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HPRI Hosts Third Town Hall Forum

More than 85 community members, including faculty, students and representatives from local nonprofits and governmental agencies, participated in HPRI's third Town Hall



Forum on March 16 at the Titan Student Union at Cal State Fullerton. The program, *Working Together for a Healthier Orange County*, was designed to facilitate research collaboration between faculty and community organizations.

“Collaborations have become an essential part of health promotion,” says HPRI Director **Sora Tanjasiri**. “These partnerships have been shown to reduce risks and increase innovation, capacity and capability.”

Lark Galloway-Gilliam, executive direc-

tor of Community Health Councils, Inc., a Los Angeles-based health promotion, advocacy and policy organization dedicated to building healthy communities, gave the keynote presentation on *Positioning Orange County to Leverage Funding for Collaborative Disease Prevention*. The forum also featured an overview of health disparities in Orange County; a panel discussion on the challenges and opportunities for Orange County and round-table discussions by health interest.

Forum attendees discussed evidence-based best practices, the continuing needs for health promotion in Orange County and ways to work together rather than compete to best leverage resources and funding.

Faculty Members Awarded More Than \$12.5 Million

HPRI faculty members have been awarded 20 grants, totaling more than \$12.5 million, during the 2011-2012 fiscal year (through May 15, 2012). Most of these are multi-year awards and are disbursed accordingly, with more than \$3.8 million allocated for the current period.

In addition, six grants, totaling more

than \$2.6 million, have been submitted and await notification. An additional eight proposals in the amount of more than \$1 million are currently being developed.

And lastly, five grants, with a combined total of more than \$1.2 million, were submitted and denied.

Spring 2012 Mini-Grant Recipients



Erica Howell
(Special Education) is

conducting a needs assessment of parents with autistic children regarding inclusion in church activities.

Mindy Mechanic
(Psychology)

is exploring adaptation to intimate partner violence among ethnic minority women.



Elaine Rutkowski
(Nursing) is evaluating a community-based physical activity program.

HyeKyeung Seung
(Human Communications Studies)

is pilot testing an instrument on early developmental delays among Korean children.



Barbara Cherry
(Psychology) is working with **Dana Rutledge**

(Nursing) to evaluate inflammatory markers linked to physical activity in individuals with fibromyalgia.

Researchers Examine Motives for College Students' Lifestyle Choices

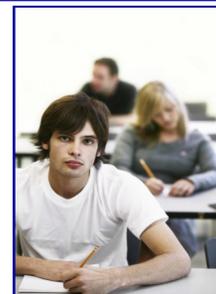
College life is marked by increased independence, frequent deadlines and tests, and often times poor health choices. Research shows that approximately 22 percent of adults ages 18-24 are smokers and that 53 percent of the college students do not meet the recommendation for moderate-vigorous exercise set by the American College of Sports Medicine and the American Heart Association. Young adults also consume fewer servings of fruits and vegetables than other adults. This busy and transitional lifestyle can lead to current and future health problems.

To enhance the understanding of the motives underlying students' lifestyle choices and the interaction between their well-being and academic performance, Professor **Jie Weiss** (principal investigator, Department of Health Science) and **Emily Cheng** (co-principal investigator, Department of Psychology) conducted the study, *Health Behaviors, Personality and Subjective Well-being of College Attending Emerging Adults: Affect, Self-Rated Health, and Quality of Life*. Among the study's findings, students who reported drinking more alcohol are less satisfied with their Quality of Life and more vigorous physical activity was associated with greater life satisfaction.

"This is the first study that we are aware of that examined both psychological and lifestyle behavior variables as determinants of subjective well-being and quality of life," says Dr. Weiss. "Not only did we replicate prior findings, we were able to demonstrate that certain health behaviors impact well-being over and above the effects of personality traits."



A total of 665 college students from Cal State Fullerton participated in the study, which included self-reported data in dietary intake, both vigorous and strengthening-type activities, and alcohol and tobacco use. The project was supported by the Center for the Promotion of Healthy Lifestyles and Obesity Prevention at Cal State Fullerton and funded by CDC, National Center for Chronic Disease Prevention and Health Promotion, the Division of Nutrition, Physical Activity, and Obesity.



Master's Student Studies Youth with Chronic Pain

Brianne Levine, a master's of psychology student, knows firsthand about the special challenges faced by youth and young adults who live with chronic pain. Resources and research studies are limited in this age group when compared to those for older adults; and situations, such as dating, going away to college and simply hanging out with friends, are often difficult. In an effort to help young people with fibromyalgia, Levine, who was diagnosed with the chronic condition at age 21, is conducting a research study at Cal State Fullerton's Fibromyalgia & Chronic Pain Center on adolescents with juvenile fibromyalgia syndrome. Her goal is to determine if coping style and family environment predict daily functioning and overall quality of life as a part of her quest to help improve the lives of youth and young adults with fibromyalgia.



Engaging Public Policymakers to Improve Health

As obesity rates among children continue to rise—particularly amongst Latino children who often live in poverty and have few well-equipped, safe parks or other public spaces in which they can play and be active—community organizations are organizing to influence public policy to reduce the number of overweight and obese children. HPRI faculty member **Erualdo Gonzalez**, a professor in the Department of Chicana & Chicano Studies at Cal State Fullerton, is working to advance the “built-environment” approach by examining factors that influence decision-making among policymakers on new environmental policies related to obesity.

“My study will examine the attitudes and decisions of policymakers who



have been on the receiving end of the efforts of community-based organization advocating for built-environment policy change to increase physical activity



among youth and families,” says Gonzalez. “Ultimately, it will identify factors that are important to policymakers as they make decisions to support built-environment policies.”

The two-year study was funded by the Robert Wood Johnson Foundation. Gonzalez’ research will focus on two Latino communities that are part of the foundation’s Communities Creating Healthy Environment initiative, which aims to alter land use policy and infrastructure maintenance in order to create or improve built-environment opportunities for increasing physical activity.

HPRI Community Partners

Collaboration is key to improving the health of Orange County residents. The following is a partial list of organizations that the Health Promotion Research Institute has partnered with to address public health needs: California WIC Association, CalOptima, Community Action Partnership of Orange County, County of Orange Office on Aging, Jumpstart, Latino Health Access, Orange County Asian & Pacific Islander Community Alliance,

Orange County Department of Education, Orange County Health Care Agency, Orange County Women's Health Project, St. Jude Medical Center, Susan G. Komen Foundation-Orange County Affiliate, and the University of Southern California.



Writing Retreat

The Health Promotion Research Institute (HPRI) held its first Writing Retreat on Saturday, March 10 from 10 a.m.-3 p.m. at Cal State Fullerton. Modeled after a program at Cal State San Bernardino, the retreat provided a dedicated time for faculty to work on research-related projects.

The program was led by **Sora Tanjasiri**, director of the HPRI. Faculty who attended the inaugural event include: **Kathleen Wilson** and **Daniela Rubin** (Kinesiology), **Mindy Mechanic** (Psychology), **HyeKyeung Seung** (Human Communication Studies), **Carter Rakovski** (Sociology) and **Eric Howell** (Special Education).

In addition to writing, the retreat allowed for the sharing of ideas, one-on-one mentoring sessions and an overview by Health Science Professor **Michele Mouttapa** on the Californian Journal of Health Promotion.

The program received high evaluation marks, with each attendee strongly agreeing that the environment was conducive to writing. All attendees also said that they would attend another writing retreat in the future. As a result, the HPRI plans to hold a Writing Retreat for faculty each semester.



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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

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AND OBESITY PREVENTION

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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, Radio TV, Film, Social Work, Sociology, Special Education & CSUF chapter of Eta Sigma Gamma.

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