

Institute for Women's Health
Engaging the Richmond Community in Improving Women's Health
Community-Based Participatory Research
2009 Grants

Perception of Cervical Cancer Screening Post HPV Vaccination- Impact of new guidelines

Description: Current cancer statistics have shown that women with history of illicit drug use are at a higher risk for contracting sexually transmitted diseases. The goal of this project is to understand perceived risk for cervical cancer, HPV and other STD infections, the effect of educational interventions on perceived risk, and to determine the women's behavior intentions of future cervical cancer screening and safer sex practices. The project will deliver an educational tutorial on Human Papilloma Virus vaccine (HPV) for women enrolled in a drug rehabilitation program, assess women's knowledge of HPV vaccine and cervical cancer screening and then assess change in perceived risk while assessing behavioral intention for future screening and safe sexual practices.

Primary PI. Dr. Arpita Aggarwal
Department Internal Medicine

Community Partner Rubicon, Inc., a large nonprofit organization that provides residential and outpatient treatment services to women with alcohol and/or drug use disorders.

Perinatal Influences on the Incidence of Early Childhood Caries in Richmond Healthy Start Infants

Description: Dental caries is the single most common chronic childhood disease. Early Childhood Caries (ECC) disproportionately affects children from minority and/or low socioeconomic backgrounds. The purpose of this pilot study is to examine the influence of perinatal, oral biofilm, and dental literacy factors on the presence of early childhood caries (ECC) in Healthy Start mother-infant dyads. In addition the project will assess mothers regarding perinatal and dental literacy factors that influence the oral health of high risk infants.

Primary PI. Dr. Tegwyn Brickhouse
Department Dentistry, Department of Pediatric Dentistry

Community Partner Richmond Healthy Start Initiative (RHSI) provides outreach, health education, case management and consortium to improve perinatal systems/outcomes for African American women, specifically the reduction of infant mortality

An Analysis of Exercise and Nutrition Profiles in a Community Sample of Women and Men with Substance Use Disorders

Description: Substance abuse is a chronic, relapsing disease associated with a host of negative medical and psychosocial outcomes that places a huge burden on our country's health, social services and justice systems. In clinical studies of patients with substance use disorders (SUDs), exercise, when used as an adjunct to treatment, improves abstinence rates and decreases craving and withdrawal compared to standard treatment alone. In this proposed study, VCU researchers and SAARA Center will examine gender differences in knowledge and attitudes about exercise and nutrition for persons with SUDs. Current levels of physical activity and eating practices will also be compared with a focus on barriers to healthy exercise and good nutrition.

Primary PI. Dr. Pamela Dillon
Department Center for Translational Science

Community Partner Substance Abuse and Addiction Recovery Alliance of Virginia (SAARA-VA) Center provides structured, peer-led recovery support services to people and families affected by addiction in the Richmond metropolitan area.

Motivational Incentives to Increase Exercise Compliance in Cocaine-Dependent Women

Description: Physical activity has been associated with decreased craving and withdrawal symptoms and increased abstinence rates, primarily in smokers. Few published studies, however, test effects of exercise on recovery from other substance use disorders. The proposed research will use a collaboration with Rubicon to empirically evaluate the efficacy of Motivational incentives (MI) compared to a non-incentivized control group to promote sustained rates of exercise in women with cocaine abuse/dependence.

Primary PI. Leilia Islam
Department Psychology

Community Partner Rubicon, Inc one of Central Virginia's oldest and most comprehensive substance abuse treatment facilities. The 58-bed residential program provides either 30 or 60 days of substance abuse treatment to women and their children.

Exploring the Feasibility and Acceptability of a Novel Tai Chi Program for Stress Management in women

Description: Coronary heart disease (CHD) is the leading cause of death in women. Women tend to present with more advanced disease and experience increased mortality and morbidity compared to men. In addition to physiological indicators of increased CHD risk such as hypertension and diabetes, perceived stress, lower social support and socioeconomic status all significantly increase risk. Because CHD develops over decades, it is possible to decrease risk through lifestyle modification including effective stress management. The purpose of this project is to assess feasibility and acceptability of tai chi as a self-care stress management strategy. A tai chi program will be offered to women with increased CHD risk living in the Fulton Hill neighborhood in order to establish a desirable, viable program in an existing community organization whose mission is to empower at risk individuals to improve their lives and the lives of others in the community.

Primary PI Jo Robins, PhD, RN

Department School of Nursing

Community Partner Neighborhood Resource Center (NRC) is a grassroots, non-profit center for personal growth and community change located in Greater Fulton Hill. (Richmond's East End) The NRC Neighborhood Resource Center strengthens individuals and communities by providing a multi-purpose space where neighbors come together to build relationships, access resources, and develop skills to enhance their lives and determine the fate of their community

Judith Bradford, Ph.D. Institute for Women's Health, Director of Community Based Participatory Research

The **VCU Institute for Women's Health** was established in 1999 to promote standards of excellence in women's health care, advance cutting edge research, foster community engagement and collaboration, enhance women's leadership, and provide training and education toward the goal of improving the health of women. The Institute is one of 20 National Centers of Excellence in Women's Health, serving as models in providing innovative, comprehensive, multidisciplinary, and integrated health care systems for women across the lifespan.

Susan G. Kornstein, MD, Executive Director
Janett Forte, MSW LCSW, Program Director
Phone: 804-827-1200
www.womenshealth.vcu.edu

**** Note: Projects are listed in alphabetical order based on PI name**