

PRISM Newsletter

A Bi-annual Newsletter for PRISM Partners

11/2024

Welcome to PRISM Happenings!

Hello and welcome to the very first issue of our newsletter! We're excited to introduce this new platform to keep you connected with the important work we're doing, share updates, and highlight key projects. This newsletter is designed to bring you the latest news, resources, and stories that showcase the meaningful impact we're creating together. Whether it's groundbreaking research or community partnerships, we're here to keep you informed and inspired.

Partnered Research in Sleep Medicine (PRISM) is a new initiative that addresses sleep health disparities affecting underserved communities through community conversations, awareness and shared resources. PRISM's mission is to engage with local partners and create patient-centered solutions for common sleep disorders like obstructive sleep apnea (OSA) and insomnia. By collaborating with community members and organizations in West Philadelphia and national partners on the PRISM advisory board, PRISM is building a foundation for partnered research to address sleep health inequities.

This first issue marks an exciting new chapter in how we communicate our vision and achievements. We are excited to share PRISM's launch and our collective efforts to improve health outcomes, promote equity, and strengthen community ties. Thank you for joining us on this journey—we're just getting started!

Amy and Alexa



In this newsletter
you can expect:

Welcome

**PRISM
Happenings-**
Current &
Upcoming
Events

Q&A Corner-
Mr. David
Bishop

Q&A Corner-
Mrs. Kenniah
Chestnut

**Community
Partners**

Sleep Insight

PRISM Happenings

Notable Quotables

"When people ask, 'How are you?' I say, 'I'm good, but I'm tired.'

The community is busy, stressed, and pulled in so many directions that sleep often gets sacrificed. In our community, minds are always racing."

"I try to watch the news, but I end up falling asleep in my chair. When I go to bed, I just lie there watching the clock, unable to fall back asleep."

On raising awareness about sleep and sleep disorders:

"You've gotta talk about it. If you don't, you might not realize others have the same struggles."

"Talking about sleep issues is the first step—once we start, the floodgates open."

"We need resources that truly work. Things like noise reduction... We don't have money to waste on solutions that don't help."

"My sister kept urging me to get my sleep test, but I ignored her. After talking with you, I'm finally convinced to do it!"

Sleep Awareness Event at Bethany Baptist

Bethany Baptist partnered with PRISM to host the first PRISM Awareness event on Saturday, September 14, 2024. The PRISM team engaged with church and community members and shared materials on sleep apnea, and insomnia. The event was well-received, with many participants expressing interest in how to improve their sleep.

Community Chat at Bethany Baptist

PRISM held its first Engagement Studio at Bethany Baptist on Thursday, September 26, 2024. Nine participants shared valuable insights about their own sleep, their families, how sleep affects their communities, and ideas for sleep solutions. Their feedback will play a crucial role in shaping PRISM sleep health initiatives.

Clinical Researcher Conversation at Penn

PRISM held its first research studio on Monday, October 7, 2024. The PRISM team, along with clinical researchers from the University of Pennsylvania, engaged in meaningful conversation about how community partners can be apart of sleep research.

Sleep Awareness Event at ACHIEVEability

PRISM attended ACHIEVEability's Fall Resource event on Wednesday, October 23. The Fall Resource Fair was attended by hundreds of West Philadelphia community members. Approximately 250 PRISM reusable tote bags, stress relief balls, and sleep hygiene handouts were given to visiting community members. Shiftwork, stressful parenting and family life, snoring, "racing mind", and too little time to sleep were common issues shared with the PRISM team.

Upcoming Events

- Nov. 25, 2024: Community Chat at ACHIEVEability
- Jan. 2025: PRISM Advisory Board kick-off meeting



Q&A Corner: Mr. David Bishop, LCSW, PRISM Advisory Board Member

David Bishop, LCSW, PRISM Advisory Board Member is a sleep apnea patient and thought leader on sleep patient equity. He is the founder of the Sleep Equity Project, a nonprofit organization established to eliminate the impact of insufficient sleep and sleep disorders on the development or worsening of chronic health conditions. He has served on national sleep patient nonprofit boards; **a stakeholder in research studies; active advocate for congressional funding for sleep programs, served as a PCORI reviewer, collaborated with equity-focused organizations on underserved populations, and worked on multiple committees with the American Academy of Sleep Medicine.** In July 2024, he was appointed to the Sleep Disorder Research Advisory Board of the National Heart, Lung, and Blood Institute at the National Institutes of Health, serving a four-year term. His work centers on advocacy, awareness and education, participating in sleep research, and addressing health disparities affecting underserved communities. David's commitment to patient empowerment is deeply personal, as he has multiple family members diagnosed with sleep apnea. His collaborative experiences with leaders in sleep medicine and research have enriched his mission to bridge gaps in sleep health equity and improve outcomes for all.



Q: Please share an overview of your organization and why your organization is well-fit to be part of PRISM.

A: "*Sleep Equity Project* was formed to empower patients in underserved and BIPOC communities through advocacy, education, and supporting sleep research. We aim to close the gap in awareness about sleep apnea and insomnia within BIPOC communities and address the care pathway and support process during a patient's adjustment to treatment. PRISM will empower patients and provide vital information about sleep disorders and disparities. It will also offer the structure and resources necessary for patients to advocate for themselves."

Q&A Corner: Mr. David Bishop, LCSW, PRISM Advisory Board Member

Q: What inspired you to be a part of the advisory board of PRISM, and how do you see its mission aligning with your values?

A: “The opportunity to address these five factors:

- The staggering mortality rates of minorities from chronic conditions
- The prevalence of sleep disorders among minorities.
- The high rates of people who are undiagnosed with sleep disorders.
- The worsening and exacerbation of chronic conditions in minorities experience due to undiagnosed or untreated sleep disorders.
- The complexity of numerous factors that influence sleep health.

There is so much work to do to continue the development of impactful interventions that move the needle on sleep health disparities. This aligns with my passion for sleep equity across underserved populations.”

Q: What do you think is the most exciting opportunity for PRISM as we get started, and how do you envision your role contributing to its success?

A: “A key opportunity for PRISM is to facilitate open conversations about historical inequities in medicine and research that have shaped the experiences of minority communities. My role on the advisory board will focus on encouraging deeper discussions around barriers, going beyond surface-level issues to make meaningful, lasting change for equity.”

Sleep deserts are neighborhoods with environmental and social barriers—like noise, pollution, and unsafe conditions—that hinder sleep quality, often linked to economic disadvantage and segregation, impacting residents' health (Attarian, Mallampalli, & Johnson, 2022).

Q: What key trends or challenges do you see in healthcare and the community that PRISM should be prepared for?

A: “I think there are five challenges to focus on:

- Recognizing sleep deserts
- Recognizing sleep insecurity
- Increased gap in insomnia treatment availability
- Lack of racial concordance between sleep providers and patients
- Hesitancy for telemedicine for treatment”

Q: Is there a message you'd like to share with the readers of this e-newsletter about why PRISM is important and what you hope it will achieve?

A: “PRISM places patients at the center of its efforts by creating an environment where partners at multiple levels can openly communicate about barriers and opportunities to address sleep health disparities, particularly for Sleep Apnea and Insomnia. I'm confident this approach will lead to meaningful, actionable steps towards building a strong foundation of patient engagement. This will result in future I am confident that with that engagement, we can have effective interventions which target sleep health disparities on both regional and national scales.”

Sleep insecurity is the limited or uncertain ability to obtain adequate sleep, often due to factors like environmental barriers, personal responsibilities, or health issues, which can lead to broader sleep health disparities and impact overall well-being (Dunietz, Braley, & Jansen, 2022).

Q&A Corner: Mrs. Kenniah Chestnut, PRISM Advisory Board Member

Bethany Missionary Baptist Church

Bethany Missionary Baptist Church serves the Southwest Philadelphia Community. Our mission is "to strive to serve as a loving redeemed family, whose worth, worship, witness, and work arise from the Word of God: while actively transforming our community and world for Christ to the glory of God."

In our efforts to transform our community through our witness, we understand the importance of educating and providing resources centered around prioritizing and sustaining our physical, spiritual and mental health.

Bethany Baptist is the designated Southwest resource hub for Philadelphia's Department of Public Health. The Philadelphia Department of Public Health along with Jefferson Hospital sponsors free walk-in health screenings and vaccines once a month. Health screenings include free, no ID or insurance required for: blood pressure, cholesterol, and diabetes (hemoglobin A1C).

Other free resources include

- At-home COVID-19 test kits
- High-quality face masks
- Hand sanitizer
- At-home HIV test kits
- Narcan, fentanyl test strips, & xylazine test strips
- Safe sleep classes and pack 'n plays
- Food distribution & personal care item give away every other Tuesday from 11 am - 1 pm
- Nicotine replacement therapy (nicotine gum, lozenges, & patches)



Q&A Corner: Mrs. Kenniah Chestnut, PRISM Advisory Board Member

Q: What's a fun fact you would like to share about yourself and your organization?

A: "Bethany Baptist Church recently celebrated its 114th anniversary as a congregation serving multi-generational families in West Philadelphia. We're also proud to be a central partner with the Department of Public Health in supporting the West Philly community. A fun personal fact about me is that I'm a proud basketball mom!"



Q: What excites you most about the future of PRISM?

A: "I'm excited about creating healthier protocols to ensure community safety and well-being. The ongoing efforts in health and wellness, particularly around community advocacy, are incredibly important to me. Having personal experience with sleep disorders, I'm looking forward to contributing to initiatives that improve lives through better sleep health."



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PRISM Community Partner: ACHIEVEability

PRISM is building partnerships with two West Philadelphia community organizations. These partnerships will bring sleep health resources to community members while also sharing needs and priorities for sleep health with PRISM and our community partners. This will help us build toward a healthier future for all.

PRISM participated in ACHIEVEability's Fall Resource Fair on October, 23.

Vision: We envision a safe, equitable, and thriving West Philadelphia for all.

Mission: Since 1981, ACHIEVEability has worked to permanently break the generational cycle of poverty for low-income, single parent and homeless families through higher education, affordable housing, supportive services, community and economic development and accountability.

Who They Serve: Each year, ACHIEVEability supports over 4,000 residents in West Philadelphia, with 98% of those served being Black, 72% female, and 98% living below 200% of the federal poverty level. The organization primarily operates in the zip codes 19131, 19139, 19143, and 19151.

Programs Offered:

Family Self-Sufficiency Program (FSSP):

Provides affordable housing and education support for families facing or at risk of homelessness. Coaches help families attain self-sufficiency through post-secondary education.

ACHIEVEability Connects (ACHa Connects):

Links families with essential services like public benefits, financial aid, tax preparation, and digital literacy training.

WorkSmart West Philly (WSWP): Enhances employability through job readiness, employer connections, and retention coaching.

TechUp: Offers 13-week paid Salesforce training to connect underserved jobseekers to living-wage careers in tech.

60th Street Strong Coalition: Aims to reduce gun violence by offering at-risk youth paid internships, mentorship, and skills development.



ACHIEVEability Health-Focused Supports

ACHIEVEability works to address our neighbor's needs regarding physical, mental, emotional, and financial wellness in the following ways:

- Trauma-informed counseling for young adults 14-16 impacted by gun violence
- Vax Up! West Philly initiative: Covid19 and Influenza vaccination clinics
- Monthly resource events that provide children's clothing, diapers, wipes, and feminine hygiene products
- Counseling for families formerly experiencing homelessness



How Does Poor Sleep Affect Your Health?

Not getting enough sleep can take a toll on your body and mind. It can:



Weaken your immune system - making you more likely to get sick.



Hurt your focus and memory - leading to mistakes or forgetfulness.



Raise the risk of health problems - such as heart disease, stroke, high blood pressure, diabetes, and weight gain.



Increase stress and mood problems - like feeling irritable or anxious.



Lower your energy - making it harder to stay active and enjoy daily life.

In short, good sleep is essential for a healthy, happy you! zZ

Creating Healthy Sleep Habits

Healthy sleep habits can increase the quality of your rest and overall well-being.

Set a Schedule

Go to bed and wake up at the same time every day, even on weekends. A consistent schedule helps regulate your body's internal clock, leading to better sleep quality.



Create a relaxing bedtime routine

Create a calming bedtime routine, such as reading, taking a warm bath or shower, meditating or praying, listening to music, to signal to your body that it's time to wind down and prepare for sleep.



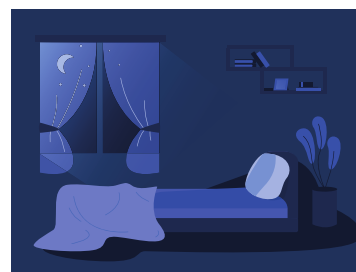
Building Healthy Daytime Habits

Be active, enjoy sunlight during the day, and avoid naps longer than 30 minutes. These habits help support your body's sleep-wake cycle.



Make your sleeping area comfortable & cozy

Keep your sleep space dark, cool, and quiet. Avoid screens at bedtime.



In short, good sleep is essential for a healthy, happy you! zzz

Thank you for reading!



<p>We would love to hear from you!</p>	<p>Email Melany Batad, PRISM Coordinator at mbatad@nursing.upenn.edu</p>
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