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CENTERS FOR DISEASE CONTROL HEALTH PROTECTION RESEARCH INITIATIVE GRANTS OHSU HEALTH MANAGEMENT SERVICES \$1.1 MILLION TO PROVIDE EVIDENCE-BASED WORK SITE HEALTH PROMOTION SERVICES

PORTLAND, Ore. —Oregon Health & Science University Health Management Services in a joint relationship with the University of Rhode Island Cancer Prevention Research Center has received a \$1.2 million, three-year grant from the Centers for Disease Control and Prevention. This grant is one of the top grants given by the federal agency.

“By being recognized by this national grant, it raises awareness that the OHSU School of Nursing is one of the major institutions conducting research and providing services that effectively manage the most costly health risks for employees and their employers,” said Susan Butterworth, M.S., Ph.D., principal investigator on the study and director of OHSU Health Management Services, associate professor, OHSU School of Nursing.

The relationship with the Cancer Prevention Research Center at the University of Rhode Island brings one of the world’s foremost experts on behavior modification, James O. Prochaska, Ph.D., to this research project. Prochaska is one of the originators of the Transtheoretical Model of Change and the Director of the Cancer Prevention Research Center and professor of psychology at the University of Rhode Island. Named one of the five most influential authors in psychology by the Institute for Scientific Information and the American Psychological Society, he has served as Principal Investigator for more than \$70 million in research grants on the prevention of cancer and other chronic diseases.

Co-investigators on the study include Dr. Prochaska; Marna Flaherty-Robb, M.S.N., associate dean for practice development and integration, co-director best practices initiative and assistant professor; and Nancy Perrin, R.N., Ph.D., professor, both on faculty at the OHSU School of Nursing.

The objective of the study is to evaluate evidence based health promotion and disease management strategies, tools, and recruitment models to improve the health of employees. Quality Health Solutions Inc. of Lake Oswego, Ore., will provide the online health risk assessments and multiple behavior interventions in conjunction with OHSU Health Management Services Motivational Interviewing Based Health Coaching.

“The results will be most exciting to employers who are interested in health promotion and disease management services to improve the health, reduce absenteeism and increase productivity of their employees. The results will help us discover the best way to recruit employees into health promotion programs, and determine the effectiveness of computerized tailored messages and health coaching,” Butterworth said.

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Quality Health Solutions, Inc.