



## Selected HMS Research Activity and Grant Awards

### **Ongoing Research Support**

Butterworth, S.

1R01-DP000103-01

DHHS/CDC (Butterworth, PI) 9/04 - 9/07

*High Impact Interventions for Employee Health Promotion*

The overarching objective is to compare high impact health promotion programs with employees at each stage of change on multiple behavior changes, cost effectiveness, quality of life, and productivity. Interventions compared include Motivational Interviewing-based health coaching and stage-based, computerized self-study guides.

Role: Principal Investigator

1R01-DP000103-01 Competitive Continuation

DHHS/CDC (Butterworth, PI) 10/01/07 - 9/30/09

*High Impact Interventions for Employee Health Promotion*

The overarching objective of this application is to perform one of the most intensive analysis of factors related to reach, adoption, feasibility, fidelity, acceptability, compatibility and outcome of three of the most widely used worksite wellness interventions (health risk assessment, online tailored communications and health coaching) delivered under combinations of three of the most widely used recruitment and retention strategies (persuasive communications, incentives, and telephone outreach).

Role: Principal Investigator

Butterworth, S.

Center for Health Care Strategies (CHCS) (Wadhwa, PI) 9/1/05 – 8/31/07

*A Collaborative Group Approach to Consumer Diabetes Education for High Risk Consumers to Support Disease Management Interventions in Oregon and New Hampshire as part of the Medicaid Value Program: Health Supports for Consumers with Chronic Conditions.* The objective of the study is to

compare clinical and financial measures in Medicaid clients who participate in group Motivational Interviewing-based health education led by certified diabetic educators and nurses in tandem with an existing telephonic and community-based disease management program.

Role: Consultant

### **Completed Research Support**

Cirotski, L.

1R01 NR008150-01

NIH/NINR (Jones PI) 12/02-10/04

*Maximizing Exercise Benefit in Fibromyalgia*

The goal of this project is to test the hypothesis that people with fibromyalgia whose insulin-like growth factor axis have been pharmacologically manipulated and participate in training exercise will achieve better symptom relief than either intervention alone.

Role: Study Nurse/Health Coach

Butterworth, S.

DHHS Administration on Aging (Bennett, PI) 7/1/2002 - 6/30/2004

*Transforming primary care: The healthy aging project Phase II*

The purpose of the Healthy Aging Project Phase II is to test the hypothesis that a motivational interviewing intervention in addition to standard care in a primary care setting can enhance quality of life and reduce health risks for clients over the age of 60.

Role: Consultant

Burden, V.

NHLBI 1/01-11/04

*Action to Control Cardiovascular Risk in Diabetes (ACCORD)*

The overall goal of the ACCORD trial is to test three complementary medical treatment strategies for type 2 diabetes to enhance the options for reducing the still very high rate of major CVD morbidity and mortality in this disease.

Role: Nutrition Counselor

Butterworth, S.

DHHS Administration on Aging (Potempa, PI) 8/1/2000 - /31/2002

*Transforming primary care: The healthy aging project*

The purposes of the Healthy Aging Project are to: a) create an individualized health care plan in collaboration with participants based on their vulnerability, risk factors, and personal preferences; b) to support that plan through scientifically based behavioral interventions such as coaching, tailored education, and motivational interviews during primary care visits, etc.; and c) to coordinate a full continuum of care in support of the individualized care plan.

Role: Consultant

Butterworth, S.

5 RO1-AR45901-03 (Elliot, PI) 04/01/99 - 3/31/03

NIH/NIAMS

*Promoting Healthy Lifestyles: Alternative Models' Approach*

This proposal is designed to test two major theoretical health promotion models to address the unhealthy behaviors of fire fighters. Results will greatly assist health professionals to understand strengths and weaknesses of peer led social learning and individualized approaches to enhance health using the motivational interviewing approach.

Role: Consultant

Burden, V.

NIH 11/92-9/95

*Take Heart Study (Nov 1992-July 1995)*

National study which used community based education and regular testing of cardiac risk factors to see if this level intervention would result in decreases in the incidence of cardiac events.

Role: Lifestyle Counselor