippi State Department of Health. Dr. Turner currently serves on the Public Health Task Force for Mississippi State Medical Association. Dr. Turner has been recognized for several awards and recognitions including: 2024 Best Doctor of Mississippi by Best of Mississippi Awards, 2024 Early Career Achievement Award from University of Mississippi Medical Center, 2024 Top 50 Men in Business by Best of Mississippi, 2023 Distinguished Physician's Award by Mississippi Medical and Surgical Association, 2022 Most Influential African Americans in Mississippi by Our Mississippi; 2022 Mississippi Children's Museum Community Champion Award; 2021 National Top 40 Under 40 by National Minority Quality Forum; 2021 and 2020 Best Doctor of Jackson by Jackson Free Press; 2020 Best Doctor of Jackson by Jackson Free Press; 2018 Top Entrepreneur in Mississippi by Mississippi Business Journal; 2017 Doctor of Distinction from Mississippi State Medical Association; 2015 Top 50 Under 40 Business Persons in Mississippi by Mississippi Business Journal; 2014 Mississippi Health Care Hero by Mississippi Business Journal; Young Influential of Jackson by BOOM Jackson. Dr. Turner is an active member of the community and participates in hundreds of community service activities, including health fairs, panels, outreach ministries, and mentorship.

Dr. Turner says that he feels health can only be optimized if we understand that physical, mental, emotional, and spiritual health are all interrelated and not separate entities. He believes in treating the whole person. He is married to his loving wife Elisha Roberts Turner, and they have 3 precious children, Layla, Leah and Leilani.

GDTB PLANNING COMMITTEE



Falon Sisson, NP

Diabetes Education Program Coordinator - Memorial Health System

Falon Sisson is a practicing certified family nurse practitioner at Memorial Health System and also serves as Memorial's diabetes education program coordinator. One of her greatest passions is to empower people to be able to self-manage their chronic diseases, especially diabetes.

Diabetes is a demanding, complicated, overwhelming, and daily navigation of variables. She strongly believes that with the right tools, anyone can have success in managing it. As a 16-year type 1 diabetic and 3 years in as a parent of a type 1, she lives by acknowledging that 'It never gets any easier, but you can get better at doing it — as long as you have the right knowledge and tools!'



Elizabeth Lynn Ward

Northern Regional Director, MSDH

Elizabeth Lynn Ward serves as the Northern Regional Director of the Mississippi State Department of Health with the Department of Diabetes Prevention and Control. In her role, she forms partnerships in northern Mississippi to support health improvement initiatives.

With 15 years of experience in wellness and prevention, Lynn is a certified whole health educator and yoga instructor. Her health improvement efforts have focused on stress reduction and mindfulness through transformative leadership and trauma-informed program development.



Tasha Lock

Office of Community Outreach and Education

Tasha Lock is a seasoned public health professional with over 15 years of experience, specializing in mental health and community wellness. With a strong foundation in education spanning 12 years. She has developed experience in community outreach, leadership, and training, helping to create impactful programs that foster healthier, more informed communities. A proud graduate of Jackson State University, Tasha is passionate about empowering individuals and organizations through advocacy, capacity building, effective programming and strategic initiatives that promote both physical and mental well-being of diverse communities.

GDTB SPEAKERS



Stephen Farrow - M.D. MBA-ACE, CPE, FACP

Dr. Stephen Farrow, trained in medicine, endocrinology and geriatrics, has served as a physician-investigator with Detroit's Wayne State University. He also studied at the National Institutes of Health in Bethesda and trained at and conducted research with the University of Michigan in Ann Arbor. He served with Wayne's faculty until 2005, when he relocated to the U.S. Gulf Coast. He rejoined Wayne in 2022 as adjunct professor of medicine and endocrinology to provide patient consultation and clinical education and to conduct community-based research. He studied executive business at Vanderbilt and with the American Association for Physician Leadership. Additionally, he completed executive fellowships with the VA and the Office of Personnel Management. His three decade's service with the VA included patient care, clinical and military human performance research, and teaching. In 2020, Dr. Farrow became executive director for the 501c3 National Diabetes & Obesity Research Institute (NDORI). A state-public-private initiative based in Mississippi, NDORI is building an expanding partnership framework to prevent, mitigate and cure diabetes and obesity-related disease.

THE PIONEER AWARD

The Pioneer Award is an honor bestowed to recognize outstanding and innovative contributions in the field of diabetes research, treatment, or care. It aims to celebrate individuals or groups who have made significant strides in improving the understanding, prevention, or management of diabetes, impacting patient care and quality of life.

The award acknowledges the commitment to advancing diabetes care, fostering innovation, and inspiring continued progress in tackling this complex condition.

**2024
Pioneer
Award
Recipient**

GDTB SPEAKERS

Daniel P. Edney - MD, FACP, FASAM



Dr. Edney is a board-certified General Internist with subspecialty board certification in Addiction Medicine. He is a graduate of both William Carey University and the University of Mississippi School of Medicine and completed his internship and residency in Internal Medicine at the University of Virginia. He has practiced primary care General Internal Medicine in Vicksburg since 1991 and is proud to call Vicksburg his home.

Becoming interested in the national opioid crisis and working with patients with complications of chronic opioid use since 2013, he actively worked in the field of addiction medicine as a teacher and clinician. He has served as the Addiction Medicine specialist for inpatient residential facilities, outpatient programs as well as his local drug court.

He is a former president of the Mississippi State Medical Association, a Fellow and Laureate of the Mississippi Chapter of the American College of physicians, and Fellow of the American Society of Addiction Medicine.

In 2021 he was recruited to the Health Department by Dr. Thomas Dobbs to serve as the first Chief Medical Officer and is now proud to be serving as the State Health Officer for the Mississippi State Department of Health.

GDTB SPEAKERS



Autumn Myhand - LD, RD, CDCES

Autumn Myhand serves as the Director of Implementation and Training for Vigilant Health. She is a Registered Dietitian and Certified Diabetes Care and Education Specialist. Autumn is responsible for implementing new Vigilant Health clients and clinic locations, and she facilitates a comprehensive training program for all Vigilant Health clinicians and corporate employees. She has provided diabetes education for adults and children in a clinic setting and in industry. She is also a frequent lecturer for patient and professional conferences in the diabetes community. Autumn has a strong background in training and managing patients on insulin pumps, and supporting providers with insulin pump therapy and continuous glucose monitoring. She has also worked in the University Wellness space developing campus programs and delivering nutrition care for weight loss and eating disorders. Autumn received her BS degree in Dietetics from Nicholls State University in 1999 and has been Certified in Diabetes Care and Education since 2003.



Karthikeyan Venkatachalam - MD

Karthikeyan Venkatachalam, MD, currently works at Central Nephrology, PLLC in Flowood, MS. He completed his residency in Internal Medicine at Crittenton Hospital Medical Center at Wayne State University in Rochester, MI. His Fellowship in Nephrology, Transplant Nephrology and Geriatric Medicine was completed through Washington University School of Medicine in St. Louis, MO. Dr. Venkatachalam has worked as a medical resident in Coimbatore, India, and served as an assistant professor in 2019-2022 in the Department of Nephrology and Hypertension at the University of Louisville.

He has authored and contributed to many publications, delivered numerous oral and poster presentations, and conducted a long list of clinical trial activities. He is American Board Certified in Internal Medicine, Nephrology and Geriatrics and has received several awards and honors throughout his medical career.

GDTB SPEAKERS



Percy Anderson, JR. - DPM, FAPWCA, CMET

Experienced Podiatrist with a demonstrated 32 year history of working in the medical practice industry. Skilled in Prevention, Level 1 surgery, General Podiatry, Wound Management, Preventive Medicine, and Basic Life Support (BLS). Strong healthcare services professional with a Residency Certificate of Completion focused in Podiatric Medicine and Surgery - 24 Residency Program from the University of Southern California Medical Center, and a Board Certification from the American Board of Wound Management and the Council for Medical Examination and Testing.



Qula Madkin - MS, RDN, LD, CDCES

Dynamic and experienced Registered Dietitian Nutritionist (RDN) and Certified Diabetes Care and Education Specialist (CDCES) with over 20 years of expertise in nutrition, wellness promotion, and program management. Adept at developing and implementing innovative nutrition strategies across diverse settings, including community, corporate and telehealth environments. Proven ability to drive behavior change through education, media outreach, and digital content development. Experienced leader, speaker, and corporate wellness consultant with a strong background in health coaching, curriculum development, grant writing, consulting, and public health initiatives. Pursuing a PhD in Functional Foods, Nutrition, and Health at Mississippi State University



Rochelle Thompson

Rochelle is employed by the American Lung Association as a Director of Health Promotion. Her duties include managing operations for Mississippi and Arkansas state offices, educating the community on lung disease, offering signature programs to address COPD, Asthma and Nicotine use, and advocating for clean air policies. She also oversees projects throughout the Eastern United States.

Rochelle is a passionate public health advocate. Over the past 30 years, she has worked for several non-profit organizations, focusing on prevention, awareness, and health and well-being. Her diverse networking skills allow her to conduct various trainings and workshops and coordinate conferences. Rochelle has received numerous awards as a business leader and for her community service efforts.

She is devoted to her spiritual life and her church family, which often informs her approach to public health. She loves teaching fitness classes and volunteering for non-profit organizations, which aligns with her commitment to community service.

Rochelle resides in rural Madison County, Mississippi, with her husband, Montel, and her furry family, Lady and Duke.

Need help with diabetes?

We are dedicated to improving diabetes care and health outcomes.

Whether you have diabetes, are a healthcare provider treating diabetes, or simply want to improve your health, our services and resources are designed for you.



MISSISSIPPI DIABETES NETWORK

**A United Force
Against Diabetes.**

Our services and resources deliver proven outcomes:



Reduction in
blood sugar & A1C



Increased
quality of life



Increased energy
& vitality



Improved emotional
well-being



Improved blood
pressure & cholesterol



Improved
sleep



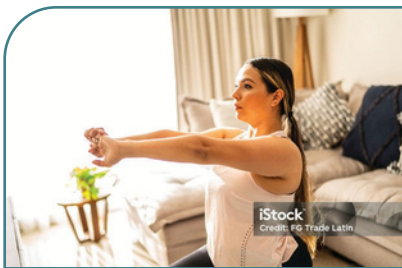
Optimal gut
health & digestion



Reduces healthcare
expenditures



Reduced risk of
complications



Fitness for Everyone

Access our FLEX app to discover workouts that match your fitness level. The app provides 24/7 access to an array of options.



Empowering You with Knowledge

Browse our Resource Library on our website for professionally curated materials on nutrition, diabetes management and more!

Diabetes SOLUTIONS

A PATIENT-CENTERED APPROACH TO
HEALTH, HEALING, AND THRIVING

One-on-one Coaching via Telehealth

Diabetes Solutions provides one-on-one coaching and support services to help you reach your health goals and thrive. We are an accredited program and our team of coaches and diabetes experts are eager to work with you!

Cost

There is minimal to no out-of-pocket cost to participate, as our services are covered by some insurance providers and/or grant funding.

Program Requirements

- ✓ A diagnosis of diabetes or prediabetes
- ✓ A positive attitude
- ✓ Ready and willing to learn and make changes
- ✓ Access to a phone, FaceTime, or Zoom

RESOURCES FOR PATIENTS

- ✓ Videos to Teach You About Health & Diabetes
- ✓ Diabetes Solutions Coaching
- ✓ Health and Nutrition Coaching
- ✓ Self-Paced Online Courses
- ✓ Worksite/Community Health Screenings
- ✓ Advanced Hormone Testing (DUTCH)



To learn more about the Network,
visit our website or scan the QR code.

msdiabetesnetwork.com

