



National Hispanic Medical Association

Program Updates

NHMA 2020 Annual Conference

The background of the image is a photograph of cherry blossoms in full bloom, with a body of water and a bridge visible in the distance. Overlaid on the left side is the NHMA logo, and on the right side is the HDA logo. The text for the conference is centered in the middle.

2020 NATIONAL HISPANIC HEALTH CONFERENCE

SAVE THE DATE

April 30 - May 3, 2020

Washington Marriott Wardman Park

Washington, DC

Register: [#NHMA2020](http://bit.ly/2020HealthConference)

Please note that we are looking for speakers for our Annual Conference. Physicians and health professionals interested in speaking should apply by **December 31, 2019**.

[Call for Abstracts – Speakers](#)

[Call for Abstracts – Posters](#)

[Sponsors, Exhibitors, and Ads Information](#)

[Registration](#)

NIDDK/National Hispanic Medical Association's Travel Award

NHMA, in conjunction with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), have a NIDDK-NHMA Travel Award Program. This program provides an opportunity for selected residents and fellows who are interested in careers in academic medicine to attend a workshop on Career Development in Academic Medicine. Application closes on **January 3, 2020**. For more information, [click here](#).



NIDDK-NHMA Travel Award Program

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) in conjunction with the National Hispanic Medical Association (NHMA) are pleased to announce the NIDDK-NHMA Travel Award Program.

The program provides an opportunity for selected residents and fellows who are interested in careers in academic medicine to attend a special workshop and the 24th NHMA Annual Conference.

The 24th Annual Conference will take place at the

**Washington Marriott
Wardman Park in
Washington, D.C.
April 30- May 3, 2020**

The NIDDK Workshop on Career Development in Academic Medicine will take place on Thursday, April 30, 2020.

Program Highlights

- » Diversity in Research and Academia
- » NIH Funding Mechanisms and Opportunities
- » NIH Grant Application: General Overview
- » Academic Career Development
- » Understanding the Mentor/Mentee Process
- » Finding Your Path: Career Paths in Academic Medicine

What are the Benefits?

- » Opportunity to attend a special one-day workshop on career development in academic medicine
- » Round trip airfare (economy)
- » Hotel accommodations for 4 days/3 nights
- » Ground transportation and meals (per diem)

Who is Eligible?

- » Individuals interested in membership in the National Hispanic Medical Association. To apply for membership, please visit www.nhmam.org
- » Member of a nationally underrepresented group in biomedical or behavioral research
- » Senior residents, fellows, post-doctoral scientists, or early stage investigators (within 3 years of fellowship completion)
- » U.S. citizen, non-citizen national, or U.S. permanent residents
- » Individuals who have not received travel support under this announcement or a similar one in previous years

How to Apply?

- » Apply online <https://forms.niddk.nih.gov/nhmatravelawards/Account/Login?ReturnUrl=/nmatravelawards>

The following documents are required:

- » Curriculum Vitae
- » Personal statement describing the candidate's research interests, career ambitions, and how attending the program will influence the candidate's training and academic career development
- » Letter of support from the Chairperson or Director of the candidate's academic training program indicating how the candidate will continue to be supported in his/her pursuit of a career in academic medicine

Application Deadline: January 3, 2020

For additional information contact:

Katrina Serrano, Ph.D., Program Director, Office of Minority Health Research Coordination, NIDDK

Tel: (301) 480-7855 | Email: katrina.serrano@nih.gov

<https://www.niddk.nih.gov/research-funding/research-programs/diversity-programs/travel-scholarship-awards/niddk-national-hispanic-medical-association>

NIH All of Us Research Program

The National Institutes of Health (NIH) continues to enroll people living in the U.S. 18 years of age and older for the All of Us Research Program in collaboration with National Hispanic Medical Association (NHMA) and other partners. The overall aim is to enroll 1 million or more volunteers and oversample communities that have been historically underrepresented in research to make the program the largest, most diverse data resource of its kind. Participants will have access to their own health data, physicians will have access to new knowledge, and researchers will have access to data for their studies.

During August, NHMA convened its All of Us Education at the NHMA Albuquerque Chapter Policy Forum – Dr. Elena Rios addressed the project and invited participation as the Keynote Speaker at the Chapter's Gala Dinner and was at the exhibit during the all-day conference.

Follow us on Twitter and Facebook to keep up with our partnership with the All of Us Research Program. To join, visit JoinAllofUs.org/Together y en Español, on JoinAllofUs.org/es. If you have any questions, please contact Ben Melano at bmelano@nhmamd.org.

Past Events:

NHMA Albuquerque Chapter Policy Forum
August 17, 2019 | 6:00 PM – 11:30 PM

Dr. Elena Rios spoke about the All of Us Research Program to our Albuquerque Chapter during the New Mexico Hispanic Medical Association (NMHMA)'s Gala



NHMA Cholesterol Management Campaign

NHMA is continuing our Cardiovascular Disease Education Campaign to increase awareness among key policymakers, patient advocates and healthcare providers on the prevalence of high cholesterol in our communities and with new guidelines and new treatment; we can decrease probability of myocardial infarctions.

Below are policy recommendations that NHMA advocates for during our advocacy days this year in Sacramento, CA in February, Austin, TX in May, in Tallahassee, FL, and Albany, NY in October:

- Support a communication campaign for cholesterol prevention and screening
- Encourage cholesterol screenings at younger ages for high-risk populations. • Support guidelines for diets like DISH (Dietary Approaches to Stop Hypertension) eating plan promoted by the National Heart, Lung and Blood Institute.
- Promote smoking cessation programs through culturally and linguistically competent methods.
- Establish a state Prevention and Wellness Trust that includes lowering cholesterol as a priority.
- Develop diversity in medical education to increase Hispanic physicians.

Fact of the Month

U.S.-born Hispanics have a greater incidence than foreign-born Hispanics in the U.S. of the major risk factors for CVD, including diabetes, smoking, hypertension, obesity and coronary artery disease.

Announcements

Dr. Elena Rios and Ben Melano met with Legislators and Public Health Department leaders in Tallahassee, Florida and Albany, NY during October to discuss policy priorities due to the changed guidelines reducing the numbers for diagnosis of high cholesterol and the need to increase education and access to cholesterol treatment for our Latino communities. In addition, they discussed the need to focus on expanding the pipeline to recruit more Latino students to health careers, given the need and shortage of doctors, nurses.



NHMA is seeking healthcare providers that treat Hispanic/Latinx patients with CVD to create a short (1-2 min) video on the importance of being heart healthy and how you treat your minority patients with CVD. If you are interested, sign up here: <http://bit.ly/NHMACVDVideoSeries>.

NHMA Chapters

In July, the NHMA Board of Directors announced the formation of the NHMA Chapters in cities within our regions. The purpose of this structure is to build participation opportunities with NHMA Members and Partners, and to provide physicians, health care providers, and community leaders with updated information about policies and programs that affect local Hispanic healthcare and health equity.

Here is a complete list of the twelve inaugural NHMA Chapters and their chairs:

Northeast Region:

NHMA New York City Chapter - Chairperson: Diana Torres-Burgos, MD, MPH

NHMA Greater Boston Area Chapter - Chairperson: Enrique Caballero, MD, MPH

Washington, DC Metro Chapter/Region - Co-Chairpersons: Sergio Rimola, MD and Jorge Israel Ramallo, MD

Midwest Region:

NHMA Chicago Chapter - Chairperson: Pilar Guerrero, MD

NHMA Indianapolis Chapter - Chairperson: Javier Sevilla-Martir, MD

West Region:

NHMA Southern California Chapter - Co-Chairpersons: Margarita Loeza, MD and Ilan Shapiro, MD, FAAP

NHMA Phoenix Chapter - Chairperson: Ricardo Correa, MD, EsD, FACP, FACR, CMQ

Southwest Region:

NHMA San Antonio Chapter - Chairperson: Jaime Estrada, MD

NHMA El Paso Chapter - Co-Chairpersons: Carlos Corral, MD, and Bert Johansson, MD, PhD

NHMA Albuquerque Chapter - Co-Chairpersons: Anthony Vigil, MD and Stephen Lucero

Southeast Region:

NHMA Atlanta Chapter - Chairperson: Vacant

NHMA Miami Chapter - Co-Chairpersons: Onelia Lage, MD and Claudia Alvarez, MD

Each chapter is led by chairpersons who are responsible for the following:

- Coordinate and promote at least two chapter events (NHMA Chapter Policy Forum in the Fall and an informal networking event)
- Promote the [NHMA Annual Conference](#) and encourage participation, speakers, posters, etc.
- Encourage members to join NHMA as Premier Members
- Identify partners for NHMA's programs and events

Each chapter also has an NHMA Chapter Policy Forum Steering Committee. The main responsibility of serving on the Steering Committee is to promote the event to your colleagues in order to reach more individuals interested in joining our network. If you are interested in participating, contact Briah Stokes, bstokes@nhmamd.org.

NHMA Medical School Liaison Program

The NHMA Medical School Liaison Program started in January 2019 to appoint one physician or resident Liaison to meet with the Latino Medical Student Association Chapter informally three times a year for 3 years. These discussions are meant to give current medical students a perspective of practicing medicine within the Latino communities where the medical school is situated. The program's aim is to complement what the medical students are currently learning, such as the day-to-day life of a doctor and various physician opportunities within the medical school and the Latino community. To sign up to be an NHMA Liaison, please go to: <https://www.nhmamd.org/programs/nhma-medical-liason-program/>.

If you have any questions, please contact Ben Melano at bmelano@nhmamd.org

Partnering and Communicating Together (PACT)
Let's Stop HIV Together



The Centers for Disease Control and Prevention (CDC) and NHMA, along with other national organizations representing the populations hardest hit by HIV/AIDS, are partners in the PACT program. Through a collaborative approach, PACT Members assist in achieving the goals of the National HIV/AIDS Strategy for the United States (NHAS) by reducing new HIV infections, improving health outcomes for individuals living with HIV, and reducing HIV related disparities. PACT Members utilize their distinct viewpoints in creating a wide range of communication, mobilization and outreach activities.

The *Let's Stop HIV Together* campaign (formerly known as *Act Against AIDS*) includes [resources](#) and [partnerships](#) aimed at stopping [HIV stigma](#) and promoting [HIV testing](#), [prevention](#), and [treatment](#). *Let's Stop HIV Together* empowers communities, partners on the ground, and health care providers to reduce stigma among all Americans, prevent HIV among the hardest-hit populations, and help people with HIV stay healthy.

Let's Stop HIV Together Fact of the Month

HIV stigma and discrimination affect the emotional well-being and mental health of people living with HIV. To help #StopHIVStigma educate yourself and others about HIV. Find out more at <http://bit.ly/NHMAHIVNexus>.

Announcements

NHMA is seeking healthcare providers that treat Hispanic/Latinx patients with HIV/AIDS to create a short (1-2 min) video on the importance of HIV prevention/treatment and how you treat your minority patients living with HIV. If you are interested, please sign up here: <http://bit.ly/NHMAHIVVideoSeries>

Upcoming Events:

Twitter Chat: World AIDS Day

Monday, December 2 at 4:00 PM ET

Visit our website for more information: <https://www.nhmamd.org/programs/hiv-pact-program/>

NHMA Seasonal Influenza Campaign

NHMA campaign, *Decrease the Impact of Seasonal Influenza on Hispanics!* purpose is to increase influenza vaccination rates among Hispanic adult patients with diabetes and cardiovascular disease. Our plan is to educate physicians with a Bilingual Toolkit created by an Advisory Committee that includes reminders and targeted information to include the influenza vaccinations to patients with diabetes and cardiovascular disease, who trust their regular physician. The Flu Campaign Toolkit is available on our website here: <https://www.nhmamd.org/nhma-influenza-campaign/>. Stay tuned for updates on our campaign on [Twitter](#) and [Facebook](#).

Below are the NHMA members that serve on our National Advisory Committee for our campaign.

Diana Torres Burgos, MD, MPH – New York, NY
Katherine Flores, MD – Fresno, CA
Pilar Guerrero, MD – Chicago, IL
Pilar Ortega, MD – Chicago, IL
Diana Peña Gonzales, MPH, CHES – La Habra, CA

Flu Fact of the Month

Even when well-managed, people with type 1 or 2 diabetes are at high risk of serious flu complications.

Announcement

NHMA is seeking physicians and healthcare providers that treat Hispanic/Latinx patients to create a short (1-2 minute) video on the importance of getting the seasonal influenza vaccine. If interested, sign up: <http://bit.ly/NHMAFluVideoSeries>.

If you are interested in getting involved, please contact Ben Melano, bmelano@nhmamd.org.

Diabetes Education Campaign and the Screening of the Diabetes Documentary



NHMA held a screening of Merck's *A Touch of Sugar* in Miami, Washington, DC, and Florida. More than 30 million Americans are living with diabetes and 90-95% have Type 2 diabetes. NHMA encourages its member physicians to go to AmericasDiabetesChallenge.com and press the link at the top of the page that reads "Click Here to View *A Touch of Sugar*." From there, you can request to view the Hispanic health version of the film (*Un toque de azúcar*), host your own film screening in your clinic and obtain resources that can be shared with your patients.

Claudia Zamora led the discussion of Diabetes with the Screening at the NHMA Miami Chapter Forum and Dr. Rios led the discussion at the NHMA Washington, DC Metro Chapter Forum and in Philadelphia for the Latino Caucus Helen Rodriguez Trias, MD Breakfast at the American Public Health Association Conference. This month we reached over 150 healthcare professionals and students, many of whom will show the movie in their hospitals and medical schools because it is a unique documentary from the Hispanic patient and family perspective about the barriers with patient education about diabetes and the need to discuss the disease in our communities.

NHMA College Health Scholars Program

CALL FOR MENTORS

The NHMA College Health Scholars Program (CHSP) is looking for medical, dental, nursing, public health, PhD, and MD/PhD health professional students and health professionals to mentor the next generation! This is a one-on-one virtual mentorship program where you will be paired with a current pre-health college student. To apply, please go to <https://forms.gle/ZcWNmdn8bBjTCqgW8>. For more information on CHSP, go to <http://bit.ly/NHMACHSP>.

Stop Vaping Campaign

The National Hispanic Health Foundation (NHHF) is looking for middle and high school students to serve as student ambassadors and help with effective messaging for its new Stop Vaping campaign with CVS Health – Aetna. This group will conduct its first meeting on Thursday, January 30, 2019. For more information, contact Briah Stokes at bstokes@nhmamd.org.