



## Local Impact: HPRC Programs in Washington State

HPRC's community-based research projects and evidence-based programs have an impact nationally and in our home state.

[Click to enlarge](#)

Click on the infographic to see the reach of our work in Washington as of July 2017.

## EnhanceFitness Designated as a Falls Prevention Program



EnhanceFitness, the physical activity program developed by HPRC and licensed nationally by Sound Generations, was approved in June 2017 by the National Council on Aging's National Falls Prevention Resource Center (NFPRC) to be included on its list of evidence-based

falls prevention programs. EnhanceFitness was awarded the NFPRC's highest-level designation, and was selected from evidence-based programs funded through the Older Americans Act Title III-D for Disease Prevention and Health Promotion Services. This designation will allow more organizations to obtain funding so they can provide EnhanceFitness programs in their communities.

Nationally, EnhanceFitness has had more than 74,000 participants at 1,252 sites in 43 states. HPRC's current core research project, PT-REFER, explores the clinical-community linkage between health care providers and EnhanceFitness programs. [Learn more here.](#)



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### Save the Date

**Seminar:** Managing Epilepsy Well: The Program of Active Consumer Engagement in Self-management (PACES)

**Date:** Thursday, Aug. 10  
10:00 am to 11:00 am

**Presenters:** Robert Fraser and Erica Johnson

**Attend in person:** HPRC conference room

[Directions](#)

**Attend via webinar:**

[Join online here](#)

Meeting ID: 678 336 438

Join by phone:

+1 408 638 0968 (US toll)

or

+1 646 558 8656 (US toll)

Visit our [website](#) to see a full schedule of upcoming seminars.

Welcome

## Lucky Eagle Casino's HealthLinks Initiative



The Lucky Eagle Casino, operated by the Chehalis Tribe in Thurston County, Washington, employs more than 800 workers. Early this year, casino management reached out to the UW after hearing about HPRC's workplace wellness initiative.

HealthLinks interventionist Daron Ryan met with the Lucky Eagle team onsite in February 2017, and has provided technical assistance and support for several recommended activities implemented so far. These include a healthy overhaul of the cafeteria menu, a comprehensive wellness fair that attracted a significant number of employees and their families, and a one-day event to encourage employees to quit smoking. [More about HealthLinks here.](#)

## FIT Kit Tracking Tool



HPRC's [Alliance for Reducing Cancer, Northwest \(ARC NW\)](#), is developing and testing a new tool for colorectal cancer screening. This is part of the evaluation and technical assistance we provide the Washington State Department of

Health (WA DOH) colorectal cancer control programs. We are working with Federally Qualified Health Centers (FQHCs) to improve effectiveness of its fecal immunochemical test (FIT) programs. FIT kits are a type of screening test for colorectal cancer, and have been distributed by mail and in clinics.

The tool tracks how clinics distribute and collect the kits. It also facilitates common data collection and reporting across Washington FQHCs. As the project enters its third year, the tool is being refined, based on input from WA DOH and the FQHCs using the tool, with new variables to track and report colonoscopy outcomes. ARC NW will continue to work with FQHC partners to monitor utility and functionality of this tool.

## Our Healthy Brain Research Network Student Team: What Are They Up To This Summer?



**Nikki Eller**, MPH (June 2017), is analyzing data from six local focus groups conducted with adult Asian Americans to test messaging regarding concerns about a loved one's memory. She is a co-author on a resulting manuscript and has co-developed community provider and policy briefs to share

**Janeth Sanchez**, a second-year student in the Health Services PhD program, is collaborating with HPRC on cancer control and prevention projects.

**Lina Walkinshaw**, UW MPH alum, will provide research coordination support this summer on the AARP Foundation-funded PEARLS study.

**Eliza Cohn**, MSW student, and **Marc Webb**, DNP student, are volunteers working on Healthy Brain Research Network projects.

MPH student **Yue Zhang** will support ARC NW projects this summer as an HPRC research assistant.

We welcome two new Community Advisory Board members:

**Marcia Peterson**, Benefit Strategy and Design Manager, Public Employees Benefit Board (PEBB), Washington State Health Care Authority.

**Kelsey Stefanik-Guizlo**, Manager, Community Health Strategies, Washington State, American Diabetes Association.

## Farewell

Congratulations and best wishes to **Sarah Fishleder**, who has been a key member of the PT-REFER team. Sarah

lessons learned; these will be disseminated by project partners with the National Asian Pacific Center on Aging and the Washington State Dementia Action Collaborative (WA DAC). Nikki is a recent recipient of a competitive award from the national Alzheimer's Association's 2017 Public Health and Alzheimer's Disease Graduate Scholarship Program.



Both **Eliza Cohn**, an MSW student, and **Marc Webb**, a DNP student, are supporting the thematic analysis of transcripts from memory messaging focus groups conducted at Healthy Brain Research Network sites nationally.



Messages were tested with Latino (University of Illinois, Chicago), LGBTQ (University of Houston) and African American (Oregon Health and Sciences University) adults.

The HBRN Memory Messaging Project is an extension of formative work conducted at the University of Pennsylvania HBRN Center (Karlavish, Jordan).



**Jonathan Medina**, an HBRN-de Tornyay Center Summer Scholar and DNP student, is leading a scoping review to identify and synthesize the existing research on stigma reduction aimed toward Alzheimer's disease and related dementias. Preliminary findings will be shared with the WA DAC this summer, with a particular focus on implications for rural communities.



**Mia Vogel**, MSW (June 2017) is an MPH student and HBRN Scholar. She is currently participating/co-author in a systematic review of the scientific literature to examine the terminology used for concepts related to Alzheimer's disease and other dementias. This work builds on the 2015 Institute of Medicine (IOM) recommendations regarding communicating about cognitive health (IOM report, *Cognitive Aging: Progress in Understanding and Opportunities for Action*.)

[Learn more about the Healthy Brain Research Network here.](#)



HPRC is a CDC Prevention Research Center, building healthier communities together for over 30 years.

completed her PhD and is moving on to a fellowship with the CDC.

Thank you to **Laurel Dillon-Sumner**, who supported a number of cancer prevention projects during her time as an HPRC staff member and research assistant. Laurel begins the second year of her MPH this fall.

We bid a fond farewell and thank you to Community Advisory Board member **Marcia Ridley**, who has served on the board since 2015.

School of Public Health funded by the [Prevention Research Centers Program](#) of the Centers for Disease Control and Prevention.

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