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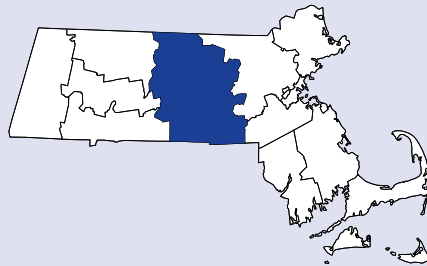
UMass Worcester Prevention Research Center Annual Report 2012

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FOSTERING PARTNERSHIPS

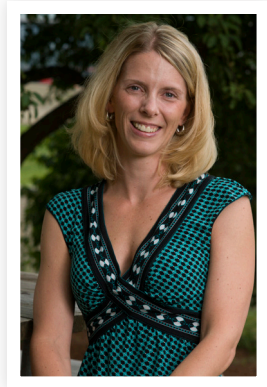
to Promote Health in Worcester County



Annual Report

2012





It is my pleasure to share with you the UMass Worcester Prevention Research Center's 2012 Annual Report. Our public health and community partnerships have expanded as we continue our work addressing overweight, obesity and associated chronic conditions among residents of Central Massachusetts. In a variety of ways, we have deepened our many research partnerships, including with community health centers, Worcester Division of Public Health, Massachusetts Department of Public Health, schools systems, and Women, Infant and Children (WIC) centers.

This report highlights various ways in which we support many different efforts, sharing our expertise and experiences with individual organizations, community initiatives, and statewide coalitions.

Thank you for taking a moment to look through the descriptions of our work. Our door remains open to welcome new conversations, ideas and partnerships in seeking ways to help people lead healthier lives in our community.

A handwritten signature in black ink that reads "Stephenie C. Lemon". The script is fluid and cursive.

Stephenie C. Lemon, PhD
Director and Principal Investigator

Cover photos:

Top row: Worcester city skyline and Worcester City Hall, photos courtesy of Worcester Chamber of Commerce

Bottom row: Worcester Food Day and UMass Cancer Walk

Be the Change for Health: Empowering Children to Help their Families Eat Healthy and Be Active



Over a third of 1st grade children in Worcester are overweight or obese, indicating a pressing need for innovative ways to engage children and parents in healthy eating and physical activity. Empowering children to help their families engage in healthy weight-related behaviors, such as diet and physical activity, has tremendous potential for childhood obesity prevention and overall health promotion.

The development, implementation, and evaluation of Be the Change for Health, a program focusing on children as potential agents of behavior change for their families, is a collaboration between the Umass Worcester Prevention Research Center (UMW-PRC), the Edward M. Kennedy Community Health Center (EMKCHC), and the Roosevelt Elementary School and its school-based health center. Key partners include: Antonia McGuire, President and CEO of the EMKCHC and member of the UMW-PRC Steering Committee, Dr. Mary Fierro, Director at the EMKCHC, Dr. Lori Pbert, a UMW-PRC Steering Committee faculty member, and Dr. Monica Wang, a UMW-PRC-funded postdoctoral fellow.



Be the Change for Health is a 7-week program delivered through the school-based health center setting designed to provide 3rd and 4th grade children with skills and tools to help their families make better food choices and increase physical activity. Group activities are organized around a “Flat Stanley” theme. Flat Stanley is the story of a little boy who became flat after a bulletin board fell on him. Initially dismayed to be flat, Stanley soon discovered some benefits (e.g., he could be mailed to faraway places). Since his creation 40 years ago, elementary school-age children have participated in many Flat Stanley educational projects. Through interactive, group-based after-school sessions, participants will learn about healthy eating and physical activity to help Flat Stanley resume his original 3-D shape. Weekly program sessions will be led by EMKCHC Behavioral Health/Social Services Department doctoral psychology interns, Kathleen Herrman and Leah Perniciaro.

Program feasibility and preliminary effectiveness will be pilot-tested among 10 to 12 child participants and at least one parent/caregiver per child. Children and parents will report their food choices and physical activity before and after the program. If Be the Change for Health demonstrates feasibility and preliminary effectiveness, a longer-term randomized controlled trial will be conducted to further test this unique program.

Understanding Indoor Tanning to Prevent Cancer

Dr. Sherry Pagoto is the principal investigator of the new CDC-funded Special Interest Project “Examination of Environmental Characteristics that Enable and/or Promote Frequent Indoor Tanning among Young Adults to Inform Future Public Health Policy Efforts to Prevent Skin Cancer”. Indoor tanning is very popular, especially among young women, despite the fact that it greatly increases the risk of skin cancers including melanoma, which has a very high mortality rate. Tanning beds have usually been located in tanning salons, which are regulated to some extent by municipalities and an increasing number of states. This project focuses on tanning devices located outside of salons, in such places as gyms, hair and nail salons and private homes, where their use is not subject to any regulation and may be completely unsupervised. In addition to the research the UMW-PRC is conducting in Worcester, there is a partner site in Tennessee.

Focus groups and a survey of indoor tanners will provide information about why tanners might choose a non-traditional setting, and about attitudes toward non-traditional settings and motivations for using them. One hypothesis is that cost and opportunity to tan longer or more often than in a salon are important factors.

Locations of non-traditional tanning settings will be mapped to help answer questions such as whether tanning facilities are concentrated near places like college campuses, where young adults, the most frequent tanners, are found in large numbers.



Purchasers of tanning beds for home use will be asked the reason(s) for the purchase, how the bed is used, who else is allowed to use it, and any safety practices they follow. They also will be asked about other health risk behaviors such as drinking and smoking, and about conditions thought possibly to be linked to excessive tanning such as Seasonal Affective Disorder and body image disorders.

Finally, the project will study state and local policies in Worcester and East Tennessee related to tanning, and will assess the impact of taxes and bans. There is concern that increased costs and regulations may result in more purchases of tanning beds for home use, and possibly more dangerous behavior. Collaboration also is underway with another grant recipient in Colorado whose project is focusing primarily on public health policy related to tanning.

Looking at the Impact of Public Policy in Physical Activity

The UMass Worcester Prevention Research Center (UMW-PRC) is a proud member of the Physical Activity Policy Research Network (PAPRN), funded by the CDC. PAPRN’s work deals with the built environment, how it affects health and health behavior and especially physical activity, and with related public policies. Dr. Stephenie Lemon and Ms. Karin Valentine Goins of UMW-PRC led PAPRN’s Municipal Policy Maker Survey, which focused on attitudes, beliefs and practices of local officials regarding built environment priorities and activities. Responses came from 453 municipal officials from public health, planning, transportation/public works, community and economic development, parks and recreation, city management, and municipal legislatures in 83 cities and towns. Survey questions looked at priorities, political and public support for changes to improve community health, how officials see their role, and barriers to considering health in making policy decisions.



The survey results show that physical activity and factors that support it are a low priority in decision-making and day-to-day responsibilities. In addition, public health officials have only limited involvement in decisions about land use, transportation/public works, and parks and recreation. PAPRN concludes that municipal public health officials need to learn more about state and local land use and transportation regulatory processes, to better identify targets and opportunities for increasing physical activity, and to prioritize staff efforts. Advocates for physical activity need to develop ways to take regular and ongoing roles in the public process for making land use and transportation decisions.



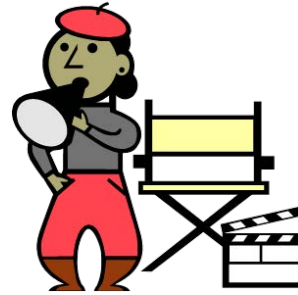
Gathering Personal Stories to Help Others

The new University of Massachusetts Center for Health Equity Intervention Research (CHEIR) is developing innovative solutions to eliminate health disparities and promote health equity. Milagros C. Rosal, PhD is co-principal investigator of CHEIR, which is a partnership of several departments at UMMS and UMass Boston funded by the National Institute of Minority Health and Health Disparities of NIH. CHEIR consists of three Research Projects and four Cores. Of these, the Community Engagement Core and FRESH Start Research Project are collaborations with the UMW-PRC.

Community Engagement Core

The CHEIR Community Engagement Core, under the leadership of Dr. Stephenie Lemon, has as its goals to increase community research literacy, promote new community-engaged research, and work with each CHEIR project to implement community-engaged approaches. The Core is developing an intervention, a narrative video to increase research literacy among populations that are under-represented in research studies. Persons who are members of racial and ethnic minority groups and have taken part in research trials through UMass are being recruited for focus groups.

The groups will help identify themes and "star" storytellers who have compelling stories to tell about their decision to take part in research and about their experience as research participants.



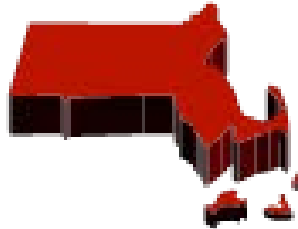
The videos will be shown in waiting rooms and distributed widely via internet and other channels, to increase participation of underrepresented groups in research.

FRESH Start

FRESH Start, under the direction of Drs. Stephenie Lemon and Milagros C. Rosal, is a randomized controlled trial testing a postpartum weight loss program among disadvantaged women, who will be recruited through the Worcester WIC Program. Partnering organizations include Family Health Center of Worcester and the Massachusetts Department of Public Health. A series of eight short videos is being developed that will feature motivational stories of women about their efforts to lose weight after pregnancy. These stories will be used in weight loss sessions as discussion starters. The women in the videos will be role models for increasing and maintaining engagement in healthy behaviors and successfully managing challenges for weight loss. The videos will be used in other ways as well to reach a broader population dealing with the difficult problem of postpartum weight retention, which can have a long-term impact on a woman's weight and health and that of her family.

Tackling Big Issues Together

One of our goals is to bring our expertise in science and evaluation to promote evidence-based public health practice. Here are some recent examples of how we do that with Massachusetts coalitions, Worcester initiatives, and individual programs.



Massachusetts Department of Public Health (MDPH)

Preventing and Controlling Cancer

Dr. Stephenie Lemon has been deeply involved with cancer prevention and control. She serves on the advisory committee to the MDPH Comprehensive Cancer Prevention and Control, and worked on sub-committee that is creating and disseminating the 5-year State Plan. She continues to guide the direction of MDPH activities and funding in this area.

Connecting health care providers to people

What are the best ways connect people with services to prevent and control diabetes, arthritis, and other chronic diseases? This is one of the questions that the UMW-PRC and many others are actively seeking to answer, under the leadership of the Massachusetts Department of Public Health. Amy Borg is an active participant in the Community and Healthcare Linkages Community of Practice, which is seeking to identify evidence-based practices that link the health care system to the community.

Worcester's Goal:

To Become the Healthiest City in New England by 2020

Greater Worcester Community Health Improvement Plan

DOMAIN AREA 1. HEALTHY EATING/ ACTIVE LIVING	Goal: Create an environment and community that support people's ability to make healthy eating and active living choices that promote health and well-being.
DOMAIN AREA 2. BEHAVIORAL HEALTH	Goal: Foster an accepting community that supports positive mental health; and reduce substance abuse in a comprehensive and holistic way for all who live, learn, work, and play in the greater Worcester region.
DOMAIN AREA 3. PRIMARY CARE/ WELLNESS	Goal: Create a respectful and culturally responsive environment which fosters prevention, wellness, and access to quality comprehensive care for all.
DOMAIN AREA 4. VIOLENCE/ INJURY PREVENTION	Goal: Improve safety, reduce violence and injury, and inform public perceptions by educating and mobilizing the community around effective, targeted prevention, and intervention strategies.
DOMAIN AREA 5. HEALTH EQUITY/ HEALTH DISPARITIES	Goal: Improve population health by systematically eliminating institutional racism and the pathology of oppression/discrimination by promoting equitable access to, and use of, health promoting resources in the community, and significantly reducing the structural and environmental factors that contribute to health disparities.

Faculty and staff from the UMW-PRC joined forces with health and government organizations to tackle some of the most challenging health issues. One partnership has been with the Greater Worcester Community Health Assessment Advisory Group, leading into the Greater Worcester Health Improvement Plan. UMW-PRC Steering Committee members Derek Brindisi, Director of the Worcester Public Health Division and Monica Lowell, Vice President of the Department of Community Relations, UMass Memorial Health Care Inc., led the efforts of committed representatives from many organizations throughout Worcester County. The group, which included many others from the UMW-PRC, examined publicly available statistics, created electronic surveys, and interviewed key informants during summer festivals throughout the county. During the fall, the group convened to create a Community Health Improvement Plan with clear goals and detailed objectives. Dr. Stephenie Lemon and Amy Borg will serve on Worcester's Food and Active Living Policy Council, which is taking the lead on Priority Area 1: Create an environment and community that support people's ability to make healthy eating and active living choices that promote health and well-being.



Community Planning Meeting
Worcester Community Health Improvement Plan
Photo: Worcester Division of Public Health

Sharing Evidence with *The Weight of the Nation*

Movies can bring it all to life, and *The Weight of the Nation* is a documentary that prompts lively conversation about tackling our national overweight and obesity problem. *The Weight of the Nation* is four-part documentary and public information campaign developed by national organizations, including HBO, the Centers for Disease Control, the Institute of Medicine, the National Institutes of Health, the Michael and Susan Dell Corporation, and Kaiser Permanente.



<http://theweightofthenation.hbo.com>

UMW-PRC faculty and staff have taken this documentary on the road to over 450 people, and facilitated many conversations about changes we can make at home, in our communities and in our country. One notable screening and discussion took place with staff of the Edward M. Kennedy Community Health Center, a UMW-PRC partner, as they identified changes to support staff wellness. The UMW-PRC worked with many organizations to plan Worcester's Food Day celebration, showing *The Weight of Nation* documentary with students, staff, and city residents at Worcester State University. We will continue to offer screenings and discussion to interested groups.

Would you like to show *The Weight of the Nation* at your organization? Please contact us at umwprc@umassmed.edu.

Supporting front-line mental health care providers

Dr. Sherry Pagoto has been collaborating with the staff of Community HealthLink of Worcester around treatment approaches and resources for weight management and lifestyle behavior change in persons with severe mental illness and/or cognitive impairment. In this population, rates of obesity are high, and mental health issues can interfere with the ability to make healthy lifestyle changes. Dr. Pagoto has been providing training and consultation with their interdisciplinary treatment team of nurse practitioners, nurses and nurse case managers, psychiatrists and certified peer specialists.

Mentoring

UMass Worcester PRC Faculty mentor students in many graduate programs, including students in the Clinical and Population Research PhD program, Preventive Medicine Residents Program, Masters in Public Health Program, and Post Doctoral Fellows.



Monica Wang, ScD, MS, joined the UMMS Division of Preventive and Behavioral Medicine and the UMW-PRC in 2012. Her major research interests include obesity and chronic disease prevention, promotion of healthy diet and physical activity among youth, and addressing racial and ethnic health disparities through interventions directed at schools, community, physical environment and public policy.

Dr. Wang's current projects include the UMMS CHEIR Community Engagement Core and FRESH Start Research Project, described on page 6 of this report, and the evaluation of Be the Change for Health Program at the EMKCHC in Worcester (page 3.) Also at EMKCHC, she is conducting an evaluation of the UMW-PRC's Core Project: Patient Navigation to Reach Disengaged Patients with Hypertension at a Community Health Center.

Congratulations Matt!

Matthew Whited, PhD, was a postdoctoral fellow with the UMW-PRC for the past two years, investigating depression and weight loss. We wish him well in his new position of Assistant Professor in the Psychology Department at East Carolina University.

Dr. Wang received her graduate degrees from the Harvard School of Public Health, where she continues to be an instructor for the Foundations in Public Health course, focusing on social and behavioral determinants of health. She has served as an evaluation consultant for the CDC, the US Department of Housing and Urban Development, and the National Coalition to End Childhood Lead Poisoning on the Green and Healthy Homes Initiative. In 2011, she was awarded the Albert Schweitzer Fellowship to support her work with Sociedad Latina to reduce sugar-sweetened beverage consumption through youth-led advocacy among high school youth in Boston. Also in 2011, she received the Strategic Initiative for the Prevention of Eating Disorders Research Dissertation Award. Her dissertation, funded by the Ellen Feldberg Gordon Fund for Eating Disorders Research, examined racial and ethnic disparities in disordered weight control behaviors among youth, and identified recommendations for programs and policies to address those behaviors as well as obesity.

The UMass Worcester Prevention Research Center (UMW-PRC) at UMass Medical School 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 a Prevention Research Center 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.

OUR CORE FACULTY



From left: Suzanne Cashman, ScD; Lori Pbert, PhD; Stephenie Lemon, PhD; Sherry Pagoto, PhD; and Milagros Rosal, PhD

IN PARTNERSHIP WITH

Central Massachusetts Area Health Education Center, Common Pathways, Worcester Division of Public Health, Edward M. Kennedy Community Health Center (formerly Great Brook Valley Health Center), Office of Healthy Communities: Massachusetts Department of Public Health, UMass Memorial Health Care, University of Massachusetts Medical School

Research Projects

CORE Project

Patient Navigation to Reach Disengaged Patients with Diabetes and Hypertension at a Community Health Center

Focus of Study: Diabetes and hypertension

Funder: CDC PRC Program

Project Dates: 9/30/2009–9/29/2014

Principal Investigator: Milagros Rosal, PhD

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

Project Description: The core UMW-PRC project will evaluate the effectiveness of a patient navigator outreach model designed to engage low-income Latino diabetics who do not seek regular care.

CDC-Funded Special Interest Projects

Physical Activity Policy Research Network (PAPRN)

Focus of Study: Physical activity policy

Funder: CDC Division of Nutrition and Physical Activity

Project Dates: 9/30/2009–9/29/2014

Principal Investigator: Stephenie Lemon, PhD

Partner Organizations: PAPRN is a thematic research network that consists of one coordinating/member, PRC member centers, CDC technical advisors, and affiliate university members

Project Description: The mission of PAPRN is to identify policies that affect population physical activity, and the determinants of those policies. PAPRN will also describe the process of implementing and the outcome of physical activity policies.

Examination of Environmental Characteristics that Enable and/or Promote Frequent Indoor Tanning among Young Adults to Inform Future Public Health Policy Efforts to Prevent Skin Cancer

Focus of Study: Tanning

Funder: CDC

Project Dates: 9/30/12–9/29/14

Principal Investigator: Sherry Pagoto, Ph.D., Stephenie Lemon, Ph.D. (Co-I)

Partner Organization: East Tennessee State University

Project Description: This study will use social networking tools to map unsupervised indoor tanning locations and analyze user characteristics.

UMass Worcester Prevention Research Center (UMW-PRC)-Funded Pilot Projects

Be the Change for Health

Focus of Study: Overweight, obesity, nutrition, physical activity

Funder: UMass Worcester Prevention Research Center

Project Dates: 1/1/2012–12/31/2012

Principal Investigators: Liz Davis, MPH and Lori Pbert, PhD

Partner Organizations: Edward M. Kennedy Community Health Center, Roosevelt Elementary School

Project Description: This project is testing the feasibility of an innovative program delivered in a School-Based Health Center that is designed to provide children with skills and tools to serve as change agents within the family for improved nutrition and physical activity.

Other Projects

Barriers & Facilitators of Mental Health Services Utilization among Latinos

Focus of Study: Mental health

Funder: NIH/NIMH

Project Dates: 5/1/2011–2/28/2015

Principal Investigators: Milagros Rosal, PhD and Stephenie Lemon, PhD

Partner Organizations: Greater Lawrence Family Health Center, Lawrence Senior Center, Greater Lawrence YWCA Project

Description: This study will use an ecological framework to examine the impacts of culturally specific sources of stress and resources on mental health services utilization among Latinos in Lawrence, MA.

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

Focus of Study: Diabetes prevention

Funder: NIH/NIDDK

Project Dates: 9/4/12-6/30/17

Principal Investigator: Milagros C. Rosal, Ph.D. (Site PI)

Partner Organizations: Baystate Medical Center (Springfield); UMass Memorial Medical Center (Worcester)

Project Description: The overall goal of this randomized controlled trial is to test the efficacy of a culturally and linguistically modified, individually-tailored lifestyle intervention to reduce risk factors for type 2 diabetes and cardiovascular disease among postpartum Hispanic women with a history of abnormal glucose tolerance during pregnancy.

Narrative Video to Enhance Research Literacy Among Disadvantaged Populations

Focus of Study: Participant engagement

Funder: NIH/NIMHD

Project Dates: 6/14/12-1/31/17

Principal Investigators: Stephenie Lemon, Ph.D. (Core PI)

Partner Organizations: UMass Boston

Project Description: This study, under the UMass Center for Health Equity Intervention Research will create videos to increase understanding of the risks and benefits of research. Videos will be created from recorded interviews with members of minority groups who have taken part in research studies, discussing their experiences.

The FRESH Start Trial: A Weight Loss Intervention for Low-Income Postpartum Women

Focus of Study: Weight loss

Funder: NIH/NIMHD

Project Dates: 6/14/12-1/31/17

Principal Investigators: Stephenie Lemon, Ph.D. and Milagros Rosal, Ph.D.

Partner Organizations: Women, Infants and Children (WIC), Worcester, MA

Project Description: This study, under the UMass Center for Health Equity Intervention Research Community Engagement Core, collaborates with the WIC program to create opportunities for weight loss among participants in Worcester, MA.

Pregnancy and Postpartum Observational Dietary Study (PPODS)

Focus of Study: Nutrition, obesity & overweight

Funder: UMass CCTS

Project Dates: 4/1/2011–3/31/2013

Principal Investigator: Milagros Rosal, PhD

Partner Organization: UMass Memorial Health Care

Project Description: The purpose of this study is to evaluate whether associations among consumption of saturated fat, fat deposition and weight loss observed in mice can be observed in human subjects during pregnancy and the postpartum period.

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

Focus of Study: Diabetes prevention

Funder: Office of Global Health/UMMS CTSA

Project Dates: 6/1/11-5/31/13

Principal Investigators: Sherry Pagoto, Ph.D.

Partner Organizations: Tongji University

Project Description: This study culturally translates and pilot tests a comprehensive lifestyle program, the Mind/Body Wellness Program, for adults with pre-diabetes in Shanghai, China.

School Nurse Intervention & After School Exercise Program for Overweight Teens

Focus of Study: Obesity

Funder: NIH/NHLBI

Project Dates: 8/18/2011–7/31/2013

Principal Investigator: Lori Pbert, PhD

Partner Organizations: Children's Hospital Boston/Harvard Medical School, MA Department of Public Health/School Health Unit, eight high schools in Massachusetts

Project Description: This exploratory study tests the feasibility and ability of a school-based intervention, consisting of school nurse counseling and a school-based exercise program, to reduce BMI and improve dietary quality, physical activity, and sedentary behaviors in overweight and obese adolescents. If effective, this could prove to be a cost-effective and relatively easy intervention to disseminate widely for significant public health impact.

School Worksite Weight Gain Prevention Intervention Study

Focus of Study: Obesity

Funder: NIH/NCI

Project Dates: 7/1/2009–6/30/13

Principal Investigators: Stephenie Lemon, PhD and Lori Pbert, PhD (MPI)

Partner Organizations: Massachusetts Department of Education, Massachusetts School Nurses Research Network, 12 Central Massachusetts public high schools

Project Description: The purpose of this study is to evaluate the effectiveness of an ecological intervention at preventing weight gain in the school worksite setting.

Center for mHealth-Based Sensing and Behavioral Interventions

Focus of Study: Eating behavior interventions

Funder: UMass Science and Technology Fund

Project Dates: 6/1/12-5/31/14

Principal Investigators: Sherry Pagoto, PhD

Partner Organization: UMass Amherst

Project Description: This center grant is to provide the resources for investigators to create an intercampus mHealth research center at the University of Massachusetts. Dr. Pagoto is the PI of the UMass Medical School campus.

Medium Self-Care Management: Patient-Centered Diabetic Wound Care Using Smart Phones

Focus of Study: Wound care for patients with diabetes

Funder: National Science Foundation

Project Dates: 9/1/11-8/31/15

Principal Investigators: Sherry Pagoto, Ph.D. (Co-I)

Partner Organizations: Worcester Polytechnic Institute

Project Description: The project addresses specific health challenges of patients with diabetic foot ulcers and focuses on two key challenges: automatically analyzing wound healing progress of patients with diabetic foot ulcers, and using technology to motivate these patients to better care for their wounds and their diabetes.

A Community-Clinic Partnership to Address Comorbid Obesity and Depression

Focus of Study: Weight loss

Funder: Community Engagement and Research Section/UMass Center for Clinical and Translational Science

Project Dates: 6/15/12-3/31/13

Principal Investigators: Sherry Pagoto, Ph.D.

Partner Organizations: All Access Physical Therapy and Fitness Academy

Project Description: This study proposes a model in which a partnership between a clinic and a community physical fitness facility serves the needs of patients who suffer from obesity and depression.

Case Management for Underserved Hispanic Type 2 Diabetes Populations

Focus of Study: Diabetes

Funder: NIH/NIDDK

Project Dates: 7/01/09 - 6/30/14

Principal Investigator: Milagros Rosal, PhD (subcontract PI), Prime: Baystate Medical Center

Partner Organizations: Baystate Medical Center, UMW-PRC/UMass Worcester

Project Description: The purpose of this study is to evaluate a practice-based, culturally sensitive case management intervention that targets system, provider and patient barriers to diabetes care.

Skin Cancer Risk and Physical Activity

Focus of Study: Physical activity & cancer

Funder: American Cancer Society

Project Dates: 4/1/2011–3/31/2012

Principal Investigator: Kristin Schneider, PhD

Project Description: The purpose of this study is to understand whether physical activity is associated with increased risk for skin cancer and to identify profiles of individuals at greatest risk.

A Community-Based Social Networking Intervention to Increase Dog Walking

Focus of Study: Physical activity

Funder: UMass CCTS

Project Dates: 1/1/2011–12/31/2012

Principal Investigator: Kristin Schneider, PhD

Partner Organization: Common Pathways

Project Description: This project consists of developmental work to inform a social networking dog-walking intervention followed by a trial. The purpose is to assess whether the intervention increased walking in dog owners compared to a standard print-based control condition.

Preventing Cancer by Addressing Adolescent Risk Behaviors

Focus of Study: Obesity & Tobacco

Funder: UMass/Dartmouth Cancer Center

Project Dates: 9/1/2011–5/31/2012

Principal Investigator: Lori Pbert, PhD

Partner Organizations: Dartmouth Medical School, MA Department of Public Health, School Health Unit, eight high schools in Massachusetts

Project Description: The purpose of this study is to modify or delay the onset of cancer-causing behaviors adopted during childhood & adolescence, focusing on tobacco use and behaviors associated with obesity. General aims are to better understand the neurobiological basis for self regulation of cue responses.



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 1-U48-DP-000062



For More Information

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