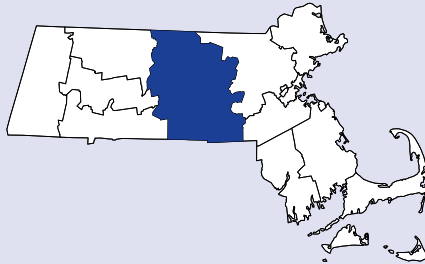




FOSTERING PARTNERSHIPS

to Promote Health in Greater Worcester and Beyond

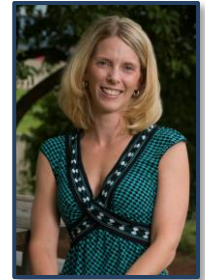


Annual Report

2013



Welcome to the UMass Worcester Prevention Research Center's 2013 Annual Report. Throughout this report, you will see how we partner with public health agencies and community organizations to conduct applied research. In other words, with our partners we are making a difference in the "real world" of Greater Worcester and beyond.



I am pleased to show you how we have continued to grow in 2013, pursuing our vision of helping residents attain optimal health by encouraging healthy eating and physical activity, and seeking ways to reduce obesity. With a focus on health promotion and disease prevention, our research focuses on the following areas:

- Child and Adolescent Health
- Health Equity
- Worksite Health Promotion
- Obesity and Mental Health
- Community-Clinical Linkages
- Built Environment and Policy

We invite you to take a few moments to read about several of our 2013 projects.

We thank our Steering Committee for their constant guidance throughout this 4th year of our grant, and look forward to continuing our partnerships together.

A handwritten signature in cursive script that reads "Stephenie C. Lemon".

Stephenie C. Lemon, PhD

Director and Principal Investigator

Partnering with Public Health Agencies

UMass Worcester Prevention Research Center's faculty and staff support public health practice in Worcester and throughout Massachusetts in a variety of ways. Most of this work falls in the areas of providing guidance and direction on various advisory boards, and being an active partner in group efforts.

Assisting with Local and State Priorities

In Worcester, our faculty and staff are active on many local initiatives, often in close collaboration with the Worcester Division of Public Health (WDPH). Dr. Lemon and Ms. Borg are active members of the Worcester Food and Active Living Policy Council, partnering with many other organizations to implement and evaluate parts of the Greater Worcester Community Health Improvement Plan that relate to healthy eating and physical activity. Dr. Cashman is on the Advisory Board of Common Pathways, the MDPH Community Health Network Area 8 coalition that brings together community organizations to promote health. Finally, Ms. Borg served on the Advisory Group to the WDPH's Health Impact Assessment of the Oak Hill neighborhood. The UMW-PRC will continue to be involved in the next steps of this work to support the health of residents living in this neighborhood.

At the state level, Dr. Lemon was tapped to serve on the Advisory Board of the Massachusetts Department of Public Health (MDPH)'s Prevention and Wellness Trust Fund. In 2012, the state legislature created this Trust Fund to reduce health care costs by preventing chronic conditions. The Trust Fund encourages municipal applicants to develop interventions that target pediatric asthma, hypertension, tobacco, and falls among older adults, and applicants can also address obesity, diabetes, substance abuse, oral health and mental health. Dr. Lemon also serves on the Advisory Board of the Comprehensive Cancer Control Program where she is helping to create and implement a 2012-2016 Massachusetts Comprehensive Cancer Control Coalition State Plan. Dr. Cashman serves on the MDPH Rural Health Advisory Committee, where she collaborates to make local connections to increase access to qualified physicians in rural areas. Ms. Borg serves on MDPH's Community and Healthcare Linkages Community of Practice, which selected exemplary evidence-based practices that link primary health care with people living in their communities.

We look for opportunities to join forces with others to improve health of residents, not only in Worcester, but throughout Massachusetts.



Improving Health Through Analysis and Evaluation

Partnering with state agencies, UMW-PRC biostatisticians work to understand health issues facing Massachusetts residents. Exemplifying this work is Dr. Wenjun Li, Director of the UMass Medical School's Health Statistics and Geography Lab. He applies quantitative research skills to look for ways to tackle obesity in schools and communities, prevent the elderly from falling, and explore disparities in the care and outcomes of people who experience trauma.

Obesity Dr. Li and Dr. Thomas Land (MDPH) have analyzed Body Mass Index (BMI) data from nearly 1 million Massachusetts students from the years 2009-2013. They found that the prevalence of childhood overweight and obesity has actually declined, especially among elementary school children. This remarkable news is certainly welcome, and encourages the continuation of multi-faceted interventions to increase physical activity and the consumption of healthy foods. Dr. Li and colleagues are currently evaluating the state's Mass in Motion and Community Transformation Grants. Both grant programs foster community-level changes to encourage physical activity and healthy eating to prevent chronic diseases such as cancer, diabetes, and heart disease.

Tobacco Use Dr. Li collaborates with MDPH's Tobacco Control and Cessation Program to examine the effectiveness of community-based tobacco control programs, such as the impact of smoke-free policy on residents living in public housing units. They also conduct surveillance and policy research on tobacco products sold. His recent work on trends in cigarette nicotine yield has gained worldwide media attention, and was highlighted by a New York Times editorial. He and colleagues at the Massachusetts Association of Health Boards and Smoke-Free Massachusetts were recently funded by the Robert Wood Johnson Foundation's Public Health Law Research program to study the impact of cigar packaging and pricing policy on youth tobacco use in Boston.



Risk of Falling Among Older Adults Dr. Li analyzes risks associated with falls among the elderly, which can lead to injury and disability. In a study funded by the National Institute on Aging, Dr. Li and colleagues found differences between falls inside the home versus outside, and differences among neighborhoods. Indoor falls were more likely to be linked to a person's disability, poor health and/or an inactive lifestyle. Outdoor falls were more likely to occur in people with active lifestyles, and average or better-than-average health. A person's history of falls in the past year and feelings of depression are among factors that affect the risk of falling. This information is essential to guiding specific solutions to reduce falls among the elderly in communities.

Trauma Will health care reform improve the survival rate of people experiencing trauma? Dr. Li and colleagues at MDPH's Bureau of Health Care Safety and Quality, Office of Emergency Medical Services and Center for Health Information and Analysis, are funded by the National Institute on Minority Health and Health Disparities to examine this question. They are investigating whether the increased level of health insurance coverage among Massachusetts residents reduces disparities in access to, and quality of, trauma care.

As these projects show, this work can improve the understanding of health trends and realities, tease out groups of people that might be most affected, help shape potential solutions, and measure program effectiveness. They also demonstrate the exceptional value of academic-government-community partnerships in chronic disease and injury prevention.

“Will telephone counseling help overweight children reduce their Body Mass Index?”



A Pediatric Practice-based Intervention Linking Practices to a Community Resource to Support Families of Overweight and Obese Children: FITLINE Telephone Counseling

Collaborators: Lori Pbert, Alan Geller (Harvard School of Public Health), Sue Druker, Barbara Olendzki, Victoria Andersen, Bruce Barton, Gioia Pursutte, Jennifer Bram, and Susan Garland

As we hear in the news, the prevalence of childhood obesity has tripled in the US over the past three decades, with 36% of preadolescent children overweight or obese. The American Academy of Pediatrics (AAP) has developed recommendations for pediatric practices to help stem the tide of this epidemic, such as encouraging families to focus on improving basic lifestyle choices regarding eating and physical activity. Unfortunately, most pediatric practices are unable to implement these guidelines. The reasons are many: a lack of time and/or knowledge to deliver effective intervention within the practice; limited access to weight loss experts to whom they can refer their patients and families; and the tremendous burden to families in accessing weight loss services due to the distance to programs, transportation, cost, and coordination of parent and child schedules.

A team of UMW-PRC and other researchers wondered if a telephone-based referral program could help families make lifestyle changes. They developed the FITLINE program with components for pediatricians and families. The pediatric practice-based component consists of tools for identifying overweight and obese children of ages 8-12, a brief intervention guide, easy referral to the FITLINE counseling program, and feedback from the FITLINE nutritionist. The parent support component consists of six weekly 30-minute FITLINE counseling telephone calls delivered by

nutritionists who provide personalized coaching, along with a parent booklet to guide parents in setting goals while working with their child to make lifestyle changes. The FITLINE phone calls use motivational interviewing and patient-centered counseling to teach key parenting techniques and strategies, providing practical tips and resources to engage their child in addressing recommended dietary and physical activity behaviors. The nutritionists send the pediatricians a summary of family progress so they may support maintenance of an improved lifestyle, or refer for additional intervention if needed.

This past year the team conducted a pilot study of the FITLINE program. The team compared the children in the intervention to similar children, and found a ***BMI difference of approximately 0.9 BMI units, which is equivalent to about an 8-pound difference over 3 months!***

These findings of the efficacy of the FITLINE counseling program in reducing BMI on a short-term basis are encouraging. The team is using these promising results to inform a grant application for a larger trial involving 16 pediatric primary care practices with 512 parents of children. If found effective, the FITLINE program will provide a model for widespread use, contributing significantly to the development of new standards for weight management care in pediatric practice.



The Amazing FITLINE Nutritionists! -- Judy Palken, Viji Patil, Barbara Olendzki, Effie Chung (data management), and Victoria Andersen (not shown)

Latino Health and Wellbeing Study in Lawrence, Massachusetts

WHAT types of help for physical and mental health conditions do people seek?

HOW does stress impact the use of health care services?

DOES feeling supported help you be healthier?

A team from UMass Medical School, the Greater Lawrence Family Health Center, YWCA of Lawrence, and the Lawrence Senior Center are partnering to look at the mental health of Latinos. Together, they are trying to learn more about how a person's experiences with family, friends, neighborhood, stress, and employment are associated with feelings of depression and well-being, and how they might influence overall health. They are also exploring how these factors in a person's life affect his or her patterns of health care utilization. This work is groundbreaking, for these questions have never been asked in a Caribbean Latino community before. The study uses individual interviews with questions adapted for literacy and cultural relevance. There are questions

about lifestyle habits (diet, activity, sleep, alcohol use, smoking, substance use), mental health (symptoms of depression, anxiety, stressors, and "ataque de nervios"), internal and external sources of support, socio-economic history, and health.

A Partnership Oversight Board, with leaders of community organizations and UMW-PRC researchers, guide the study. Together, they first trained bilingual members of the community who later recruited 602 men and women into the study. The study has completed the recruitment and interview phases, and is now looking at participant health care utilization services information. During the next year, the group will share the results with the community, as well as local, national, and international groups. The study hopes to find community and personal factors that can be changed or supported to enhance a person's mental health and feeling of well-being, and appropriate utilization of health care services.

Implementation Team & Partnership Oversight Board

Lawrence Senior Center

Angie Garcia
Martha Velez

Greater Lawrence Family Health Center

Carlos Cappas-Ortiz, MD
Dean Cleghorn, EdD
Martha Cruz
Jeff Geller, MD
Mary Nordling, MD
Donna Rivera

UMass Medical School

Lisa Fortuna, MD
Stephenie Lemon, PhD
(Principal Investigator)
Robert Magner, MPH
Phil Merriam, MSPH
Ira Ockene, MD
Karen Ronayne
Milagros C. Rosal, PhD
(Principal Investigator)

YWCA of Lawrence

Esther Alburquerque
Vilma Lora



Training Future Doctors to Counsel Patients to Quit Smoking

The 5As in Counseling:

- 1) Ask
- 2) Advise
- 3) Assess
- 4) Assist
- 5) Arrange

Nearly twenty percent of US adults smoke, even though smoking is the leading preventable cause of death in the United States. According to the United States Preventive Services Task Force, physicians can have a “substantial impact” in counseling patients who are tobacco dependent. What is not yet clear, however, is how to best train physicians to provide this counseling.

UMW-PRC and other UMass Medical School faculty are partnering with medical schools around the country to test and compare methods of training medical students to counsel patients who are tobacco dependent. In a study called MSQuit (*Medical Students helping patients Quit tobacco*), the

team is comparing the skills of students at five medical schools that use a traditional tobacco education approach, with the skills of students at five medical schools that utilize a multi-component approach.

The multi-component training is based upon the 5As:

- 1) **Ask** about tobacco use at every visit;
- 2) **Advise** the patient to quit;
- 3) **Assess** the patient’s readiness to make a quit attempt;
- 4) **Assist** in increasing readiness or support a quit by providing practical counseling and recommending pharmacotherapy as appropriate;
- 5) **Arrange** a follow-up visit or refer to more intensive treatment.

This approach is taught via the Internet, practiced in the classroom, and reinforced through individualized observation and feedback by mentors at different points during medical school education.

This study is important because it could create evidence for an optimal way to train future physicians in these vital skills, with the goal of decreasing the number of people who risk their health and lives by smoking.

Availability of Tanning Salons on US College Campuses

Collaborators: Sherry L. Pagoto, Stephenie Lemon, Martinus Evans, Jessica Oleski, Effie Olendzki, Wenjun Li, Joel Hillhouse (East Tennessee State University)

Indoor tanning...is a serious risk factor for skin cancer

Indoor tanning is widespread among young US adults, especially women, despite alarming evidence establishing it as a serious risk factor for skin cancer. Almost one-quarter of White women aged 18-35 have used a tanning salon in the past year and 15% tan indoors frequently. Tanning salons are ubiquitous in US cities and are particularly concentrated near high schools. UMW-PRC and other researchers undertook the first formal study of tanning salons on or near college campuses. The team searched the websites of the top 100 colleges listed on *US News and World Report* list of US colleges and universities, and contacted the colleges by phone inquiring about tanning services available to students on campus and in off-campus housing. Results revealed that 20% of top colleges had indoor tanning salons on campus. At 71% of these, campus cash cards could be used for payment. Further, 27% of top colleges had tanning beds located in off-campus housing, 100% of which were provided free to residents. The availability of on-campus indoor tanning did not differ between public and private colleges. Public schools were significantly more likely to offer tanning beds in off-campus housing than private schools. The presence of tanning salons on and near campuses may suggest a permissive attitude toward tanning, reinforcing indoor tanning among students and perpetuating this dangerous habit. To reduce rates of indoor tanning in this high-risk age group, the research team recommends skin cancer prevention interventions and legislation that discourages colleges from hosting tanning businesses on campus and in off-campus housing.

UMass Worcester Prevention Research Center Steering Committee

The UMass Worcester Prevention Research Center works closely with community and public health partners to address overweight, obesity and associated conditions. Our collaborative research yields practical health promotion and disease prevention strategies that can bring long-term benefits to our community. We are one of only 37 academic research institutions nationwide designated as a Prevention Research Center (PRC) by the Centers for Disease Control and Prevention (CDC). The CDC and PRCs work together to test and apply approaches that can improve the nation's health.

The UMass Worcester Prevention Research Center is guided by the Steering Committee, comprised of UMass Medical School Faculty and Staff and leaders from partnering community agencies. We follow our Principles of Partnership to support our shared work.

- Community Impact
- Trust and Respect
- Commitment and Responsibility
- Equitable Decision-Making
- Information and Data Gathering and Sharing
- Co-Learning and Capacity Building
- Shared Recognition
- Partnership as an Evolving Process
- Equitable Partnerships in All Phases of Research

UMass Medical School Faculty and Staff Community Partners

Stephanie C. Lemon, PhD, Director
Milagros C. Rosal, PhD, Co-Principal Investigator
Suzanne Cashman, ScD
Wenjun Li, PhD
Judith Ockene, PhD, MA
Sherry Pagoto, PhD
Lori Pbert, PhD
Monica Wang, Sc.D
Amy Borg, MPH, MEd
Barbara Estabrook, MSPH
Karen Ronayne

Derek Brindisi, MPH, Director of Public Health
Worcester Division of Public Health
Joanne Calista, MSW, Director
Central Massachusetts Area Health Education Center
Mónica Escobar Lowell, Vice President
Community Relations, UMass Memorial Health Care
Toni McGuire, RN, MPH, President & CEO
Edward M. Kennedy Community Health Center
Cathy O'Connor, Director, Office of Health Communities
Massachusetts Department of Public Health
Clara Savage, EdD, Director
Common Pathways



From Left to Right: Suzanne Cashman, Derek Brindisi, Stephanie Lemon, Monica Wang, Joanne Calista, Lori Pbert, Cathy O'Connor, Clara Savage, Judith Ockene, Milagros Rosal, Amy Borg. Not shown: Barbara Estabrook, Wenjun Li, Monica Lowell, Antonia McGuire, Sherry Pagoto

A List of Our Current Research

Innovation in Effectiveness, Implementation and Public Health Practice-Based Research

We are pleased to share a list of our current research, organized by these categories:

- Child and Adolescent Health
- Health Equity
- Worksite Health Promotion
- Obesity and Mental Health
- Community-Clinical Linkages
- Built Environment and Policy
- Other related work

Child and Adolescent 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 that children and adolescents go.

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 only sharing information in reducing Body Mass Index.

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 plus health education intervention compared to health education alone on dietary habits and physical activity in 9th graders in two 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

Pediatric Practiced-based Obesity Intervention to Support Families

The purpose of this project is to design and test the feasibility of a pediatric practice-based intervention linking the practice with a community-based telephone counseling resource to deliver the American Academy of Pediatrics Stage 1 Prevention Plan to families of overweight and obese children. **UMass Principal Investigator:** Lori Pbert, PhD

Partner: UMass Memorial Medical Center Pediatric Clinic **Funder:** UMass Medical School Department of Medicine **Dates:** 2013

Be the Change for Health

The purpose of this project is to evaluate the feasibility of an after-school program to empower elementary school children to enhance their family's diet and level of physical activity.

UMass Principal Investigator: Lori Pbert, PhD & Monica Wang, ScD, MS

Partner: Edward M. Kennedy Community Health Center **Funder:** UMW-PRC pilot program **Dates:** 2012-2013

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: Worcester Division of Public Health, Massachusetts Department of Education **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 smoking cessation using human patient simulation with a child version of the simulator.

UMass Principal Investigator: Lori Pbert, PhD (sub-contract PI) **Funder:** NIH, NCI **Dates:** 2010-2015

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.

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 and 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 randomized controlled trial 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

Case Management for Underserved Hispanic Type 2 Diabetes Population

This randomized controlled trial is evaluating a practice-based, culturally sensitive Case Management Intervention that targeted system, provider and patient barriers to diabetes care.

UMass Principal Investigator: Milagros Rosal, PhD (subcontract PI) **Funder:** NIH, NIDDK **Dates:** 2009-2013

Cultural Translation of a Mind/Body Wellness Program for Diabetes Prevention in China

The goal of this study is to adapt an evidence-based diabetes prevention intervention for implementation by Chinese hospitals that serve low-income populations with heavy disease burden.

UMass Principal Investigator: Sherry Pagoto, PhD **Funder:** UMMS Office of Global Health **Dates:** 2011-2013

Pregnancy and Postpartum Observational Dietary Study (PPODS)

This project evaluates the associations between dietary composition and weight gain and loss patterns.

UMass Principal Investigator: Milagros Rosal, PhD **Funder:** UMass Center for Clinical and Translational Science (NIH U54 CTSA) **Dates:** 2011-2013

The Latino Health and Well-being Study

This study is 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 Investigators: Stephenie Lemon, PhD & Milagros Rosal, PhD

Partner: City of 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 Massachusetts 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

WORKSITE HEALTH PROMOTION

A work environment can play an important role in helping employees live healthy lives. We partner with worksites, such as schools and hospitals, to find ways that worksites can support health.

School Worksite Weight Gain Prevention Study

This cluster randomized controlled trial tests a school-nurse coordinated implementation model of an evidence-based ecological obesity prevention intervention among high school workers in central Massachusetts.

UMass Principal Investigators: Stephenie Lemon, PhD & Lori Pbert, PhD

Partner: Massachusetts Department of Education **Funder:** NIH, NCI **Dates:** 2009-2014

OBESITY & MENTAL HEALTH

Weight management can be particularly challenging among people with severe 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.

A Community-Clinic Partnership to Address Comorbid Obesity and Depression

This study compares two approaches to reducing the complexity and increasing the efficacy of a weight loss intervention for individuals with obesity and depression relative to a standard weight loss program.

UMass Principal Investigator: Sherry Pagoto, PhD **Funder:** UMass Center for Clinical and Translational Science (NIH U54 CTSA) **Dates:** 2012-2013

COMMUNITY-CLINICAL LINKAGES

We work to establish an 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.

Feasibility Trial of a Problem-Solving Weight Loss Mobile Application

This project is developing and testing the feasibility of 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:** Worcester Polytechnic Institute **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

Case Management for Underserved Hispanic Type 2 Diabetes Population

This randomized controlled trial is evaluating a practice-based, culturally sensitive Case Management Intervention that targeted system, provider and patient barriers to diabetes care.

UMass Principal Investigator: Milagros Rosal, PhD (subcontract PI) **Funder:** NIH, NIDDK **Dates:** 2009-2013



BUILT ENVIRONMENT & POLICY

We recognize that it is important to have safe sidewalks and streets so that people can be physically active in their communities.

UMass Worcester Physical Activity Policy Research Collaboration Center

This grant establishes the UMass Worcester 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 Community Transformation Grant Programs

This project provides statistical evaluation of the effectiveness of two Community Transformation Grants and the Mass in Motion and Community Transformation Grant programs directed by the 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

Neighborhood Risk Factors for Falls in the Elderly

This project identifies modifiable neighborhood environmental determinants of outdoor falls among community-dwelling elders, provides policy recommendations and suggests intervention strategies.

UMass Principal Investigator: Wenjun Li, PhD **Partners:** Massachusetts Department of Public Health **Funder:** NIH, NIA **Dates:** 2008-2013

Health Care Reform and Accessibility, Quality and Outcomes of Acute Myocardial Infarction-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 Center for Clinical and Translational Science (NIH U54 CTSA)

Dates: 2013-2014

Residential Environment and Coronary Heart Disease Risk Factors (REACH) Pilot Study

This pilot project develops and tests new instruments for surveying food purchasing and exercise behaviors among older women. The instruments will be used in a larger study associated with the Women's Health Initiative.

UMass Principal Investigator: Wenjun Li, PhD **Partner:** Massachusetts Department of Public Health **Funder:** UMass Center for Clinical and Translational Science (NIH U54 CTSA) **Dates:** 2012-2013

Assessment of the Worcester Food and Nutrition Environment

The goal of this study is to systematically assess the food and nutrition environment in high risk Worcester neighborhoods to supplement data collected through the Massachusetts Department of Public Health.

UMass Principal Investigator: Wenjun Li, PhD **Partner:** Worcester Division of Public Health **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:** Worcester Division of Public Health **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 the 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 in regard to healthy eating and physical activity.

UMass Principal Investigator: Stephenie Lemon, PhD & Wenjun Li, PhD **Partner:** Worcester Division of Public Health **Funder:** Worcester Division of Public Health **Dates:** 2013-2014

OTHER RELATED RESEARCH

Center for mHealth-Based Sensing and Behavioral Interventions

This center grant is to provide the resources for investigators to create an intercampus mobile technology 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

Randomized Controlled Trial for Smoking Cessation in Medical Schools

Using a pair-matched, randomized group-controlled design in 10 medical schools, this study compares two methods of teaching the 5As of patient-centered counseling for smoking cessation 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 section of the UMass Center for Clinical and Translational Science is leading UMass-wide strategies to improve the ability of faculty to conduct community-engaged research and strengthen institutional partnership with a community partners.

UMass Principal Investigator: Stephanie Lemon, PhD and Suzanne Cashman, ScD (Co-Directors) **Funder:** NIH, NCATS
Dates: 2010-2015

An Internet-Based Weight Loss and Exercise Intervention for Breast Cancer Survivors

This study is determining the feasibility of conducting a distantly-delivered weight loss and exercise intervention for patients who have been treated for breast cancer at three cancer centers.

UMass Principal Investigator: Judith Ockene, PhD, MEd, MA **Funder:** Our Danny Cancer Fund **Dates:** 2012-2013

Breast Cancer Prevention Through Nutrition Program

The goal of this project is to enroll breast cancer survivors to determine the feasibility of the full Women's Health Initiative Cancer Survivor Cohort Study. The aims are to: 1) refine procedures, forms, questionnaires, and processing methods; 2) establish feasibility for each step of the study; and 3) assess participation in mailed annual questionnaires.

UMass Principal Investigator: Judith Ockene, PhD, MEd, MA (subcontract PI) **Funder:** Ohio State University Research Foundation
Dates: 2009-2013





The UMass Worcester Prevention Research Center is a member of the Prevention Research Centers Program, supported by the Centers for Disease Control and Prevention cooperative agreement number U48DP001933



For More Information

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