

# HPRC Current Projects

## June 2009



Description	Status
<b>Older Adult Health Promotion</b>	
<b>EnhanceFitness Dissemination (EF)</b> Assisting with dissemination/evaluation of EF program	<i>(Belza, Williams, Moni)</i> Comparing costs for Group Health EF participants and non-participants; EF sites compared nationally through AoA EBDP initiative/state grantees (PRC-HAN role)
<b>EnhanceWellness Dissemination (EW)</b> Evaluation and dissemination of older adult client-directed health promotion program	<i>(LoGerfo, Phelan, Williams)</i> Manuscript looking at the effect of EW on healthcare costs "in press" at <i>Preventing Chronic Disease</i> ; current program data to support an analysis of RAPA responsiveness (authors: Oberg, Phelan, Topolski, Williams)
<b>Falls Prevention Qualitative Study (HMRC study)</b> In-depth audience research with seniors enrolled in falls prevention programs and those who declined/dropped out	<i>(Phelan, Meischke, Hammerback, Laing)</i> Interviews complete; analysis ongoing; developing parallel manuscripts, one focusing on marketing efforts and another on relationship between core values and falls prevention program uptake
<b>Healthy Aging Research Network (PRC-HAN)</b> HPRC is lead center in the Prevention Research Centers (PRC) HAN; includes variety of interest groups (prc-han.org)	<i>(Belza, LoGerfo, Moni \$210,000/yr)</i> Working on physical activity, brain health, environment and healthy aging, nutrition and evidence-based programming for health promotion/disease prevention; PRC-HAN special issue of <i>The Gerontologist</i> related to brain health "in press" publication date is July 2009
<b>Healthy Aging Research Network (PRC-HAN) Conference Grant</b> Three annual conferences on aspects of healthy aging, including physical activity, depression, and environmental and policy change; also producing post-conference products	<i>(Belza, Moni \$80,000/yr)</i> Conference three, <i>Promoting Environmental and Policy Change to Support Healthy Aging</i> , Sept. 15-16, 2009 ( <a href="http://www.prc-hanconferences.com">www.prc-hanconferences.com</a> ) Post-conference programming grant submitted (AHRQ)
<b>Literature Review of Older Adult Emotional and Cognitive Health</b> A systematic literature review of interventions to improve older adult emotional and cognitive health, funded by the National Association of Chronic Disease Directors and CDC	<i>(Snowden, Steinman \$330,000/17 mo)</i> Preparing manuscript for review of interventions to promote emotional health; conducting evidence rating for exercise interventions to promote cognitive health; completed validating an instrument to rate study quality
<b>PEARLS Dissemination (Program to Encourage Active, Rewarding Lives for Seniors)</b> Working with local, state, and national partners to disseminate PEARLS, a depression management program	<i>(Snowden, Schwartz, Steinman, in-kind)</i> Next training: September, 2009; 30 participants at the April 2009 training; working on dissemination strategies with the National Council on Aging (NCOA) and WA State Aging and Disability Services Administration
<b>PEARLS Dissemination Study (Program to Encourage Active, Rewarding Lives for Seniors)</b> In collaboration with Aging and Disability Services (ADS), testing an implementation management team approach to improve program reach to depressed older adults	<i>(Snowden, Steinman \$448,700/yr)</i> Implementing pieces of strategic implementation plan (inc. trainings at ADS); using focus group findings + program data to determine next steps for increasing referrals; PEARLS fidelity tool validation study Summer 09
<b>Physical Activity for a Lifetime of Success (PALS)</b> Studying a phone-based intervention that includes volunteers using motivational interviewing to promote physical activity, in collaboration with the SE Seattle Senior Center	<i>(Phelan, Hammerback \$140,500/yr)</i> Preparing manuscript on recently completed general program evaluation; evaluating strategies for transitioning current participants to alternative systems of support as final year of intervention concludes
<b>Physical Activity Rapid Assessment Tool (RAPA)</b> Developing instruments to measure physical activity among older adults	<i>(LoGerfo, Cheadle, Hammerback)</i> Being used in research and community projects in US; Web site now collects user info and authorizes use; new validation study in progress
<b>Southeast Senior Physical Activity Network (SE-SPAN)</b> Studying effectiveness of community-organizing approach to promote physical activity for older adults in SE Seattle	<i>(Cheadle, Egger \$140,500/yr)</i> Project completed; walking groups and EnhanceFitness classes continue in SE Seattle; Healthy and Active Rainier Valley Coalition, co-founded by SESPAN, still active and generating new programs

## Cancer Prevention and Control

### American Cancer Society (ACS) Cancer Resource Navigator (CRN) Program

(Baldwin, Talbot \$76,400/yr)

Assist with development and evaluation of ACS Cancer Resource Navigation Program, which provides services to cancer patients in 12 western states

Final reports for this project are complete: *Chartbook of Cancer Services and Patient Populations for Facilities in the American Cancer Society's Great West Division: Opportunities for Expansion of the Patient Navigator Program* and *The American Cancer Society's Cancer Resource Navigator Program: Perspectives on the Navigator Role, Program Benefits, Navigators, Staff, and Administration*

### Alliance for Reducing Cancer NW (ARC NW)

(Taylor, Harris, Talbot, Hannon \$300,000/yr)

Part of the PRC Cancer Prevention and Control Research Network (CPCRN); conducts translational research related to cancer screening and worksite programs

ARC NW researchers are collaborating with other CPCRN members on Multiple HPV vaccine projects; one of these projects involves a survey of Hispanic parents in the Yakima Valley

### Community-Based Cancer Screening Projects Evaluation

(Hannon, Vu, Talbot \$47,585/yr)

Assist WA State Dept of Health (DOH) with restructure of the WCCCP, evaluation of the overall WCCCP, evaluation of the WCCCP-funded community-based project re: prostate cancer treatment and informed decision-making.

Updating 2009-2010 statement of work; analyzing WCCCP membership satisfaction data; working with funded community partner to finalize evaluation instruments

### Colorectal Cancer Screening

(Baldwin \$10,272/yr)

Study of patient/provider colorectal cancer screening discussions and decision-making

Data analysis completed; draft of manuscript pending

### Obesity Prevention Among Samoans

(Tu \$7,514/yr)

Determining the relationships among diet, physical activity, and obesity from Samoan perspective (ARC NW pilot project)

All four focus groups have been completed and manuscript preparation underway; preliminary findings presented at APHA in September 2008

### Ovarian Cancer Screening, Testing, and Management

(Baldwin \$344,819/yr)

Survey of family physicians, general internists, and gynecologists related to ovarian cancer screening, diagnosis, and management

Survey completed, 61% response rate; data cleaning and analysis underway

### Follow-Up of Elevated PSA Tests Among A/I A/N Men in Urban Health Clinics

(Ramsey \$186,000/yr)

The Urban Indian Health Institute (UIHI) and the Fred Hutchinson Cancer Research Center are partnering to investigate barriers to care for American Indian/Alaska Native (AI/AN) urban men who have not had adequate follow-up after an abnormal PSA screening test for prostate cancer

Seven participating UIHI sites have been identified and draft study materials have been developed (including a survey) and are being refined for submission to the IRB; a conceptual model of the care pathway including barriers to care is in development

### Quality of Life for Men with Localized Prostate Cancer

(Ramsey \$437,000/yr)

Assessing the quality of life and satisfaction with care among prostate cancer patients

6-mo. and 12 mo. follow-up survey data cleaning in progress; manuscript on preliminary treatment choices submitted to *Cancer* 12/15/08 (rejected, reformatting for submission to another journal); a manuscript on shared decision-making involving family members is currently in progress

## Workplace Health Promotion

### Marketing Workplace Chronic Disease Prevention (HMRC study)

(Harris, Hannon, Sopher \$460,395/yr)

Randomized controlled trial (RCT) to test intervention to increase adoption of workplace chronic disease prevention by low-wage, mid-sized employers in King County

Recruitment and randomization finished (48 participants); all 72 intervention meetings completed; approximately 18 follow-up surveys completed; delayed intervention meetings began in September

### Purchaser's Guide to Clinical Preventive Services Implementation Evaluation

(Martin, Garson, Andris \$157,500/yr)

RCT to evaluate the effectiveness of a tailored approach to disseminating preventive benefits information among National Business Group on Health members

Completed baseline survey; prepared and delivered customized dissemination reports and follow up consultation calls, and completed follow up survey; currently preparing confidential company benchmarking reports and conducting analysis of change over the two year period

<p><b>Tobacco Related Health Disparities</b></p> <p>Analyze WA Behavioral Risk Factor Surveillance System and Healthy Worksite Survey data to identify characteristics of smokers and their workplaces; help DOH target low-income smokers with cessation resources</p>	<p style="text-align: right;"><i>(Hannon, Harris, Hughes \$20,524/yr)</i></p> <p>Results were presented at the UW Tobacco Seminar, DOH, and at the CDC Chronic Disease conference in February; now drafting final report and planning publications</p>
<p><b>Washington Wellness</b></p> <p>Evaluation of WA state employee wellness programs including Healthy Worksite Initiative demonstration project</p>	<p style="text-align: right;"><i>(Cheadle, Andris \$134,000/yr)</i></p> <p>Completed WA Wellness reports providing baseline Health Risk Assessment results and claims data analyses; completed HWI Interim Evaluation Report for the legislature; monitoring the progress of HWI collaborative</p>
<p><b>Workplace Solutions Project</b></p> <p>Assist ACS Great West Division to implement and evaluate their workplace wellness and other prevention projects in 12 western states</p>	<p style="text-align: right;"><i>(Harris, Sopher, Hannon, Laing \$202,525/yr)</i></p> <p>Providing technical assistance to ACS; planning evaluations of HealthLinks and a colorectal cancer screening community mobilization project; working with community partners to hold a workplace wellness summit</p>
<p><b>Cardiovascular and Other Research Projects</b></p>	
<p><b>Cardiovascular Health Curriculum Modules for American Indian and Alaskan Youth</b></p> <p>Developing a cardiovascular health education and awareness initiative for Indian youth</p>	<p style="text-align: right;"><i>(Buchwald \$80,700/yr)</i></p> <p>Curriculum, surveys, teacher evaluations completed; data analysis underway; reports sent to schools; manuscripts in process</p>
<p><b>Cardiovascular Health Network</b></p> <p>Part of a PRC national network to conduct CVD demonstration projects; 08-09 project: two literature reviews: 1) family CVD interventions; 2) global CHD risk</p>	<p style="text-align: right;"><i>(Fitzpatrick, Steinman \$50,000/yr)</i></p> <p>Manuscript revisions and prep for lit reviews; 07-08 project: AJPH Images in Health manuscript accepted for Photovoice study, preparing manuscript for focus group study; upcoming: stroke novella pilot for Latino immigrants</p>
<p><b>Educational Technology to Promote Oral Health</b></p> <p>Testing CD-ROMs designed to provide oral health and nutrition information for diverse populations</p>	<p style="text-align: right;"><i>(Kiyak)</i></p> <p>CD-ROMs completed and tested; distributing via Web and mail; converted English and Spanish versions into downloadable Flash format; currently preparing manuscripts for publication</p>
<p><b>Health Marketing Research Center (HMRC)</b></p> <p>Testing health communication and marketing interventions; includes two cores, Science and Administration, and two marketing RCTs: workplace chronic disease prevention (see above) and hypertension control (see below) ; also includes one formative research project on falls prevention</p>	<p style="text-align: right;"><i>(Harris, Meischke, Lichiello \$1.44 million/yr over four budgets)</i></p> <p>RCTs in field; falls prevention research in data analysis phase; approval for carry forward of unobligated balances from Years 1 and 2 approved by CDC (\$230,234)</p>
<p><b>Managing Epilepsy Well (MEW)</b></p> <p>This PRC research network is a partnership between UW Depts. of Rehabilitation Medicine and Neurology, the Epilepsy Foundation and Swedish Hospital Neurosciences</p>	<p style="text-align: right;"><i>(Fraser \$100,000/yr)</i></p> <p>Will gather information from adults with epilepsy and their treating professionals about their impressions of self-management programs</p>
<p><b>Marketing and Tailoring Hypertension Control via 911 Responders (HMRC)</b></p> <p>Testing effectiveness of direct mail intervention to increase blood pressure monitoring among high-risk people</p>	<p style="text-align: right;"><i>(Meischke, Ike \$204,488/yr)</i></p> <p>Baseline data collection completed; mailing intervention begun; interviews and logs at fire stations being collected to measure effects</p>
<p><b>PEARL</b></p> <p>RCT testing PEARLS intervention for adults with epilepsy</p>	<p style="text-align: right;"><i>(Ciechanowski \$139,000/yr)</i></p> <p>Recruitment completed; intervention and final data collection underway</p>
<p><b>Physical Activity Among Residents of Subsidized Housing</b></p> <p>Assess effects as residents move into mixed income, public/private housing designed with physical activity in mind</p>	<p style="text-align: right;"><i>(Krieger \$100,000/yr)</i></p> <p>Completed collection of Phase I survey data and baseline Phase II data; analysis of Phase I data pre-post data and Phase II baseline data begun</p>
<p><b>Physical Activity Policy Research Network</b></p> <p>National PRC network evaluating the impact of policies to increase physical activity among community members</p>	<p style="text-align: right;"><i>(Doescher, Steinman \$60,000/yr)</i></p> <p>Submitted SIP renewal for 5-yr grant cycle; Manuscript submitted for PE Legislation Study; analysis and manuscript prep for bicycle/walking Master Plan study; monthly advisory group meetings</p>
<p><b>Translating Nutrition Standards for Foods in Schools</b></p> <p>Analyzing and disseminating effective development and implementation strategies for school nutrition policies</p>	<p style="text-align: right;"><i>(Johnson \$18,700/yr)</i></p> <p>Final draft submitted to CDC</p>

## Community Consulting and Coalitions

<b>Colorectal Cancer (CRC) Screening, King County</b> <span style="float: right;"><i>(Baldwin)</i></span>	
Public Health-Seattle and King County 5-year grant providing colorectal cancer screening to low-income, uninsured people	Serving as member of medical advisory panel
<b>“Dialogue for Action” (Cancer)</b> <span style="float: right;"><i>(Tu)</i></span>	
Diverse interests developing statewide action plan, funded by CDC and Cancer Research and Prevention Foundation	The WA State Dialogue for Action on Preventing Colon Cancer in ALL Communities held 9/20/08, in Seattle
<b>Falls Prevention Qualitative Study</b> <span style="float: right;"><i>(Phelan, Meischke, Hammerback)</i></span>	
In-depth audience research with seniors enrolled in falls prevention programs and those who declined/dropped out	Interviews completed; analysis in progress; manuscripts, (one focusing on marketing efforts and another on relationship between core values and falls prevention program uptake) in preparation
<b>King County Food and Fitness Initiative</b> <span style="float: right;"><i>(Lichiello)</i></span>	
Community coalition funded by W.K. Kellogg Foundation	Group facilitation services are performed on an as-needed basis
<b>Healthy Aging Partnership</b> <span style="float: right;"><i>(Schwartz)</i></span>	
Coalition of 35 King County nonprofit and public organizations that collaborate to promote healthy aging	HAP's current focus is on preventing falls; a HAP VISTA volunteer is working at the HPRC office
<b>King County Physical Activity Coalition</b> <span style="float: right;"><i>(Egger)</i></span>	
A networking group to which HPRC provides technical assistance for evaluation and dissemination	Collaborating with the Seattle Department of Transportation on its Pedestrian Master Plan
<b>National Advisory Group on Public Health Practice-Based Research Networks</b> <span style="float: right;"><i>(Harris)</i></span>	
Four-year initiative, funded by RWJF, to stimulate collaborations to improve delivery of public health services	Chairing advisory committee; five collaborative networks, including WA, funded in February 2009; 2 <sup>nd</sup> round of reviews begins June 2009
<b>National Committee for Quality Assurance (NCQA) Health Promotion Advisory Council</b> <span style="float: right;"><i>(Harris)</i></span>	
A national, nonprofit accrediting agency is developing a program to assess and improve the quality of workplace wellness programs offered by vendors and health plans	Chairing the Council; the program consists of standards and performance measures; final operational draft version reviewed in September 2008; accreditation began January 2009
<b>Prevention and Management of Chronic Disease Risk Factors in Primary Care</b> <span style="float: right;"><i>(Johnson)</i></span>	
Part of 2008 WA Physical Activity and Nutrition Plan	State-wide strategies for risk factors, including obesity, in primary care
<b>Racial and Ethnic Approaches to Community Health (REACH)</b> <span style="float: right;"><i>(Cheadle, Harris, Tu)</i></span>	
CDC-funded, administered by Public Health-Seattle and King County, to decrease diabetes-related health disparities	Re-funded for 5 years in Oct 2007; new focus is on dissemination; we provide technical assistance on evaluation and workplace programs
<b>STEPS to a Healthier US Seattle/King County</b> <span style="float: right;"><i>(Johnson, Cheadle)</i></span>	
CDC-funded collaboration to reduce chronic disease burden	Working in select King County communities
<b>WA Alliance for Healthy Aging</b> <span style="float: right;"><i>(Schwartz)</i></span>	
Statewide alliance of public health, aging services, health and social services	WAHA is collaborating with WA State Aging and Disability Services Administration to sponsor an October 15 <sup>th</sup> conference on evidence-based health promotion practices for healthy aging; in Sea-Tac, WA
<b>WA Coalition for Promoting Physical Activity (WCPPA)</b> <span style="float: right;"><i>(Steinman)</i></span>	
Supports local physical activity coalitions	Received nonprofit status; leadership forum May 2009
<b>WA Comprehensive Cancer Control Partnership</b> <span style="float: right;"><i>(Hannon, Taylor, Tu, Vu)</i></span>	
A statewide coalition that guides the WA Dept. of Health in cancer prevention and control, largely funded by CDC	Member: Steering Committee, Surveillance and Evaluation Comm. and Cancer and Prostate Cancer Task Forces; other ARC NW members serve on other committees
<b>WA External Tobacco Evaluation Advisory Committee</b> <span style="float: right;"><i>(Harris)</i></span>	
Advises on programmatic direction and evaluation activities of the WA DOH Tobacco Prevention and Control Program	Chairing the committee, which held annual meeting in February 2009 to review the biennial progress report to the legislature, program suffered 40% cuts in biennial budget for 2009-11
<b>WA Quits! Partners Unite to Curb Tobacco Use</b> <span style="float: right;"><i>(Sopher)</i></span>	
Statewide “performance partnership” of public and private stakeholders, to reduce tobacco use	Part of the planning committee for kick-off summit; serve on Marketing and Awareness Committee and Coverage and Services Committee

