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HPRI Helps to Fight Obesity

Physical activity and exercise are key to sustaining a healthy body weight, developing strong bones, enhancing motor proficiency, and improving self-esteem in children. Prader-Willi Syndrome (PWS) is present in 1 in 10,000-15,000 people and is the best characterized genetic cause of obesity. **"The Exercise Aspects of PWS and Childhood Obesity"** study is a collaboration between California State University, Fullerton and the Children's Hospital of Orange County. The Department of Defense/U.S. Army Medical Research Acquisitions Activity Agency awarded Dr. Daniela Rubin, Assistant Professor of Kinesiology, a \$2 million grant in September of 2009. In this project, Dr. Daniela Rubin, along with supporting faculty Drs. Debra Rose, Leonard Wiersma and Jie

Weiss, investigate the hormonal and metabolic responses to aerobic and resistance exercise in children with and without PWS. Children attend 2-3 laboratory visits during which they complete an initial screening, a cardiovascular fitness test, and a dual- x-ray absorptiometry scan (DEXA). Participants then complete another exercise session in which blood samples are collected pre and post exercise. The study has collected data for 13 children with PWS and 18 children without the syndrome. **The study is heavily recruiting the participation of overweight children ages 8-11 years old without PWS.** This study also examines physical activity patterns in children and teenagers with PWS and behavioral factors that contribute to physical activity. Through group sessions, logistical components for successful exercise programs for PWS were identified. This information was used to plan the follow-up physical activity intervention project (also funded through the Department of Defense) titled **"Family-Based Exercise Intervention in Prader-Willi Syndrome and Childhood Obesity."** The intervention is currently under development, and the project is set to formally begin in the Summer of 2010.



In addition, Drs. Shari

McMahan and Jie Weiss, in collaboration with the Center for the Promotion of Healthy Lifestyles and Obesity Prevention received \$190,000 from the CDC to continue research on obesity prevention focusing particularly in the Latino population. Six projects highlight the research and service activities of the center and include: **1) Stopping Childhood Obesity Before it Starts: Evaluation of a Telenovela— Promoting Breastfeeding to Latinas;** **2) Beyond Knowledge and Intention: Mothers' Feeding Decisions;** **3) "Kick Start Your Day": A Program to Educate Latino Families about Healthy Eating and Exercise Using an Innovative Strategy;** **4) A Pediatric Weight Management Program Evaluation;** **5) Dietary Pattern, Physical Activity, and Well-Being among College Students;** **6) The Prevalence, Type, and Severity of Chronic Pain Among Overweight/Obese, Low-Income Hispanic/ Latino Adults Aged 40+.**

The center's six projects offer a comprehensive multi-level approach that will further enhance the design and implementation of current and future programs that are effective for addressing obesity from infancy through adulthood in various community-based settings.

HPRI's Newly Funded Research Activities

Over the past year, faculty with the Health Promotion Research Institute (HPRI) have been working steadily to develop new funded research studies. The HPRI and Center for Internships and Community Engagement funded seven mini-grants developed by faculty and community partnerships established at last year's Town Hall Meeting. These exciting mini-grant projects are described on the following pages. In addition, four research grants were obtained to address a diverse range of issues affecting our communities. Drs. Anthony DiStefano and Sora Park Tanjasiri from Health Science received \$175,000 from the National Cancer Institute for the one-year study, "**HIV/HPV Knowledge and Behaviors among Pacific Islanders in Southern Califor-**

nia." This study will explore beliefs about HIV and HPV prevention among Chamorro and Tongan youth, parents and community leaders in order to develop educational interventions in the future. Dr. Tanjasiri also received \$44,135 from the National Cancer Institute for "**Summer Research Experiences for Pacific Islander Youth**" which is a two-year training program that provides summer science training to Pacific Islander high school and undergraduate students. The aim of this program is to encourage students to pursue health research professions in their future. Drs. Jessie Jones (Health Science Department) and Dana Rutledge (Nursing Department) received a Mission and Goals Initiative grant (\$15,994) from the California State University, Fullerton. This funding will be used for faculty associated with the Fibromyalgia Research and

Education Center to write an NIH (R01) titled "**Effects of Behavioral Exercise and Health Education on Functional and Biomarker Indicators in Obese Women with Fibromyalgia**". The project aims to find ways to reduce health disparities in under-served populations suffering from chronic pain. Lastly, David Cherin, professor and chair of Social Work received \$30,000 from the same CSUF initiative for the "**Applied Grants Workshop Series**" to train faculty and community collaborators to develop research proposals aimed at foundation funding. In addition to the research grants received by Dr. Daniela Rubin (described in the previous article), these research activities represent exciting new developments in HPRI's growing portfolio.

Contexts of HIV Risk Among Latino Men who have Sex with Men and Women in Orange County



The purpose of this study is to conduct 20 in-depth interviews of Latino men who have sex with men and women in Orange

County, and to explore and expand our knowledge-base on the cultural

and gender norms and meanings that these men attach to their HIV risky bisexual behaviors.

Led by Jorge Dr. Fontdevilla (Sociology department at CSUF) the study dedicated the Fall-09 semester to project preparation, including Informed Consent (English and Spanish versions) and IRB approval, interview guide design and construction, short survey instrument con-

struction, mapping of the field and logistics, recruitment instrument and criteria, and recruitment flyer design with Orange County AIDS Services Foundation. The program will begin data collection Spring 2010 semester with the help of the research team's new Outreach Project Management student intern.

Optimizing Health of People with Chronic Pain

The purpose of this study is to research and develop methods of optimizing physical and cognitive function among people with chronic pain. In keeping with this goal, the accomplishments of the research team include: 1. Receiving a CSUF Mission and Goals Initiative for additional funding to prepare a grant proposal for submission to NIH (R01). The proposed title: "Effects of behavioral exercise, health promotion education, and combination on functional outcomes and biomarkers among older overweight/obese women with fibromyalgia". (Partner: National Fibromyalgia Association) 2. Receiving

funding from CDC to study "The prevalence, type and severity of chronic pain among overweight/obese Hispanic adults aged 40+. (Partner: Latino Health Access) 3. Submitting a proposal to Forest Laboratories, Inc, to study the "Effects of Milnacipran alone, and with a lifestyle physical activity, on functionality in Adult Women with Fibromyalgia: A Randomized Pilot Study" (Partner: Apex Research Institute). Active project members include CSUF Faculty: Babara Cherry, Psychology; Jessie Jones, Health Science; Michele Mouttapa, Health Science; Dana Rutledge, Nursing; Rakovski Carter, Sociology; Jie Weiss, Health Science; and Laura Zettel-

Watson, Psychology.

Community Partners include: Lynne Matallana, National Fibromyalgia Association; Cathy Fox, Apex Research Institute; and Patricia Cantero, Latino Health Access.



New Vista Urban Garden: Developing an Urban Food Web to Create Healthy Opportunities For Families

The goal of the New Vista Urban Garden project is to create a food web that promotes self-determination and healthy lifestyles for homeless adults and children. The targeted outcomes of the project are to: 1) increase access to and utilization of fresh fruits and vegetables by homeless



families through capacity building and an extended food web; and 2) increase knowledge of urban agriculture, nutrition, health, and entrepreneurship as well as associated skill sets among members of a low-income community.

A collaborative team will bring the urban agriculture skills and technical support to ensure a successful urban garden, thus increasing access and exposure to fresh vegetable and fruits while enhancing skill sets. Faculty from the Health Promotion Research Institute (HPRI) at California State University Fullerton (CSUF), Dr. Sara Johnson, Associate Professor of An-

thropology and Dr. Archana McEligot, Associate Professor of Health Sciences, in association with the Director of the Fullerton Arboretum, Greg Dymont, will coordinate the garden intervention and the associated educational component. In partnership with the New Vista Transitional Living Center (NVTLC), the team has surveyed the gardening area at NVTLC, conducted preliminary interviews with the residents and has initiated the gardening education and process. In the near future, families will begin planting various vegetables and fruit in containers, and will learn how to incorporate healthful foods in their diet.

Mapping Community-Based Resources: A Joint Proposal Between CSUF and the Orange County

The overall goal of the Orange County Cancer Coalition Asset Mapping project is to increase access to cancer care for all residents in Orange County. With this \$1,500 mini-grant award, Dr. Sora Park Tanjasiri,

along with the coalition and Masters in Public Health graduate student, Marissa Domanty, are collecting information on existing cancer resources and gaps regarding screening, diagnosis, treatment, and a range of supporting service

needs. The project will be completed by May, 2010, after which time projects will be developed to address cancer research and service needs.

Development Of A Mobile Physical Activity Unit To Increase Physical Activity In the 92701 (Santa Ana) Zip

In many cities across the United States, everyday, children can be heard laughing, playing and having a good time with friends and family in parks or open spaces, participating in numerous physical activities. For those children, living in an urban environment where they have very limited or no access at all to parks or open spaces, we, as public health professionals, must find creative and innovative ways to promote physical activities in an urban environment. One proposed solution is the creation of a mobile physical activity unit to increase physical activity amongst school-aged children.

The purpose of this project will be to develop a mobile physical activity unit to promote physical activity in children living in an urban environment where access to parks or open spaces is limited. The mobile physical activity unit will be implemented in the 92701 zip code in Santa Ana, where children have little or no access to any parks or open spaces to play. The purpose of mobile physical activity would be to bring age appropriate physical activity activities to the children using physical education tools like SPARK and CATCH. Dr. McMahan in collaboration with Alexandro Espinoza from

Latino Health Access hope to take part in a solution to prevent obesity and promote healthy lifestyles.



FantastiKids- Evaluation of the “Bully for You” Program

Dr. Mouttapa and her community partner, Bob Morphis, along with Dr. Leslie Grier from the Child and Adolescent Studies Department have collaborated to finalize all program evaluation assessment pieces, the logistics of the assessment process,

and have submitted the IRB application. Several Health Science undergraduate and graduate students have been recruited for quantitative data entry and quality control, transcription of focus group transcripts, and analysis efforts, and have under-

Implement these activities. Bob Morphis has recruited schools to participate in the evaluation, and Dr. Mouttapa has made contact with the Violence Prevention Coalition of Greater Los Angeles for possible collaborations in the future.



Focus Group: What Are the Unmet Needs of Asian Parents Who Have Children With Autism and Community Agencies Serving Them?

CSUF Open Dialogue 2010 is scheduled to take place on February 5, 2010 at the Titan Student Union. Monthly planning meetings have been held with 15 graduate and undergraduate student volunteers since September 2009. This project has opened excellent opportunities for our students to work



together with their peers and a faculty member. They have reserved a room at the TSU, developed contact lists of professionals and parents, created an invitation, developed a program brochure, compiled useful resource material, and identified roundtable discussion items. With these dedicated students' participation, the planning of the event is progressing well. Dr. Seung collaborates with a community partner, the Korean American Special Education Center as well in planning the event. Participants will include Korean-American, Chinese-American, Japanese-American, Vietnamese-American parents who have children with autism or developmental disabilities. Professional participants will also include case coordinators at

the Regional Center in Orange County and Pomona office; a social worker at Stramski Children's Developmental Center; a developmental pediatrician at CHOC/UCI; speech-language pathologists at private practice clinics; and a behavioral psychologist at Applied Interventions & Methodologies, Inc. At the event, each ethnic group will have an open dialogue to share their successes and challenges (in their native languages, if needed). Following the roundtable discussion, each group will share a summary with all the participants. The outcome of this event will assist in developing action plans to improve the identified challenges.

Special thank you to UniHealth foundation for having the vision to contribute to the development of the Health Promotion Research Institute



The Health Promotion Research Institute is a collaboration between:

Departments of Afro-Ethnic Studies, Anthropology, Asian American Studies, Biological Sciences, Chemistry, Chicana and Chicano Studies, Child and Adolescent Studies, Engineering, Communications, Geography, Health Science, Human Communication Studies, Kinesiology, Nursing, Psychology, RTVF, Sociology, Special Education and the CSUF chapter of ETA SIGMA GAMMA.