



### Our Areas of Healthy Aging Research

- Cancer prevention and control
- Depression management
- Fall prevention
- Physical activity promotion
- Workplace health promotion

We have helped develop, test, and disseminate three national interventions:

- EnhanceFitness and EnhanceWellness  
[www.projectenhance.org](http://www.projectenhance.org)
- PEARLS: Program to Encourage Active, Rewarding Lives for Seniors  
[www.pearlsprogram.org](http://www.pearlsprogram.org)
- American Cancer Society Workplace Solutions  
[www.acsworkplacesolutions.com](http://www.acsworkplacesolutions.com)

### OUR MISSION

To partner with communities to conduct prevention research that promotes healthy aging and is incorporated into community practice.

### OUR VISION

Effective healthy aging programs, practices, and policies are widely implemented throughout the Pacific Northwest.

### OUR VALUES

Collaboration

Innovation

Equity

  
a CDC Prevention Research Center at the University of Washington School of Public Health

1107 NE 45th Street, Suite 200, Seattle, WA 98105

Phone 206-543-2891 • Fax 206-543-8841

<http://depts.washington.edu/hprc>

  
25  
YEARS  
1986-2011



**HPRC**  
Health Promotion  
Research Center

25 years of research for healthy aging

1986 – 2011

A Prevention Research Center  
At the University of Washington School of Public Health  
Funded by the Centers for Disease Control and Prevention

## How We Work

### We work collaboratively with:

- Local and national organizations and research institutions in the field of healthy aging
- Community partners that link us to the communities we serve
- Local and state health departments

### We participate in national networks of the CDC Prevention Research Centers program:

- Cancer Prevention and Control Research Network (locally, Alliance for Reducing Cancer, Northwest)
- CDC Healthy Aging Research Network (coordinating center)
- Managing Epilepsy Well Research Network
- Nutrition and Obesity Policy Research and Evaluation Network



## Who We Are

Since 1986, we have been an interdisciplinary research center at the University of Washington School of Public Health.

Our investigators come from public health, nursing, medicine, communications, social work, business, architecture, and urban design.

We are one of 37 Prevention Research Centers funded by the Centers for Disease Control and Prevention.

Additional funding comes from the Washington State Department of Health, the American Cancer Society, the National Council on Aging, the National Institutes of Health, and others.

## Our Community Advisory Board

Our Community Advisory Board (CAB) includes representatives from many of our community partner organizations (as of September 2011):

American Cancer Society – Great West Division  
Asian Counseling and Referral Service  
Community Wellness and Prevention,  
Washington State Department of Health  
Governor’s Interagency Council on Health  
Disparities  
Group Health  
Public Health - Seattle & King County  
REI  
Sea Mar Community Health Centers  
Senior Services  
Washington State Department of Social and  
Health Services

*“HPRC does research that matters and makes a difference in peoples’ lives.”*

Jeffrey R. Harris, Director  
Health Promotion Research Center



## Dissemination Research

Our work focuses on dissemination research. Dissemination research seeks methods to increase the use of evidence-based health promotion practices in workplace and community organizations.

Our research helps our partner organizations test and improve their dissemination of health-promoting programs, especially to people most at risk for health inequalities.