



## Happy 2015!

We wish you and yours a joyous and fulfilling new year. As we begin our new funding cycle, we look forward to beneficial research and program work, and look back on the accomplishments of our previous five-year cycle.

### Looking Back: 2009-2014 Highlights

During this cycle, HPRC brought in \$19.6 million of research funding from the Centers for Disease Control and Prevention (CDC), the National Institutes of Health, the Washington State Department of Health, and the American Cancer Society. We delivered on our mission to incorporate prevention research into community practice in a variety of ways:

#### National dissemination of our flagship programs

More than 1,700 companies in 42 states adopted [Workplace Solutions](#), reaching 6.9 million individuals. As of 2014, 50 organizations in 18 states have implemented the [PEARLS](#) program, serving over 2,000 people. Over 45,000 older adults attended [EnhanceFitness](#) classes at 687 sites in 35 states.



[Click here to see an infographic of HPRC's impact.](#)



Connect with us on Facebook and LinkedIn!

#### Save the Dates

The next **Community Advisory Board meeting** will be on Friday, January 30, 2015 at the Tukwila Community Center, 8:45 am to noon. [Directions](#)

**Seminar:** CDC and the UW: Global Health Policy Investigations and Initiatives

**Date:** Thursday, February 12  
10:00 am to 10:50 am

**At:** HPRC

**Presenters:** Amy Hagopian, Aaron Katz, Scott Barnhart

Visit our [website](#) for notices of other upcoming seminars.

#### Recent Publications

Recent publications include research about flu vaccinations among restaurant workers, and the effects of workplace health support on productivity. [Read more here](#)

Watch a new video, produced by the UW School of Public Health, about the EnhanceFitness program.

## Community engagement and partnerships

We formed new community partnerships and strengthened our existing partnerships through engagement with our [Community Advisory Board](#) (CAB) and our local and national partner organizations. We worked together on projects that actively benefited the community, and engaged our CAB and community partners in all phases of the work. HPRC investigators gave 168 community presentations during the 2009-14 funding cycle to new and existing partner organizations.

During 2009-14, HPRC participated in all of the CDC Prevention Research Center (PRC) program's thematic research networks:

- Cancer Prevention and Control Research Network
- Managing Epilepsy Well Network
- Physical Activity Policy Research Network
- Nutrition and Obesity Policy Research and Evaluation Network
- Healthy Aging Research Network (HAN). As the HAN Lead Coordinating Center, HPRC developed a new model for building and maintaining truly collaborative networks in the PRC program.

## Core research projects

One of our specific aims during the 2009-14 funding cycle was to build the Healthy Aging Dissemination Research Project (HADRP). We developed and tested dissemination strategies to increase organizations' use of evidence-based healthy aging practices in the areas of depression, physical activity, and workplace health promotion. [Read a research brief](#) from one of the projects, YMCA-EnhanceFitness.



## Communicating our work

In the 2009-14 funding cycle, our communication efforts included:

- Producing a large number of scientific products: 179 articles in scientific journals, 203 scientific presentations, 10 book chapters, and 46 other products (e.g., technical reports and webinars.)
- 50+ media stories on HPRC research projects or flagship programs.
- Hosting an event in 2011 for over 100 stakeholders, celebrating HPRC's 25th anniversary and showcasing our program and mission success. [See video here](#)
- Improving the look of the Link and our website, and launching HPRC's social media presence on Facebook and LinkedIn.

## Teaching for a healthy future

Over the past five years, HPRC has trained 82 students—undergraduate, master's, doctoral and post-doc candidates. Some have joined HPRC as staff members!

## Looking Ahead: 2014-2019

We are thrilled to be re-funded by the CDC, and feel energized as we look forward to the next five years as one of their 26 Prevention Research Centers. Our goals include scaling up our flagship programs, strengthening and increasing community partnerships, participating in several PRC research networks, and conducting effective core and

special interest research projects. We welcomed our new Scientific Advisory Board (SAB) in October, and look forward to their input and expertise.



*HPRC Scientific Advisory Board (l-r): Matt Kreuter, Washington University; Ron Ackermann, Northwestern University; Russ Glasgow, University of Colorado Denver; Laura Linnan, University of North Carolina. Not pictured: Gregory Simon, Group Health Research Institute.*

#### **New core research project: PT-REFER**

HPRC is partnering with the national YMCA (Y-USA) to design and evaluate a new system to increase recommendations by physical therapists (PTs) to EnhanceFitness classes. EnhanceFitness, licensed nationally by [Senior Services](#), is an evidence-based physical activity program for older adults. As part of the first phase of the project, we have begun recruiting PT clinics in which we will observe clinical behaviors and interactions, and will then use what we have learned to create an interview guide. Observations and PT interviews will give us insight on designing the system so that it best serves older adults, physical therapists, and YMCAs.

Learn more about [PT-REFER here](#).

#### **Special interest projects**

In addition to funding our core research project, CDC awarded HPRC funding for six special interest projects. We featured these projects in our October 2014 Link--you can read about them [here](#).

We look forward to working with our community and research partners on innovative public health projects over the next five years. We are excited about fulfilling our mission by partnering with communities to conduct prevention research that promotes healthy aging and is incorporated into community practice.

**Thanks to all of you for your participation and support!**

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