

Anyone who as an individual or any organization, association or business wishing to participate in MCIC efforts or would like to distribute information can contact any of the officers.

Chair Mary Helen Conner
mconner@iqh.org

Co-Chair Margrett Davis
mdavis6967@aol.com
Treasurer Sandra Shelson
sandra.shelson@healthy-miss.org

MCIC conducts four quarterly meetings a year.

MCIC seeks a diverse membership representing all sectors of the community, including health and health-related professionals; health, human service, or other professional associations; educators; religious groups; business or civic organizations; neighborhood or citizen groups; legislators and any individual or group interested in reducing chronic illness.

Active members should attend at least one general meeting each year and participate on a standing committee:

- Advocacy
- Community-Based Prevention
- PR/Membership
- Professional Education

- Surveillance



MCIC Capitol Day Exhibit

John Hester, Carole Kelly, and Aundria Range are shown at a recent Capitol Day.

History

MCIC was organized in 1996, with its first emphasis directed at diabetes. After three years, the group expanded its focus to include cardiovascular disease and arthritis and related complications.

MCIC continues its efforts in following the incidence of chronic illness in Mississippi.



Ann Sansing discusses the latest Know Your Numbers plans, a presentation for young people.



Mississippi Chronic Illness Coalition

An active coalition consisting of over 100 members from over 130 organizations with a deep interest in attacking the problems of chronic illness in Mississippi.



MCIC members Margrett Davis, Urmila Mota, and Mary Helen Conner encourage exhibit visitors to 'know their numbers of blood pressure, cholesterol, and body mass index.'

State Action Plans

MCIC members have been involved in developing the following five state action plans to address chronic illness needs.

- ◆ Mississippi State Plan: Diabetes Prevention and Control
- ◆ Mississippi State Plan for Heart Disease and Stroke Prevention and Control
- ◆ Mississippi Arthritis Action Plan
- ◆ Mississippi State Plan for Tobacco Control
- ◆ Mississippi State Asthma Plan

Recognition for Dedication

Working with the Mississippi Department of Health, MCIC recognizes outstanding champions of health in the state at the MCIC recognition luncheons held during the Annual Empowering Communities for a Healthy Mississippi Summit. Awards are made to those who have made outstanding contributions to the health of the state's population. This event is anticipated to be a part of the Healthy Mississippi Summit.

MCIC Activities

Capitol Day is an annual awareness, education and screening program for legislators and staff held in the Capitol Rotunda each year. Capitol Day observations have featured a variety of health care screenings and educational efforts, enlisting the vital support of legislators throughout the state aware of the MCIC mission and concerned with the health of the state's citizens.

MCIC's "Know Your Numbers" (KYN) Campaign features materials for public and professional education, including posters, brochures, and a presentation explaining and emphasizing important messages on health care. "Train-the-Trainer" sessions enable MCIC members to present the programs throughout the state. The latest addition to the "Know Your Numbers" program is a presentation directed toward young people. Over 30,000 KYN brochures have been distributed throughout the state since the program began, and over 100 persons have been trained to provide community education. Presentations continue throughout the state.

The Mississippi Chronic Illness Coalition (MCIC) is a volunteer driven partnership, with the mission of reducing chronic illness and its impact on Mississippians through the facilitation and promotion of health awareness, education, and collaboration.

This mission will be accomplished by supporting the following core values:

- ◆ Identify, recruit, and coordinate statewide partners and resources
- ◆ Identify and share resources to empower the general public to take ownership of their health through behavior change
- ◆ Effect system-level change to reduce the burden of chronic illness
- ◆ Promote health care provider education related to chronic illness

