



## Project Updates and Community Connections

What's the latest on HPRC community-based research projects?

### PT-REFER (Physical Therapists Recommending Enhance®Fitness to Expand Reach)

In 2014, HPRC launched a five-year core research project funded by the CDC. The goal of the [PT-REFER Study](#) is to design and evaluate a new system to increase recommendations by physical therapists to an accessible and effective group physical activity program ([EnhanceFitness](#)) offered at community settings such as senior centers, churches, and YMCAs. In Phase 1 we have conducted... [continued](#)



### Depression Management

HPRC's evidence-based depression management program, [PEARLS \(Program to Encourage Active, Rewarding Lives\)](#) has had over 2,000 participants nationwide. PEARLS is included in SAMHSA's [National Registry of Evidence-based Programs and Practices](#), AHRQ's [Innovations Exchange](#), and ACL's [Aging and Disability Evidence-Based Programs and Practices](#).



HPRC investigators continue to partner with community organizations to support the increased delivery and reach of PEARLS by... [continued](#)

### Cancer Prevention and Control

#### Assessment and Evaluation Technical Assistance for Washington State Department of Health (WA DOH) Cancer Programs

HPRC's [Alliance for Reducing Cancer, Northwest](#) (ARC NW), with Peggy Hannon as Principal Investigator, works closely with the [WA DOH](#) on a wide range of cancer prevention and control projects. In April 2015, ARC NW completed a needs assessment of Washington's Breast, Cervical, and Colon Health Program (BCCHP)'s prime contractors to characterize how the Affordable Care Act has impacted... [continued](#)



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Save the Dates

#### Community Advisory Board meeting

**Date:** Friday, July 31  
8:45 am to 12:00 pm

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

**Seminar:** The University of Washington Latino Center for Health

**Date:** Thursday, August 13  
10:00 am to 10:50 am

**At:** HPRC [Directions](#)

**Presenter:** Gino Aisenberg, UW Latino Center for Health

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

Welcome

This summer, HPRC is pleased to welcome MPH Practicum student **Tessa Carlson** and PT-REFER project volunteer **Laurel Dillon-Summer**.

We also welcome three new CAB members:

- **Wendy Bart**, Vice President, Membership & Healthy Living, YMCA of Greater Seattle
- **Paula Houston**, Chief Executive Officer, Senior Services

## Dissemination and Implementation Research

ARC NW is one of eight collaborating member centers of the CDC and NCI-funded [Cancer Prevention and Control Research Network](#). Several ARC NW researchers are engaged in the Network's three signature cross-center research projects and three ad hoc working groups to accelerate the dissemination and implementation of evidence-based interventions...[continued](#)

## Workplace Health Promotion

### HealthLinks

The HealthLinks program was developed in partnership with the [American Cancer Society](#) (ACS) to provide employers with a menu of evidence-based interventions to improve employees' health. Focusing on nutrition, physical activity, smoking cessation, and cancer screening, HealthLinks options include free ACS and state programs, policy changes, on-site educational sessions for employees, and health communication.



In 2013, HPRC launched a 2-year randomized controlled trial on the effects of providing HealthLinks to 78 small businesses (20-200 employees) in King County, Washington. We are now collecting mid-point data...[continued](#)

### CEOs Against Cancer Challenge

The American Cancer Society's national CEOs Against Cancer program supports executives of large companies who are committed to saving lives and improving their company's bottom line. Locally, HPRC partnered with CAB member Becca McMillan and her ACS colleagues to initiate a CEOs Against Cancer Challenge, working with top executives at 26 large Washington state companies to track their efforts...[continued](#)

## SPOTLIGHT ON

## The HPRC Community Advisory Board Steering Committee

HPRC's Community Advisory Board (CAB) members represent many of our community partner organizations, and provide a practical perspective on program implementation. Learn about our CAB Steering Committee members below, and see the entire HPRC CAB [here](#).



### Jorge Madrazo, Chair

Jorge Luis Madrazo Cuéllar is Vice President of Community Relations at [Sea Mar Community Health Centers](#). Many of the programs he supervises at Sea Mar serve older Latino populations, including Information and Assistance, Nutrition and Socialization, Enhance Wellness, Ventanilla de Salud, Citizenship Program, and radio station KKMO.

Prior to this, Jorge served as the Consul of Mexico in Seattle from 2001 to 2006. Previously, he was Attorney General of Mexico from 1996 to 2000. He was an instructor for many years at the high school and undergraduate and graduate university levels, where he taught Humanities, Political Science, Civic Education, and Law. Jorge was a member of the National Commission for Indigenous Rights of Mexico

- **Maureen Linehan**, Director, Aging and Disability Services

### Farewell

We bid a fond farewell and thank you to departing CAB members **Linna Dossett** and **Pam Piering**.

We also wish fiscal specialist **Julie Taylor** well in her new position with the UW Aeronautics & Astronautics Department.

### Congratulations

Kudos and many thanks to HPRC graduating students:

- **Anna Dronen**, MSW
- **Oe Jin Shin**, MSW
- **Chelle Wheat**, PhD in Health Services

### Recent Publications

Topics of our latest publications include:

- Workplace health promotion in low-wage industries
- Effects of workplace stress and working from home on depression in young mothers
- Data sets supporting studies on dementia and comorbid chronic conditions
- Unique considerations regarding dissemination of American-developed health promotion programs in China
- and more!

[See our recently published articles here](#)

RELEASED MAY 2015

### Mall Walking: A Program Resource Guide

Developed by HPRC and the CDC, the *Guide* provides information about the health benefits of mall walking and presents practical strategies for starting and maintaining walking programs in malls and other venues.

and was General Inspector and then President of the Mexican National Commission on Human Rights from 1992 to 1996. He joined the UW HPRC Community Advisory Board in 2009, and became Chair in January 2014.

Jorge has published numerous articles and six books on law and human rights. He is an honors graduate of the National Autonomous University of Mexico Law School and studied at the University of California at Davis.



**Winona Hollins-Hauge, Chair-Elect**

Winona Hollins-Hauge is Regional Co-Director of the [Intercultural Cancer Council](#), representing the Washington State Association of Black Professionals in Health Care.

Formerly a Commissioner on the Washington Governor's Council for Reducing Health Care Disparities, Winona currently serves on the Fred Hutchinson Health Disparities Research Center community advisory board.

A licensed clinical social worker, and alumna of the UW School of Social Work, Winona brings a bio-social and multicultural lens to the HPRC CAB. She met HPRC director Jeff Harris while serving as a founding executive committee member of the Washington State Comprehensive Cancer Control Program, and has worked continuously as a community volunteer advocate for reducing health care disparities. Earlier this year, Winona collaborated with Clarence Spigner and Teri Ward as Co-PI's on a (NIMGS) T:36 Student Mentoring Meeting Grant, awarded from the NIH/NCI's Baylor College of Medicine. Photos and information about the project's success can be found [here](#).

Winona has received numerous community awards including the Central Area Senior Center's Seafair Community Leadership Award, the National Council of Negro Women's "Top 45 Time on Her Hands" award, and was nominated by the Association of Oncology Social Workers for their National Community Leadership Award.

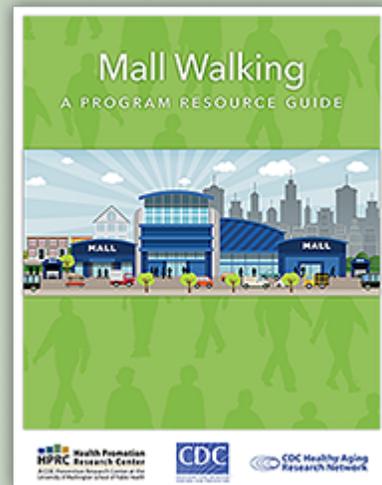


**Kim Wicklund, Past Chair**

Kim Wicklund has been with [Group Health](#) since 2006, and is currently the Manager of Patient Engagement. In that role, Kim oversees programs that help patients be informed and actively involved in their health care. Her work helps ensure that patients get preventive care as needed, pursue healthy lifestyles, manage chronic conditions, and take an active role in their health care and treatment decisions. Programs under her oversight include the chronic disease and diabetes self-management programs, shared decision making, patient health education resources, and activities to reduce variation in care. She frequently advises on plain language communications, senior wellness and healthy lifestyle programs. Kim is a Clinical Associate at the [Group Health Research Institute](#) and is regularly involved in research projects.

Before joining Group Health, Kim worked for Public Health-Seattle/King County, managing the Robert Wood Johnson Foundation's Allies Against Asthma program. Prior to that, she coordinated community diabetes coalitions for the Minnesota Department of Health. Kim's passion for public health was sparked when she served as a Peace Corps Volunteer in Papua New Guinea in the 1990s; she later earned her Master of Public Health degree from the University of Minnesota.

[Free download here](#)



The Group Health Research Institute has awarded Kim both the 2014 and 2015 Hilde and Bill Birnbaum Awards for Supporting Research that Benefits Group Health Members.

[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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