

Research Division

WELCOME FROM THE DIRECTOR

In This Issue

- 1 Front Page News
- 2-4 Division Updates
- 2 Wellness Corner
- 3 Dissemination
- 4 Research Directory



Hello, I began as Interim Division Director on August 1 and am honored to write my first welcome message for the Summer Newsletter! Inside you will find so many exciting updates on our research projects and community collaborations, including the RISE Communities training grant and the MYHealth program partnership with the

University of Michigan. We also look forward to celebrating 50 years of the DFCM on November 2nd! Please reach out any time you have a research idea that we can help with, from grant submission to dissemination.
-Jackie Knapke, PhD
Interim Director of
DFCM Research Division

RISE Communities program welcomes first national cohort to training

The RISE Communities in-person training program was held August 7-9, 2024 on the medical campus of the University of Cincinnati. The program welcomed community-academic partnered teams from Virginia, Detroit, the Finger Lakes region of New York, the Sioux Tribe region of South Dakota, Los Angeles, and Cuyahoga County in Ohio.

The partnered teams attended sessions over the course of three days to learn about team science, formation of a collaborative project using air sensors in a community, air sensor stories, as well as how to connect and collect data from air sensors, and analyze and visualize air sensor data to disseminate to the community and policy makers. The teams also toured Groundworks local affiliate, Ohio River Valley, to learn about projects in action and how they have impacted and engaged the communities across Cincinnati. Each team received 10 PurpleAir monitors to begin their proposed projects. The teams become part of a community of practice, participating in needs assessment-driven webinars on how to optimize and move their projects forward.

The RISE Communities program is funded by a grant from the National Institute of Environmental Health Sciences and is a partnership between the UC Department of Family & Community Medicine and Cincinnati Children's Hospital Medical Center. The team includes Research Division members Jackie Knapke, PhD, as a Co-Investigator leading the evaluation of the program, with Daniel Hargraves, MSW, as the project manager.

Learn more about RISE Communities: <https://www.ejsensors.com/>

See live air quality results in our region and across the world!: <https://map.purpleair.com/>





Join us November 2, 2024

TO CELEBRATE 50 YEARS OF THE UNIVERSITY OF CINCINNATI DEPARTMENT OF FAMILY AND COMMUNITY MEDICINE

50 Years Past, 50 Years Forward: Celebrating the
Power of Family Medicine in Community

- CME Event
- Dinner + Reception
- More information to come



Visit the celebration website to reserve your room at the Graduate Hotel and for further details on this once in a lifetime event!

<https://www.ucfamilymedicineanniversary.com/>

Join our [University of Cincinnati Department of Family and Community Medicine Facebook page](#) to learn about all the wonderful work done by our divisions and for a journey back through 50 years of department history makers and moments!



WELLNESS CORNER

Do You Live in a Walkable Neighborhood?

By Mary Beth Vonder Meulen, RN

Urban Planners use the term “walkable neighborhood” when describing how well a neighborhood’s design supports walking in terms of “the D’s” ... density, diversity, design, destination accessibility, and distance to transit.

Walkable neighborhoods are centered around a public space or main street and are complete, meaning they are designed for pedestrians, bicyclists, and transit. They have public gathering spaces, a mix of homes and businesses, and schools that are within walking distance of each other.

Walking and biking in these neighborhoods supports the health of both the residents and the environment and are associated with higher levels of arts organizations, creativity, and civic engagement. Cincinnati is considered a car-dependent city, due to its public transport limitations and lack of bike lanes, although more lanes and bike trails are in development.

To get a free walkability score for your city, neighborhood, or home address, go to: www.walkscore.com.

Additional information, links to walkability articles/indexes can be found at:

<https://www.walkscore.com/walkable-neighborhoods.shtml>

<https://beh.columbia.edu/neighborhood-walkability/>

Montiel Rosenthal, MD recognized for Chinese pulse study



Congratulations to Montiel Rosenthal, MD, who was recognized at the American Academy of Medical Acupuncture's Annual Symposium in Minneapolis, MN on April 13, 2024 with the "Merit Award" in recognition of her research and work, "Chinese Pulse Diagnosis in the Evaluation of the Acutely Hospitalized Adult Patient." Research Division member Harini Pallerla, MS, is part of the study team.

This clinical study looked at radial pulse findings using Chinese Pulse Diagnosis (CPD) in diagnostic assessment of the acutely hospitalized adult, in an attempt to verify CPD as a diagnostic tool and more quickly develop a more precise differential diagnosis.

Correlations were drawn between different aspects of the pulse and later diagnosed allopathic medical conditions. The Neuro Psychological rough vibration pulse had the strongest association with psychiatric diagnoses. Gender related pulse predominance for female/right and male/left pulses were statistically significant.

DISSEMINATION

Publications

Stryker SD, Rabin J, Castelin S, Jacquez F, Chinchilla K, Peralta J, Vaughn LM. (2024) Latinx immigrants' Stress Experiences and Stress Management Preferences During the COVID-19 Pandemic: Mixed-Methods Results from a Community-Academic Research Team. Accepted Global Mental Health.

Stryker SD, Hargraves D, Velasquez V, Gottschlich M, Cafferty P, Vale D, Schlaudecker J, Pallerla H, Rich M. (2024). The Community Primary Care Champions Fellowship: A Mixed Methods Evaluation of an Interprofessional Fellowship for Physician Assistants and Physicians. BMC Medical Education, 24(1), 556. <https://doi.org/10.1186/s12909-024-05559-z>

Stryker helps lead U of Michigan research program for high school students

Research Division team member Shanna Stryker, MD, MPH, has crossed state lines to lead as Co-Investigator and faculty on a program for high school students on research methodology. The MYHealth program is offered through the University of Michigan's Department of Family Medicine to teach participants how to form research questions, analyze data, identify themes in findings, and look at future study directions.

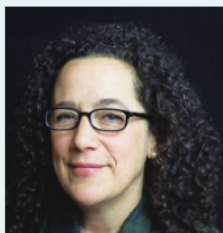
The program just completed its second cohort of students, with final presentations focusing on social media research. Students were divided into two work teams, using two sets of data from a nationwide text survey asking about the use of social media outlets, including health impacts, benefits, and disadvantages. Students reflected on the importance of adolescents inclusion in health research in general, and explained their justifications for social media research and their approach to the data during their presentations.



Learn more about the MYHealth program: <https://medicine.umich.edu/dept/family-medicine/news/archive/202406/high-school-students-present-social-media-research-findings-part-myhealth-program>



**Cardi-OH
WEBINAR**



Rachel Gold, PhD, MPH

[Watch recording](#)

May 2024 Statewide Webinar: *Watch the Recording!*

Social Determinants of Health: Implementing Screening and Taking Action

An interdisciplinary group of 260 professionals from across the state joined us for the May 22, 2024, webinar featuring:

KEYNOTE SPEAKER

Rachel Gold, PhD, MPH
Senior Investigator, Kaiser Permanente Center for Health Research
Director of Implementation Science Programs, OCHIN

OBJECTIVES

- Understand barriers and facilitators to the implementation of screening for and making referrals to address social determinants of health in primary care settings.
- Learn about current evidence on strategies for decreasing the health impacts of social risk.

View the webinar recording and slides on [Cardi-OH.org](https://www.cardi-oh.org).

Research Directory

(513) 558-1430
<http://www.familymedicine.uc.edu/research>

Faculty



Jackie Knapke, PhD: Assistant Professor,
Interim Director of the Research Division
jackie.knapke@uc.edu

Higher education policy, evaluation, curriculum
development, qualitative & mixed methods, team science



Soni Regan, PhD: Assistant Professor
saundra.regan@uc.edu

Geriatrics, palliative care, underserved
populations, qualitative research



Shanna Stryker, MD, MPH:
Assistant Professor
Shanna.stryker@uc.edu

Health equity, Effects of trauma/stress on
health, Transgender health, Immigrant/
refugee health, Health systems innovation

Staff



Andi Christopher, MA:
Program Coordinator
anderson.christopher@uc.edu



Daniel Hargraves, MSW:
Principal Research Assistant
daniel.hargraves@uc.edu



Asia Harris, MPH:
Principal Research Assistant
asia.harris@uc.edu



Harini Pallerla, MS:
Principal Research Assistant
harini.pallerla@uc.edu



Mary Beth Vonder Meulen, RN:
Research Nurse
marybeth.vondermeulen@uc.edu

Dedicated full-time staff members with over 50 years of cumulative experience provide full project support from assisting in design and implementation to analysis and evaluation. The division offers expertise in:

- Project Management
- Data Management
- Grant Writing
- IRB Protocols
- Statistical Analysis
- Data Collection Methods
- Project Reports
- Manuscript Development, Writing and Editing
- Research Nurse
- Qualitative Research



<https://www.facebook.com/ucfamilymed/>