



Director's Report

69th Meeting of the
**National Advisory Council on
Minority Health and Health Disparities**

May 6, 2025

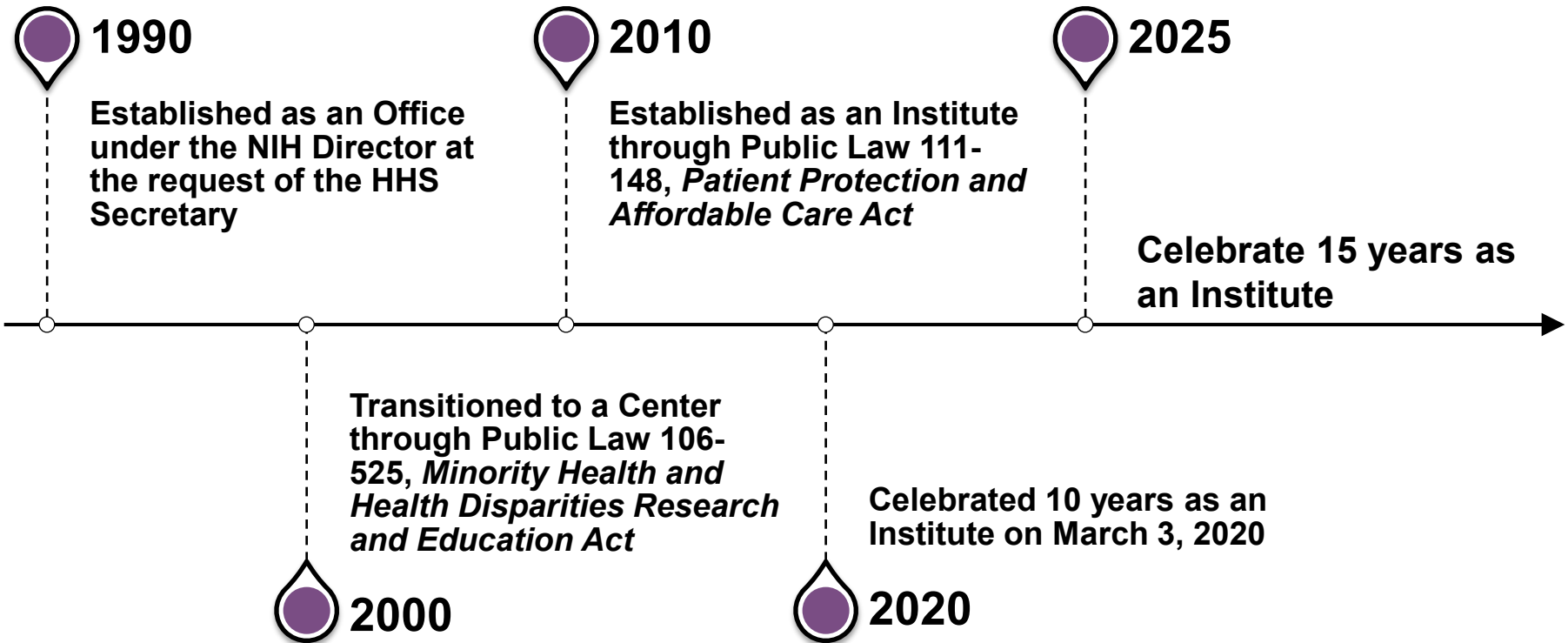
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NIMHD History



Mission of NIMHD

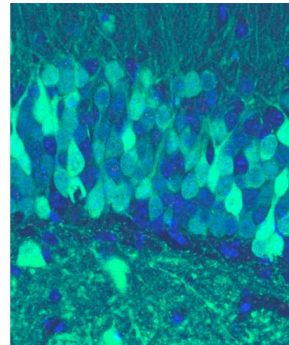
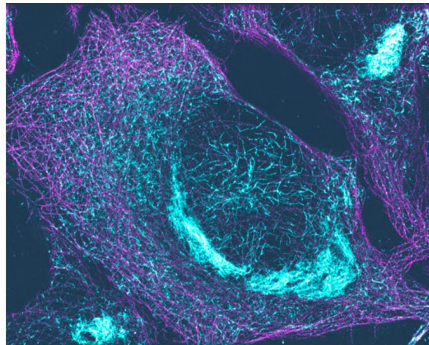
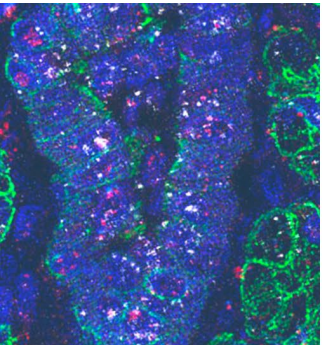
- **Lead scientific research to improve health and reduce health disparities**
- **Aspiration to assure good health for all populations**
- **Conduct and support multidisciplinary research across integrative biological and behavioral sciences, clinical and health services research, and community health and population science**



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NIH Updates



NIH Leadership Update

18th NIH Director Begins Tenure

Jayanta "Jay" Bhattacharya, M.D., Ph.D.

- Took office on April 1 as NIH's 18th Director.
- Confirmed by the U.S. Senate on March 25.
- Previously held a tenured professorship in the medical school at Stanford University in California.
- Dr. Bhattacharya's research has focused on population aging and chronic disease, particularly on the health and well-being of vulnerable populations.



Dr. Bhattacharya's Priorities

- **Focus on improving population health** - Work of NIH, whether basic or applied, must address the health needs of the American people, including the chronic disease crises.
- **Reproducibility and rigor** - The research NIH conducts and supports must be rigorous, reproducible, and unbiased. NIH must address and solve the reproducibility crisis in the biomedical sciences.
- **Innovation and collaboration** - Embracing new technologies, new ideas, and new approaches to old problems.
- **Research safety and transparency** - Ensure that all the experiments NIH support pose no risk of harm to human populations and meet the highest ethical standards.
- **Academic freedom** - Foster an environment where varied perspectives are valued and encouraged at NIH and the broader scientific community.



NIH Grants and Funding Information Status

- NIH grants and funding policies and processes are evolving as NIH aligns with new agency priorities.
- Currently accepting applications for active funding opportunities.
- Some funding opportunities have closed, and others updated to align with agency priorities.
- Encourage applicants to review NIH's policy & compliance [webpage](#) for changes.
- Check for key changes to policy statements, requirements and reporting.



NIMHD

Science Advances



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The Role of Interdisciplinary Research

- Health problems among minoritized populations rarely (if ever) due to single factor – need for interdisciplinary research
 - Enhance Understanding: Combining perspectives leads to a more holistic understanding
 - Innovate Solutions: Interdisciplinary teams are better equipped to develop innovative interventions
 - Translate Research into Practice: Collaborative efforts facilitate translation of findings into effective community programs and health policies.



U.S. Life Expectancy by Educational Attainment, 2000–2019

- National Vital Statistics System data estimated life expectancy in 3,110 counties
- **Gap in life expectancy between college graduates and persons with less than high school was 8 years in 2000 and nearly 11 years in 2019.**
- **Marked differences in life expectancy at the county levels**, especially among those who did not complete high school.
- ✓ *Educational disparities vary across time and location*
- ✓ *Provides an opportunity for locally tailored interventions*
- ✓ *Understand how education improves life expectancy*

Grant No. ZIA MD000017-05

Dwyer-Lindgren, L., et al., [Lancet Public Health](#). 2025.



Effectiveness of a Primary care-based Responsive Parenting Intervention

- A positive parent-child relationship buffers against the negative impacts of poverty on early child development
- The Video Interaction Project (VIP) uses real-time video-feedback of parent-child interactions to promote responsive parenting behaviors
- 183 mother-child (0-3 years) dyads at routine primary care visit at a safety-net hospital participated in 2 or more VIP sessions; ~5 months in between visits
- Just **one** session led to a **22%** increase in responsive parenting behaviors; **two** sessions led to a **37%** increase.
- **Conclusion:** Low-dose parenting interventions incorporated into routine pediatric primary care visits can be highly effective



Hospital Mental Health Screening Tool After Injury and Acute Illness

- Study developed a mental health risk screen tool for inpatients
- Data from 1,320 patients from 5 ethnic and racial groups admitted to 3 hospitals
- Overall and within the racial/or ethnic groups:
 - ☐ **10 items accurately identified 75% of patients who later had elevated levels of mental health symptoms and 71% of those who did not.**
- ✓ *Given its high prediction accuracy, the tool could be used to screen inpatients for risk of developing mental health problems.*
- ✓ *Routine screening could help to reduce health gaps as well as foster preventative care research and implementation.*

Grant No.

Carlson, E., et. al., [Journal of the American College of Surgeons](#). 2024.



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Cultivating Food Sovereignty Using Backyard Aquaponics

- Tested a community-driven, culturally aligned intervention that teaches families to build and use a backyard aquaponics system to grow their own food.
- Ten families completed a 3-month curriculum that included a series of hands-on workshops.
- Consumption of fruit, vegetables, and fish increased, and there were favorable trends in blood pressure. Families found the project highly culturally acceptable and reported multiple benefits.



This community-driven project has the potential to promote healthy eating in minority communities in Hawai'i.

Grant No. U54MD007601

Chung-Do, J., et al., [Genealogy \(Basel\)](#). 2024.



Experiences of Discrimination Linked to Changes in Gut Microbiome

- Explored the impact of discrimination on gut health of 154 adults in Los Angeles
- Everyday Discrimination Scale used to classify high or low exposure
- Blood samples for genetic expression, stool samples for microbial and transcriptomic analysis, body measurements, and diet history
- High discrimination linked to more gut microbe diversity and lower amounts of certain microbe species linked to immune support and gut health
- **Initial step toward understanding how discrimination may affect biological functions**

Grant No. R01 MD015904

Dong, T., et al., [Front Microbiol.](#) 2024.



Health Care Models for Persons with Multiple Chronic Conditions from Populations that Experience Health Disparities: A Scoping Review

- Little is known about evidence-based health care models for managing MCC in these populations.
- From 9,583 initially identified papers published between Jan 2016 and Dec 2023, 17 met the criteria for the final review.
- Most (82%) studies focused on the management of psychiatric and physical chronic conditions.
- The most cited care model was the Patient-Centered Medical Home (41%).
- All studies documented positive improvements in patient outcomes, some of which were clinically significant.
- ***There is still a need and opportunity to design and implement models and strategies that effectively integrate evidence-based guidelines of care for co-existing chronic conditions, attain clinically significant outcomes, and reduce health disparities.***

Doose M et al. [J Gen Intern Medicine 2025; Apr 23](#)



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15th Years of NIMHD!

Discussion



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