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ATRN Annual Health Summit



Mr. Michael Botticelli, Deputy Director of the White House Office of National Drug Control Policy

The Appalachian Translational Research Network (ATRN) partnered with the Appalachian Rural Health Institute at Ohio University and The OSU Center for Clinical and Translational Science (CCTS) in hosting the 5th Annual Appalachian Health Summit and the 4th Annual OSU CCTS Scientific Meeting *Building Healthy Communities*. The keynote speaker featured Mr. Michael Botticelli, Deputy Director of the White House Office of National Drug Control Policy, noting the importance of treating addiction as a medical problem that can be effectively prevented and treated.

“Since day one, President Obama has made clear that policy decisions affecting health and safety should be guided by science and re-

search, not ideology or dogma,” said Deputy Director Botticelli. “As a result, our nation’s drug policies are built upon the fact that addiction is a chronic disease of the brain that can be successfully prevented, treated, and from which people can recover. We are not powerless against substance use in America and we look forward to continuing our close working relationships with communities across Appalachia to ensure we do everything we can to protect public health and safety.”

“People in Appalachia are already disproportionately affected by health issues like diabetes, cancer and obesity – a situation that is further complicated by the epidemic level abuse of prescription painkillers, tobacco, and alcohol,” said Laureen Smith, PhD, an associate professor in the Ohio State College of Nursing who has extensive experience conducting research in Appalachia. “In order for interventions to be successful, they must not only address the region’s larger economic and social issues, but also engage aspects of the region’s culture – its history of a strong work ethic and close family and community ties - that can have a positive influence on efforts.”

The meeting provided an avenue for scientists and clinicians to share their stories about their experiences and research in the Appalachian area. Two tracks were open for attendance, with the CCTS Scientific Meeting focusing on building healthy communities using community-based research approaches. The ATRN track focused on tobacco, prescription and other substance addiction in Appalachia. ATRN hosted a table to introduce Appalachian Translational Research Network to the attendees.

Save the Date!

The Appalachian Health Summit is scheduled for Thursday, March 27, 2014, hosted by University of Kentucky at the Lexington Convention Center.

More details will be communicated as we get closer to the date.





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Experts predict that if these trends continue, this generation of children will be the first in the past two centuries who will not live longer than their parents.

West Virginia University Expanding Partners: L.I.F.E. (Lifestyle Improvements in the Family Environment) A School-Based Heart-Health Screening and Intervention Program

An alarming increase in overweight children and adolescents aged 2 to 19 years has been noted in recent decades. Obesity in children has been associated with cardiovascular issues (high blood pressure, high cholesterol), endocrine system problems (type 2 diabetes, insulin resistance), and mental health issues.

The L.I.F.E. program began with direct ties to a university-based research program and grew with evidence-based successes and development of community partnerships.

The goals of the original L.I.F.E. grant were two-fold: a) identify cardiovascular risk factors in 5th grade students and their families and b) to provide counseling, education services and opportunities to change lifestyle routines that contribute to risk factors. Screenings were held at each elementary school site prior to the start of the school day and included a free lipid profile and fasting glucose, body mass index (BMI), blood pressure (B/P) measurement, and visual inspection of the neck for acanthosis nigricans (AN). Family members were welcome to participate.

L.I.F.E. has received several rounds of funding to continue the building of their program and expand into the middle schools. The goals of L.I.F.E. have remained constant over the three rounds of grant funding. Health services and physical education have become partners, with the school nurses taking the primary lead in the screening and referral process, physical educators shifting curriculum toward lifetime activity skills, and the two departments collaboration on increased

physical activity during and outside the school day.

Through L.I.F.E. the school district believes it can be a part of the solution, addressing the health risks associated with childhood obesity.

The collaboration between health services and the elementary/middle schools have shown there is local concern for the national obesity epidemic. Together they are working to reduce obesity and improve current and future health outcomes in today's youth.

We wish Dr. Wittberg and his team continued success with their project.

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Appalachian Translational Research Network

Marshall University Expanding Partners: Robert C. Byrd Rural Health and Clinical Education Center



Robert C. Byrd Rural Health and Clinical Education Center, Chapmanville, WV

The citizens of West Virginia's southern counties have poorer health outcomes than their state and national counterparts. Rates of deaths from heart disease, chronic lung disease, and cancer all significantly exceed rates in other regions. Outcomes from diseases

related to inadequate health access and ineffective prevention are also worse in southern West Virginia. Rates of smoking, smoking during pregnancy, smokeless tobacco use, physical inactivity, and obesity are much worse than the rest of West

Virginia and the nation. Residents report lack of health insurance and cost as barriers to health care at a one third higher rate than the rest of the state. These indicators of poor health status appear to parallel economic and educational disadvantage. Southern West Virginia counties collectively have higher rates of poverty, unemployment, non-graduation from high school, and lack of adequate health insurance than the state and nation. These counties are more geographically isolated than most other areas of West Virginia. Lower demand for jobs in the mining industries traditional for the state has led to a decrease in population in many of this area's counties over the past decade. Improving access to health care not only results in improved health outcomes, but also provides economic stimulus to southern West Virginia communities.

In September 2008, United States Senator Robert C. Byrd earmarked funding to Marshall University for a rural clinical and teaching facility for the Logan county area in hopes of improving the health outcomes as well as serving as an educational and economic hub for the area. The newly built facility is located on Airport Road in Chapmanville, and includes a primary care practice that has been

designated a Federally Qualified Health Center Look-Alike. The primary purpose of the facility is to provide affordable, primary and preventive care services to the community. Patients include children, adults and the elderly in Logan County and surrounding areas, as well as the uninsured and underinsured population in this region. The focus is to provide affordable, primary and preventive care services, with the mission to develop community specific solutions to community specific health disparities. The secondary purpose is to collaborate with Joan C. Edwards School of Medicine's award-winning Family Medicine, Internal Medicine and Pediatrics residency programs, to encourage recruitment to an area of the state that continues to struggle in recruiting primary care physicians. In addition, it brings to the community a state-of-the-art facility which will allow enhanced opportunities for patient educational programs, research, and serve as an outreach site for specialty services.

Beginning in 2011, this facility piloted the ADVANCED research project., in collaboration with the Clinical Research Center and the Robert C. Byrd Center for Rural Health at Marshall University. The overall goal of the project was to improve the health of diabetic patients in Southern West Virginia. Use of a cell phone messaging system for receipt of diabetic monitoring parameters and development of focused, brief diabetes educational patient encounters were employed to determine if either is effective at improving a patient's self-management of their diabetes. Patients from the primary care practice and others from the area were enrolled in the study and met both with Clinical Research Center staff from the JCESOM as well as the providers from the primary care practice and a diabetes educator regularly. The facility in Chapmanville also serves as a hub for other research activity including a study on the Affordable Care Act and diabetic retinopathy.

ADVANCE

Research Project—
improving the health
of diabetic patients
in Southern West
Virginia.

Do you have information
for future newsletters or
are you interested in be-
coming a *community part-
ner*? Email us at

Beverly.stringer@osumc.edu.



THE OHIO STATE UNIVERSITY



University of Cincinnati Expanding Partners: Neighbors for Clean Air in Marietta OH



Dr. Erin Haynes and Caroline Beidler of Neighbors for Clean Air

Collaboration between researchers and community partners work to make a difference in the lives of community members.

A Manganese study was requested by a group of concerned citizens who live in and around the city of Marietta, Ohio. Most of the citizens felt they were negatively affected by odors and particulate pollution from the local manganese refinery. Dr. Erin Haynes, University of Cincinnati, worked closely with Caroline Beidler, founder of Neighbors for Clean Air and an advisory group in Marietta. The community-academic team was awarded a Community-Based Participatory Research grant from the National Institute of Environmental Health Sciences to study the effects of manganese on children's brain function. The team was also awarded a Partners in Research grant to further engage the community in the research through outreach to media, physicians and community members. Recently, their research partnership culminated into an NIEHS award to develop the first "lab on a chip" sensor that quickly detects levels of heavy metals such as manganese in humans in collaboration with Dr. Ian Papautsky from the UC College of Engineering and Dr. Bill Heineman from the UC College of Chemistry. The sensor's working electrode is made of bismuth instead of the usual mercury,

which makes it environmentally friendly. Once developed, this sensor will be field tested in Marietta.

The University of Cincinnati researchers lead a long-term health study on the potential health effects of heavy metals on 7, 8 and 9 year-old children who live near the longest running manganese refinery in the United States. Tests have revealed elevated levels of manganese in Marietta residents when compared to those who live in other cities. The US EPA is currently determining a safe level of emissions from the refinery. The partnership between the University of Cincinnati and Neighbors for Clean Air in Marietta, Ohio demonstrates how collaboration between researchers and community partners work toward making a difference in the lives of the community members.

We wish Dr. Haynes and Neighbors for Clean Air continued success with their project.

Do you have information for future newsletters or are you interested in becoming a *community partner*? Email us at

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The Ohio State University Expanding Partners: OSU Extension Offices — Building Healthy Relationships in Southern Ohio

“This information will definitely help me to make wiser decisions when feeding my family.”

ATR N partners with the Ohio State University Extension in the ATR N counties of southeastern Ohio. OSU Extension has a long history in Ohio and is very active in their local communities. They are helping ATR N to open doors and help expand the research environment in southern Ohio.

The OSU Extension offer many educational opportunities and several of the programs deal with nutrition. The Family and Consumer Sciences program offers the *Supplemental Nutrition Assistance Program (SNAP-Ed)*, formerly the *Family Nutrition Program*, and *Cooking Matters*®.

Short staffed? Resources spread thin? Need a quality nutrition program? They have the answer. The SNAP-Ed program is the nutrition education component of the federal government’s Food Assistance program in Ohio. Ohio has more than 60 counties providing SNAP-Ed classes.

SNAP-Ed makes a difference in the lives of those in our communities with the fewest resources available to feed, clothe, house and educate their families. OSU Extension Offices focus on those with the most need: those participating in or who are eligible for the Food Assistance Program (SNAP).

Eating healthy is a goal we all have, but it can be tough on a tight budget. FSNAP-Ed offers educational programs in small groups with opportunities for conversation and hands-on learning. Topics focus on food, nutrition, thrifty food shopping, food preparation, food

safety and physical activity. Small changes can make a big difference.

Share Our Strength’s *Cooking Matters*® empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals. Through guided grocery store tours, participants learn how to select nutritious and low cost ingredients, identify economical ways of purchasing fruits and vegetables, compare unit prices and food

labels and identify whole grain products.

These programs deal with nutrition with a different focus in the education and they complement each other in assisting families who struggle to make ends meet and prepare healthy meals.



“This information will definitely help me to make wiser decisions when feeding my family.”

Monadine Matthey, Extension Educator for Pike and Scioto counties, who works closely educating the community says, “Working with community members who are on a limited income or who have been diagnosed with diabetes or other chronic diseases can benefit from “Cooking Matters®” and the SNAP-Ed program. These programs help educate participants through nutrition education and those who want to control their chronic disease. It is important to control your disease to live a longer and healthier life.”

We wish Monadine and her co-workers continued success with educating the community.

Do you have information for future newsletters or are you interested in becoming a community partner? Email us at

Beverly.stringer@osumc.edu.



THE OHIO STATE UNIVERSITY



University of Kentucky Expanding Partners: Appalachian Regional Healthcare (ARH)

How can ATRN help you?

Did you know that ATRN is a great source for researchers and community partners to connect with each other? Let us help you. Contact Beverly Stringer, ATRN Community Engagement Coordinator at 740.377.5499 or Beverly.stringer@osumc.edu.

Chance Meeting...

It never ceases to amaze me the opportunities that present themselves when least expected. Such was the case of a chance meeting with Patrick Kitzman, Ph.D. from the University of Kentucky (UK) approximately seven years ago. What began as a discussion on “what if” turned into “what can be” when organizations share their resources and talents.

My role as System Director of Rehabilitation with Appalachian Regional Healthcare (ARH) provides me the opportunity to serve many rural communities. Appalachian Regional Healthcare consists of ten hospitals serving individuals and communities throughout Eastern Kentucky and West Virginia with a mission to improve health and promote well-being of all the people in Central Appalachia in partnership with our communities. With this mission in mind, the conversation that began with Dr. Kitzman led to a collaboration that has sustained time.

The chance meeting served as a catalyst in the development of a partnership (KARRN) that continues to evolve. The Kentucky Appalachian Rural Rehabilitation Network (KARRN) is an example of how shared talents and

resources can result in meaningful and sustainable relationships.

KARRN promotes the collaboration of organizations and communities to provide recommendations for research projects. Each member participates in action oriented projects that positively impact the communities involved. The partnership between ARH and UK has led to patient-centered research involving survivors of stroke, traumatic brain injury, spinal cord injury and their caregivers. A few examples of collaborative projects include



a Kentucky State Park travel guide for the physically impaired sharing accessibility tips; development of home transfer videos to assist survivors and caregivers after returning home, and project CARAT which gathers donated assistive devices that can be obtained by those in the community who need them.

This September we celebrated the sixth annual KARRN conference bringing together researchers, KARRN partners, community members, rehabilitation professionals and panels consisting of survivors and caregivers of stroke, traumatic brain injury and spinal cord injury. Together we learn from one another to continue to develop future projects for communities we serve. Our communities

speaking and listening.

Do you have information for future newsletters or are you interested in becoming a community partner? Email us at

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THE OHIO STATE UNIVERSITY



Ohio University Expanding Partners: IPAC/ Pathways



Photo by: Josh Birnbaum

Integrating Professionals for Appalachian Children (IPAC) has existed since 2002 and gained nonprofit charity status in 2006. The network is comprised of multiple agencies in the Southeast Ohio region, including several Ohio University departments and clinics. Representatives from member organizations and participating agencies meet regularly to share how they identify and assess health risks in early childhood and forge new collaborations in meeting health and wellness needs for Appalachian children and their families with direct care coordination and services.

The Southeast Ohio Community HUB, also known as the PATHWAYS program, is an eight-county community based wellness project with a model of integrated care coordination that fosters collaborations with social service and health organizations in the region. The

program, which serves pregnant women and families with young children, has received 236 referrals in little more than a year. Caseworkers and nurses ensure that women attend prenatal appointments, assist with counseling, smoking cessation, housing, and much more. Since the beginning of PATHWAYS, 66 babies have been born and mothers participating in PATHWAYS deliver full-term infants of normal weight 87.9% of the time!

Integrating Professionals for Appalachian Children (IPAC) has led this initiative with funding from Governor John Kasich's Office of Health Transformation and would like to thank the participating agencies; which include: Gallia-Meigs Community Action, Health Recovery Services, Integrated Services of Appalachia and OU-HCOM Family Navigator Program for all of their continued work towards this endeavor!

*Our vision is to
ensure healthy
development for
all children in
Appalachian Ohio.*

www.ipacohio.org

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THE OHIO STATE UNIVERSITY

ATRN FALL 2013

The National Institutes of Health has awarded a \$25.4 million grant to The Ohio State University for Clinical and Translational Science (CTS), a collaboration between The Ohio State University and Nationwide Children's Hospital created to accelerate basic science discoveries into life-saving medical advances.

The CTS facilitated a network of institutional partners in Appalachia—**The Appalachian Translational Research Network**—which is focused on addressing the significant health challenges and disparities specific to Appalachia.

The ATRN newsletter is a biannual publication with support from Award Number Grant UL1TR001070 from the National Center For Advancing Translational Sciences. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Center for Advancing Translational Sciences or the National Institutes of Health.

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