



**Doing Our Part to Preserve Brain Health:  
An Urgent Call to Action**  
**October 8, 2019, 1:00 – 2:00 p.m. EST**  
**(Join at 12:55pm to watch the stroke FAST Video)**

**#NatForumStrokeVirtualMtg #WorldStrokeDay #PreserveBrainHealth #PreventStrokeChecklist**

**Purpose:**

Provide a platform for healthcare professionals to know what can be done to preserve brain health by preventing a stroke and seek their sharing of this information in October 2019 and throughout the year. World Stroke Day (October 29) raises awareness of the serious nature and high prevalence of stroke and how to prevent it. The National Forum's Virtual Convening shares stories and the latest facts members can use in their own World Stroke Day messaging. Stroke prevention checklists for health professionals and the public will be presented.

**Host:**

The National Forum for Heart Disease & Stroke Prevention

**Presenters:**

- **John Clymer**, Executive Director, National Forum for Heart Disease & Stroke Prevention
- **Bernadette Mazurek Melnyk**, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, Vice President for Health Promotion, Chief Wellness Officer, Dean of Nursing, The Ohio State University
- **Mark McEwen**, Journalist, Health Advocate, Stroke Survivor
- **Stephanie Mohl**, Vice-President, American Stroke Assoc., A division of the American Heart Association
- **Betsy L. Thompson**, MD, MSPH, DrPH, RADM, US Public Health Service Director, Division for Heart Disease and Stroke Prevention
- **Clinton Wright**, MD, MS, FAAN, FAHA, Associate Director, Director, Division of Clinical Research, National Institute for Neurological Disorders and Stroke

**Agenda:**

- Welcome and Introductions, **John Clymer**, [@johnclymer](#), [@NatForumHDSP](#)
- A Daughter's Story, **Bernadette Mazurek Melnyk**, [@bernmelnyk](#), [@osunursing](#)
- The State of Stroke, **Betsy Thompson**, [@CDCHeart\\_Stroke](#)
- Key Risk Factors, **Clinton Wright**, [@nindsdirector](#), [@NINDSnews](#)
- Prevent & Beat Stroke, **Stephanie Mohl**, [@StephAtHeart](#), [@AmericanStroke](#)
- Healthy Behaviors Reduce Risk, **Bernadette Mazurek Melnyk**, [@bernmelnyk](#), [@osunursing](#)
  - Stroke prevention checklist for health professionals and the public
- A Survivor's Story, **Mark McEwen**, [@McEwenMark](#)
- Q and A, **John Clymer**, [@johnclymer](#), [@NatForumHDSP](#)
- Call to Action, **John Clymer**, [@johnclymer](#), [@NatForumHDSP](#)

## Presenter Bios



**John Clymer**

**Executive Director**

**National Forum for Heart Disease & Stroke Prevention**

John Clymer is executive director of the National Forum for Heart Disease & Stroke Prevention, a Washington, D.C.-based non-profit that serves as a catalyst for public-private collaboration to prevent cardiovascular disease.

In addition to serving as the National Forum's executive director, Clymer is a Fellow of the Institute for Health Policy and Leadership and adjunct faculty member at Loma Linda University and a guest lecturer at Johns Hopkins Bloomberg School of Public Health. Clymer is also a member of the U.S. Community Preventive Services Task Force and often serves as a keynote speaker on health policy and prevention, having spoken at the World Economic Forum's Annual Meeting in Davos and on the World Economic Forum's Global Agenda Council on Chronic Disease and Malnutrition.

Before joining the National Forum, Clymer was part of the leadership team at US Healthiest, which developed HealthLead™ - the first accreditation for healthy workplaces. He also served as president of Partnership for Prevention from 2001-2008. Under Clymer's leadership, Partnership for Prevention won passage of landmark Medicare legislation, was recognized by *Harvard Business Review* for a "Breakthrough Idea," and developed the health reform framework on which President Barack Obama based his prevention and public health agenda. Clymer has authored a chapter in *Igniting the Power of Community: The Role of CBOs and NGOs in Global Public Health* (Springer, 2010) and co-authored a chapter in *ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies* (Human Kinetics, 2009).



**Bernadette Mazurek Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN**

**Vice President for Health Promotion**

**University Chief Wellness Officer**

**Dean and Professor, College of Nursing**

***Professor of Pediatrics & Psychiatry, College of Medicine***

***Executive Director, The Helene Fuld Health Trust National Institute for Evidence-based Practice***

Bernadette Melnyk is VP for Health Promotion, University Chief Wellness Officer, Professor and Dean of the College of Nursing at The Ohio State University, Professor of pediatrics and psychiatry at OSU's College of Medicine, and Executive Director of the Helene Fuld Health Trust National Institute for EBP. She is a pediatric and psychiatric mental health NP, and is nationally/internationally recognized as an expert in EBP, intervention research, child and adolescent mental health, and health & wellness. Her funding record includes over 33 million dollars from federal agencies as PI. She is co-editor of five books and over 400 publications.

Dr. Melnyk is an elected fellow of the National Academy of Medicine, the American Academy of Nursing, the National Academies of Practice, and the American Association of Nurse Practitioners. She is a member of the NQF Behavioral Health Phase 3 Standing Committee and serves as editor of the journal *Worldviews on Evidence-based Nursing*. She is an invited member of the National Academy of Medicine's Action Collaborative on Clinician Well-being and Resilience and is a board member of the National Forum for Heart Disease & Stroke Prevention.

Dr. Melnyk founded the National Interprofessional Education and Practice Collaborative to advance the DHHS's Million Hearts® initiative. She created and chaired the National Summits on Building Healthy Academic Communities in April 2013, 2015, 2017, and 2019, founded the National Consortium for Building Healthy Academic Communities, a collaborative organization to improve population health in the nation's institutions of higher learning, and served as its first president.



***Mark McEwen, Journalist, Health Advocate, Stroke Survivor***

CBS journalist and popular television news personality, Mark McEwen, served for many years in a variety of high profile positions, including anchoring "CBS This Morning" and serving as entertainment reporter for "The Early Show." He was also a correspondent on the CBS News show, "48 Hours."

From "The Morning Program" to "CBS This Morning" to "The Early Show," Mark was a mainstay on CBS since first joining the network in 1987 until he left in 2002. He anchored with a unique flair and snagged a Who's Who of big interviews. Mark was named one of the country's "Ten Most Trusted News Personalities" in a TV Guide survey. Mark has interviewed many prominent newsmakers, including five presidents: Bill Clinton, George H.W. Bush, Gerald Ford, Jimmy Carter and Richard Nixon. He also interviewed Steven Spielberg, Sidney Poitier, Paul McCartney, Stevie Wonder, Garth Brooks, David Letterman, Julia Roberts, Denzel Washington, Tom Hanks, Muhammed Ali, and Leonardo DiCaprio, and many others.

He has covered almost every imaginable television event including the Oscars, the Cannes Film Festival, the Golden Globe awards, the Grammy awards, and the Country Music Association awards. He covered three Winter Olympics including Albertville, France and Lillehammer, Norway, and anchored the

morning broadcast from Nagano, Japan during CBS Sports' coverage of the Olympic Winter Games. In Nagano, he also ran with the Olympic Torch.

Mark hosted 'Live By Request' on A & E. The Emmy award-winning show featured guests such as David Bowie, Earth Wind and Fire, Elton John, Tony Bennett, the Bee Gees, B. B. King, and others. In 2004 Mark became the anchor for the morning and noon news for WKMG in Orlando, Florida.

In 2005, Mark suffered a stroke, and has since written a book, "After The Stroke: My Journey Back To Life" about that experience, and his recovery. The book was nominated for the prestigious "Books For a Better Life" award. Mark has served as Ambassador for the American Heart Association's "Power To End Stroke" campaign and is an advocate for the cause. He spoke at the International Stroke Conference in 2008 and 2018. He was the host for the first annual RAISE awards (Recognizing Awareness In Stroke Excellence) for the National Stroke Association. He was the host for the second annual RAISE awards as well. They have featured him as the cover story for Stroke Smart, the National Stroke magazine. He has also been on the cover of Heart Insight, the American Stroke Association's magazine. Mark tours the country, speaking on his personal journey. His speech is one of hope, courage and inspiration, as he shares the story of his miraculous recovery. In March of 2014, Mark began hosting "Positive Mark" on WKMG- TV, which showcased good news, plus positive and inspirational stories. In October of 2014 he started a blog titled "Mark McEwen's World," which currently has over 500,000 views, and growing. It can be found at [iammarkmcewen.blogspot.com](http://iammarkmcewen.blogspot.com). This blog has already been featured by AARP, the National Stroke Association, and the American Heart Association. His writing has been featured in the Orlando Sentinel multiple times.

In February of 2016, Mark did a TED Talk, about his time at CBS, his stroke, and the uplifting and inspiring road back. In October of 2018 he became a board member of the National Forum for Heart Disease and Stroke Prevention. He was the keynote speaker at the Canadian March of Dimes in Toronto in June of 2019.

Mark was born in San Antonio, Texas and raised in Berlin, Germany, Montgomery, Alabama and Crownsville, Maryland. He attended the University of Maryland and now lives in Central Florida with his family.



**Stephanie Mohl**

***Vice President, American Stroke Association, a division of the American Heart Association***

Stephanie Mohl currently serves as vice president of the American Stroke Association (ASA) division of the American Heart Association (AHA). The American Stroke Association is devoted to saving people from stroke — the No. 2 cause of death in the world and a leading cause of serious disability. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat stroke. The Dallas-based association was created in 1998 as a division of the American Heart Association.

Stephanie joined the AHA and ASA in October 2005. Prior to assuming her role as vice president of the ASA, she worked as a Senior Government Relations Advisor in AHA/ASA's Office of Federal Advocacy. Her federal advocacy responsibilities included expanding coverage and access to care, improving the treatment and prevention of stroke, and the elimination of cardiovascular disease disparities in women and minorities. Prior to joining the AHA and ASA, Stephanie worked as a senior legislative assistant in the office of former U.S. Senator Byron Dorgan (D-North Dakota) for nearly 12 years.



**Rear Admiral (RADM) Betsy L. Thompson, MD, MSPH, DrPH**  
**Assistant Surgeon General**  
**Director, Division for Heart Disease and Stroke Prevention**  
**National Center for Chronic Disease Prevention and Control**  
**Centers for Disease Control and Prevention**

RADM Thompson serves as a Rear Admiral in the U.S. Public Health Service and the Director of the Division for Heart Disease and Stroke Prevention at the Centers for Disease Control and Prevention (CDC). In her current role, RADM Thompson provides public health leadership to improve cardiovascular health for all, and reduce the burden and eliminate disparities associated with heart disease and stroke.

RADM Thompson held several positions in the Department of Health and Human Services (HHS) prior to returning to CDC in 2018. She served as Deputy and Acting Regional Health Administrator (RHA) for the Office of the Assistant Secretary for Health in Region IX where she was the department's senior federal public health official and scientist in the region. RADM Thompson also served as the Region IX Chief Medical Officer for the Centers for Medicare and Medicaid Services and the principal liaison to professional organizations with respect to quality improvement and health reform. RADM Thompson began her career in the Commissioned Corps as an Epidemic Intelligence Service Officer at CDC in 1991.

In addition to her work within HHS, RADM Thompson has experience in many facets of health and health policy including serving as a primary care physician in underserved areas, Chief Medical Director for a non-profit health plan, and author of Colorado legislation providing first-dollar coverage for preventive services. Dr. Thompson is board certified in Internal Medicine and Preventive Medicine, holds a master's in Public Health and a doctorate in Health Policy, and is a Fellow in the American College of Preventive Medicine. Throughout her career, RADM Thompson has focused on the intersection of prevention policy and science. Whether at the individual, community, state, national or international level, RADM Thompson has worked throughout her career to advance prevention through policy and science.



***Dr. Clinton B. Wright, M.D., M.S.***

***Associate Director***

***Director of the Division of Clinical Research***

***National Institute for Neurological Disorders and Stroke***

Dr. Wright joined NINDS from the University of Miami, where he served as the Evelyn F. McKnight Chair for Learning and Memory in the Aging, professor of neurology, public health sciences, and neuroscience, and chief of the Division of Cognitive Disorders. He served as scientific director of the Evelyn F. McKnight Brain Institute at the University of Miami since 2008. He is a member of several professional societies, including the American Academy of Neurology and the American Heart Association.

The focus of Dr. Wright's research has been on the effects of vascular risk factors and disease, such as subclinical cerebrovascular damage and stroke, on brain structure and cognitive function. He has worked to identify disparities in subclinical cerebrovascular damage among blacks and Latinos and has highlighted key lifestyle and potentially modifiable vascular risk factors. He has also studied the effects of vascular disease on aging-related cognitive changes and recently found that physical activity may help slow down problems with thinking and memory in older people. Dr. Wright has served as an investigator in the population-based Northern Manhattan Study as well as on other observational studies such as the Hispanic Communities Health Study, and clinical trials, including the Systolic Blood Pressure Intervention Trial (SPRINT), a multi-million dollar, trans-NIH trial examining the effects of intensive blood pressure lowering on heart disease, stroke and cognitive skills.

He earned his M.D. from the Columbia University College of Physicians and Surgeons in New York City. Upon receiving his M.D., he completed a neurology residency and then a vascular neurology fellowship at Columbia University Medical Center under an NIH-funded training program. Dr. Wright also earned an M.S. in epidemiology from the Columbia University Mailman School of Public Health. He was an assistant professor at the College of Physicians and Surgeons until moving to the University of Miami.