



## From the Director

Happy new year! All of us at HPRC wish you a happy, healthy, and productive 2017. This past year was an exciting and eventful one at HPRC. We celebrated the 30th anniversary of both the CDC Prevention Research Centers Program and the UW Health Promotion Research Center, which was one of the first three centers funded in 1986. In March 2017, the American Journal of Preventive Medicine will release a commemorative special issue, which will include several papers with HPRC authors.



Some highlights of HPRC's 2016:

- A baby boom! Our HPRC family grew by several, and we're expecting more--see the Wellness Room photo below.
- We received CDC funding for two new [special interest projects](#), and a grant from the AARP Foundation for a project that will start in April 2017.
- We welcomed new member Cynthia Eichner of the American Cancer Society to our [Community Advisory Board](#).
- We continued our 20 ongoing [research projects](#), and enlisted several superb students to collaborate with us on research teams.

Every new year starts us on a new path, and 2017 will be a year of transition for the country. With a change in federal administration, many of us may feel uncertainty about the year ahead. We will continue to center our work in pursuit of HPRC's mission and vision: partnering with communities to conduct prevention research that promotes healthy aging and is incorporated into community practice. Our goal remains to ensure that effective healthy aging programs,



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### Save the Dates

#### Community Advisory Board meeting

**Date:** Friday, Jan. 27  
8:45 am to 12:00 pm

**At:** Tukwila Community Center [Directions](#)

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**Seminar:** SHIPP Center and HPRC: Finding Synergies

**Date:** Thursday, Feb. 9  
10:00 am to 11:00 am

**Presenter:** Norma Coe

**Attend in person:** HPRC conference room. [Directions](#)

Guests are welcome to stay for an HPRC staff meeting immediately following the seminar.

**Attend via webinar:** [Join here](#)

Audio: 206-616-2663 or 1-866-495-7016 (Passcode: 288912)

practices, and policies are widely implemented throughout the Pacific Northwest (and beyond).

Thanks to you, our colleagues, collaborators, and partners, for everything you do to create healthier communities.

~ Peggy Hannon, HPRC Director

## 2016 by the Numbers

Here is an infographic showing some of HPRC's 2016 accomplishments. Click on the image to see an enlarged view.



## Walking Our Talk in the Workplace

At HPRC, we conduct research on promoting wellness in the workplace. And we put what we've learned into practice at our own workplace, by:

- having healthy snack choices at meetings and events
- conducting twice-weekly brisk walks for staff at noontime
- organizing volunteer opportunities in which staff can participate together, enabling us to give back to our

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

### Welcome

**Liz Medeiros** joins HPRC as a research coordinator, supporting our cancer prevention projects.

### Farewell

Student **Clara Hill**, who has been working on HPRC's new master training course for the PEARLS program, is moving on to finish her MPH program.

We thank departing CAB members **Paula Houston** and **Emily Inlow-Hood** for their service.

### A Special Thank You and Farewell



We send a fond farewell and our greatest appreciation to Gary Tang, who has served on the HPRC CAB since 1999. Gary has been an outstanding advocate of health promotion and healthy aging through his role as Director of Aging and Adult Services for Asian Counseling and Referral Service.

HPRC benefited greatly from Gary's contributions

community

- allowing time for staff to participate in yoga classes offered by the university
- hosting fun social opportunities for staff to get to know each other and our families (summer picnic, holiday parties, brown bag social lunches)
- providing sit-stand desks and other ergonomic office furniture
- creating a Wellness Room for all staff to use for "down time", and particularly for breastfeeding mothers (photo below, l-r: Amanda Parrish and pending baby, Caitlin Mayotte and Matthew, Caitlin Mason and Marlowe, Ria Francisco and Camilla, Marlana Kohn and Georgia.)



HPRC is a [CDC Prevention Research Center](#), building healthier communities together for over 30 years.

to the CAB, including his role as CAB liaison to the national CDC PRC Community Committee. We wish Gary an enjoyable and well-deserved retirement.

## Recent Publications

Laing SS, Jones SM. "Anxiety and Depression Mediate the Relationship Between Perceived Workplace Health Support and Presenteeism: A Cross-sectional Analysis." *J Occup Environ Med* 58(11): 1144-49 (2016 Nov) [Abstract](#)

Miyawaki CE, Bouldin ED, Kumar GS, Mcguire LC. "Associations Between Physical Activity and Cognitive Functioning Among Middle-aged and Older Adults." *J Nutr Health Aging*: 1-11 (2016) [Article](#)

Phelan EA, Herbert J, Fahrenbruch C, Stubbs BA, Meischke H. "Coordinating Care for Falls via Emergency Responders: A Feasibility Study of a Brief At-Scene Intervention." *Front Public Health* 4:266 (2016 Dec 1) [Abstract](#)

[See all of our recently published articles here](#)

[Health Promotion Research Center](#) is a research center at the University of Washington School of Public Health funded by the [Prevention Research Centers Program](#) of the Centers for Disease Control and Prevention.

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