



Sharing Discoveries, Improving Lives

Translation & Dissemination at the Saint Louis University School of Public Health

Our Mission:

The Saint Louis University School of Public Health is dedicated to the discovery, translation, and dissemination of public health knowledge to improve the health and well being of all.



Coalition-Based Efforts to Prevent Chronic Diseases

The overall goal of Coalition-Based Efforts to Prevent Chronic Diseases is to actively engage the local community in southeastern Missouri in designing, implementing, and evaluating social, environmental and policy related programs to reduce rates of heart disease, stroke, cancer, diabetes, and obesity. This project focuses on the development of local coalitions and their implementation of environmental and policy changes in twelve counties located in the Ozark and Bootheel regions of Missouri. This project is funded by the Centers for Disease Control and Prevention.

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Discovery

What is the health problem?

- ❖ Chronic diseases are the leading causes of premature death and disability in rural Missouri.
- ❖ Higher rates of tobacco use, physical inactivity, and chronic disease exist among residents in the Ozark and Bootheel regions of Missouri, compared with the rest of the state.
- ❖ In addition, residents in these rural, low-income communities are underinsured and have limited access to medical services and care.

Translation

How do we take what we know and apply it to rural communities in Southeast Missouri?

In order to prevent chronic diseases, this project has focused on:

- ❖ Assessing and building capacity among health practitioners, community organizations and community members in rural Missouri;
- ❖ Increasing statewide understanding of evidence based interventions through a variety of training opportunities for practitioners and community members;
- ❖ Developing training programs to enhance the program planning skills of health practitioners, community organizations and community members including: prioritizing, focusing on policy and environmental interventions to reduce chronic disease, implementation, and monitoring of these interventions; and
- ❖ Translating and disseminating evidence-based interventions in these communities.

Dissemination

How did we disseminate the findings from the project?

- ❖ Findings from the project are disseminated to our partners including, community members, public health practitioners, Prevention Research Center's National Network, and the CDC through:
 - ❖ the PRC Website <http://prc.slu.edu>;
 - ❖ community education tools/brochures/handouts;
 - ❖ project CDs/DVDs;
 - ❖ Prevention Works Newsletter.

Change

What change occurred because of the dissemination?

- ❖ Formation of over 100 smoke-free partnerships with local schools, churches, businesses, and civic organizations since 1998.
- ❖ Presentations to local government officials and local businesses in the area of smoking, such as enforcement of the Clean Air Act.
- ❖ Establishment of over 30 community-walking trails with proposals for more.
- ❖ Establishment and growth of new diabetes education programs in conjunction with ongoing heart health activities in the 12 county Ozark and Bootheel region.
- ❖ Implementation of regular health education programs focusing on nutrition, tobacco, and physical

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- ❖ fitness in schools, senior citizen centers, nursing homes, churches, and businesses.
 - ❖ Establishment of four new community gardens in the Bootheel.
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