

The Yale-Griffin Prevention Research Center

Newsflash

Winter 2019 Issue

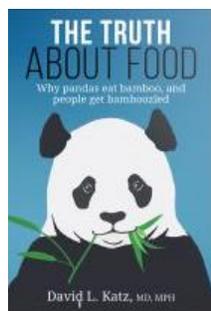
The PRC has prepared this electronic **Newsflash** to keep you informed about our work and invite you to take part in our research, education and outreach activities. If you have ideas for working together on shared projects, please let us know.

For more information about the Yale-Griffin PRC:

Please visit our website at <http://www.yalegriffinprc.org>

PRC Updates

Next Community Committee Meeting: We have not yet set a date for our annual Community Committee meeting. We will keep you posted once we finalize the date and agenda for the meeting.



New Book by Dr. David Katz: PRC Director David Katz, MD, MPH has recently authored a new book titled ***The Truth about Food: Why Pandas Eat Bamboo and People Get Bamboozled*** (Amazon White Glove, October 2018). This book explores what we know about diet and health, and importantly, why we know it; empowering readers to differentiate between the truths and falsehoods of food and nutrition, and keep up with new findings. Based on science, and aligned with the global consensus of diverse experts, this book is an invitation to add years to life and life to years, and “to love the food that loves you back” for a lifetime. **All proceeds benefit The True Health Initiative, a federally-authorized 501(c)(3) non-profit founded by Dr. Katz.**

Current Projects

UPDATE - Valley Initiative to Advance Health & Learning in Schools (VITAHLS)

This initiative, led by the PRC and Griffin Hospital in partnership with school and community partners, aims to develop, implement, evaluate, and sustain comprehensive school-based programming focusing on nutrition and physical activity for PreK-12 students. Our school partners are the Ansonia, Derby, Seymour, Shelton and Naugatuck school districts, and Emmett O'Brien Regional Technical School. For more information, contact VITAHLS Coordinator Kim Doughty (email kim.doughty@yalegriffinprc.org).

- **Funded mini-grants to school districts:** This year, the PRC has awarded mini-grants of up to \$1500 per district for project proposals submitted by representatives of each district. The PRC is available to provide assistance and training to evaluate the impact of each project. Below are descriptions of projects that were funded, with amounts ranging from \$415 to \$1500 per project.

Ansonia Public Schools

- **Pedometer-based PE lessons:** purchase of pedometers and teacher release time to develop and offer PE lessons using the pedometers in grades 4, 5, and 6 in both elementary schools
- **Intramural sports program:** stipend for a staff member to run an intramural sports program at Ansonia Middle School

Derby Public Schools

- Children's yoga: support for teacher certification for one staff member and yoga mats for students for use in a weekly specials class and PE classes in grades K-2 at Bradley School
- Fitness test fun: new fitness testing equipment for use in regular PE classes at Irving School
- Floor hockey: floor hockey equipment for use in PE classes and an after-school fitness club

Seymour Public Schools

- Kinesthetic pathways: purchase of decals, equipment, and posters to create a "kinesthetic pathway" in 2 elementary schools for use by students in need of sensory or activity breaks

Shelton Public Schools

- Shelton Intermediate School (SIS) Viking: purchase of small pieces of fitness equipment for use in an auxiliary gym, and eventually in other areas inside and outside of the school
 - Kinesthetic classrooms: purchase of kinesthetic classroom equipment for use by students in first grade and the Alternative Learning Center at Elizabeth Shelton School
- **Addressing Chronic Conditions in Elementary and Secondary Schools (ACCESS)**: The PRC received \$30,000 in funding (\$15,000 per year) from the Valley Community Foundation to improve ways to identify and manage K-12 students with chronic health conditions (CHCs) in public schools in Ansonia, Derby, and Shelton. CHCs such as obesity, asthma, seizure disorders, hearing problems, and behavioral and learning problems are prevalent among school-aged children. The project began in November and will continue through October 2020. The ultimate goal is to improve health and academic outcomes for these students by increasing access to services. This will be done by first identifying where the greatest needs are and then addressing them with evidence-based intervention strategies. During Year 1, we plan to: (1) establish a working group of stakeholders from the target communities; (2) assess current practices, needs, and resources related to managing CHCs among school-aged students; and (3) identify strategies to screen, refer to care, and track outcomes in students with CHCs. During Year 2, we will implement strategies for screening, referral, and tracking and ensure fidelity to implementation plans. Thus far, as Part of Year 1 activities, we have established a working group that includes nurses and teachers from Ansonia, Derby, and Shelton; staff from the Naugatuck Valley Health District; and staff from the Griffin Hospital Community Outreach Department. The first meeting was held on December 11. In the coming months, we'll keep you posted on our progress on the Year 1 activities and our plans for Year 2.

UPDATE – Community Alliance for Research and Engagement

The Community Alliance for Research and Engagement (CARE) extends the PRC's work with a mission to improve health in New Haven, CT. CARE, in partnership with the New Haven community, is working in tandem with the PRC to take action against chronic diseases and other challenges that threaten the health of community members.

- **Health Leaders Program Training in Community-Engaged Research** - In November, CARE launched a research track of its New Haven Health Leaders, a program for New Haven residents to work in collaboration with Yale health researchers on solutions to pressing social and health issues. In this 8-month program, Health Leaders are trained in community-engaged research and collaborate with Yale researchers on a community research project to improve health in New Haven. The program is funded by the Patient Centered Outcomes Research Institute. Of the 55 people who applied, 12 were selected into the first cohort. In November and December, they attended a 3-part training on Patient-Centered Outcomes Research, Community-Based Participatory Research, health disparities in New Haven, and the relationship between health and social issues. From January through June 2019, Health Leaders will be matched with research projects at Yale to provide a community perspective and guide aspects of the research projects. They receive a stipend of \$200 per month.

Grant Proposals and Awards

RECENTLY-SUBMITTED PROPOSALS

- [Increasing Engagement of Underserved Persons Living with Prediabetes and at High Risk for Developing Type 2 Diabetes in the National Diabetes Prevention Program Lifestyle Changes Program](#)

In December, in response to a CDC Broad Agency Announcement soliciting research proposals on several health topics, the PRC submitted a pre-proposal to develop and evaluate innovative ways to engage and retain underserved people at high risk for type 2 diabetes in the National Diabetes Prevention Program (DPP) Lifestyle Change Program. Although the DPP has been clearly established as the most effective lifestyle intervention to prevent type 2 diabetes, efforts to translate the DPP for use in real-world settings have had varied success with regard to participant attendance, retention, and weight loss. When trying to make major lifestyle changes, people often face barriers such as lack of time, social cues for unhealthy eating, vacations or holidays, etc. that hinder their success in making these changes. Evidence suggests that individual tailoring of messages may improve the effectiveness of lifestyle change interventions. We therefore propose a study to identify perceived impediments to the successful delivery of the DPP among low-income individuals at risk for type 2 diabetes, and to then tailor the DPP lifestyle intervention delivery to address the perceived impediments and test for efficacy with regard to improvements in cardio-metabolic risk factors, diet quality, and physical activity level. The DPP will be delivered using a digital platform offered by Hope 80/20, a CDC-certified DPP provider. In a later phase of this project, we plan to disseminate the tailored DPP curriculum via the PRC network to test the effectiveness of our impediment profiler tool in diverse communities across the U.S. If the CDC has sufficient interest in our pre-proposal, we will be invited to submit a full proposal, with an anticipated award date of June/July 2019.

RECENTLY-AWARDED GRANT

- [Post-prandial Effects of Extra Virgin Olive Oil on Endothelial Function in Adults at Risk for Type 2 Diabetes: A Randomized Crossover Controlled Trial](#)

The PRC has recently received funding from Boundary Bend, an Australian olive oil producer, to assess the post-prandial (after-meal) effects of extra virgin olive oil on two measures of cardiovascular health - endothelial function and blood pressure - in adults at risk for type 2 diabetes. Diets rich in mono- and polyunsaturated fatty acids have been shown to improve cardiovascular health in people with or at risk for type 2 diabetes. Olive oils have a relatively high content of these fatty acids, with extra virgin olive oil having a significantly higher amount compared to refined olive oil. The study will compare the effects of extra virgin olive oil vs. refined olive oil, when consumed as part of a meal, on endothelial function and blood pressure. It will build on our prior experience in conducting randomized controlled trials on endothelial function in adults at risk for type 2 diabetes.

Presentations

David Katz, MD, MPH, FACPM, FACP, PRC Director, delivered the following presentations:

- [Lifestyle is the Medicine: What's the Spoon?](#) on October 11th at the Pri-Med Midwest Annual Conference in Rosemont, IL.
- [Lifestyle and integrative Medicine: A Bridge over Healthcare's Troubled Waters](#) on October 18th at the Nutraceuticals and Medicine Conference in Tampa, FL.

- Panelist for *The Edge of Innovation (TED Style Talks)* on October 24th at the Jax Healthcare Forum held at the Jackson Laboratory for Genomic Medicine in Farmington, CT.
- Moderator on November 10th at the American Heart Association Scientific Sessions in Chicago, IL.
- *Lifestyle is the Medicine: What's the Spoon?* on December 8th at the Pri-Med East Annual Conference in Boston, MA.

Publications

- Kahleova H, Katz DL, Barnard ND. *Effects of a Low Carbohydrate Diet on Energy Expenditure during Weight Loss Maintenance: Randomized Trial*. BMJ. 2018;363:k4583.
- Perlman A, Fogerite SG, Glass O, Bechard E, Ali A, Njike VY, Pieper C, Dmitrieva NO, Luciano A, Rosenberger L, Keever T, Milak C, Finkelstein EA, Mahon G, Campanile G, Cotter A, Katz DL. *Efficacy and Safety of Massage for Osteoarthritis of the Knee: a Randomized Clinical Trial*. J Gen Intern Med. 2018 Dec 12. doi: 10.1007/s11606-018-4763-5. [Epub ahead of print]
- Westerman K, Reaver A, Roy C, Ploch M, Sharoni E, Nogal B, Sinclair DA, Katz DL, Blumberg JB, Blander G. *Longitudinal Analysis of Biomarker Data from a Personalized Nutrition Platform in Healthy Subjects*. Scientific Reports. 2018 Nov 8;8(1):16778. doi: 10.1038/s41598-018-35249-y.
- Katz DL. *How to Improve Clinical Practice and Medical Education about Nutrition*. AMA J Ethics. 2018 Oct 1; 20(10):E994-1000. doi: 10.1001/amajethics.2018.994. PubMed PMID: 30346928.

In-Service / Training Opportunities

You are invited to join us at our **Journal Club meetings or other professional development sessions**, usually held every other month. We review and critique publications on topics such as community-based research, clinical research, and public health. This helps us stay up-to-date on research findings. It also allows us to examine publications (for the research questions, study design, results and conclusions) so we can apply the knowledge gained and lessons learned to the design of our own projects. Occasionally, we devote these sessions to reviewing recent findings from our own studies.

Our next meeting will be held at the PRC on the second floor of Griffin Hospital.

- **Tuesday, January 8th from 2:00 to 3:00 p.m.**
Ickovics JR, O'Connor Duffany K, Shebl FM, et al. *Implementing School-Based Policies to Prevent Obesity: Cluster-Randomized Trial*. American Journal of Preventive Medicine. 2019 Jan; 56(1): e1-e11.

If you have questions, please contact Dr. Valentine Njike by email at valentine.njike@yalegriffinprc.org, or by phone at 203-732-1265 ext. 304.

Let's Stay in Touch

We want to hear from you – let us know what you are doing and how our research might assist you in your work. Please contact Beth Comerford, MS, Deputy Director (beth.comerford@yalegriffinprc.org) or any of the staff listed in this **Newsflash**.

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Healthier Communities Together

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