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Hundreds Donate Tissue and Time for Research

More than 200 Orange County women of Asian, Native Hawaiian, Pacific Islander, Tongan, Hispanic, African American and Caucasian descent donated healthy breast tissue samples during the Komen Tissue Bank Collection Event.



The event, organized by **Susan G. Komen Orange County**, was held Nov. 2 at Memorial-Care Medical Group Irvine and marks the first collection event held on the West Coast.

“This important effort helps to diversify the pool of specimens available for breast cancer research,” says Dr. **Sora Tanjasiri**, director of the Health Promotion Research Institute (HPRI) and board member of Susan G. Komen Orange County. “By comparing healthy breast tissue to tumor tissue, researchers aim to identify the differences and ways to prevent or stop breast cancer.”

The event was supported by more than 200 volunteers, many of whom were from Cal State Fullerton. Among the efforts Tanjasiri, research assistants **Ualani Hoopai** and **Ciara Paige**, and undergrad-

uate health science student **Christina Beasley** donated tissue samples; HPRI program manager **Sandy Bennett** served as the lead for the specimen runner volunteers.

In addition, 98 percent of the donors completed an Exit Survey following their tissue collection. Designed by **WINCART** (Weaving an Islander Network for Cancer Awareness Research and Training) team members, the survey assesses donor’s knowledge and motivations for donating, as well as their actual experience.

WINCART is supported by the National Cancer Institute, Center to Reduce Cancer Health Disparities under award number 1U54CA153458.

HPRI Faculty Members Recently Awarded Nearly \$2 Million

HPRI faculty members have been awarded 12 grants, totaling \$1,951,989 million, between July 1 and Nov. 30. Several more grant proposals have been submitted or are currently in progress.

These awards play a vital role in advancing HPRI’S mission, which is to create collaborative, multilevel solutions

that empower individuals and communities to achieve optimal health. In addition to addressing critical needs in the community, grant activities help to advance research efforts at Cal State Fullerton and provide enriched opportunities for student learning and involvement in public health and research.

HACU Conference



Three Cal State Fullerton students who are a part of the *Comidas y Comunidades* program, an educational endeavor to diversify the nutrition workforce, recently attended the **Hispanic Association of Colleges and Universities** 27th annual Conference. The event, held Oct. 26-28 in Chicago, Ill., featured general sessions with keynote speakers and interactive track sessions. Tracks included: Grants and Funding Opportunities, Partnerships that Work, Academic Success for Hispanic Students, Research and Practice, Advocacy and Legislation, International Partnerships and Executive Leadership for Presidents and CEOs.

Mercedes Haro Isidro, MPH student and research assistant, and undergraduate students **Karina Garcia** and **Ashley Hernandez** attended the conference and later gave a presentation to others in the CCS cohort.

The CCS program is led by principal investigator Dr. **Archana J. McEligot** (Health Science) and co-PI Dr. **Erualdo Gonzalez** (Chicana and Chicano Studies), and supported by a grant from the USDA, #2011-38422-30829.

CSUF and UCI Partnership Fund Two \$100,000 Grants

The **California State University Fullerton and University of California Irvine Chao Family Comprehensive Cancer Center Partnership for Cancer Health Disparities Research** recently awarded two \$100,000 grants to cancer disparities researchers.

One grant was awarded to Drs. **Erica Howell**, (Special Education) at CSUF and Leonard Sender (Pediatrics) at UC Irvine. The co-investigators' pilot project, *Equipping*

Medical Professionals to Reduce Treatment-Related Anxiety and Increase Treatment Procedural Understandings for Children with Autism Spectrum

Disorder Receiving Cancer Treatment, aims to equip pediatric oncology medical professionals in best practices for working with children with autism.

The second grant was awarded to Drs. **Archana J. McEligot** (Health Science) at CSUF, and Feng Lui (Medicine) at UC Irvine. Their project, *Molecular Mechanism of Gender Disparity of Early Onset Melanoma*, will analyze gender differences at the molecular level in early onset cutaneous melanoma etiology.

The partnership recently sent its second Request for Applications to HPRI and Cancer Center faculty members. Two pilot projects for up to \$100,000 in funding will be awarded this cycle.



Formed in 2012 to help reduce cancer health disparities in Orange County, the partnership also aids in the advancement of Cal State Fullerton's new five-year strategic plan, particularly in the areas of the expansion of co-curricular programs for students, and increased faculty and staff engagement in grants and contracts.

The partnership is supported by the National Cancer Institute of the National Institutes of Health under award numbers CA174292 and CA174188 and a donation from the Hubbell Research and Education Fund.

Chronic Pain Research

MPH student Dr. **Muhammad Nasir** is studying the *Effects of Continuous Wave Ultrasound Therapy on Muscular Pain Intensity and Functionality in People With Fibromyalgia*, a chronic pain disorder that affects approximately 5 million people in the U.S. The thesis is being co-chaired by Drs. **Jennifer Piazza** and **Jessie Jones** (Health Science).

"Ultrasound is one of the most common, safe, and economical modalities in use," says Nasir. "But evidence available to determine its effectiveness for muscle pain among people with fibromyalgia is still limited."

Nasir is currently conducting a six-week randomized controlled study to assess the effects of continuous wave ultrasound therapy compared to placebo on muscular pain intensity and overall functionality in people with fibromyalgia.



Researchers Evaluate Fall Reduction Program

Drs. **Debbie Rose** and **Kathleen Wilson** (Kinesiology) are currently evaluating the efficacy of a home-based multifactorial fall risk reduction program conducted by trained peer facilitators. Other members of the research team include **Judy Aprile**, M.S. who coordinates the project, **Liz White** and **Erin Blanchard**, graduate students in Kinesiology, and **Ingrid Tanner**, an undergraduate student in Kinesiology. The components of the program include a fall risk assessment, individualized and progressive exercise program, home assessment and modification, and fall risk education. The long-term goal of the "Stay



Well At Home" (SWAH) project is to create a comprehensive program that can be disseminated with a high degree of fidelity and low cost by healthcare agencies and other direct service organizations in the United States. This project is currently funded by the California Wellness Foundation. For more information about the "Stay Well At Home" project, please contact Judy Aprile at (657)278-4202 or via email at csawellness-@fullerton.edu.

- Provided by the Institute of Gerontology, an affiliate institute of the HPRI

Scholar Spotlight

Georgia Halkia (Public Health) was among five Cal State Fullerton students selected by the California State University systems for the 2013-14 Sally Cassanova California Pre-Doctoral Scholars award. The prestigious award provides recipients with unique opportunities to explore and prepare to succeed in doctoral programs.

Halkia, who is specializing in disaster preparedness, is working with her mentor, Dr. **Michele Wood** (Health Science), on two research projects. Efforts include evaluating 5,000 responses from organizations and individuals across the U.S. that participated in the 2012 Great ShakeOut Earthquake Drill.

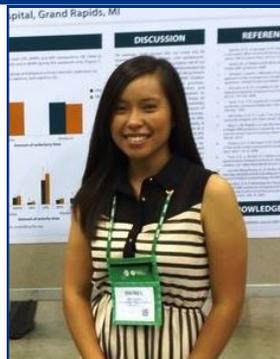
Halkia is also interviewing 150 individuals as part of the *Comprehensive Testing of Imminent Threat Public Messages for Mobile Devices* program. The research project is funded through the National Consortium for the Study of Terrorism and Responses to Terrorism, based at the University of Maryland.



Study Tracks Activity Levels of Obese Youth

Youth with Prader-Willi Syndrome (PWS), a rare genetic disorder that leads to obesity, spent significantly greater time being sedentary than obese children without PWS, according to results from the *Physical Activity Intensity and Weekly Patterns in Youth With and Without Prader-Willi Syndrome* study.

More than 60 obese youth participated in the research project; 22 with PWS and 39 without PWS. To track activity levels, participants wore accelerometers for eight consecutive days during all waking hours, except bathing and swimming. "On average, both groups did not



meet the physical activity recommendations for children and adolescents," says project manager and Cal State Fullerton alumna **Diobel Castner**. "However, PWS children spent less time performing dynamic activities, participated in lower intensity activities and completed

less walking periods compared to controls during weekdays."

Castner, along with undergraduate student **Andrea Duran** and Dr. **Daniela Rubin** (Kinesiology), principal investigator of the project, presented the findings at the **National American College of Sports Medicine Meeting** in Indianapolis.



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Thank you for your support.



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For more information about the HPRI,
including additional research projects
by faculty and students, visit
<http://hpri.fullerton.edu>



About HPRI

The Health Promotion Research Institute is a university-wide institute at California State University, Fullerton that promotes collaborative, inter-disciplinary health-related research among faculty, students, and community leaders and organizations.

Affiliated Centers

CENTER FOR CANCER DISPARITIES RESEARCH

<http://disparities.fullerton.edu/>

CENTER FOR THE PROMOTION OF HEALTHY LIFESTYLES
AND OBESITY PREVENTION

<http://healthylifestyles.fullerton.edu/>

FIBROMYALGIA & CHRONIC PAIN CENTER

<http://fmcp.fullerton.edu/>

INSTITUTE OF GERONTOLOGY

<http://iog.fullerton.edu/>

PARTNERSHIP FOR CANCER HEALTH DISPARITIES RESEARCH

<http://www.cancer.uci.edu/index.asp>

The Health Promotion Research Institute is a collaboration between:

Departments of African American Studies, Anthropology, Asian American Studies, Biology, Chemistry and Biochemistry, Chicana & Chicano Studies, Child and Adolescent Studies, Civil & Environmental Engineering, Communications, Health Science, Human Communication Studies, Human Services, Information Systems & Decision Sciences, Kinesiology, Nursing, Psychology, Social Work, Sociology, Special Education & CSUF chapter of Eta Sigma Gamma.

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