

FOSTERING PARTNERSHIPS
to Promote Health in Central Massachusetts



**UMass
Worcester
Prevention
Research
Center**

2016

Annual Report to Stakeholders



2016 UMass Worcester PRC Annual Report

We welcome you to a tour of the UMass Worcester Prevention Research Center's 2016 Annual Report to Stakeholders! We are pleased to showcase our work by featuring examples of current local, state, and national projects that seeks to fulfill the mission: *To improve health through lifestyle changes including greater physical activity and healthy eating, and achieving or maintaining a healthy weight.*

Six major themes guide our research towards this mission. These themes are:

- Health Equity
- Youth and Families
- Technology-Assisted Interventions
- Worksite Health Promotion
- Policy, Systems, Environment
- Community-Clinical Linkages

A hallmark of our work is the strength of collaboration, from partnerships with community stakeholders, to work teams comprised of high school, college and doctoral students, staff with diverse training and experiences, postdoctoral fellows, and faculty. It is with great pride that we share the work of all.

Stephenie C. Lemon, PhD and Milagros C. Rosal, PhD



Our Vision and Mission

OUR VISION - Optimal health among Greater Worcester residents.

OUR MISSION - Improve health through lifestyle changes including greater physical activity and healthy eating, and achieving or maintaining a healthy weight.

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News from Healthy Kids & Families™

UMass Worcester PRC Research Area: Youth and Family

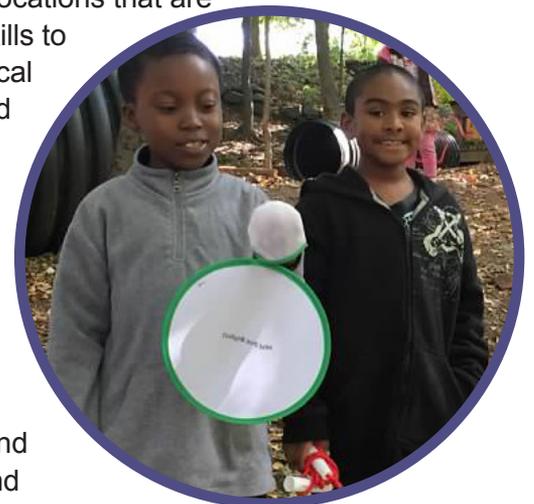


We did it! Healthy Kids & Families™, the applied research project of the UMass Worcester Prevention Research Center, reached full participant enrollment in 2016!

We are now in full swing delivering and assessing the intervention. Healthy Kids & Families™ will test the impact of a community health worker

(CHW)-delivered intervention aimed at helping families overcome barriers to childhood obesity prevention. This Healthy Lifestyles intervention is compared to a comparison condition (Positive Parenting intervention) aimed at helping families improve positive parenting skills. The two conditions are identical in format.

Led by Milagros C. Rosal, PhD and Wenjun Li, PhD, the Healthy Lifestyles intervention addresses social, environmental, and family issues that may pose as barriers to healthy dietary and activity choices. Recognizing that families are typically pressed for time, Marline Ruíz (community health worker), the Coach for the project, meets with families individually, both in person and by telephone, at times and locations that are convenient for them. She uses Motivational Interviewing skills to address each family's concerns about healthy eating, physical activity and weight. She assists them in setting goals around those concerns and shares relevant information, as well as makes referrals to community resources that could help families meet their goals. Marline's work is supported through quarterly newsletters mailed to families and through organized community navigation events. Both highlight local resources and information about the intervention's healthy lifestyle messages. In 2017, families will also be invited to participate in a private Facebook group that will reinforce intervention messages and give families an additional way to get to know each other and share information.



Families at the Massachusetts Audubon Broad Meadow Brook Conservation Center and Wildlife Sanctuary

To date, a number of community navigation events have taken place. Families in the Healthy Lifestyles intervention condition had fun hiking the trails and canoeing at the Massachusetts Audubon Broad Meadow Brook Conservation Center and Wildlife Sanctuary, running through outdoor sprinklers at the splash park at Cristoforo Colombo Park (East Park), and cooking healthy snacks and dinner together. Families in the Positive Parenting comparison condition met animals at the Green Hill Park Farm, visited the Worcester Public Library, and learned about parent support at the Worcester Connections Family Resource Center, of YOU Inc.

There are a total of 244 families participating in the project. Each family has a child that is in Kindergarten through Sixth grade in one of the following nine Worcester elementary schools.

- Union Hill School
- Vernon Hill School
- Rice Square School
- Columbus Park Preparatory Academy
- Grafton Street School
- Belmont Street Community School
- Burncoat Preparatory Academy
- Lincoln Street School
- Canterbury Street Magnet Computer-Based School



Families cooking together

Families will be involved in the intervention for 2 years, and will be assessed at baseline, 6, 12, 18 and 24 months. The intervention will be evaluated on child and parent outcomes including:

- Body Mass Index (BMI)
- Dietary behaviors
- Physical activity
- Sedentariness



Green Hill Park Farm

A talented team of people helped to build this program.

Assessment Team:

- Valerie Silfee, PhD
- Jessica Reyes-Carrion
- Meera Sreedhara
- Annabella Aguirre
- Andrea Lopez-Cepero
- Karen Ronayne
- William Rui
- Kevin Kane
- Anthony Clarke
- Casi (Dorcas) Kadangs

Intervention Team:

- Marline Ruiz
- Christina Haughton
- Hannah Siden



Green Hill Park Farm

Principal Investigators: Milagros C. Rosal, PhD and Wenjun Li, PhD

Research Project Director: Amy Borg

Fresh Start Facebook Intervention

UMass Worcester PRC Research Area: Technology-Assisted Intervention

Mothers are busy, especially moms with babies, as they juggle all their responsibilities for caring for children, family, and work. There often is not enough time or energy left over to care themselves. This is why UMass Worcester PRC's Milagros C. Rosal, PhD is leading a team to share the postpartum weight loss program called **Fresh Start** with new participants via Facebook!

Fresh Start is part of UMass Medical School's Center for Health Equity Intervention Research (CHEIR), funded by the National Institute for Minority Health and Health Disparities of the NIH. Fresh Start is now completing final assessments with the 139 women who participated in a trial of the group-based program. Seeking to reach women in a new way without asking them to come to group sessions, **Fresh Start Facebook** is a modified version of the Fresh Start content delivered on Facebook, and is meeting with great success! The study team of Milagros C. Rosal, post-doctoral fellow Valerie Silfee, doctoral student Andrea Cepero-Lopez, and staff members Linda Olsen, Karen Ronayne and Barbara Estabrook are implementing this new pilot project in partnership with the Worcester WIC program. With a goal of reaching 90 women, there will be 3 groups of 30 women who participate for 16 weeks. Each day over 8 weeks, there are 2 Facebook posts a day with coaching, followed by 8 weeks of daily posts without coaching. To determine if the program works, women are weighed and complete questionnaires about eating and exercise behavior and other topics when they first enroll and at the program's conclusion. There is an additional weigh-in at 8 weeks.

Valerie Fresh Start
November 5 at 8:00am · Buffer

It's Saturday! Time to report your steps! How did you do with your physical activity goal week? Need to fit in more activity this weekend? Check out some of these tips to increase your activity!

SIMPLE WAYS TO BE MORE ACTIVE:

AT HOME	AT WORK	WHEN YOU'RE OUT
Walk your dog and play fetch Work in your garden Clean your house Lift weights, march in place or walk around the room while watching TV	Walk at lunch Exercise in your chair Take the stairs Stand while on the phone, reading or eating Talk face-to-face with your coworkers	Go dancing Do tai chi Take a walk after dinner Park far away from the door Wear a pedometer



Valerie Fresh Start
October 16 at 8:00am · Buffer

Happy Friday! Have you weighed yourself every day this week? Daily weighing helps you stay accountable. Time to step on the scale and share with us your weight change for the past week! Did you go up, down, or stay the same? We want to hear from everyone!



Like Comment

New Directions for FITLINE™

Community-clinical Linkages

How can we help families help their children engage in a healthy lifestyle as they grow? Given our nation's high rates of childhood overweight and obesity, many families and their pediatricians struggle with how best to help children grow while maintaining a healthy weight. The American Academy of Pediatrics (AAP) recommends that the first step for pediatricians is to help families establish healthy habits related to eating and being active.

Pressed for time to discuss many different issues with families, pediatricians face the challenge of helping families with all of their needs during the annual check-up. In order to change habits, families need information and personalized support over time as they try new things and have additional questions.

Recognizing the need for a new way to help families make healthy changes, Dr. Lori Pbert and her team developed and pilot tested the FITLINE™ telephone counseling program for parents. During office visits, pediatricians implement the Let's Go 5-2-1-0 intervention to assess and document BMI, review a healthy habits screener, and provide feedback and brief advice regarding healthy eating and activity. Pediatricians then refer interested families of children who are overweight or obese to FITLINE™, where trained nutritionists make weekly telephone calls to the families to provide information and coaching tailored to their unique needs.



The pilot project is complete and has been found to be successful. Dr. Pbert and her team have just been funded by the National Institute of Health's National Heart, Lung and Blood Institute to fully test the FITLINE™ program. Drawing from 16 pediatric practices, Dr. Pbert and her team will enroll 512 children ranging in ages from 8-12 and their families into the randomized clinical trial. All practices will receive the Let's Go 5-2-1-0 intervention and will refer their families into a support program. In half of the practices the pediatricians will refer their families into the FITLINE™ telephone coaching program with informational materials. Families from the other 8 practices will receive the same materials, sent to parents in weekly mailings. The goal for both programs is to improve diet and physical activity and reduce Body Mass Index (BMI).

If the FITLINE™ coaching program is found to be effective and cost-effective, it will provide an innovative model which can be shared with other pediatric practices nationwide, contributing significantly to the development of new standards for weight management care in pediatric practice.



Supporting Local Priorities

Strong collaborations guide public health in the greater Worcester area, and UMass Worcester PRC faculty, staff, and Steering Committee members are leaders and active partners.

Greater Worcester Community Health Improvement Plan

In 2016, the Worcester Division of Public Health (WDPH), which is the lead agency of the Central Mass Regional Public Health Alliance (CMRPHA), partnered with Fallon Health, UMass Memorial Medical Center, and the Coalition for a Healthy Greater Worcester (formerly CHNA-8, Common Pathways) to galvanize over 1500 individuals and many agencies to complete the Community Health Assessment and create the Greater Worcester Community Health Improvement Plan (CHIP).

The CHIP is a blueprint for action for the next 3-5 years, and its guiding principles and 9 Priority Areas focus the talent, resources, and work plans of many community agencies. These agencies and individuals share a vision of becoming the healthiest region in New England by 2020. UMass Worcester PRC staff were actively involved in the Physical Activity Priority Area and the Access to Healthy Food Priority Area.

For more information on the Central Mass Regional Public Health Alliance (CMRPHA) and the Greater Worcester CHIP, visit: <http://healthycentralma.com/>

Academic Health Collaborative of Worcester

The new Academic Health Collaborative of Worcester (AHC-W) brings together the Worcester Division of Public Health with UMass Medical School, Clark University, and Worcester State University “to improve community health and develop public health research and practice leaders.” It is closely aligned with the CHIP, and seeks to focus student and academic research energy to implement the 9 domains. For more information on the Academic Health Collaborative of Worcester, visit: <http://academic.healthycentralma.com>.



Photo Source: Martha Assefa, Worcester Food Policy Council

The Worcester Food Policy Council

The Worcester Food Policy Council is a collaborative of agencies and stakeholders who share a mission to “foster a healthy and just food system for all.” Highlights of this past year’s work include exploring and supporting avenues to make healthy food more accessible, supporting urban agriculture, and assisting in the implementation of the Healthy Incentives Pilot (HIP) program so that recipients of the Nutrition Assistance Program (SNAP) program can purchase more fruits and vegetables at farmer’s markets. A highlight of the year was to accompany Congressman Jim McGovern (2nd Congressional District of Massachusetts) to the Daily Table in Dorchester, Massachusetts. The purpose of the visits was to learn from this not-for-profit retail store that also sells prepared, healthy meals. For more information on the Worcester Food Policy Council, visit: <https://worcesterfoodpolicycouncil.org>.

WalkBike Worcester

WalkBike Worcester (WBW) actively worked towards its goal of making it more “safe, pleasant and convenient” to walk and bike in Worcester. The collaboration of organizations and residents provide input on local plans, policies and practices to create “complete” streets that safely accommodate driving, biking and walking. For more information on WalkBike Worcester, visit: <https://walkbikeworcester.org>.



Photo Source: <https://walkbikeworcester.org>.

UMass Worcester PRC Steering Committee members, faculty and staff led and joined many of these efforts.

UMass Worcester PRC Steering Committee members

- Cassandra Anderson, Manager of Strategic Partnerships, WDPH
- Martha Assefa, Manager of the Worcester Food Policy Council
- Zach Dyer, Deputy Director, WDPH/CMRPHA, Co-Chair of the Coalition for a Healthy Greater Worcester
- Jacqueline Ewuoso, Prevention Specialist, WDPH
- Mónica Escobar Lowell, UMass Memorial Health Care, Inc
- Liz Sheehan Castro, Convener of the CHIP Access to Healthy Food Priority Area
- Alexis Travis, Chief of Community Health, WDPH

Mass Worcester PRC Faculty and Staff

- Suzanne Cashman, Steering Committee member and Research and Evaluation Subcommittee chair of the Coalition for a Healthy Greater Worcester
- Karin Goins, Convener of the CHIP Physical Activity Priority Area, coordinator of WalkBike Worcester
- Christine Frisard, Evaluator of the CHIP via the Coalition for a Healthy Greater Worcester
- Amy Borg, Member of the CHIP Access to Healthy Food Priority Area and the Worcester Food Policy Council

Supporting State Priorities

UMass Worcester PRC Research Area: Worksite Health Promotion

UMass Worcester Prevention Research Staff faculty partnered with the Massachusetts Division of Public Health (MDPH), providing consultation and evaluation to ongoing initiatives.

UMass Worcester PRC Director Stephenie Lemon, PhD continued to serve on the Advisory Board of MDPH's Prevention and Wellness Trust Fund overseeing the evaluation. She also served on the Steering Committee of the Comprehensive Cancer Prevention and Control Program, which just completed a 5-year strategic planning process. Suzanne Cashman, ScD served on the MDPH Rural Health Workforce Advisory Committee, where she collaborated to make local connections to increase access to qualified physicians in rural areas.

UMass Worcester PRC Faculty member Wenjun Li, PhD, provided valuable evaluation services to two MDPH programs.

Evaluation of Prevention Wellness Trust Fund Worksite Wellness Programs

The Massachusetts "Working on Wellness" (WoW) program provides training and seed funding to employer organizations to initiate policies and programs that promote a healthy workplace and encourage a healthy lifestyle. The program was specifically designed to promote worksite health among small- to medium-sized organizations. This project provides evaluation of the outcomes and progress of Massachusetts Prevention and Wellness Trust Fund worksite wellness programs.

Evaluation of Smoke free public housing policy

This project provides statistical evaluation of the outcomes and progress of public housing smoking bans as they are enacted by communities throughout the commonwealth. Public housing residents are surveyed prior to the smoking bans being put into place, and are also surveyed one year post-enactment. Respondents are questioned about smoking, exposure to second-hand smoke, and general health to determine the effect of smoking bans on residents' health and smoking behaviors.

Involving Health Departments in Making Community Decisions that Promote Health

UMass Worcester PRC Research Area: Policy, Systems Environment

The way a community is built influences the physical activity of community members. For example, sidewalks that are in good condition and clearly marked crosswalks can make it possible for people to walk as they do their errands in their neighborhoods, or for exercise. Consistent bike lanes can make it safer for people to bike to school or work.

Nationally, staff from local health departments are not typically involved in making decisions about how community infrastructure, such as streets and sidewalks, is built and maintained. Stephenie Lemon, PhD and Karin Valentine Goins, MPH, are leading the PAPRN+ Collaborating Center (the Physical Activity Policy Research Network Plus), a Special Interest Project of the UMass Worcester Prevention Research Center, to find out how health departments can be at the table and bring the health lens to the decision making process. To do this, they are defining standards for health departments to use in their strategic planning. The next step is to survey local health departments across the country about their experience in these areas, their strategic planning, and their preferences for technical assistance and training. They are also defining knowledge and skills needed to be more involved. Through this work, they seek to work toward the goal of helping local health department staff be more involved in these community decisions.



Enhancing Novel Methods of Increasing Diversity in Health-Related Research

UMass Mass Worcester PRC Research Area: Health Equity

Strengthening Translational Research in Diverse Enrollment (STRIDE)

Although African Americans and Latinos in the United States suffer disproportionately from leading causes of death and disability, such as diabetes, uncontrolled hypertension, obesity, HIV/AIDS and certain types of cancer, they are often underrepresented in clinical research. Reaching and involving African Americans and Latinos in research is essential to finding ways to help prevent or treat these health conditions, and reduce these health disparities. Through a strong partnership of the Clinical and Translational Science Awards (CTSA's) at UMass Medical School, Vanderbilt University School of Medicine, and University of Alabama at Birmingham, the STRIDE project will build upon and expand the community-engaged approaches developed by the CTSA programs at these institutions. The fourth partner, Community Campus Partnerships for Health (CCHP), will bring its internationally renowned expertise in community engaged research. Together, the partnership will seek novel ways to involve African Americans and Latinos in research, better explain the value of research, and build trust.

STRIDE will use 3 approaches to helping researchers increase diversity in research.

(1) It will use storytelling to promote research literacy, and simulation-based training for improving culturally appropriate recruitment and informed consent. UMass Worcester PRC researcher Stephenie C. Lemon, PHD and others have used storytelling to help reach people with low literacy and low health literacy skills. They have found that through stories, participants can share powerful, personal experiences to describe research in words that can make the experience real to others. The **STRIDE** project will use storytelling approaches to help people better understand the value of research, and what it is like to participate in clinical research.

(2) Simulation-based training will be used to enhance cultural appropriateness of recruitment and informed consent. UMMS is a leader in using simulation training to prepare research assistants for recruiting among diverse populations for research studies. **STRIDE** will develop training scenarios that specifically address concerns of African Americans and Latinos.

(3) The project will adapt an interactive, Internet-based consent process to help personalize the process and assure cultural sensitivity for African Americans and Latinos.

Through this work at the partnering institutions, **STRIDE** will build intervention components using community-engaged approaches, and test the effectiveness of the **STRIDE** intervention to improve participation of African Americans and Latinos in translational clinical trials. **STRIDE** will promote translation and dissemination of these effective strategies to other research.

STRIDE is funded by National Institute of Health (NIH)'s National Center for Advancing Translational Sciences (NCATS). 13

Steering Committee

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Center for Health Impact

Liz Sheehan Castro

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Worcester County Food Bank

Zach Dyer, MPH

Deputy Director
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Judi Kirk, MSPE

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Lori Pbert, PhD

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Karen Ronayne

Research Coordinator
Division of Preventive and Behavioral Medicine

UMass Worcester PRC showcase of postdoctoral fellows and students!

The UMass Worcester PRC served as the training site for students in many stages of their studies. Through relationships with training programs both in the community and within UMass Medical School, students and fellows bring fresh perspectives, new skills, and enthusiasm to our research.

Featuring Meera Sreedhara, Graduate Student in Clinical and Population Health Research (CPHR)

As a native of Worcester, MA, I am thrilled to have the opportunity to train in this city and participate in research that directly impacts my community. I earned my Bachelor's degree from College of the Holy Cross and a Masters of Public Health from University of Massachusetts Amherst. I have multiple years of experience working in clinical and academic research, most of which was within an oncology setting which highlighted for me the need for prevention research. My more recent work as a population health project manager spurred my desire to pursue additional graduate training in population health. I am currently a second year doctoral student in the Clinical and Population Health Research (CPHR) doctoral program at the University of Massachusetts Medical School, which provides rigorous training in epidemiology, biostatistics, and health research that is focused on the translation of research into disease prevention, policy and clinical practice. My specific health and research interests meet at the intersection of chronic disease prevention, applied public health research, and policy implementation research. I am currently planning my dissertation to study the primary prevention of cardiovascular disease through evidence-based public health. My primary mentor, Stephenie Lemon, PhD has provided me with incredible guidance and amazing research training opportunities, which include assisting with the UMass Worcester PRC Healthy Kids & Families Study and UMass Worcester PRC PAPRN+ Collaborating Center physical activity policy projects. My long term goal is to impact the prevention of chronic diseases by accelerating the translation of evidence into practice, which I hope to do through a career in policy implementation research either at the state or federal level.



In addition, we were pleased that the following people contributed to our work in various ways.

NAME	PROGRAM	Contribution (s)
Valerie Silfee, PhD	Post-Doctoral Fellow	Healthy Kids & Families research team: Intervention development Fresh Start via Facebook principal investigator, intervention development and lead
Christina Haughton	Clinical and Population Health Research (CPHR) doctoral program	Healthy Kids & Families research team: Intervention development Fresh Start trial: Intervention development, evaluation
Meera Sreedhara	CPHR doctoral program	Healthy Kids & Families research team: Assessor P APRN+
Andrea Lopez-Cepero	CPHR doctoral program	Healthy Kids & Families research team: Assessor Fresh Start via Facebook intervention development and co-lead
Casi (Dorcas) Kadangs	CPHR doctoral program	Healthy Kids & Families research team
Karen Del'Olio	Master's in Public Health	Formative research for the development of the research literacy program for the UMass Worcester PRC
Hannah Siden	Psychology Major, Fitchburg State University	Healthy Kids & Families research team
Monica Mwendia	Girls. Inc Worcester Eureka Interns	Healthy Kids & Families research team
Nichole Ramirez	Girls. Inc Worcester Eureka Interns	Healthy Kids & Families research team
Shir Lerman, PhD, MPH	Prevention and Control of Cancer: Post-Doctoral Training in Implementation Science (PRACCTIS) Post-Doctoral Fellow	Latino Health & Wellbeing Project Analysis and manuscript development



Christina Haughton, Nichole Ramirez, Milagros Rosal, Stephenie Lemon, Monica Mwendia



Valerie Silfee, PhD, Andrea Lopez-Cepero, Meera Sreedhara



Karen Del'Olivo



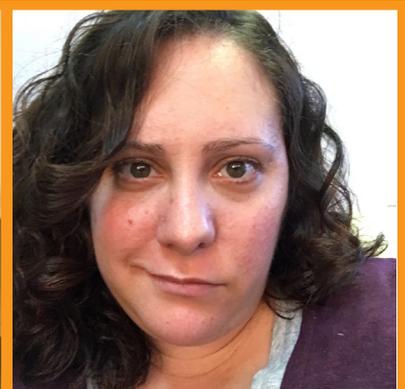
Meera Sreedhara and Valerie Silfee, Recruiting for Healthy Kids & Families



Casi Kadangs



Hannah Siden



Shir Lerman, PhD, MPH

Research Projects

Youth and Family Research

The Fresh Start Trial, Center for Health Equity in Research

This study aims to assess the effectiveness and implementation of a culturally adapted weight loss intervention for low-income, postpartum women participating in the Special Supplemental Nutritional Program for Women, Infants, and Children (WIC) through a randomized controlled trial.

UMass Worcester PRC Principal Investigator: Milagros C. Rosal, PhD, Stephenie C. Lemon, PhD

Funder: Center for Health Equity Intervention Research, National Institutes of Health, National Institute on Minority Health and Health Disparities

Dates: 2012-2018

Pediatric Practice-based Obesity Intervention to Support Families: Fitline

The goal of this randomized clinical trial is to test the effect of providing support and coaching to parents of children ages 8 to 12 with overweight and obesity on improving the child's diet and physical activity and reducing Body Mass Index (BMI).

UMass Worcester PRC Principal Investigator: Lori Pbert, PhD

Funder: National Institutes of Health/National Heart, Lung and Blood Institute

Dates: 2016-2021

Randomized Trial of a Post-Partum Diabetes Prevention Program for Hispanic Women

The overall goal of this randomized clinical trial is to test the efficacy of a culturally and linguistically modified, individually-tailored lifestyle intervention to reduce excessive gestational weight gain, increase postpartum weight loss, and improve maternal metabolic status among overweight/obese Hispanic women.

UMass Worcester PRC Principal Investigator: Milagros C. Rosal, PhD

Funder: National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases

Dates: 2012-2017

Randomized Lifestyle Intervention in Overweight and Obese Pregnant Hispanic Women

The overall goal of this randomized clinical trial is to test the efficacy of a culturally and linguistically modified, individually-tailored lifestyle intervention to reduce excess gestational weight gain (GWG), increase postpartum weight loss, and improve maternal metabolic status among overweight/obese Hispanic women and their children.

UMass Worcester PRC Principal Investigator: Milagros C. Rosal, PhD

Funder: National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases

Dates: 2013-2018

Using Social Media to Prevent Teen Marijuana Use: A family Intervention in a State with Adult-Legal Cannabis

An interdisciplinary team of researchers will evaluate the effectiveness and cost-effectiveness of a social media marijuana prevention intervention for Colorado's families.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2015-2020

School-Based Waterpipe Smoking Cessation Intervention Program among Jordanian Adolescents

This study tests the effectiveness of a behavioral counseling program that 5As guidelines with students in Jordan who smoke waterpipes.

UMass Worcester PRC Principal Investigator: Lori Pbert, PhD

Partners: American University of Beirut (Lebanon) (Alzyoud)

Funder: American University of Beirut Research Grant

Dates: 2015-2016

Developing a Smartphone App with Mindfulness Training for Teen Smoking Cessation

This study will adapt and test the Craving to Quit (C2Q) smartphone app, which integrates mindfulness training into a smoking cessation program, for teen smokers (C2Q-Teen).

UMass Worcester PRC Principal Investigator: Lori Pbert, PhD

Funder: UMass Worcester PRC Principal Investigator: Lori Pbert, PhD

Partners: UMMS Center for Mindfulness

Funder: National Institutes of Health and National Institute on Drug Abuse

Dates: 2014-2016

Mindfulness Training to Promote Healthy Diet and Physical Activity in Teens

This study examines the feasibility, acceptability and preliminary efficacy of additional school-based mindfulness training to traditional health education that promotes of a healthy diet and physical activity among teens.

UMass Worcester PRC Principal Investigator: Lori Pbert, PhD

Funder: National Institutes of Health, National Health, Lung, and Blood Institute

Dates: 2013 - 2016

Healthy Equity Research Projects

Strengthening Translational Research in Diverse Enrollment (STRIDE)

This collaborative study between UMass Medical School, Vanderbilt and the University of Alabama at Birmingham is developing innovative approaches to enhancing informed consent procedures with a goal of improving research literacy among under-served populations. This project is developing a multi-level informed consent platform that integrates e-consent with patient storytelling and simulations-based research assistant training. The intervention will be tested in the context of six ongoing clinical trials in a multiple time series design randomized trial.

UMass Worcester PRC Principal Investigator: Stephenie Lemon, PhD

Funder: National Institutes of Health, National Center for the Advancement of Translational Science

Dates: 2016-2021

UMass Center for Health Equity Intervention Research (CHEIR)

This collaboration between UMass Worcester and UMass Boston establishes a Center for Minority Health. This center provides infrastructure to identify, train, mentor and foster the career development of minority students and faculty and in general individuals with interests in health disparities interventional research. It provides an infrastructure support to faculty interested in developing research ideas aimed to reduce and eliminate health disparities through an administrative, a research and a community engagement cores.

UMass Worcester PRC Principal Investigator: Milagros C. Rosal, PhD

Funder: National Institutes of Health, National Institute on Minority Health and Health Disparities

Dates: 2012 – 2018

Implementation Research Training Program in Cancer Prevention and Control

This education and training grant will establish a postdoctoral training program at UMMS focused on community and clinical implementation science in cancer prevention and control.

UMass Worcester PRC Principal Investigator: Stephenie C. Lemon, PhD

Funder: National Cancer Institute

Dates: 2014-2019

Community Engagement Core, Center for Health Equity Intervention Research (CHEIR)

This core is supporting community engagement activities in affiliated projects. It also includes an independent project intended to advance the field of community engaged science through the development, dissemination, and evaluation of an innovative, culturally responsive video storytelling intervention to increase research literacy among community members.

UMass Worcester PRC Principal Investigator: Stephenie Lemon, PhD

Funder: Center for Health Equity Intervention Research, National Institutes of Health, National Institute on Minority Health and Health Disparities

Dates: 2012-2018

Community Engagement and Research Section, University of Massachusetts Clinical and Translational Science Award (UMCCTS)

The Community Engagement and Research Section enhances academic and community capacity to address urgent health priorities among communities in Massachusetts using community-engaged research approaches. It establishes regional community-based research networks (CBRN) and junior faculty training programs.

UMass Worcester PRC Principal Investigator: Stephenie Lemon, PhD, Suzanne Cashman, ScD

Funder: National Institutes of Health

Dates: 2015-2019

Special Populations Resource Center, University of Massachusetts Clinical and Translational Science Award (UMCCTS)

The Special Population Resource Center seeks to engage special populations in clinical and translational research with strategies that reach out to investigators and community members using tailored, culturally responsive methods.

UMass Worcester PRC Principal Investigator: Milagros C. Rosal, PhD

Funder: National Institutes of Health

Dates: 2015-2019

Health Care Reform and Disparities in the Care and Outcomes of Trauma Patients

This project evaluates the impact of Health Care Reform on the reduction of disparities in trauma care.

UMass Worcester PRC Principal Investigator: Wenjun Li, PhD

Funder: National Institutes of Health/ National Institute on Minority Health and Health Disparities

Dates: 2011-2016

Collaborative Research: Institutional Networks and Continuous Learning to Undo Effects of Micro-inequities on Women (INCLUDE-Women)

The focus of this project is quantify and address bias that affects the culture and thus the advancement of women into visible STEM leadership roles in research, professional societies, and leadership. This will make a substantial contribution to the institutional transformation knowledge base for subsequent applications to National Science Foundation.

UMass Worcester PRC Principal Investigator: Judith Ockene, PhD

Partner: UMass Lowell and UMass Worcester

Funder: National Science Foundation

Dates: 2012-2016

Continuation of the Nicotine Dependence in Teens (NDIT) Study to Age 30

The study will follow the use of tobacco products, quit attempts, and genetic and environmental factors among study participants. It extends the ability to follow-participants until they are 30 years old, and develop intervention tools.

UMass Worcester PRC Principal Investigator: Lori Pbert, PhD

Partners: University of Montreal

Funder: Canadian Cancer Society Research Institute

Dates: 2015-2019

Testing Skin Cancer Prevention Messages Targeted to High Priority At-Risk Adults

Exposure to ultraviolet (UV) radiation is a significant contributing factor to skin cancer, yet sunburns, tanning, and unprotected sun exposure remain prevalent. The proposed study will develop and test health messages for key segments of the population who are understudied but at elevated risk for skin cancer. This work will produce a library of evidence-based skin cancer prevention messages for use in public health campaigns.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2015-2019

Barriers and Facilitators of Mental Health Services Utilization among Latinos

Using a community-engaged research approach, this study is to empirically assess the association of individual, partner/family, social context and larger community stressors and sources of support on markers of physical and mental health and health care utilization among lowincome Latinos.

UMass Worcester PRC Principal Investigator: Milagros C. Rosal, PhD and Stepenie C. Lemon, PhD

Funder: National Institutes of Health, National Institute of Mental Health

Dates: 2011-2017

Get Social: Randomized Trial of a Social Network Delivered Lifestyle Intervention

The purpose of the present study is to conduct a randomized controlled trial to compare the efficacy of an online social network delivered intervention to a traditional in-person group based lifestyle intervention. We hypothesize that an online social network intervention will not be inferior to the traditional delivery approach.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2015-2020

Center for mHealth-Based Behavioral Sensing and Interventions

This center grant is to provide the resources for investigators to create an intercampus mHealth research center at the University of Massachusetts. UMass Worcester PRC

Principal Investigator: Sherry Pagoto, PhD

Funder: UMass President's Science and Technology Fund

Dates: 2012-no end

Development and Feasibility of a Primary Care-Based Online Weight Loss Intervention Platform

This project will develop and test usability, feasibility, and acceptability of this web-based weight loss intervention designed for delivery in primary care. This work will lay the foundation for a 2-arm randomized controlled trial comparing the efficacy of the intervention for weight loss compared with a self-directed comparison condition.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2015-2018

RELAX: A Mobile Application Suite Targeting Obesity and Stress

The purpose of this proposal is to develop and test the feasibility and proof-of-concept of RELAX Application Suite (AS), a mobile-, cloud- and web-based companion to a brief visit lifestyle intervention for obese individuals. RELAX-AS will be designed to reduce clinical visit time and cost by identifying and displaying behavior patterns that account for the greatest deviations in energy balance.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2014-2017

Feasibility Trial of a Problem-Solving Weight Loss Mobile Application

This project will develop and test the feasibility of Smart Coach, a weight loss mobile application that includes common features such as self-monitoring, goal setting, and a social network. Most importantly, it will also feature an avatar-facilitated, idiographic problem solving feature that processes information intelligently to help patients identify solutions to their weight loss problems.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institute of Diabetes and Digestive and Kidney Diseases

Dates: 2013-2016

Likes Pins and Views: Engaging Moms on Teen Indoor Tanning Thru Social Media

This study will develop and evaluate the effectiveness of a social media indoor tanning campaign to decrease mothers' permissiveness for, and prevalence of, indoor tanning by daughters and increase mothers' support for policy restrictions on indoor tanning by minors to improve the effectiveness of indoor tanning regulations.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2015-2020

Mentoring in mHealth and Social Networking Interventions for Cardiovascular Disease Risk Reduction

This mid-career development award is designed to support a mentorship plan in mHealth research for cardiovascular disease prevention that leverages the resources and transdisciplinary faculty of the UMass Center for mHealth.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Heart, Blood, and Lung Institute

Dates: 2015-2020

Using Social Media to Prevent Teen Marijuana Use: A family Intervention in a State with Adult-Legal Cannabis

An interdisciplinary team of researchers will evaluate the effectiveness and cost-effectiveness of a social media marijuana prevention intervention for Colorado's families.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2015-2020

Women in Control: A Virtual World Study of Diabetes Self-Management

This randomized clinical trial will compare the effectiveness of a virtual world-based vs. a face-to-face diabetes self-management intervention. The study population will be African American/Black and Latina women with uncontrolled type 2 diabetes.

UMass Worcester PRC Principal Investigator: Milagros C. Rosal, PhD

Funder: National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases

Dates: 2016

Policy, Systems, and Environment Research Projects

UMass Worcester PRC PAPRN+ Collaborating Center

This grant re-establishes the UMass Worcester Prevention Research Center as a member of the Physical Activity and Policy Research Network Plus. Our team is leading research related to municipal officials' involvement in local built environment policy processes.

UMass Worcester PRC Principal Investigator: Stephenie Lemon, PhD

Funder: Centers for Disease Control

Dates: 2014-2019

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UMass Worcester PRC Principal Investigator: Milagros C. Rosal, PhD and Stephenie C. Lemon, PhD

Funder: National Institutes of Health, National Institute of Mental Health

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UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2015-2020

Statistical Evaluation of the Community Tobacco Control Programs

This project provides statistical evaluation of the outcomes and progress of various programs and sample surveys managed by Massachusetts Tobacco Control Program.

UMass Worcester PRC Principal Investigator: Wenjun Li, PhD

Funder: Massachusetts Department of Public Health

Dates: 2010-2016

Implementation Research Training Program in Cancer Prevention and Control

This education and training grant will establish a postdoctoral training program at UMMS focused on community and clinical implementation science in cancer prevention and control.

UMass Worcester PRC Principal Investigator: Stephenie C. Lemon, PhD

Funder: National Cancer Institute

Dates: 2014-2019

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UMass Worcester PRC Principal Investigator: Lori Pbert, PhD

Partners: University of Montreal

Funder: Canadian Cancer Society Research Institute

Dates: 2015-2019

Transdisciplinary Training in Cardiovascular Research

The goals of this program are to train pre- and postdoctoral fellows in cardiovascular research that spans basic science to the T2+ translational arenas.

UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2013-2018

Evaluation of Prevention Wellness Trust Fund Worksite Wellness Programs

This project provides evaluation of the outcomes and progress of Massachusetts Prevention and Wellness Trust Fund worksite wellness programs.

UMass Worcester PRC Principal Investigator: Wenjun Li, PhD

Funder: Massachusetts Department of Public Health

Dates: 2015-2016

Massachusetts Surveillance Quality Improvement (MA-SQI) Project

The MA Surveillance Quality Improvement project (MA-SQI) assesses and improves the quality of injury data collected in the state's administrative databases including the MA Hospital Discharge Database (HDD), the MA Emergency Department Discharge (EDD) database, and the MA Multiple Cause-of-Death (MCO) file.

UMass Worcester PRC Principal Investigator: Wenjun Li, PhD

Partners: Massachusetts Department of Public Health

Funder: Centers for Disease Control

Dates: 2014-2019

EPOTS

This study investigates the relationship between diabetes and progression of tuberculosis.

UMass Worcester PRC Principal Investigator: Wenjun Li, PhD

Partners: Indo-US Vaccine Action Program/NIAID

Funder: Centers for Disease Control

Dates: 2015-2017

Analysis of MassHealth Patients with High Needs

This project investigates personal and community factors predictive of MassHealth subscribers with high health care expenditure and special needs.

UMass Worcester PRC Principal Investigator: Wenjun Li, PhD

Partners: Clark University, UMass Family Medicine and Community Health

Funder: MassHealth (Massachusetts Medicaid)

Dates: 2014-2016

Project A – MassHealth SIMS Data Integration

Project H – Analyze Profiles by Selected Outcomes

This project develops predictive models for functional disabilities, falls and fall injuries, long term care needs among Massachusetts Medicaid and Medicare populations.

UMass Worcester PRC Principal Investigator: Wenjun Li, PhD

Partners: MA Elderly Affairs, LTSS Policy Lab Projects

Funder: MassHealth (Massachusetts Medicaid)

Dates: 2014-2016

Community-Clinical Linkages Research Projects

RELAX: A Mobile Application Suite Targeting Obesity and Stress

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UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institute of Diabetes and Digestive and Kidney Diseases

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UMass Worcester PRC Principal Investigator: Sherry Pagoto, PhD

Funder: National Institutes of Health

Dates: 2015-2019

Asthma Symptom Management Through Mindfulness Training

The goal of this study is to evaluate the effect of participation in a Mindfulness-Based Stress Reduction compared to an active control on asthma symptom control and the role of mindfulness, psychosocial, and biological processes in intervention-related changes.

UMass Worcester PRC Principal Investigator: Lori Pbert, PhD, Wenjun Li, PhD

Funder: National Institutes of Health /National Center for Complementary and Integrative Health

Dates: 2014-2019

Artherosclerosis Risk Factor Reduction in Ecuador: Training Primary Care Physicians in Behavioral Counseling and Establishing Office Support and Patient Follow-up Systems

This study will adapt, refine and assess the feasibility of using an evidence-based cardiovascular risk prevention intervention model within Ecuadorian primary care settings, and will test the effect of the intervention approach on risk factor reduction, including: reduction in lipids, weight loss, HgbA1C in diabetics, appropriate guideline-driven prescription of statin medications, and continued adherence to medication by patients.

UMass Worcester PRC Principal Investigator: Milagros C. Rosal, PhD

Funder: Pfizer, Inc.

Dates: 2014-2016

Worksite Health Promotion Research Projects

Evaluation of Prevention Wellness Trust Fund Worksite Wellness Programs

This project provides evaluation of the outcomes and progress of Massachusetts Prevention and Wellness Trust Fund worksite wellness programs.

UMass Worcester PRC Principal Investigator: Wenjun Li, PhD

Funder: Massachusetts Department of Public Health

Dates: 2015-2016



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