

Many Violent Crimes Are Related To The Aggressor Feeling "Dissed," According to WSSU Researcher



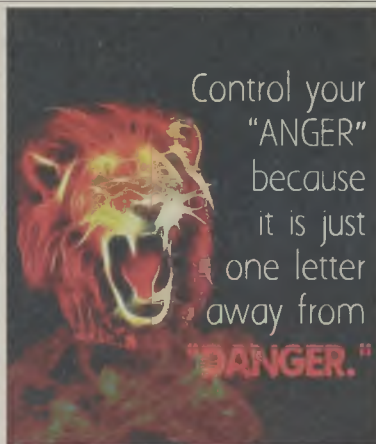
Dr. Amber DeBono

WINSTON-SALEM, NC – Many of the violent acts in today's headlines can be related to a common thread: the aggressor has experienced rejection in a disrespectful way or, in other words, at some point in their life, they have been seriously "dissed," according to a Winston-Salem State University author and researcher.

Dr. Amber DeBono, WSSU associate professor of psychology, has conducted four recent studies that conclude feeling disrespected through rejection leads to greater aggression than feeling disliked, for an example. The findings clarify a previous belief that indicates rejection leads to aggression. DeBono suggests that a critical component of the rejection must be a perception of disrespect in order to result in an aggressive response. She believes that evidence of those conclusions are appearing daily in American society and in news headlines.

"Violent crimes are perpetrated every day in America. Darren Wilson shot unarmed Michael Brown six times in Ferguson, MO. Terrorists boarded planes to crash them into the World Trade Center and the White House. Two teenagers shot their teachers and classmates at Columbine High School," DeBono said. "It is striking that all of these perpetrators were rejected by others. Darren Wilson was recently divorced. The 9/11 attacks were committed by men who were rejected by their peace-loving communities. Kyle and Eric, the Columbine shooters, were rejected by their classmates. In fact, Kyle and Eric hoped to get from everyone, as they put it, the respect they deserved."

DeBono has co-authored the article "Rejection Perceptions: Feeling Disrespected Leads to Greater Aggression than Feeling Disliked" featured in the November issue in the Journal of Experimental Social Psychology.



The Growing Burden of Diabetes

Next time you're looking around in a crowd, there is something you won't see that will be there - Type 2 diabetes. Most Americans have heard of the condition, but very few understand just how prevalent it has become across the nation. In fact, Type 2 diabetes affects at least one in every 10 Americans. That's about 9.3 percent of the population or 29.1 million people and a dramatic increase from 2010 when 25.8 million people, or 8.3 percent, were living with diabetes, according to the Centers for Disease Control and Prevention (CDC). If this growing health problem isn't addressed, the CDC estimates it will affect one in every three Americans by 2050.



Pictured from left: Monica Peek, MD, MPH, Assistant Professor, Section of General Internal Medicine, Associate Director, Chicago Center for Diabetes Translation Research, University of Chicago, Principal Investigator of the Improving Diabetes Care and Outcomes on the South Side of Chicago Project; Torrey L. Barrett, Executive Director, KLEO Community Family Life Center; Tonya Roberson, BA, DT, Project Manager of the Improving Diabetes Care and Outcomes on the South Side of Chicago Project; Marshall Chin, MD, MPH, FACP, Richard Parrillo Family Professor of Healthcare Ethics, Director, Chicago Center for Diabetes Translation Research, University of Chicago, Principal Investigator of the Improving Diabetes Care and Outcomes on the South Side of Chicago Project.

Diabetes also affects loved ones and places an unsustainable burden on the health care system. With current medical costs at \$176 billion annually as reported by the American Diabetes Association, people with diabetes have, on average, 2.3 times higher medical expenditures. Factor in the \$69 billion in indirect costs - disability, work loss, premature death - and you can understand the substantial burden diabetes represents in this country. Diabetes remains the seventh leading cause of death in the United States. Many of those

who die are vulnerable because they are low-income, uninsured or under-insured individuals with limited access to quality health care.

What's being done?

Initiatives like the Alliance to Reduce Disparities in Diabetes, supported by the Merck Foundation, are helping tackle this problem. The Alliance works to improve the delivery and quality of care for people most affected by the disease. Working with national, regional and community partners, the Alliance is implementing programs to educate the public about diabetes prevention and teach people living with diabetes how to manage their condition and take charge of their health. Programs include diabetes management classes, home visits, and cultural awareness/communication training for health care providers, and innovative health care system changes to ensure that programs are sustained over time.

The Alliance is delivering hope to people with diabetes across the country with program sites in Camden, NJ; Chicago, IL; Dallas, TX; Memphis, TN; and the Wind River Reservation in Wyoming. People with diabetes who are enrolled in the Camden program have already seen a substantial reduction in the number of preventable hospital and emergency room visits. Patients enrolled across all five sites have also shown a decrease in blood sugar - an important step in preventing complications from diabetes. If similar programs were established across the country, cost savings could be considerable.

Know your risk

As the saying goes, you can't manage what you don't measure - so understanding your risk of diabetes is half the battle. Type 2 diabetes can affect people of any age in any region, but certain ethnic groups are more likely to be diagnosed with the disease than others.

In particular, African Americans are almost twice as likely to be diagnosed with diabetes as non-Hispanic whites and more likely to experience complications. Diabetes is more prevalent among Hispanic populations as well. On average, Hispanics are 1.7 times more likely to have diabetes than non-Hispanic whites. Native Americans and Alaska Native adults are also twice as likely to be diagnosed with diabetes as non-Hispanic white adults.

While many vulnerable, underserved populations are at increased risk of diabetes, there is hope. Diabetes is a serious condition, but one that can be effectively managed by medication adherence, proper diet and exercise, and receiving more coordinated health care. Initiatives like the Alliance are working to close gaps in access and improve the quality of health care for vulnerable populations. To learn more about diabetes and the work of the Alliance, please visit the Alliance to Reduce Disparities in Diabetes website at <http://ardd.sph.umich.edu/>.

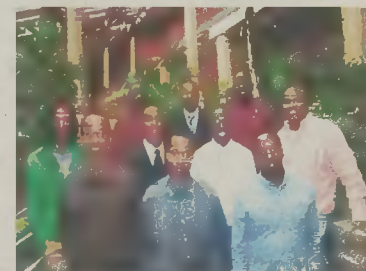
Simple Tips to Lower Your Risk of Type 2 Diabetes

It is essential to seek advice from a medical professional if you feel you may be at risk for Type 2 diabetes. However, these steps presented in The Nutrition Source by the Harvard School of Public Health, may lower your chances of being diagnosed with Type 2 diabetes:

- * Stop smoking
- * Lose excess weight
- * Exercise for 30 minutes each day
- * Eat healthy foods and limit excess sugar and processed meats

Morehouse Researchers Create Analytics Tool To Reduce Black Youth Incarceration

By JL Carter Sr.



Faculty and student researchers at Morehouse College are measuring juvenile detention reform programs nationwide to quickly analyze and list sites with the highest success rate of keeping Black youth out of prison.

Their work is the result of a new data analytics program created in the Morehouse Computing Research Center Lab, which uses visualization technology to graph and highlight statistics produced by more than 200 juvenile detention and youth facilities around the country.

The program allows for legal, social work and legislative officials to see programs with high success rates in changing the lives of at-risk Black youth.

"The tool works by creating dynamic graphs and charts based on data collected by juvenile detention centers across the nation," said Kinnis Goshka, assistant professor of computer science and director of the Morehouse Computer Research Center Lab. "Now sites are able to look at years' work of data to see what initiatives and reforms are working and which ones are not. It was developed in my research lab using JavaScript, MySQL and CanvasJS languages. There is no tool like this in the nation."

IN MY LIFE, I've lived, I've loved, I've lost, I've missed, I've hurt, I've trusted, I've made mistakes, but most of all, I'VE LEARNED.

JUST DO IT!

