

OCTOBER 2018

the Link  **Health Promotion Research Center**
A CDC PREVENTION RESEARCH CENTER



Spotlight on

Leah Westra
Deputy Director, HPRC

HPRC's new Deputy Director, Leah Westra, brings a range of experience to her new position. She has managed complex public health projects and program operations, with a focus on streamlining grant award management, as well as operational and financial processes. We asked Leah a few questions about her background and interests.

Could you tell us a bit about your early life and education?

I graduated from a high school outside of Boise, Idaho, and attended Boston College before joining the Peace Corps. In Peace Corps, I was assigned to a rural town in Kenya where I served as a health education volunteer for more than two years. After returning from Kenya and gaining several years of additional public health work experience, I attended Columbia University, where I earned an MPH. Prior to joining HPRC, I worked for 10 years at ICAP, a global public health center based out of Columbia University.

What drew you to the field of public health?

Service has always been a priority for me. In junior high and high school, I volunteered thousands of hours at a local medical center. I knew early on that my sensitive stomach might make me ill-suited to provide direct medical care, but I was still highly drawn to working in the larger community to improve the health of families and all populations. It wasn't until I became a Peace Corps volunteer that I learned the name of that particular field: public health. What I enjoy most about public health is its focus on the greater good.

What keeps you passionate about health promotion research?

It is an intriguing and constantly evolving field; there is always something new to learn and discover. HPRC is making an impact by answering critical research questions about, and responding to the needs of, our local communities and populations. I feel honored to be a part of this important work.

What do you like to do outside of work?

In my free time, I enjoy book club nerding, photography, yoga, and a good beverage.



NIH Grant to Improve Research Dissemination and Implementation

HPRC Affiliate Investigator Allison Cole has been awarded more than \$280,000 to improve the uptake of research findings and other evidence-based interventions to improve the quality and effectiveness of health care. Dr. Cole, an expert in Dissemination and Implementation (D&I) science, will use this funding to develop an interactive online tool for identifying gaps and measuring improvement in research D&I.



Community-Clinical Partnerships in Hypertension Control

We wanted to learn how community-based organizations and community health workers partner with clinics on blood pressure control, and what makes these partnerships successful. This research brief describes our findings and offers tips for forming successful community-clinical linkages.

[Read/download the brief](#)



Community Advisory Board Meeting

Date: Friday, October 26
8:45 am to 12:00 pm
At: Tukwila Community Center [Directions](#)

Join us along with Chair **George Dicks**, Chair-Elect **Margaret Boddie**, and Past Chair **Winona Hollins-Hauge**.



Going to APHA in November? HPRC's **Marlana Kohn** presents: [Don't Wait Until the End - Using Process Evaluation Data for Mid-Course Intervention Improvement](#) on Tuesday, November 13, 5:00-6:30 pm

WE'VE MOVED!

HPRC moved, but not far — we're in the same building, two floors up.
Our new address: 1107 NE 45th Street, Suite 400, Seattle, WA 98105



Seminar November 8

New Hampshire Patient Navigation Program to Increase Colonoscopy Completion

Date: Thursday, November 8 - 10:00 am to 11:00 am PST
Presenter: Allison Cole

Attend in person: HPRC conference room [Directions](#)

Attend via webinar:
[Join online here](#)
Meeting ID: 730-693-565

HPRC People

News and updates about HPRC staff and affiliates:

- Congratulations to **Meagan Brown** in her new role as Research Assistant at HPRC. For the past three years, we have benefited from Meagan's work while she was on a training grant as part of her PhD program; now we are excited to have her as an official employee, working on the national study of the Connect to Wellness program.
- Kudos to affiliate investigator **Wendy Barrington**, who has received a Career Development (K01) award from the National Institutes of Health, designed to support research scientists and faculty in pursuing independent research.
- Farewell to **Katie Osterhage**, who has been a big help as a research coordinator on our PT-REFER project; we wish her well in her new position with UW Family Medicine.

Recent Publications

Mason C, Morris JH, Harris JR, Fischer M, Santiago PM, Hannon P. "Posttreatment Health and Wellness Priorities Among Cancer Survivors." *Journal of Oncology Navigation & Survivorship* 9(10):388-396 (2018 Oct) [Abstract](#)

Liu M, Zhang X, Xiao J, Ge F, Tang S, Belza B "Community Readiness Assessment for Disseminating Evidence-based Physical Activity Programs to Older Adults in Changsha, China: A Case for Enhance@Fitness." *Glob Health Promot* (2018 Oct 15) [Abstract](#)

[See additional recently published articles here.](#)



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