



BRIDGES

A SEMIANNUAL NEWSLETTER FROM THE P3RC

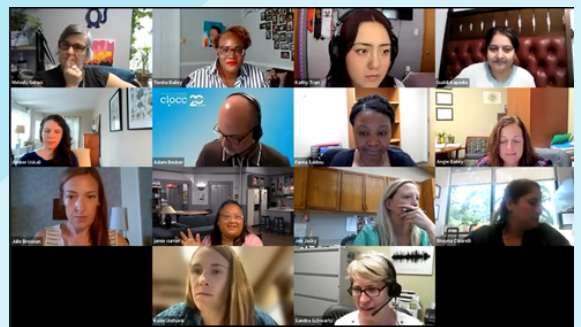
ANNOUNCING CEREBRO: A NEW P3RC PROJECT



David X Marquez, Director of the Exercise Psychology Laboratory at UIC was awarded a 2-year research project from the Prevention Research Centers and the Centers for Disease Control and Prevention. In Cognitive Enhancement and Risk-Reduction through Exercise for Brain-Related Outcomes (CEREBRO), Marquez and his team will study the use of Latin dance and traditional exercise to determine if either form of physical activity influences the cognition of older Latinos who reported complaints about their memory. He joins the PRCs at the University of South Carolina at Columbia and Washington University in St. Louis in the Dementia Risk Reduction Research Network (DRRRN) to improve the quality of life for individuals with Alzheimer's disease and related dementias.

LEADERSHIP FOR CHANGE LEARNING INSTITUTE

In the pilot phase of the P3RC's Leadership for Change Learning Institute, the P3RC and colleagues provided web-based content and discussions, expert coaching, and peer networking to advance understanding and implementation of policy, systems, and environmental change (PSE) among three local health departments and their cross-sectoral partners.



Each team identified a broad-reaching PSE change project they hoped to realize in their regions - from new food systems to smoking cessation and access to care - and applied P3RC's stages of PSE change to craft comprehensive action plans designed to realize success. Based evaluation results of the Institute, individual participants indicated increases in knowledge, skills, insights, and attitudes regarding the PSE training and being able to apply these lessons to their community projects. The Leadership Institute brought multi-sectoral voices to these PSE-focused projects and reestablished ties within local communities post COVID-19.

P3RC CORE RESEARCH PROJECT Healthy CPS Initiative

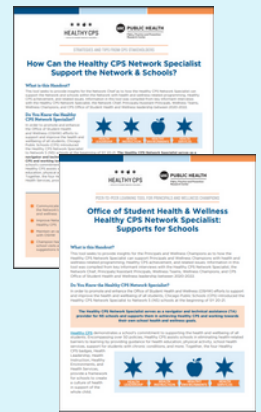


The P3RC Core Research Project (CRP) team, in collaboration with Chicago Public Schools (CPS) Office of Student Health and Wellness (OSHW), is testing the efficacy of a multi-component Healthy CPS Network Specialist implementation strategy to support implementation of over 50 federal, state, and district level health and wellness-related policies, which are collectively referred to as Healthy CPS.

Dissemination and Translation Products

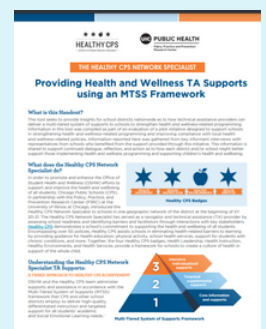
Each of the briefs described below serves to lift up the hard work of the Healthy CPS Network Specialist and the value that she is providing to schools and the children within them.

The team has created a brief for the Specialist to share with schools and another to share with Network staff. The Specialist began sharing and referencing these materials this fall as she reengaged schools for the school year and met staff that were new to the principal and Wellness Champion roles. These tools are based on interviews with school principals, school Wellness Champions, and network staff and include concrete examples of the ways in which the Specialist serves schools and supports wellness policies and practices.



The P3RC also produced two strategy tip sheets on how to engage students and families in health and wellness activities. The Specialist is using these tip sheets to generate dialogue and reflection as she engages with schools. These tools are based on formative discussion groups with parents and students to understand their perceptions of the roles schools play in health and wellness and how schools and the district can better engage students and parents in health and wellness efforts.

Finally, in an effort to translate the learnings from the Healthy CPS Network Specialist Initiative to a broader audience and districts across the country, the team created a brief detailing the types of supports the Specialist provides to schools. The Healthy CPS Network Specialist Initiative was designed using the Multi-Tiered System of Supports (MTSS) Framework, which is a foundational framework that many schools and districts use to guide supports for students and schools. The brief provides examples of these tiered levels of technical assistance the Specialist provides to schools.



INCREASING CAPACITY FOR RESEARCH ON POLICY PRACTICE, SYSTEMS, AND ENVIRONMENTAL CHANGE

P3RC UIC School of Public Health Releases call for Seed Funding Proposals, including P3RC PPSE Research Projects

The P3RC is providing funds for policy, programs, systems, and environmental (PPSE)-oriented research projects to build and support PPSE-change research capacity within the UIC School of Public Health. The P3RC anticipates funding 1–2 proposals between \$10,000–\$20,000. Applications are due by 11:59pm on Tuesday, January 10, 2023. Learn more [here](#).

LEARNING AGENDA

Developed by the P3RC and the HRSA-funded Public Health Training Centers, the Public Health Learning Agenda (PHLA) is an innovative, action-oriented process for public health organizations, their partners, and communities to use transformative learning as a driver for systems change. This framework helps translate and facilitate implementation of evidence-based strategies to foster collective learning to address complex public health issues, like chronic disease.

The PHLA was evaluated through a pilot in 2021 with 24 national, state, and local public health departments and organizations. A national Steering Committee reviewed the results in summer, 2022. Recommendations for improvement include: 1) making the PHLA more accessible to a wider audience through the use of plain language and graduated concepts from basic to advanced; 2) developing materials and adding steps to help people become ready to engage in systems thinking including relationship and team building; 3) emphasizing the importance of community engagement; and 4) creating resources to make the PHLA actionable. The PHLA Leadership team is revising the PHLA to launch in 2023.

BUILDING HEALTHY COMMUNITIES WITH COOK COUNTY DEPARTMENT OF PUBLIC HEALTH

The P3RC is working with the Cook County Department of Public Health to use and build the evidence for its COVID-19 health equity initiatives through strategic planning, evaluation, and performance monitoring. From 2020 to 2021, the P3RC supported CCDPH in its Suburban Cook County COVID-19 Contact Tracing Community Supports Program (CSP). The P3RC has released an infographic documenting the successes accomplished by funded community organizations through the CSP.

The P3RC is currently supporting CCDPH in its Building Health Communities (BHC) Initiative. BHC is an initiative that funds community-based organizations to prevent and control the spread of COVID-19, lessen the pandemic's health, social, and economic impacts, and address COVID-19 health disparities.



P3RC PUBLICATIONS

Journal Articles, Research Briefs and Fact Sheets

Nutrition

- Leider J, Bailey L, Powell LM. Quantity Discounts for Regular Soda Fountain Drink Offerings in Fast-Food Restaurants in Two U.S. States. Research Brief No. 129. Policy, Practice and Prevention Research Center, University of Illinois Chicago. Chicago, IL. October 2022. doi: 10.25417/uic.21312213
- Leider J, Pipito AA, Powell LM. Default Beverage Offerings with Kids' Meals across Ordering Platforms and Associated Upcharges in Fast-Food Restaurants in Illinois and Wisconsin. Research Brief No. 128. Policy, Practice and Prevention Research Center, University of Illinois Chicago. Chicago, IL. September 2022. doi: 10.25417/uic.21684956
- Powell LM, Leider J, Pipito AA, Marinello S, Szkorla A, Moran A. Development and Reliability Testing of a Tool to Assess Default Beverage Offerings with Kids' Meals in Fast-food Restaurants. Research Brief No. 127. Policy, Practice and Prevention Research Center, University of Illinois Chicago. Chicago, IL. July 2022. doi: 10.25417/uic.21691622
- Pipito AA, Beal VG, Leider J, Powell LM. No Impact of the Columbus, Ohio, Default Beverage Policy on Children's Meal Beverage Offerings Four-Months Post-Implementation. Research Brief No. 126. Policy, Practice and Prevention Research Center, University of Illinois Chicago. Chicago, IL. May 2022. doi: 10.25417/uic.21691856

Leading, Learning, and Engaging Communities for Policy, Systems, and Environmental Change

- Welter C, Davis S, Elnicki J, Kulik PKG, Lloyd LM, Tenney M, Todd Barrett K, Rose B, Walter C. Public Health Learning Agenda for Systems Change Toolkit: National Pilot Evaluation Results. J Public Health Manag Pract. 2022 Oct 9. doi: 10.1097/PHH.0000000000001654. Epub ahead of print.
- YN Herrera, Uskali AL, Welter CR, Pinsker EC, Hatchett LA, Hair X, Miranda E, Massuda Barnett GL. Suburban Cook County COVID-19 Community Supports Program. Policy, Practice, and Prevention Research Center, University of Illinois Chicago. Chicago, IL. October 2022. doi: 10.25417/uic.21395568
- Uskali AL, Herrera YN, Call LL, Welter CR, Ezike N, Epstein J, Lasky S, Tokars A, and Agbodo N. 2021 Healthy Illinois State Health Improvement Plan Update: Implementation Plan. Policy, Practice and Prevention Research Center, University of Illinois Chicago. Chicago, IL. September 2021. doi: 10.25417/uic.20432280
- Uskali AL, Herrera YN, Call LL, Welter CR, Ezike N, Epstein J, Lasky S, Tokars A, and Agbodo N. Summary of Findings from the Healthy Illinois 2021 Plan Update: An Addendum to the Illinois 2016-2021 State Health Assessment and State Health Improvement Plan. Policy, Practice and Prevention Research Center, University of Illinois Chicago. Chicago, IL. August, 2021. doi: 10.25417/uic.20431863

School Health and Wellness

- Elizabeth Jarpe-Ratner, Maddie Offstein, Jamie F. Chriqui. The Healthy CPS Network Specialist: Providing Health and Wellness TA Supports using an MTSS Framework. Chicago, IL: Policy, Practice, and Prevention Research Center, University of Illinois Chicago, November 2022. doi: 10.25417/uic.21476547
- Maddie Offstein, Elizabeth Jarpe-Ratner, Jamie F. Chriqui. How Can the Healthy CPS Network Specialist Support the Network and Schools? Strategies and Tips from CPS Stakeholders. Chicago, IL: Policy, Practice, and Prevention Research Center, University of Illinois Chicago, November 2022. doi: 10.25417/uic.21643109
- Maddie Offstein, Elizabeth Jarpe-Ratner, Jamie F. Chriqui. Office of Student Health and Wellness Healthy CPS Network Specialist: Supports for Schools. Peer-to-Peer Learning Tool for Principals and Wellness Champions. Chicago, IL: Policy, Practice, and Prevention Research Center, University of Illinois Chicago, November 2022. doi: 10.25417/uic.21583944
- Elizabeth Jarpe-Ratner, Daniel Antonio, Maddie Offstein, Jamie F. Chriqui. Student Engagement & School Health and Wellness: Lessons Learned from CPS Students. Chicago, IL: Policy, Practice, and Prevention Research Center, University of Illinois Chicago, November 2022. doi: 10.25417/uic.21642281
- Elizabeth Jarpe-Ratner, Maddie Offstein, Jamie F. Chriqui. Strategies and Tips from CPS Families for Schools: Improving Family Engagement around Health & Wellness. Chicago, IL: Policy, Practice, and Prevention Research Center, University of Illinois Chicago, September 2021.