



Emory Prevention
Research Center

Research in Georgia and Beyond

In this newsletter

The EPRC's core research begins; Several CDC Special Interest Projects awarded; Emory coordinates the Managing Epilepsy Well Network; Learn about our EPRC training opportunities and infographics.

[Visit our Website](#)



Core Research Begins

GEORGIA FOCUSED

We are excited to announce the launch of the Healthy Homes/Healthy Families study! The Emory Prevention Research Center, in continued partnership with Southwest Georgia partners, Horizons Community Solutions and United Way of Southwest Georgia, along with United Way of Greater Atlanta, United Way of Chattahoochee



Healthy Homes Healthy Families

Valley (Columbus), and United Way of Central Georgia (Macon), have begun to recruit participants for this weight-gain prevention program. Healthy Homes/Healthy Families is designed to help participants make their homes more supportive of healthy eating. This 12-week, phone-based program encourages simple and effective changes to improve home food environments, improve dietary quality, reduce caloric intake, and ultimately prevent weight gain.

Our Family Contract

Despite the challenges of COVID-19, the Healthy Homes/Healthy Families study officially launched September 18th, 2020. Callers to 2-1-1 are recruited into the study and randomly assigned to the standard care group or intervention group. Both groups receive information about healthy eating, however the intervention group also receives coaching on their home food environment. To date United Way 2-1-1 partners have identified 53 interested callers. We thank our Southwest Georgia and United Way 2-1-1 partners for their support with recruitment and look forward to encouraging healthy eating and weight gain prevention practices among Georgia families.

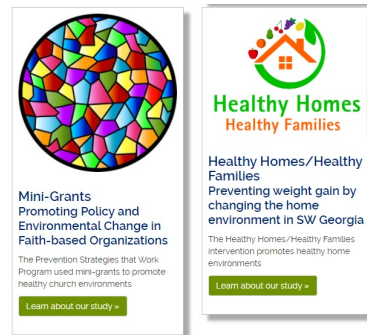
[Learn more](#)

HEALTHY ACTION CHECKLIST

Did you know?

We create infographics to make it easier to learn about our research.

[Find them on our website](#)



The EPRC Network

COORDINATING CENTER

The Managing Epilepsy Well (MEW)

Network is a multi-site initiative dedicated to improving the health and well-being of people with epilepsy. With the combination of research, evaluation, and program dissemination, the MEW Network develops sustainable epilepsy self-management programs to help better the quality of life for people living with epilepsy. Established in 2007, with the support of the CDC Epilepsy Program and the Prevention Research Centers Program, the mission-oriented network has thrived over the past 13 years in expanding its research efforts, building larger community engagement, and creating a collaborative network. Today, the MEW Network currently houses over 7 epilepsy self-management programs ([The MEW Network](#)).

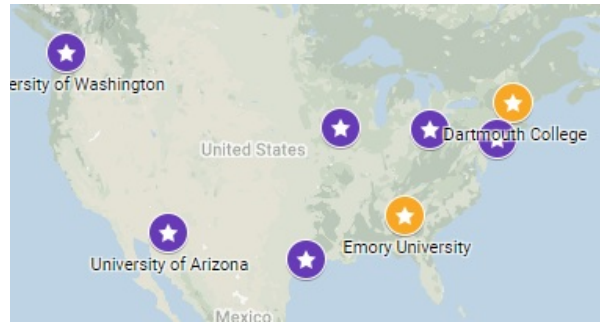
The EPRC is proud to be part of the MEW Network's mission to advance the science related to epilepsy self-management programs. We serve as the Coordinating Center within the network with Dr. Barbara Jobst at Dartmouth University. As the PI for the Coordinating Center, Dr. Cam Escoffery is charged with organizing and leading the MEW Network's activities and efforts.

Each site participates in cross-center activities and has a local research project. Emory is collaborating with Dartmouth to replicate an epilepsy self-management program called HOBSCOTCH (HOMe-Based Self-management and COgnitive Training CHanges lives). The program is designed for adults with epilepsy experiencing memory problems. Through this program, the Network intends to help adults with epilepsy lead healthier and happier lives by helping individuals find ways to manage and cope with memory problems. The network plans to further expand the reach of the program by recruiting diverse program participants and partnering with epilepsy and community-based organizations within Georgia in future years.

[Learn more about MEW](#)



Managing Epilepsy Well Network





Managing Epilepsy Well Network

www.ManagingEpilepsyWell.org



SELF MANAGEMENT IS WHAT YOU DO TO TAKE CARE OF YOURSELF

Successful self-management involves a partnership between a person with epilepsy, the person's health-care provider, and family and friends.

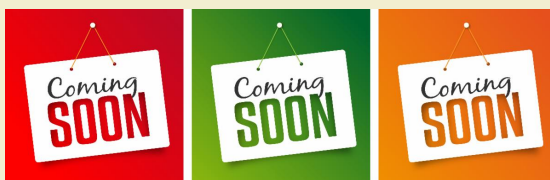
Someone who manages their epilepsy well is someone who...

- Knows about their condition
- Takes seizure medicines as prescribed
- Keeps a record of their seizures and seizure triggers
- Checks before taking other medicines or supplements
- Gets help for emotional problems
- Keeps other health conditions in check
- Gets at least 7-8 hours of sleep each night
- Has confidence to advocate for themselves
- Talks to their doctor about health concerns
- Practices ways to lower stress
- Doesn't use tobacco or abuse alcohol or other substances
- Exercises regularly and safely each day
- Follows a well-balanced diet and keeps a healthy weight
- Uses memory strategies to help with memory problems
- Keeps in touch with friends and family who can help them

Managing Epilepsy Well

Epilepsy can get in the way of life, mostly when seizures keep happening. Sometimes, seizures make it hard to work, go to school, drive, and take part in social activities. Even epilepsy treatment can cause problems such as feeling tired.

Self-management leads you to better control of your seizures and your health



Stay tuned to learn more about this

Mini-Grants to Address the Social Determinants of Health through Community Organizing

CDC SPECIAL INTEREST PROJECTS

The CDC funds Special Interest Projects (SIPs) to focus on a topic of interest or a gap in scientific evidence. SIP grants are competitively awarded only to investigators affiliated with one of the 26 Prevention Research Centers in the national network. During this funding cycle, Emory has been awarded six SIP grants – two in 2020 and four in 2019.



[Learn more about Emory's SIPs here.](#)

Awarded in 2020

SIP 20-004 Effect of Survivorship Care Plans on Cancer Mortality

Principal Investigator: **Ann Mertens, PhD** Professor, Department of Pediatrics, Emory University School of Medicine; Director of the Clinical Research Office at the Aflac Cancer and Blood Disorders Center; Children's Healthcare of Atlanta

SIP 20-007 Quantifying the burden of epilepsy using novel data sources

Principal Investigator: **David H. Howard, PhD** Professor, Department of Health Policy and Management, Rollins School of Public Health

Awarded in 2019

SIP 19-002 Managing Epilepsy Well (MEW Coordinating Center)

Principal Investigator: **Cam Escoffery, PhD, MPH, CHES** Professor, Department of Behavioral, Social, and Health Education Sciences, Rollins School of Public Health

Awarded in 2019, continued

SIP 19-005 Cancer Prevention and Control Research Network (CPCRN)

Principal Investigator: **Cam Escoffery, PhD, MPH, CHES** Professor, Department of Behavioral, Social, and Health Education Sciences, Rollins School of Public Health

SIP 19-006 Evaluating Community Clinical Linkage Interventions in the National Breast and Cervical Cancer Early Detection Program (NBCCEDP)

Principal Investigator: **Sarah C. Blake, PhD, MA** Assistant Professor, Health Policy and Management, Rollins School of Public Health

SIP 19-009 Assessing the Lifetime Economic Burden in Men with Metastatic Prostate Cancer

Principal Investigator: **David H. Howard, PhD** Professor, Department of Health Policy and Management, Rollins School of Public Health

[Learn more about Emory SIPs](#)

EPRC Training Webinars

This Fall, we offered webinars on Grant Writing and Community Assessment. Here's a snapshot of how they went:

TOTAL
ATTENDEES

28

TRAINING HOURS
OFFERED

3 HRS

TOTAL TRAINING
HOURS COMPLETED

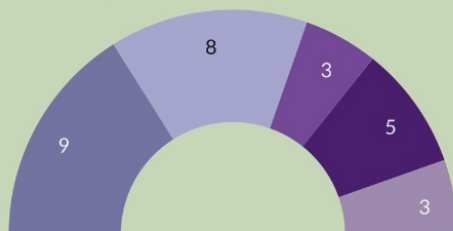
84

Evaluation Summary

All attendees who filled out evaluations felt the trainings were **easy to understand, organized effectively, and well-suited for the online format.**

They also all liked the presenters' **teaching style, materials, and activities.**

Who we trained



- Community agency or other non-gov representatives (32.14%)
- Academic faculty or other researchers (28.57%)
- Health care practitioners (10.71%)
- Other federal/state/county government employees (17.86%)
- Other (10.71%)

Overall, training "was a good learning experience"

94%

Improved Community Assessment or Grant Writing Knowledge

75%

[See Training Materials](#)

Give Us Feedback

What virtual training would you attend?

Grant Writing

Select

Community Assessment

Select

Program Planning

Select



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