

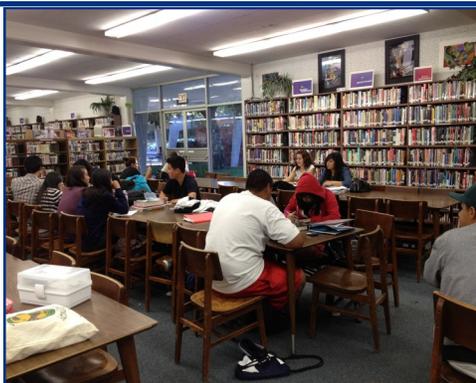


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New Program Empowers Youth to Improve Health

Barriers to higher education, risky health behaviors, low household incomes and an overrepresentation in the mental health and juvenile justice system represent a few of the difficult realities experienced by many Southeast Asian and Pacific Islander youth in Orange County.



A new program, *Healthy Asian and Pacific Islander Youth Empowerment Program* (HAPI-YEP), aims to reduce such disparities.

“Through a variety of asset-based youth development strategies, including mentoring, social support and access to health resources, youth will develop the necessary skills, leadership and resiliency to complete high school, gain access to college and meaningful careers, reduce delinquency and improve their overall health status,” says **Tu-Uyen Nguyen**,

Ph.D., a professor in the Department of Asian American Studies at Cal State Fullerton and the principal investigator for the program.

In addition to **Cal State Fullerton**, the collaborative effort includes the **Orange County Asian and Pacific Islander Community Alliance, Magnolia High School and Anaheim Union High School District.**

The program, funded by a five-year grant totaling **\$1.5 million** from the U.S. Department of Health and Human Services, Office of Minority Health, represents one of six projects funded—out of more than 70 applications from across the nation.



*Principal Investigator
Tu-Uyen Nguyen*

HPRI Faculty Members Recently Awarded More Than \$4 Million

HPRI faculty members have been awarded nine grants, totaling more than \$4 million, since June 30, 2012. Several more grant proposals have been submitted or are currently in progress.

These awards play a vital role in advancing HPRI’S mission, which is to create collaborative, multilevel solutions

that empower individuals and communities to achieve optimal health. In addition to addressing critical needs in the community, grant activities help to advance research efforts at Cal State Fullerton and provide enriched opportunities for student learning and involvement in public health and research.

START Researchers to Develop Warning Messages

Michele Wood, Ph.D., from the Department of Health Science is part of a research team that received a \$952,004 contract from the U.S. Department of Homeland Security's Science and Technology Directorate through



the National Consortium for the Study of Terrorism and Responses to Terrorism (START) based at the University of Maryland. The two-year project titled *"Comprehensive Testing of Imminent Threat Public Messages for Mobile Devices"* will design and test prototype messages intended as alerts for use in the Commercial Mobile Alert Service (CMAS), warning messages for the Integrated Public Alert and Warning System (IPAWS), and full-length warning messages designed for use in imminent threat press releases.

This multi-method study involves five universities and will conduct interviews, experiments, and a survey to develop effective emergency alert and warning text messages for use by emergency managers. To learn more about the research project, [click here](#).

Nearly 100 Students Assist in Chronic Pain Study

This fall semester, the **Fibromyalgia & Chronic Pain Center** completed a third, and potentially final, time point of a lon-

gitudinal study that began in fall 2008, followed by a second time point in 2010. The purpose of this study was to determine changes in the physical and mental performance of people aged 50+ with

and without fibromyalgia. Secondary objectives were to determine if: (1) earlier physical activity level and current physical performance influence mental status; and (2) to determine whether factors such as physical activity and medication use impact changes in performance. Essentially, study investigators are examining how having a diagnosis of fibromyalgia affects physical and cognitive performance during the aging process. This ambitious study, which has only had minor intramural funding from CSUF, has been supported by volunteer, internship, and independent study/practicum experiences for over 30 undergraduate and graduate students in fall 2012 alone and spans six disciplines: health science, kinesiology, psychology, health professions, nursing, and biology. Since 2008, nearly 100 undergraduate and graduate students across eight disciplines have assisted with the study. Students were rigorously trained on administering a battery of physical and cognitive performance



measures and assisted with data entry and analysis. This outstanding opportunity for students has led to several

poster presentations, publications, and use of data for projects and theses. Future plans include submission of an external grant based on data collected in hopes to continue this study past 2012. Study

participants will be invited in February 2013 to receive feedback and results from their participation in the study.

Undergraduate Research

Pre-Med Student **Laura Dandridge** recently gave an oral presentation at the Southern California Conferences for Undergraduate Research on findings from the *"Influence of Knowledge and Attitude Towards Intention on Pap Testing Among Pacific Islander Women"* study.

Dandridge was responsible for compiling pre- and post-test data from the study. She also attended monthly meetings with CSUF representatives and its community-based partners—**Guam Communications Network, Tongan Community Service Center, and Samoan National Nurses Association**—and provided regular updates on the preliminary data.

The findings support that not only cervical cancer education is needed in Pacific Islander communities, but especially education which leads to more positive attitudes toward cervical cancer control.



Partnership Targets Cancer Disparities in OC

Cal State Fullerton and UC Irvine's **Chao Family Comprehensive Cancer Center** have formed a partnership to help reduce cancer health disparities in Orange County. The collaboration, the first of its kind between the two institutions, is being led by **F. Allan Hubbell**, M.D., M.S.P.H, professor emeritus of medicine, public health, and nursing science at UC Irvine, and **Sora Park Tanjasiri**, Dr.P.H., M.P.H., professor of health science and director of the Health Promotion Research Institute at Cal State Fullerton.

"Cancer is the second leading cause of death among all major ethnic groups," says Tanjasiri.

"However, the risk of developing cancer varies considerably by ethnicity."

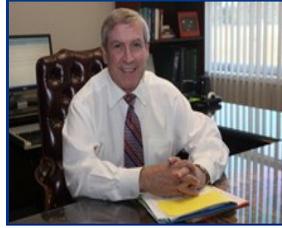
Hispanics, for example, have higher rates of cervical cancer, stomach cancer and liver cancer than non-Hispanic whites. Additionally, non-Hispanic black males have the highest overall cancer



incident and mortality rates of any ethnic group.

"The overall goal is to establish a collaborative partnership between investigators at CSUF and UCI-CFCCC that will increase cancer health disparities research at both institutions," says Hubbell. "By doing so, the partnership will contribute to reducing and eventually eliminating disparities in Orange County, leading to cancer health equity."

To accomplish these goals, several cancer health disparities research projects will be conducted and mentorship and training will be provided to early stage investigators and students who are involved in the research projects. As the partnership advances, education and outreach activities will be provided in the community. The partnership is being funded by a four-year grant, totaling more than \$1.3 million, from the National Cancer Institute.



Obesity Prevention

Multiple research results and intervention approaches from Cal State Fullerton's **Center for the Promotion of Healthy Lifestyles and Obesity Prevention** were recently highlighted in a special issue of the *Californian Journal of Health Promotion*, a scholarly, peer-reviewed online journal focusing on health education and promotion. Titled *Obesity Prevention and Intervention Across the Lifespan*, the special issue was published in August and highlighted community-based research and intervention approaches for infants, children, adolescents, college students, and adults among underserved and minority populations.

These findings were also shared with nearly 100 community leaders during the center's Obesity Prevention Symposium, held on campus in May.

Both projects were led by **Shari McMahan**, dean of the College of Health and Human Development, and **Jie Weiss**, associate professor of health science. [Click here to view the special issue.](#)



Save the Date: Research Week — 2013

Mark your calendar for Cal State Fullerton's inaugural Research Week. The five-day event will be held on campus from

Monday, March 18, to Friday, March 22.

The program will provide CSUF faculty and students with a platform

to learn about the research opportunities available on campus as well as an opportunity to network. The event, which will celebrate and highlight outstanding research that is being conducted by CSUF faculty and students, will also feature a keynote speaker each day.

HPRI Director, **Sora Tanjasiri**, Dr.P.H., M.P.H., is a member of the planning committee. Stay tuned for additional details.



MAKE A GIFT NOW
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To make a donation to support HPRI faculty and student research, please visit

www.fullerton.edu/foundation.

Click on "Make a Gift" in the toolbar for details on how to donate online or by mail.

Please be sure to designate/allocate your gift to "HPRI." Thank you!

If you have any questions, please contact us at hpri@fullerton.edu or (657) 278-8145.



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We're on the Web!

Visit us at:

<http://hpri.fullerton.edu>



About HPRI

The Health Promotion Research Institute is a university-wide institute at California State University, Fullerton that promotes collaborative, inter-disciplinary health-related research among faculty, students, and community leaders and organizations.

Affiliated Centers

CENTER FOR CANCER DISPARITIES RESEARCH

<http://disparities.fullerton.edu/>

CENTER FOR THE PROMOTION OF HEALTHY LIFESTYLES
AND OBESITY PREVENTION

<http://healthylifestyles.fullerton.edu/>

CENTER FOR SUCCESSFUL AGING

<http://hhd.fullerton.edu/csa>

FALL PREVENTION CENTER OF EXCELLENCE

<http://www.stopfalls.org/>

FIBROMYALGIA & CHRONIC PAIN CENTER

<http://fmcp.fullerton.edu/>

The Health Promotion Research Institute is a collaboration between:

Departments of African American Studies, Anthropology, Asian American Studies, Biology, Chicana & Chicano Studies, Child and Adolescent Studies, Civil & Environmental Engineering, Communications, Health Science, Human Communication Studies, Human Services, Information Systems & Decision Sciences, Kinesiology, Nursing, Psychology, Social Work, Sociology, Special Education & CSUF chapter of Eta Sigma Gamma.

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