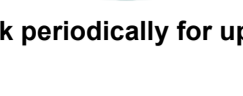


HMCR February 2009 E-Newsletter

Grantee Items

The 10th HMC Grantee Meeting
March 2-3, 2009



(check periodically for updates)

Meeting Location & Hotel Accommodations-

The meeting will be held in The Natcher Conference Center on NIH's main campus. Rooms should already be booked at the Hyatt Regency Bethesda. Grantees can view a draft agenda on the HMC website.

Keynote Speaker- We are pleased to announce the closing keynote speaker for the March meeting will be Jennifer Hays-Grudo Ph.D. Dr. Hays-Grudo will be speaking on The Future of Behavioral Change Research.

Jennifer Hays-Grudo, Ph.D.

Currently serves as the Kaiser Chair in Community Medicine, at the University of Oklahoma, Tulsa, School of Community Medicine. Before moving to Oklahoma, she served as the director of Community Wellness at Scott & White Hospital in Temple, TX. She has also been director of several areas at Baylor College of Medicine including the Center for Women's Health, Health Promotion in the Office of Public Affairs, and Cardiovascular Health Promotion in the DeBakey Heart Center.

Attention Supplement chairs! Please remember to schedule one last call with your supplement groups before the March meeting.

Just a reminder that [Grantee Progress reports](#) and [consort diagrams](#) were due January 28. If you have not yet completed these, please do so as soon as possible.



HMC Reporting — Upcoming dates

[Project Summary Abstracts](#)

Please submit your project summary abstracts by February 10th. The template is provided in the form of a survey, and models the Behavioral Change Consortium's Outcome Report.

[Meeting Attendance Survey](#)

A meeting planning survey is now available on the HMC website. Please complete the survey by February 16th. This will allow the Resource Center to make sure there is enough food for everyone, and that everyone has a board to display their posters on at the poster session/reception.

[Supplement Progress Reports](#)

Each Supplement Chair has been sent individualized progress reports to complete and return. Please submit them no later than February 20th.

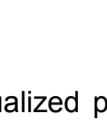
[Electronic Version of Posters](#)

A poster template is available on the meeting website. The HMCR would like to have electronic versions of all posters by February 23rd at the latest. **Please note:** we will not be printing or bringing the posters to the meeting, each site will be responsible for their own printing and transportation.



Inside This Issue

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Announcements

Congratulations!

Fit and Strong! created by Susan Hughes and her team, won the CVS and National Council on Aging Prescription for Better Health and Wellness Award for North Carolina. Also, it has been given one of the five honorable mentions at the national level. Way to go-Fit and Strong!!

The paper: Behavior Change Consortium: setting the stage for a new century of health behavior change research recently became a highest cited

February is American Heart Month

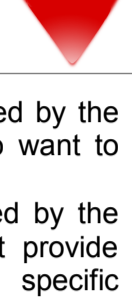
This month is an excellent time to encourage those around us—colleagues, family, friends, and patients to take care of their hearts through regular physical activity.

Some useful resources include:

-**Choose to move**, a 12 week program offered by the American Heart Association for women who want to make a change in their lifestyle.

-Free heart health [Health-e-cards](#) are offered by the CDC in their vast collections of cards that provide health and safety messages and links to specific information, healthy tips, and safety guidelines.

-AARP offers a free four-minute [online video](#) that shares tips on how to get motivated for fitness.



Reports & Publications

[The Behavioral Change Consortium Outcomes Report](#) is now available. The 2008 report contains Research projects' summary and outcomes and cross-site challenge grant findings.

A [Profile of Older Americans: 2008](#) is now available from the Administration on Aging of the U.S. Department of Health and Human Services. This annual summary of the latest statistics on the older population covers 15 topical areas including population, income and poverty, living arrangements, education, and health. The Profile has proven to be a very useful statistical summary in a user friendly format. It is now a web based publication and will be posted shortly on the AoA web site.

The [2008 Physical Activity Guidelines for Americans](#) was released last fall. The federal government's first-ever physical guidelines for Americans contains descriptions of types and amounts of physical activity that offer substantial health benefits to Americans.

[Exercise & Physical Activity: Your Everyday Guide from the National Institute of Aging](#) was released in January. This is an update to the 1998 publication, *Exercise: A Guide from the National Institute on Aging*. It includes new information about what has been learned on the benefits of exercise for older people and the things that motivate people to become more active. More information is also available on the [NIOA's exercise guide website](#).

Resources

Fit & Strong!

Susan Hughes, and her team in Chicago have created a website for [Fit & Strong!](#) Fit & Strong! is an award winning, multi-component, evidence-based physical activity program for older adults with [lower-extremity osteoarthritis](#) that lasts eight weeks.

HealthFinder

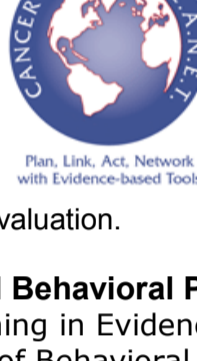
The Department of Health and Human Services have updated [www.healthfinder.gov](#). This federally run website provides health advice that can be personalized using interactive tools. Links to other health information resources are also available on the website. Other features of the updated site include a health encyclopedia with over 1,600 health topics, and health news featuring today's headlines. The entire site can also be used in Spanish.

Cancer Control P.L.A.N.E.T

[Cancercontrolplanet.org](#) is a great starting point for public health professionals in comprehensive cancer control planning. Portals on the website include 5 steps for developing a comprehensive cancer control program.

Links to state and county cancer statistics are provided as well as contact information for potential program partners in each state and region.

Everything you need is provided to plan a cancer intervention—from planning to evaluation.



The National Center on Physical Activity and Disability

A wide variety of information and resources are now available from the National Center on Physical Activity and Disability's (NCPAD) website. Resources are available to enable people with disabilities and chronic conditions to become as physically active as they choose to be. Links to resources are listed, and hard copies can be mailed on request:

[Diabetes Fact Sheet](#)

[Eating Well For Diabetes](#)

[Exercise Guidelines for People with Disabilities](#)

[Fall Injury Prevention and Exercise](#)

[First Steps to Active Health: Balance and Flexibility Exercises for Older Adults](#)

[Food Choices for your Eyes!](#)

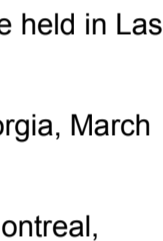
[Walk Your Way to Fitness Video](#)

[What is a Pedometer and How Can I Benefit from Using One?](#)

NCPAD also has a programs database that allows users to locate accessible physical fitness, sport, and recreation programs. [Click Here](#) and enter your zip code on the right to find an accessible program in your area.

On-Line Training in Evidence-Based Behavioral Practice

The interdisciplinary Council for Training in Evidence-Based Behavioral Practice (EBBP), sponsored by National Institutes of Health's Office of Behavioral and Social Science Research (OBSSR), recently announced the release of a newly redesigned website and training modules at [www.ebbp.org](#). A goal of the EBBP project is to develop online learning tools to help behavioral practitioners and students integrate research and practice in real-world conditions. Three training modules are currently available: *The EBBP Process*, *Searching for Evidence*, and *Introduction to Systematic Reviews*.



Workshops & Meetings

The National Council on Aging-American Society on Aging, Aging in America Conference will be held in Las Vegas, Nevada March 15-19. Visit the [meeting website](#) for more information.

American College of Sports Medicine Annual Health & Fitness Summit will be held in Atlanta, Georgia, March 25-28. Visit the [meeting website](#) for more information.

The Annual Meeting and Scientific Sessions for the **Society for Behavioral Medicine** will be held in Montreal, Québec April 22-25. For more information, please visit the [meeting website](#).

American Geriatrics Society Annual Meeting will be held on April 29-May 2 in Chicago, Illinois. Please visit the [meeting website](#) for more information.

American College of Sports Medicine Annual Meeting will be held May 27-30 in Seattle, Washington. For more information please visit the [meeting website](#).

CDC's Inaugural Conference on Obesity Prevention and Control in Washington, DC will be held on July 27-29. Please visit the [meeting website](#) for more information.

The **American Public Health Association** Annual meeting and Exposition will be held November 7-9 in Philadelphia, PA. Please visit the [meeting website](#) for more information.

The **Gerontological Society of America** Annual Scientific Meeting will be held November 18-22 in Atlanta, Georgia. For more information, please visit the [meeting website](#).

Funding Opportunities

PROMIS initiatives

The Patient-Reported Outcomes Measurement Information System™ (PROMIS) is an NIH Roadmap (RM)-funded initiative. The original FOA, "Dynamic Assessment of Patient-Reported Chronic Disease Outcomes" ([RFA-RM-04-011](#)) was awarded in August 2004 to six primary research sites and a statistical coordinating center to form the PROMIS Network. The broad objectives of the initial FOA were to: 1) develop and test a large bank of items measuring patient-reported outcomes (PROs), 2) create a computerized adaptive testing (CAT) system that would allow for efficient, psychometrically robust assessment of PROs in clinical research involving a wide range of chronic diseases, and 3) create a publicly available system that could be added to and modified periodically and that would allow clinical researchers to access a common repository of items and CAT system.

[RFA-RM-08-022 PROMIS Network Center](#)

[RFA-RM-08-023 PROMIS Research Sites](#)

[RFA-RM-08-024 PROMIS Technology Center](#)

[RFA-RM-08-025 PROMIS Statistical Center](#)



Other Opportunities

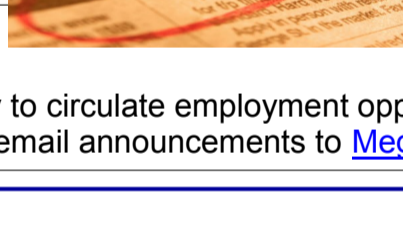
Request for Information - Improving Core Facilities

The National Center for Research Resources (NCRR) invites interested parties to submit information regarding interest, access, value, policy, consolidation and issues relating to core facilities. It is anticipated that the information received will be used in two ways. First, the information will provide a useful snapshot of the state of NIH funded core facilities. It is hoped that both the successes and problems with those facilities will become apparent in the responses. Second, NCRR plans to conduct a public meeting in July to follow up on the information received. Some of the information that you provide may be useful as case studies at that meeting. As a result, the information provided will not be considered confidential. However, NCRR does not plan to release specific details about problems that are reported in response to this RFI. [For further information.](#)

Response date: February 20, 2009

Job Opportunities

[Research Chair in System Sciences](#) — McGill University



Let us hear about any pertinent job postings! We are happy to circulate employment opportunities via the E-news and post them to the HMCR website. Please email announcements to [Meghan Wernicke](#).