



**FOSTERING PARTNERSHIPS**  
to Promote Health in Worcester County



# 2014

## Annual Report to Stakeholders



## Dear Friends and Colleagues,

We are pleased to share with you the 2014 Annual Report of the UMass Worcester Prevention Research Center. This has been a year of first anticipation and then, excitement as we learned that our PRC was granted another five year award!

Over the course of the past five years, we have become part of the fabric of the state and local public health system. Our Steering Committee, faculty, and staff created many opportunities to conduct activities that support applied public health research with state and local departments of public health, community and health care partners.

This new award extends the work of the UMass Worcester PRC, which works to promote health and healthy weight through healthier lifestyles, particularly greater physical activity and healthier eating. During these next five years, we will be focusing our attention on Worcester in many ways, including through the Union Hill Healthy Families Project. You can follow our work on Twitter (@umwprc) as well as our website ([www.umassmed.ed/prc](http://www.umassmed.ed/prc)).

We invite you to explore several highlights of 2014 showcased in this report.

Best,

Stephenie C. Lemon, PHD  
Co-Director

Milagros C. Rosal, PhD  
Co-Director



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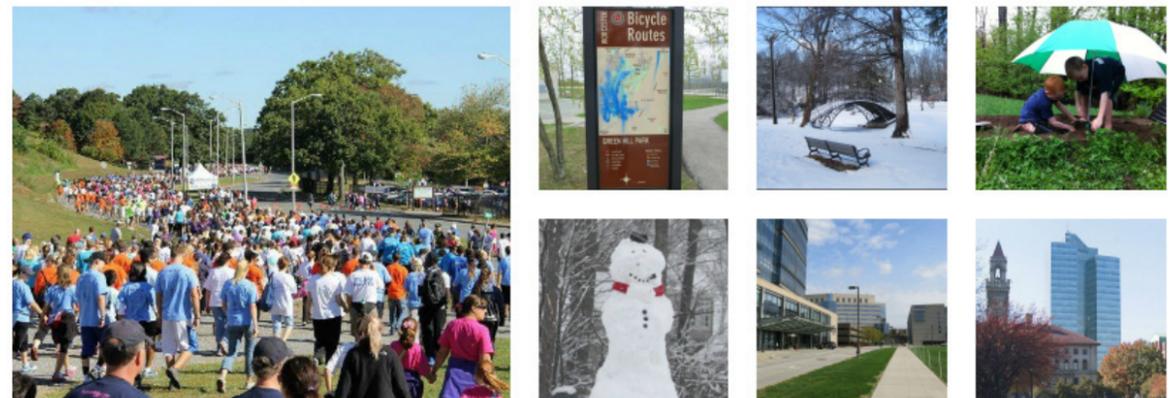
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Scenes from Worcester

# Our Vision and Mission

**Our Vision** is optimal health among Worcester area residents.

**Our Mission** is to establish community, public health, health care and academic capacity to engage in equitable research partnerships for conducting applied public health research targeting physical activity, healthy eating, obesity and associated chronic conditions among Worcester area residents.

## What we do:

1. Partner with governmental and community organizations to research effective ways to tackle community issues,
2. Provide technical assistance for ongoing projects that partners are carrying out,
3. Conduct training in a variety of topics, such as program evaluation, research evidence related to healthy lifestyle, and research strategies,
4. Share research results,
5. Evaluate programs.



A Community Running Event



Community Advisors

# Our Public Health Practice

**Our public health practice-based research is in six primary areas, which reflect faculty expertise and CDC priorities:**

1. **Health Equity** – We recognize that personal circumstances, those that might be in our control and others beyond our control, often make it difficult to make decisions that are healthy. We look to make it easier for everyone to eat healthy foods and be physically active to prevent obesity and associated health issues.
2. **Built Environment and Policy** – We recognize that it is important to have safe sidewalks and streets so that people can be physically active in their communities
3. **Child and Family Health** – Eating and physical activity behaviors are established and reinforced at home, schools, and throughout the community. Our research targets each of these and helps to link them together to support healthy choices everywhere.
4. **Obesity and Mental Health** – Weight management can be particularly challenging among people with several mental health issues. For people facing these challenges, we recognize that mental health support is integral to interventions that support healthy eating, physical activity, and maintaining a healthy weight.
5. **Community-Clinical Linkages** – We work to establish and evidence-base of strategies that work in the “real world”. We prioritize bringing together health care and the public health system for disease prevention and management.
6. **Other Wellness, such as Worksite Health Promotion** – Our work supports health in many other ways. Some of our work focuses on encouraging people who smoke to quit, decreasing tanning, encouraging wellness at work, and fostering healthy pregnancies. Other work focuses on the approaches to research, such as encouraging community engaged research, and using mobile technology.



# Welcoming Our New Award



The Assabet Regional Technical Highschool catered the event, featuring deliciously prepared, local produce grown in nearby farms.



The US Centers for Disease Control has awarded the UMass Worcester Prevention Research Center (UMass Worcester PRC) a five-year award that will support innovative public health research and training opportunities for the next generation of researchers.

The Centers for Disease Control and Prevention has awarded \$19.5 million to 26 academic institutions in 25 states to study how people and their communities can avoid or counter the risks for chronic illnesses, such as heart disease, obesity, and cancer. The funds will support the development and evaluation of practical public health prevention interventions.

We hosted a Reception on Wednesday, October 22nd, 2014 to celebrate the many research partnerships and projects that occurred during the last five years, and to welcome new ones

Approximately 60 people attended the event, including members of our Steering Committee, PRC Faculty and staff, former fellows and student interns, faculty from the UMass Medical School campus, and partners from many community organizations.

Several people spoke at the Reception, including:



PRC Directors Drs. Stephenie C. Lemon and Milagros C. Rosal



Division of Preventive and Behavioral Medicine Chief Judith Ockene, PhD, MEd



UMass Medical School Chancellor Collins, UMass Medical School Dean Flotte



State Senator Harriette Chandler, State Representative James O'Day, and State Representative John Donahue

# Applied Research

## Navigating to Health

Reaching Patients with Chronic Illnesses

What will help to bring patients who have not seen their primary care physician back for a visit?



Some high-risk patients at the Edward M. Kennedy Community Health Center with type 2 diabetes and/or hypertension were not regularly seeing their primary care physician for care. The health center wanted to develop a way to reach out to these patients to help bring them back in to the health center for care.

This challenge developed into a shared applied UMass Worcester PRC research project from 2009-2014, led by Dr. Milagros Rosal of the UMass Worcester PRC, and Leah Gallivan, Dr. Jose Ramirez, and Brenda Figueroa of the Edward M. Kennedy Community Health Center.

The team created a Patient Navigator program aimed to re-engage patients with type 2 diabetes and/or hypertension that had not been seen by a Primary Care Physician in the previous six months. Bilingual, bicultural Patient Navigators contacted patients by phone to build rapport, discuss the importance of follow up care, identify challenges to attending appointments, and assist in overcoming these challenges. After patients were connected to the Primary Care Physician or Chronic Disease Nurse and attended their visits, Patient Navigators worked with the medical team to schedule other necessary visits.

The study found that Patient Navigators may be effective in re-engaging patients with diabetes and/or hypertension with primary medical care when they are able to speak with patients directly. This personal attention may help to strengthen a patient's motivations to take care of himself or herself, and is more effective in bringing them back to the health center than simply receiving messages left via voicemail or with a family member.

As Patient Navigators were bilingual and bicultural community members, these characteristics are presumed to foster rapport with patients in a manner salient to patients. Findings from this study may guide future processes and decisions regarding the integration of Patient Navigators within medical teams and population-based medicine guidelines to effectively manage community and population health.

# Applied Research Project

## Healthy Families Project of Union Hill

The Healthy Families Project is designed to support parents and their children in a variety of ways, including helping identify resources that meet individual family interests and needs, community events that put families in touch with those resources, and online information available at any time they might need it.

Over the course of two years, families of children who attend Union Hill School will explore community resources related to healthy eating and physical activity, and families of children who attend Grafton Street School will promote the use of resources to support positive child behavior. The programs at both schools will be similar in format.

Both programs will primarily reach out to parent-child pairs, using a variety of approaches. Trained bilingual (English/Spanish) Community Health Workers will get to know interests and goals of families, and help them get to know community resources to help meet their goals. There will be personalized meetings, Facebook conversations, and group trips to community places.

The project is the new the applied research project of the UMass Worcester PRC. Led by Principal Investigators Milagros C. Rosal, PhD and Wenjun Li, PhD of the UMass Worcester PRC, the project is a collaboration of the Oak Hill Community Development Corporation, Worcester Division of Public Health, Massachusetts Department of Public Health, Central Massachusetts Area Health Education Center. The team will collaborate with additional community-based organizations whose missions align with the aims of the project.

Many people are looking forward to this project to begin!



*Eating fresh vegetables at the mobile farmer's markets, exploring playgrounds, doing things together as a family....these are some of the things that families who take part in the Union Hill Healthy Families Project may be doing.*

# Research Results

## Fiber, anyone? Using a simple message for weight loss

As magazine, social media, scientific reports, and personal stories tell us, losing weight is challenging. The good news is that there are things that can help. The American Heart Association (AHA) diet, for example, is effective in helping people with metabolic syndrome people to lose weight. This is important because metabolic syndrome is a group of factors, including high blood pressures, blood sugar, and unhealthy cholesterol levels, and abdominal fat, that can increase a person's risk of developing Type II Diabetes or having a heart attack or stroke.



Although the AHA diet can be effective, it is also complex and may be challenging for some people to do, and to follow over time.

Dr. Yunsheng Ma and other researchers, including UMass Worcester PRC Faculty Dr. Sherry Pagoto, Ms. Barbara Olendzki and Dr. Wenjun Li, wanted to know if a single message to encourage people to eat more fiber would be just as effective. In a randomized clinical trial, a total of 240 adults with metabolic syndrome were assigned either to a group following the AHA diet or to a group focused exclusively on eating more fiber.

The study found that after a year, people were able to lose weight when given the simple message of eating more fiber (2.1 kg). While they did not lose as much as the group that followed the AHA diet (2.7 kg), it was clinically meaningful, and accompanied by the improvement of blood pressures, dietary quality, and insulin resistance. These results suggest that a simple message of increasing dietary fiber can be effective, and may want to be considered for people who have difficulty following more complicated diets.

This study was funded by the National Heart, Lung, and Blood Institute (NCT00911885)

**Publication:** Ma Y, Olendzki BC, Wang J, Persuitte GM, Li W, Fang H, Merriam PA, Wedick NM, Ockene IS, Culver AL, Schneider KL, Olendzki GF, Carmody J, Ge T, Zhang Z, Pagoto SL. Single-component versus multicomponent dietary goals for the metabolic syndrome: a randomized trial. *Ann Intern Med.* 2015 Feb 17;162(4):248-57. doi: 10.7326/M14-0611.

## Even Motivated Healthy Eaters Need Easy Access to Healthy Foods



*“The findings of this study support a cornerstone theory of the Mass in Motion program that supportive environments can facilitate behavior change and ultimately improve health,” said co-author Thomas Land, PhD, director of the Department of Public Health’s Office of Data Management and Outcomes Assessment. “DPH is committed to Mass in Motion and the promise of improved community health that it delivers.”*

In: Even motivated dieters need close access to healthy food. UMMS and DPH findings challenge previous conclusions about healthy eating and neighborhood environment, by Sandra Gray, UMass Medical School Communications, umass med NOW, October 07, 2014.

If someone is highly motivated to lose weight, does it matter where a store with fruits and vegetables is located? In a word, YES!

In randomized, controlled trial comparing the effectiveness of the American Heart Association’s diet with a simple message to increase the amount of fiber among participants with metabolic syndrome, UMass Worcester PRC faculty Wenjun Li, PhD, and Thomas Land, PhD, Director of the Department of Public Health’s Office of Data Management and Outcomes Assessment at the Massachusetts Department of Public Health, and others pulled together information about what people ate, where they lived, where grocery stores were located, and the quality of healthy food available in these stores.

After analysis, the study found that people were more likely to eat more fiber, fruits, and vegetables when they lived closer to grocery stores selling high-quality fiber, fruits, and vegetables.

Making healthy eating an easier choice by improving the local food environment may produce better results.

Data on participants were obtained from a study funded by the National Heart, Lung, and Blood Institute (Grant No. 5R01HL094575-04). Socioeconomic and demographic data on communities were obtained from a study funded by the National Institute on Aging (Grant No. AG028738). Grocery store data collection and geographic analysis were funded by a development fund from the University of Massachusetts Medical School.

Publication: Wedick NM, Ma Y, Olendzki BC, Procter-Gray E, Cheng J, Kane KJ, Ockene IS, Pagoto SL, Land TG, Li W. Access to Healthy Food Stores Modifies Effect of a Dietary Intervention. *Am J Prev Med.* 2014 Oct 6. pii: S0749-3797(14)00487-5. doi: 10.1016/j.amepre.2014.08.020.

*“Our study is different. It looks at whether neighborhood environment becomes a limiting factor when a person wants to improve their diet. If you live far away from a grocery store, and you are trying to change your diet, will that affect you or not? To our knowledge, this is the first study to look at that,” said Dr. Li.*

In: Even motivated dieters need close access to healthy food. UMMS and DPH findings challenge previous conclusions about healthy eating and neighborhood environment, by Sandra Gray, UMass Medical School Communications, umass med NOW, October 07, 2014.

## Indoor Tanning Salons are Easily Accessed by many College Students. Potentially Increasing their Risk of Skin Cancer



**Nearly Half of Colleges Have Indoor Tanning Facilities on or Near Campus**  
 According to a new study, 14 percent of colleges allow campus cash to pay for tanning.  
 02/22/10/09/2014

Dr. Sherry Pagoto, PhD interviewed on Good Morning America

**Call to Action**  
 Reduce the availability of indoor tanning in college campuses!

### Indoor Tanning Salons are Easily Accessed by many College Students, Potentially Increasing their Risk of Skin Cancer

How easy is to access tanning salons on many top colleges and universities in the U.S.?  
 VERY easy in (48%) of these top colleges and universities!

Have you heard of a “healthy tan”? Although some people may think that a tan is a sign of health, tanning can actually increase a person’s risk of development skin cancer. Even though indoor tanning places people more at risk of developing cancer, many young adults do it. In fact, almost ¼ of non-hispanic white women between the ages of 18-35 years old have used an indoor tanning salon in the past year, and 15% do so frequently.

A team of researchers, led by UMass Worcester PRC’s Dr. Sherry Pagoto, wondered if tanning salons were easily accessible on college campuses.

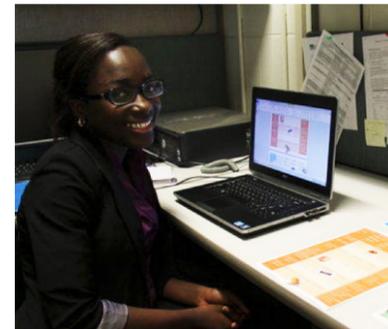
The team wanted to know how available tanning salons are to college students in top US colleges and universities, as defined by the US News and World Report 2013. Not only did her team look at the availability of tanning salons, but also how easily they could be paid for with campus cash cards, or if they were included in rent charges. What the team found was astonishing, in that almost half (48%) of these top colleges and universities offered easy access to indoor tanning salons through associations with either on-campus or off-campus housing. Fourteen 14% of colleges allowed them to be paid for with campus cash cards intended to purchase food and books.



This results attracted media attention from all across the country, which will hopefully lead to change. Good Morning America, NPR, ABC News Chicago, US News, Health Day, and others spread the word that over half of top US colleges and universities are passively increasing student risk of developing skin cancer later in life.

Source: Pagoto SL, Lemon SC, Oleski JL, Scully JM, Olendzki GF, Evans MM, Li W, Florence LC, Kirkland, B, Hillhouse JJ. Availability of Tanning Beds on US College Campuses. *AMA Dermatol.* 2014 Oct 29. doi: 10.1001/jamadermatol.2014.3590.

# Preparing the Next Generation of Researchers



Princilla Minkah, a member of the Girls Inc. of Worcester's Eureka program, working at her externship at the UMass Medical School's Worcester Prevention Research Program. (Lindsay Corcoran, MassLive.com)

As the UMass Worcester PRC is growing, so is its ability to involve students from post-doctoral students to high school students, as well as community partners, and participate in many stages of the research process. Students actively engage in our research, and contribute significantly to the work of the PRC while gaining skills, knowledge, and experience.

## Post-Doctoral Training

The PRC now offers two Post-Doctoral training programs, the UMass Worcester Prevention Research Center Post-Doctoral Fellow, and the new Post-Doctoral Training in Implementation Science in the Prevention and Control of Cancer (PRACCTIS).

The PRC is pleased to have received a new NCI-funded post-doctoral training program focused on implementation science in collaboration with the Division of Implementation Science and Health Informatics in the Department of Quantitative Health Sciences. This five year training program is the first of its kind and will ready the next generation of cancer prevention and control researchers to identify innovative, effective ways to implement evidence-based practices and policies in real world settings.

## Graduate Training

UMass Worcester PRC are also active in several graduate programs at UMass Medical School. For example, many of our faculty mentor graduate students in the Clinical & Population Health Research PhD Program. In addition, the UMass Worcester PRC partners with the UMass Medical School's Preventive Medicine Residency, located in the Department of Family Medicine and Community Health. Through this partnership, residents can undertake real-world research opportunities for Preventive Medicine Residents.



## Undergraduate Summer Internship Program

UMass Worcester PRC welcomes undergraduate students to work on various parts of our work. This past summer, students helped to develop research and educational materials for the UMass Worcester PRC's new Healthy Families Project.

## High School Interns

The UMass Worcester PRC has created an internship opportunity for a high school girl participating in the Eureka!® Program of Girls Incorporated of Worcester. Eureka!® is a five year program for girls entering 8th grade that prepares girls for college and careers, with a special focus on STEM.

## Training on Research Methods

UMass Worcester PRC Faculty provide training on research methods. This is often incorporated into ongoing research projects.



# Steering Committee

The UMass Worcester Prevention Research Center is guided by the Steering Committee, comprised of UMass Medical School Faculty and leaders from partnering community organizations, as well as state and local governmental agencies.

We would like to thank all of Steering Committee members who successfully guided our project during the last 5 years. We wish former Common Pathways Director Clara Savage, EdD, best wishes as she continues on to new adventures.

Welcome to our new members Liza Castro Sheehan, Judi Kirk, Mullen Sawyer, and Karin Valentin Goins! We look forward to working together during these next five years!



Dr. Stephenie Lemon thanking Dr. Clara Savage during our UMass Worcester PRC Reception



Name	Organization
Derek Brindisi, MPH	Worcester Division of Public Health
Joanne Calista, MSW	Central Massachusetts Area Health Education Center
Suzanne Cashman, ScD	UMMS Worcester
Liz Sheehan Castro	Worcester Food and Active Living Policy Council
Karin Valentine Goins, MPH	WalkBike Worcester
Judi Kirk, MSPE	Boys & Girls Club of Worcester
Stephenie C. Lemon, PhD	UMMS Worcester
Wenjun Li, PhD	UMMS Worcester
Mónica Escobar Lowell	UMass Memorial Health Care
Toni McGuire, RN, MPH	Edward M. Kennedy Community Health Center
Judy Ockene, PhD, MA	Division of Preventive and Behavioral Medicine UMMS Worcester
Cathy O'Connor	Massachusetts Department of Public Health
Sherry Pagoto, PhD	UMMS Worcester
Lori Pbert, PhD	UMMS Worcester
Milagros Rosal, PhD	UMMS Worcester
Mullen Sawyer	Oak Hill Community Development Corporation

# UMASS Worester PRC Projects

## Child & Adolescent Health

### School Nurse Intervention and Exercise Program for Overweight Teens

The major goal of this study is to evaluate the effectiveness and implementation of a school-based weight reduction program compared to an information only control condition in reducing BMI.

**UMass Principal Investigator:** Lori Pbert, PhD

**Partner:** Massachusetts Department of Public Health

**Funder:** NIH, NHLBI

**Dates:** 2011-2014

### Mindfulness Training to Promote Healthy Diet and Physical Activity in Teens

This pilot study is testing the feasibility and preliminary efficacy of a school-delivered, mindfulness + health education intervention compared to health education alone on dietary habits and physical activity in 9th graders in 2 high schools in Massachusetts.

**UMass Principal Investigators:** Lori Pbert, PhD and Elena Salmoirago-Blotcher, MD, PhD

**Partner:** Massachusetts Department of Public Health

**Funder:** NIH, NCCAM

**Dates:** 2013-2015

### Central Massachusetts Youth Risk Behavior Survey

The UMW-PRC has a contract from the Worcester Division of Public Health to implement and evaluate a Youth Survey in public high schools throughout Central Massachusetts.

**UMass Principal Investigator:** Stephenie Lemon, PhD

**Partner:** WDPH, DOE

**Funder:** WDPH

**Dates:** 2013-2014

### Adolescent Smoking Cessation in Pediatric Primary Care

The goal of this project is to test an innovative parent education intervention for diabetes management using human patient simulation with a child version simulator.

**UMass Principal Investigator:** Lori Pbert, PhD (sub-contract PI)

**Funder:** NIH, NCI

**Dates:** 2010-2015

## Health Equity

### Navigating for Health

This study is testing the implementation of a community health worker outreach model among low-income Latinos with hypertension and diabetes who are disengaged from safety net institutions.

**UMass Principal Investigator:** Milagros C. Rosal, PhD

**Partners:** Edward M. Kennedy Community Health Center, Massachusetts Department of Public Health, Central Massachusetts Area Health Education Center

**Funder:** CDC PRC project

**Dates:** 2009-2014

### The Fresh Start Trial

This study is assessing effectiveness of a culturally appropriate weight loss intervention for low-income, post-partum women participating in the Special Supplemental Nutritional Program for Women, Infants and Children (WIC) through a randomized controlled trial.

**UMass Principal Investigators:** Stephenie Lemon, PhD & Milagros Rosal, PhD

**Partners:** Massachusetts Department of Public Health, Women, Infants, and Children, Worcester Division of Public Health, 3 health centers

**Funder:** NIH, NIMHD

**Dates:** 2012-2017

### Randomized Lifestyle Intervention in Obese Pregnant Hispanic Women

This study is testing a culturally and linguistically modified individually-tailored lifestyle intervention to optimize gestational weight gain and postpartum weight loss among overweight/obese Hispanic women.

**UMass Principal Investigator:** Milagros Rosal, PhD (subcontract PI)

**Funder:** NIH, NIDDK

**Dates:** 2013-2018

### Randomized Trial of a Postpartum Diabetes Prevention Program for Hispanic Women

The goal of this RCT is to test the efficacy of a culturally and linguistically modified, individually-tailored lifestyle intervention to reduce diabetes and cardiovascular risk factors among post-partum Hispanic women with a history of gestational diabetes.

**UMass Principal Investigator:** Milagros Rosal, PhD (subcontract PI)

**Funder:** NIH, NIDDK

**Dates:** 2012-2017

### The Latino Health and Well-being Study

This study is empirically assessing 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 low-income Latinos.

**UMass Principal Investigator:** Stephenie Lemon, PhD & Milagros Rosal, PhD

**Partner:** Lawrence Mayor's Health Taskforce

**Funder:** NIH, NIMH

**Dates:** 2011-2015

### 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 Principal Investigator:** Wenjun Li, PhD

**Partner:** Massachusetts Department of Public Health

**Funder:** NIH, NIMHD

**Dates:** 2011-2014

## UMass Center for Health Equity Intervention Research (CHEIR): Community Engagement Core

The goal of this project is to advance the field of community engaged science through the development, dissemination, and evaluation of innovative, culturally responsive strategies to increase research literacy among community members.

**UMass Principal Investigator:** Stephenie Lemon, PhD

**Funder:** NIH, NIMHD

**Dates:** 2012-2017

## Wellness and Worksite Health Promotion

### School Worksite Weight Gain Prevention Study

This cluster RCT will test a school-nurse coordinated implementation model of an evidence-based ecological obesity prevention intervention among high school workers in central Massachusetts.

**UMass Principal Investigator:** Stephenie Lemon, PhD & Lori Pbert, PhD

**Partner:** DOE

**Funder:** NIH, NCI

**Dates:** 2009-2014

### Center for mHealth-Based Sensing and Behavioral Interventions

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

**UMass Principal Investigator:** Sherry Pagoto, PhD

**Partner:** UMass Amherst

**Funder:** UMass President Science and Technology Fund

**Dates:** 2012-2014

### Pilot Investigation of Behavioral Alternatives to Indoor Tanning

This study is determining whether incentivizing indoor tanners' engagement in healthy alternative behaviors that enhance appearance (sunless tanning) and reduce stress (yoga) will decrease their indoor tanning

**UMass Principal Investigator:** Sherry Pagoto, PhD

**Funder:** NIH, NCI

**Dates:** 2012-2014

### RCT for Smoking Cessation in Medical Schools

Using a pair-matched, randomized group-controlled design in 10 medical schools, we are comparing two methods of teaching the 5As to medical students.

**UMass Principal Investigator:** Judith Ockene, PhD, MEd, MA

**Funder:** NIH, NCI

**Dates:** 2009-2014

## University of Massachusetts Clinical and Translational Science Award: Community Engagement and Research

This CTSA section is leading university system wide strategies to improve the ability of faculty to conduct community engaged research and strengthen institutional partnership with a cadre of community partners.

**UMass Principal Investigator:** Stephenie Lemon, PhD & Suzanne Cashman, ScD (Co-Directors)

**Funder:** NIH, NCATS

**Dates:** 2010-2015

## Built Environment & Policy

### UMass Worcester Physical Activity Policy Research Collaboration Center

This grant establishes the UMMS Prevention Research Center as a collaborator in a network of academic institutions dedicated to developing and evaluating methods for successfully implementing local and state policies that promote physical activity.

**UMass Principal Investigator:** Stephenie Lemon, PhD

**Partners:** CDC consortium, WDPH

**Funder:** CDC SIP

**Dates:** 2009-2014

### Evaluation of Mass in Motion and CTG Programs

This project provides statistical evaluation of the effectiveness of two Community Transformation Grants and the Mass in Motion and CTG programs directed by Massachusetts Department of Public Health.

**UMass Principal Investigator:** Wenjun Li, PhD

**Partners:** Massachusetts Department of Public Health, CDC

**Funder:** Massachusetts Department of Public Health

**Dates:** 2012-2014

### Health Care Reform and Accessibility, Quality and Outcomes of AMI-Related Care

This study examines the impact of Massachusetts Health Care Reform on the accessibility, quality and outcomes of medical care for heart attack patients.

**UMass Principal Investigator:** Wenjun Li, PhD

**Partner:** Massachusetts Department of Public Health

**Funder:** UMass CCTS (NIH U54 CTSA)

**Dates:** 2013-2014

### Assessment of the Worcester Food and Nutrition Environment

The goal of this study is to systematically assess the food and nutrition environment high risk Worcester neighborhoods to supplement data collected through the Massachusetts Department of Public Health and to be used in the UMW-PRC applied public health project.

**UMass Principal Investigator:** Wenjun Li, PhD

**Partner:** WDPH

**Funder:** UMW-PRC pilot program

**Dates:** 2013-2014

### GIS Mapping of Unsupervised Indoor Tanning and User Characteristics

The purpose of this study is to evaluate the availability of unsupervised tanning in urban and rural areas of two different regions in the US (Northeast and Southeast), proximity to schools, the characteristics of users, and patterns and reasons for use.

**UMass Principal Investigator:** Sherry Pagoto, PhD

**Partner:** WDPH

**Funder:** CDC SIP

**Dates:** 2012-2014

### 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 Principal Investigator:** Wenjun Li, PhD

**Partner:** Massachusetts Department of Public Health

**Funder:** Massachusetts Department of Public Health

**Dates:** 2010-2014

## Evaluation of the Community Health Improvement Plan

The UMW-PRC and Health Statistics and Geography Lab are co-leading the evaluation of progress made in the Worcester Community Health Improvement Plan: Goal 1.

**UMass Principal Investigator:** Stephenie Lemon, PhD & Wenjun Li, PhD

**Partner:** WDPH

**Funder:** WDPH

**Dates:** 2013-2014

## Community-Clinical Linkages

### Feasibility Trial of a Problem-Solving Weight Loss Mobile Application

This project is developing and testing the feasibility a weight loss mobile application that includes common features such as self-monitoring, goal setting, and a social network, and an avatar-facilitated, idiographic problem solving feature that processes information intelligently to help patients identify solutions to weight loss problems.

**UMass Principal Investigator:** Sherry Pagoto, PhD

**Partners:** WPI

**Funder:** NIH, NIDDK

**Dates:** 2013-2015

### Navigating for Health

This study is testing the implementation of a community health worker outreach model among low-income Latinos with hypertension and diabetes who are disengaged from safety net institutions.

**UMass Principal Investigator:** Milagros C. Rosal, PhD

**Partners:** Edward M. Kennedy Community Health Center, Massachusetts Department of Public Health, Central Massachusetts Area Health Education Center

**Funder:** CDC PRC project

**Dates:** 2009-2014



Category 1: Making Healthy Eating Fun: 1st Place: Darci Kyriazis – “Boy with Tomatoes”



Category 1: Making Healthy Eating Fun 3rd Place: Luke Moore – “LOVE Beans”



Category 2: Growing Your Own: Beth Fleming – “Girls with Tomatoes”



Category 3: Buying Local: 1st Place: ESWA.org – “Mobile Farmers Market”

**Worcester Food & Active Living Policy Council Presents**

**The 2014 FOOD DAY Photo Contest**

Accepting Entries September 2<sup>nd</sup>-30<sup>th</sup>

Enter with Facebook at: <http://woobox.com/dke5vy>

Enter with Twitter and Instagram with #woofoodday2014

Contest Rules: <http://worchesterfoodandactiveliving.org/>

The UMass Worcester PRC is a proud member of the Worcester Food & Active Living Policy Council



Category 3: Buying Local: 2nd Place: Mia McDonald – “Purse Herbs”



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### For More Information

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