THE HOWELL FOUNDATION

Dr. Doris Howell

Scholars. Research. Latest News.

Congratulations to our 2024 USD Nursing Scholars!

Laurie Rosa is a PhD student at USD's Hahn School of Nursing and Health Science. Her research mentor is Cynthia Connelly PhD, RN, FAAN, an internationally recognized expert in health services research.

Homicide has been identified as a leading cause of death in pregnant and postpartum women in the United States. Laurie's research project will investigate the causes of death in pregnancy-associated homicide and the relationships between demographics, manner and injury of death, circumstance of death, family structure, and intimate partner violence in the state of California compared to nonpregnant, non-postpartum females. Laurie's life-long passion for improving

Shantee Collins is a PhD student at USD's Hahn School of Nursing and Health Science, collaborating with her research mentor Associate Professor, Sheree Scott, PhD, RN, AGCNS-BC, CMSRN.

Ms. Collins' project, titled 'Move it to Lose it', will recruit African American adult women who have been diagnosed as prediabetic and/or diabetic at their most recent primary care visit. The study's specific aims are to evaluate the adoption and maintenance of the recommended 150 minutes of weekly physical activity and its impact on weight control, biomarkers such as hemoglobin A1c, and their overall health.

maternal-child health drives this project.

Laurie states, “As a labor and delivery nurse for 21 years, I worked directly with women and their families during the birth process. This proposed project is the beginning of a research trajectory to continue to study violence and women’s health, with the goal of taking steps toward keeping women and families safe.”

Driven by her passion to reduce health disparities in underserved populations since becoming a nurse in 2012, Ms. Collins says, “I have witnessed the severe consequences of obesity firsthand with close friends and relatives who had strokes, heart attacks, fertility challenges, and cancer at a very early age. This study is the first step to understanding how the relationship in physical activity and its effect on hemoglobin A1c levels can improve the health of women in San Diego County.”

Women's Health Research News

- Nearly 60 million women in the United States, or 46%, have high blood pressure, including 1 in 5 women of reproductive age. Despite these staggering figures, high blood pressure is often underdiagnosed in women. Additionally, many women who have or are at risk for developing high blood pressure aren’t aware of their blood pressure levels. The number one killer of women in the U.S. is heart disease, and high blood pressure is one of its key risk factors. **Read More**

- Partnering with the National Library of Medicine, the Office of Research on Women's Health launched a new discovery resource for women’s health research (WHR), called **DiscoverWHR**. This innovative resource simplifies finding women's health information for patients, caregivers, medical professionals, researchers, and the public. **Read More**

2025 Health Lecture Series Events

In early October, the Foundation hosted it's annual meeting of the Howell Foundation Scientific Advisory Council (SAC), who advise the board on cutting-edge research topics, evidence-based changes to standards of care, and new research developments that impact women’s health.

We are working diligently to compile our list of health lecture topics for 2025, using the expertise and suggestions of the SAC and, as always, the feedback from our supporters on our event attendee surveys.

We plan to announce our 2025 lecture series topics and dates in early January.

Stay up to date on Howell events:
-Instagram:
@dhowellfoundation
- Facebook:
facebook.com/HowellFoundation
- Events page:
www.howellfoundation.org/upcoming-event

Check out our Event Photo Archive!

Recent Educational Events

Anxiety in Women 9/20/24

Paulette Cazares, MD, MPH presented **"Is Something Wrong or Is It Just My Anxiety? Updates in Anxiety for Women Across Middle Age".** Dr. Cazares spoke on the latest growth in research supported by gender equity, social science, and advances in the gut-brain connection that are opening new scientific doors, and improving our knowledge of anxiety in women across midlife. **You can watch and listen to the presentation at this link: https://vimeo.com/1013051409**

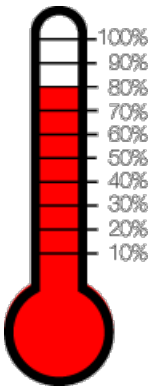
We were also joined by Shantee Collins, 2024 recipient of the Howell Foundation's Cheryl Wilson Graduate Award in Nursing. You can read more about Shantee's research project above. This award was established to honor long-time Board member and current Legacy Council member Cheryl Wilson, RN for her many years of service to the Foundation.

Pelvic Floor Disorders 11/15/24

The program featured guest speaker Lindsey Burnett, PhD, Assistant Professor, Division of Urogynecology and Reconstructive Pelvic Surgery at UCSD. Dr. Burnett presented **"Taking Back the Floor: Understanding Pelvic Floor Disorder Diagnosis and Treatment Options".** It talk was an engaging session on various pelvic floor disorders, how they occur and the latest treatment options. **You can watch and listen to the presentation at this link: https://vimeo.com/1031018435**

We enjoyed a lovely early birthday celebration in memory of Dr. Doris Howell, our founder. As we come to the end of a year celebrating Dr. Howell's 100th birthday, we also heard from Legacy Council members Priscilla Moxley and Dr. Mandy Butler on Dr. Howell's vison and impact on women's health.

Final Push for our 100 Campaign! We need your help!



By inspiring young researchers early in their careers and educating women to be their own health advocate the Howell Foundation is carrying out Dr. Doris Howell's vision to “keep the women we love healthy.”

To honor Dr. Howell’s legacy and what would have been her 100th year, our 2024 goal is to gain 100 NEW Friends of Howell and raise $100,000 to support women’s health research.

We would love to hit our fundraising goal by Dr. Howell's birthday on December 2nd - will you help us?

Why give towards women’s health research?
Your health and the health of the women you love depend on it!

DONATE TODAY!

Doris A. Howell Foundation for Women's Health Research | PO Box 910016 | San Diego, CA 92191 US

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