



From the Director

Greetings, and welcome to 2019!

In my time as director of HPRC, I've developed a new appreciation for how much can happen in a dynamic research center in any given year. That said, 2018 was unusually eventful in a variety of ways. Below, I share some of the highlights of 2018 as well as a couple things we're most excited about for 2019.

Some 2018 highlights:

- George Dicks took the helm as new chair of HPRC's Community Advisory Board (CAB).
- Anne Turner joined HPRC as our new Associate Director.
- We welcomed Leah Westra as the new Deputy Director of HPRC, following Kitty Christensen's retirement.
- The PEARLS Connect Study, which will examine the impact of the PEARLS program on social isolation in older adults, launched. HPRC's Lesley Steinman received her first grant, from the AARP Foundation, to do this important work.
- HPRC received an R01 grant from the National Cancer Institute to test different strategies to expand the reach of Connect to Wellness—a workplace wellness program for small and low-wage businesses—beyond Washington State.
- The Healthy Brain Research Network (HBRN) received an APEX Award and many accolades for its action guide, "Connecting with Asian-American and Pacific Islanders about Dementia." HPRC is the coordinating center of the HBRN, a thematic network of the CDC PRC program.
- Our work with the Washington State Department of Health continued to grow and now includes arthritis, cancer control, hypertension control, and workplace health promotion.
- HPRC's cancer team made strides on two special interest projects focused on patient navigation for cancer screening, including completing data collection for the first national survey of patient navigators associated with the Colorectal Cancer Control Program and the National Breast and Cervical Cancer Early Detection Program.
- After more than 15 years in our suite in the University District Building, everyone pitched in to make our move to the fourth floor (of the same building) smooth and welcoming.



Looking to 2019:

- We await final word from CDC on our five-year renewal as a Prevention Research Center, having spent much of spring and early summer 2018 devising and writing our competing renewal proposal. There is always a stressful aspect to this process, but it also gives us the opportunity to plan an exciting new research project, and to critically examine ourselves and our growth as a center. This was truly an "all hands on deck" proposal; every person at HPRC made important contributions and all of our partners provided critical support. If we are once again fortunate in having our funding renewed, we will start work in October toward realizing our vision for the next five years.
- We welcome new faculty and students to HPRC in January, and look forward to additional student collaborators throughout the year. Watch for more info about our staff, faculty, students, affiliates, and CAB members in future issues of the Link.

Thank you for everything you do to improve the health of people in all communities. I wish you a healthy and happy 2019.

- Peggy Hannon

Free Downloads: Popular Tools
HPRC's widely-used resources are available online - learn more and download:

[Rapid Assessment of Physical Activity \(RAPA\)](#)

[PEARLS Toolkit for Community-Based Depression Treatment](#)

[Connecting with Asian-Americans and Pacific Islanders about Dementia](#)

FEBRUARY IS

CANCER PREVENTION MONTH

[AICR.ORG/CAN-PREVENT](#) #CANCERPREVENTION

Support Cancer Prevention
The [American Institute for Cancer Research](#) designates February as Cancer Prevention month. Support research that improves health and saves lives. Learn about HPRC's cancer prevention research [here](#).

Community Advisory Board Meeting
Date: Friday, January 25
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 February 14

PEARLS Projects: Latest Studies of the Evidence-Based Depression Treatment for Older Adults

Date: Thursday, February 14 - 10:00 am to 11:00 am PST
Presenters: Amanda Parrish, Caitlin Mayotte, Lesley Steinman

Attend in person: UW Tower 14th Floor - Glass Conference Room [Location](#)

Attend via webinar:
[Join online here](#)
or join by phone: (408) 638-0968
Meeting ID: 730-693-565

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

HPRC People

News and updates about HPRC staff and affiliates:

- Welcome to new faculty member **Barbara Baquero**. Barbara comes to us from the University of Iowa; her research focus includes health disparities, Latino health, and community-based participatory research.
- **Lauren Bardin**, who started working with HPRC in 2018 as a contract research coordinator, has been hired as a full-time staff member, and is working with our cancer prevention team on a variety of projects.
- The following students joined HPRC this quarter:
 - **Gracious Gamiao** and **Marissa Jackson**, both in the MPH Health Services cohort, will work on HPRC cancer prevention projects.
 - **Sarah Sutton**, MPH Health Services student, will work on DOH hypertension projects.
 - **Jingyi Li**, Healthy Brain Research Network scholar, is a PhD student in Nursing Science, and is working on an evaluation of the Momentia program for dementia care.
- **Sheri Simonsen**, Communications Specialist at HPRC since 2014, has accepted the position of Communications Manager for the Department of Health Services (HServ). We're pleased to have Sheri in this role, as her HServ communications work will include HPRC and the other centers in our department. So, congratulations, but not good-bye!

Recent Publications

Tang W, Friedman DB, Kannaley K, Davis RE, Wilcox S, Levkoff SE, et al. Experiences of caregivers by care recipient's health condition: A study of caregivers for Alzheimer's disease and related dementias versus other chronic conditions. Geriatr Nurs. [Abstract](#)

Coury JK, Schneider JL, Green BB, Baldwin LM, Petrik AF, Rivelli JS, et al. Two Medicaid health plans' models and motivations for improving colorectal cancer screening rates. Transl Behav Med. [Abstract](#)

[See additional recently published articles here.](#)



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

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