## Research Projects

### Older Adult Health Promotion

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<tr>
<th>Project Description</th>
<th>Principal Investigator(s)</th>
<th>Funding Information</th>
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<tr>
<td>PEARLS Equity: Expanding Access to Depression Care for Underserved Older Adults</td>
<td>Mark Snowden (CDC, 9/19-9/24, core-funded*)</td>
<td>Expand the reach of PEARLS, an evidence-based program for late-life depression, through outreach to and new partnerships with community-based organizations. Priority populations for the study are older adults who are experiencing poverty, are community members of color, have limited-English proficiency, or live in rural areas.</td>
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<tr>
<td>EnhanceFitness Dissemination</td>
<td>Miruna Petrescu-Prahova (ongoing, core-funded*, ends 9/20)</td>
<td>Partner with Sound Generations to disseminate/evaluate EnhanceFitness, an evidence-based physical activity program for older adults.</td>
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<td>PEARLS Dissemination</td>
<td>Lesley Steinman (ongoing, core-funded*)</td>
<td>Working with local, state, and national partners to disseminate PEARLS, a depression management program for older adults.</td>
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<tr>
<td>PEARLS: Identifying Evidence-based Solutions for Vulnerable Older Adults</td>
<td>Lesley Steinman (AARP Foundation, 4/17–3/21, $887,000)</td>
<td>A three-year project to understand the financial and social impact of the PEARLS program for low-income older adults.</td>
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<tr>
<td>Piloting a Social Isolation Screener for Older Adults</td>
<td>Basia Belza &amp; Lesley Steinman (AARP Foundation, 1/19-12/19 $5,000)</td>
<td>With leadership from Texas A&amp;M SPH and MAC (an area agency on aging in Maryland), HPRC is partnering with local clinical and community organizations to develop a brief, actionable social isolation screener for older adults.</td>
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<tr>
<td>Physical Activity Rapid Assessment Tool (RAPA)</td>
<td>Kristen Hammerback (ongoing, core-funded*)</td>
<td>Disseminating RAPA, an instrument to measure physical activity among older adults.</td>
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<td>Washington Healthy and Active for Arthritis Management (WHAAM)</td>
<td>Miruna Petrescu-Prahova (DOH, 6/30/19-6/29/23, $36,100/yr)</td>
<td>The goal of the WHAAM Project is to increase physical activity among people with arthritis as a means of reducing and managing pain. This goal will be accomplished by: 1) increasing opportunities for physical activity for people living with arthritis pain and 2) improving healthcare providers’ ability to refer arthritis patients to community programs.</td>
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<tr>
<td>CDC Healthy Brain Research Network (HBRN)</td>
<td>Basia Belza (CDC, 9/14-9/19, $85,000/yr)</td>
<td><strong>COMPLETED</strong> HPRC was Coordinating Center for HBRN, comprised of the CDC Healthy Aging Program-Healthy Brain Initiative, Collaborating Center PRCs at Oregon Health &amp; Science U., U. of Arizona, U. of Penn., U. of S. Carolina, U. of IL at Chicago, and other national/regional partners. HBRN established a public health research/translation agenda for cognitive health and healthy aging and supported a coordinated HBRN Scholars Program.</td>
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*Core-funded indicates that work on the project is supported by the CDC Prevention Research Center Program funding to HPRC.
Research Projects

**PT-REFER (Core Project FY 14-19)**  
Miruna Petrescu-Prahova  
(CDC, 9/14-9/19, core-funded*)

**COMPLETED** National scale-up of EnhanceFitness in YMCA's, with a focus on reducing race/ethnicity-related disparities in arthritis suffering. Research with physical therapists aimed to increase recommendations to community-based programs like EnhanceFitness.

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### Workplace Health Promotion

**ACS Technical Assistance Project**  
Jeff Harris  
(ACS, 9/09-12/14, $75,000/yr, 1/15-6/20, $100,000/yr)

Assisting American Cancer Society (ACS) global division to develop, implement, and evaluate innovative approach to workplace health promotion nationwide among companies enrolled in CEOs Against Cancer (CAC).

**Connect to Wellness* in Rural Worksites**  
(*previously HealthLinks)  
Peggy Hannon  
(DOH, 10/14-6/20, $162,000/yr)

Partnering with Washington State Department of Health to deliver Connect to Wellness to rural worksites in the state, as well as implement and evaluate a “train the trainer” model to expand reach.

**Healthy Worksite Summit**  
Kristen Hammerback  
(ongoing, core-funded*)

Providing training and networking opportunities to promote worksite health in Washington state.

**Increasing Evidence-Based Interventions at Low-Wage Worksites**  
Peggy Hannon  
(NCI, 5/18-4/23, $500,000/yr)

Scaling up Connect to Wellness to underserved worksites nationwide via partnerships with National Association of Chronic Disease Directors and local health departments. Currently in year 2 of a 5-year continuation grant to test alternative training models.

**Washington Healthcare Authority (HCA) Managers Project**  
Peggy Hannon  
(HCA, 10/15-9/16, $217,329, 10/16-9/17, $108,000/yr)

**COMPLETED** Partnering with the Washington HCA to: 1) inform Washington state’s workplace wellness efforts and 2) contribute to generalizable knowledge about how to effectively engage managers and supervisors in workplace wellness programs.

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### Cancer Prevention and Control

**Alliance for Reducing Cancer, Northwest (ARC NW) SIP 19-05**  
Peggy Hannon  
(CDC, 9/19-9/24, $300,000/yr)

Part of the CDC-PRC Cancer Prevention & Control Research Network (CPCRN), ARC NW’s goals are to strengthen our understanding of the translation of effective interventions into practice through research, training, and technical assistance using established organizational infrastructures, strong community partnerships, and multi-site network projects. CPCRN Collaborating Centers will study the dissemination and implementation of evidence-based interventions across multiple levels of the health care and community context. Two local research projects are planned; multi-site projects are to be determined.

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### Evaluation/Technical Assistance for Washington State Department of Health (DOH) Cancer Programs

Assist Washington’s DOH with evaluation activities supporting the Breast, Cervical, and Colon Health Program (BCCHP) and the overall Washington CARES Partnership, as well as serving on partnership task forces. Washington’s breast/cervical cancer screening activities are supported by CDC’s National Breast and Cervical Cancer Early Detection Program; colorectal cancer screening activities are supported by CDC’s Colorectal Cancer Control Program. Support health system partners’ implementation of evidence-based interventions to increase breast, cervical, and colorectal cancer screening.

**BeneFIT**

**SIP 14-012**

Laura-Mae Baldwin

(CDC 9/15 -9/19, $420,000/yr)

COMPLETE

Collaborated with two Medicaid/Medicare health plans to develop, conduct, and evaluate a health plan-level, direct mail FIT program to increase colorectal cancer screening rates.

**Evaluating Adoption and Implementation of an Evidence-based Patient Navigation Intervention for Colonoscopy Screening**

**SIP 16-001**

Peggy Hannon & Allison Cole

(CDC, 9/16-9/19, $250,000/yr)

COMPLETE

The goal was to determine whether replication of New Hampshire Colorectal Cancer Screening Control Program that uses patient navigation by other Colorectal Cancer Control Program grantees can achieve similar results. We partnered with one Colorectal Cancer Control Program grantee and one large health system to implement the patient navigation program and determine whether program implementation increased rates of colonoscopy completion as well as identify facilitators and barriers to use of the program in real-world settings.

**Human Papillomavirus (HPV) Vaccine Impact among Men who have Sex with Men**

**SIP 15-007**

Rachel Winer

(CDC, NCE ended 9/19)

COMPLETE

Cross-sectional study designed to determine real-world impact of HPV vaccination on HPV prevalence in young men who have sex with men. 757 subjects between the ages of 18-26 years were recruited from two Seattle sites that offer STI/HIV testing.

**Formative Study of Patient Navigators with NBCCEDP and CRCCP**

**SIP 17-003**

Wendy Barrington

(CDC, 9/17-9/19, $250,000/yr)

COMPLETE

The study’s aim was to characterize patient navigators working with the National Breast and Cervical Early Detection Program (NBCCEDP) and Colorectal Cancer Control Program (CRCCP), including their background, roles and responsibilities, work environment, and training/technical assistance needs in order to advance the science of patient navigator interventions and support efforts to scale-up and optimize navigation activities.

**Promoting Human Papillomavirus (HPV) Vaccination in Washington’s East African Communities**

**SIP 16-005**

Rachel Winer

(CDC, NCE ended 9/19)

COMPLETE

Developed, implemented, and evaluated a multi-level communications intervention to promote uptake of HPV vaccines in Somali, Ethiopian, and Eritrean adolescents. Multi-level intervention was targeted to mothers, adolescents, and health care providers.
### Other Projects

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<tr>
<td>Technical Assistance for Washington State Department of Health (DOH) Hypertension Programs</td>
<td>Miruna Petrescu-Prahova (DOH, 1/19-9/23, $150,000/yr)</td>
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<td>HPRC will provide technical assistance to the Washington’s DOH to disseminate and support the implementation of innovative practices for hypertension and high blood cholesterol management.</td>
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<td>Managing Epilepsy Well (MEW)</td>
<td>Robert Fraser (CDC, 9/14-9/19, $250,000/yr)</td>
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<td>Validating and extending an epilepsy self-management program tailored to the needs of community-dwelling adults and U.S. veterans. Focus is on representative community samples, comprehensive and longer-term outcomes assessment, and health provider training.</td>
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<td>Progestins and HIV Risk</td>
<td>Jared Baeten &amp; Jairam Lingappa (CDC, 9/14-9/19, $147,000/yr)</td>
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<td><strong>COMPLETED</strong></td>
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<td>Some studies suggest that women using progestin-based injectable contraceptive methods like DMPA may have enhanced HIV-1 risk. We used our repository of data and biologic samples to understand the effect of progestin-based contraception on HIV-1 transmission and disease.</td>
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