

AUGUST 2018

**the Link**  **Health Promotion Research Center**  
A CDC PREVENTION RESEARCH CENTER



*Spotlight on*

**Caitlin Mayotte**

Program Coordinator

HPRC

Caitlin Mayotte, winner of the Department of Health Services 2018 Outstanding Staff Award, has been with HPRC since 2015. We asked her about her work and her background.

**Tell us about your role at HPRC.**

My role is part research and part administration. I work on three projects that promote health in workplaces across Washington state and one PEARLS project that examines social isolation in depressed older adults. I also manage PEARLS trainings and support PEARLS technical assistance activities. Across the center, I provide administrative support in a variety of ways to the deputy director, director, faculty, staff, and research groups.

**How did you get into this field of work?**

By chance! While attending Michigan State University, my undergrad focus was on Medical Anthropology, so I was already interested in people and health. After graduating, I worked at the Center for Behavioral and Decision Sciences in Medicine at the University of Michigan, a research center similar to HPRC in many ways. Working there, I learned to love research—but I wanted more direct contact with the people we served. I left Michigan, moved to Seattle for grad school at Bastyr University, and became a board-certified Acupuncturist. My eventual goal is to do acupuncture research, so I'm grateful to be at HPRC, broadening my research skills.

**What keeps you passionate about health promotion research?**

I'm pretty busy with work at HPRC and my family at home, but I do see a few acupuncture patients to keep up my needling skills and my connections to patients and the community. My private practice has always focused primarily on homebound older adults, so I'm thrilled to be doing research and working with the PEARLS program, which reaches and impacts that population. I love geeking out with the data, but it's working directly with people that keeps me passionate—whether it's treating them as patients, or interviewing them as part of a study.

**What activities do you enjoy when not at work?**

Goofing off with my family—my daughter and son love to be outside, so we play in the yard or go for walks to the park almost daily. In rare moments of solitude, I enjoy gardening, crochet, and reading (well, listening—I devour at least one audiobook per week!)



### **NIH Awards \$3.1 Million to Expand Workplace Wellness Program**

HPRC's Peggy Hannon has received a grant from the National Institutes of Health to expand and evaluate the Connect to Wellness program (previously known as HealthLinks) for small and low-wage businesses across the U.S.

"I'm excited that we have this opportunity to reach beyond Washington state with a program that can make it easier for small employers in low-wage industries to support their employees' healthy choices," says Peggy. [Read more](#)



### **Dementia Action Guide Wins 2018 APEX Award**

"Connecting with AAPIs About Dementia" was developed for organizations working to educate and empower Asian-American and Pacific Islander (AAPI) communities about dementia. The guide was just awarded a 2018 APEX Award for Publication Excellence. Congratulations to HPRC's Healthy Brain Research Network center and the National Asian Pacific Center on Aging. [Download the guide here](#)



### **Community Advisory Board Meeting**

Date: Friday, October 26  
8:45 am to 12:00 pm  
At: Tukwila Community Center [Directions](#)

Join us along with Chair **George Dicks**, Chair-Elect **Margaret Boddie**, and Past Chair **Winona Hollins-Hauge**.



### **Seminar September 13**

#### ***Community Pharmacy-Based Research and Public Health***

**Date:** Thursday, September 13 - 10:00 am to 11:00 am PST  
**Presenter:** Jenny Bacci

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

**Attend via webinar:**

[Join online here](#)

Meeting ID: 730-693-565

Join by phone: 408-638-0968

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

## **HPRC People**

News and updates about HPRC staff:

- Congratulations to HPRC Director **Peggy Hannon**, who has been promoted to full professor.
- HPRC has a new Associate Director, **Anne Turner**. Anne is a professor in Health Services as well as in Biomedical Informatics and Medical Education, and will be instrumental in helping to lead HPRC's research with older adults.
- **Miruna Petrescu-Prahova**, a core investigator with HPRC, has been named Director of the Online Executive Master of Public Health program.
- Welcome to **Eva Torres**, an MSW/MPH student who will be working with us on several PEARLS projects, including the PEARLS Connect study, while completing her MSW practicum.
- Two research assistants, **Mariana Markova** and **Kai Zhang**, have joined our PEARLS Connect study team to conduct phone surveys and interviews regarding social isolation of older adults. Welcome!
- Kudos to HPRC students **Nellie Adams** and **Marlee Fischer**, who graduated in June, each with an MPH in Health Services.
- A fond farewell to **Kitty Christensen**, HPRC deputy director, who retired in June. Kitty joined HPRC in 2014, and will be remembered for her organizational mastery, diplomatic project management, and dedication to supporting HPRC's staff and the effectiveness of our work. We wish Kitty a happy and fulfilling new phase of life!
- And, welcome to HPRC's new deputy director, **Leah Westra**. Leah comes to us with deep experience in project, grant, and operations management for global health organizations, most recently with ICAP at Columbia University. We are very happy to have her on board; look for more about Leah in the next issue of the Link.

## Recent Publications

Fishleder S, Petrescu-Prahova M, Harris JR, Leroux B, Bennett K, Helfrich CD, Kohn M, Hannon P. Predictors of Improvement in Physical Function in Older Adults in an Evidence-Based Physical Activity Program (EnhanceFitness). Journal of geriatric physical therapy. 2018 Jul 3. [Abstract](#)

Hammerback K, Hannon PA, Parrish AT, Allen C, Kohn MJ, Harris JR. Comparing Strategies for Recruiting Small, Low-Wage Worksites for Community-Based Health Promotion Research. Health Educ Behav. 2018 Apr 1;1090198118769360. [Abstract](#)

Helfrich CD, Kohn MJ, Stapleton A, Allen CL, Hammerback KE, Chan KCG, Parrish AT, Ryan DE, Weiner BJ, Harris JR, Hannon PA. Readiness to Change Over Time: Change Commitment and Change Efficacy in a Workplace Health-Promotion Trial. Frontiers in public health. 2018;6:110. [Abstract](#)

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