

"In health there is freedom.
Health is the first of all liberties."

~Henri-Frederic Amiel
1828-1881

PRESCRIPTION
FOR
health highlights
PROMOTING HEALTHY BEHAVIORS IN PRIMARY CARE RESEARCH NETWORKS

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- First point of contact for PBRNs

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RWJF toolbox for improving community efforts.

rwjf.org/grantee/howtoCTB.jhtml

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Innovators to Pool Knowledge, Lessons, Tools

One year has passed since we gathered at Cheyenne Mountain in Colorado to launch the P₄H behavior change initiative. At the outset, we all had expectations for program and project outcomes. As the months rolled on and projects evolved, some lessons were as expected and others surprised us, yet findings have been valuable just the same and certainly worth sharing and building on. What successes have we enjoyed? What have been our biggest hurdles? What problems did we solve? The NPO, the A-Team and the NAC president, met for 2 1/2 days in August to review summary reports from the 17 P₄H projects prepared by the A-Team. Emerging lessons include: tool development, novel ideas relative to practice redesign that can facilitate behavior counseling in practice, the importance of context when considering interventions, new insights into the process of change, new insights about the conduct of research in practice-based networks given the current healthcare climate, new interpretations of existing models for practice and health behavior change as well as new models entirely, and last but not least the fostering of relationships and collaborations among PBRNs.

In two weeks we will reconvene to share our work face-to-face, determine next steps for advancing our mission of effective and realistic

health behavior counseling in practice, and brainstorm how best to disseminate and incorporate worthy innovations from this effort into primary care practices.

Thank you all for your timely Power Point presentations and poster content submissions. As a reminder, if you have new or revised project instruments and tools you'd like to make available to everyone, please post these items on PBRNet under your network's name as soon as convenient to allow those interested to download and review prior to the Innovators Meeting if desired. Do this by going to:

http://www.pbrnet.org/quickplace/pbrn/PageLibrary85256D5B003C960A.nsf/h_Toc/54B4A0225B9C85C85256E1D0072C69/?OpenDocument

The following information is available now on PBRNet:

- Final agenda
- List of the 72 attendees
- Speaker bio-sketches
- Project posters and slides
- Logic model instructions and grid

"If you have knowledge,
let others light their candles in it."

~ Margaret Fuller



NPO partners spend 2½ days in Granby, Colorado, reviewing PBRN project summary data.

No-Cost Extensions and Budget Revisions

Reminder: no-cost extensions and budget revisions must be filed with the NPO by September 30th. Instructions for making these requests can be found at the RWFJ website printed in the blue box below. If you have questions, please contact Michelle Shiver at 303-724-9310. These requests should be sent electronically to Michelle at michelle.shiver@uchsc.edu

Final Reports and Bibliography Guidelines

The NPO must submit final reports to RWJF no later than 30 days after the end of each project. To meet this deadline, your final reports are due in the NPO office no later than two weeks following the project end date. For example:

If you end your project October 30 as planned:

- | | |
|--|-------------|
| • Project end date: | October 30 |
| • Final Report due NPO | November 15 |
| • NPO to submit Final Report to RWJF by: | November 29 |

If you request an extension and your project is scheduled to end, say January 31, 2005:

- | | |
|--|-------------|
| • Project end date: | January 31 |
| • Final Report due NPO | February 16 |
| • NPO to submit Final Report to RWJF by: | March 2 |

Final Report submissions (narrative, financial, bibliography materials) that do not follow RWJF guidelines will be returned to sender for correction. The NPO will send e-mail reminders to project PIs one week before reports are due to the NPO.

Please don't hesitate to contact the NPO with questions as you complete your reports. It's much easier and efficient to provide you with assistance as you are compiling your reports, than to request significant revisions on materials you have likely spent many hours developing and collating.

Bibliography—In addition to a listing of products produced during the life of the project, you will need to submit copies of each product (i.e., survey instruments, newsletters, promotional materials, websites, publications, presentations, etc.)

Reports must follow **all** RWJF grantee reporting instructions as published on the RWFJ website:

<http://www.rwjf.org/grantee/reportInstructGrantee.jhtml>

Download:

- 1) *Financial Guidelines and Reporting Requirements*
- 2) *Grantee Reporting Instructions*

Follow instructions for Final Report

Send the following to the NPO:

- 3 hard copies of Final Narrative Report and Final Bibliography
- 3 hard copies of all grant products produced during the project
- 3 hard copies of Final Budget Report

Attn: Maribel Cifuentes
P.O. Box 6508, Mail Stop F496
12474 E. 19th Avenue, Building 402
Aurora, CO 80045-0508



DATES TO REMEMBER

Sept. 29-Oct. 1, 2004

Innovators' Meeting
Leesburg, VA

September 30, 2004

Request for no-cost extension due
Request for budget revision due

October 1, 2004

P₄H Publication Advisory
Committee Meeting
Leesburg, VA

November 16, 2004

Final report due NPO,
unless you have been approved for an extension

January 11, 2005

Phase II CFP release date
www.prescriptionforhealth.org

REFWORKS

P₄H has imported references relevant to health behavior change counseling in primary care into this web-based bibliography and database manager software. These references can be used in writing papers, as it will automatically format manuscripts and bibliographies. New references will be added as available.

2004 Innovators' Meeting

The Lansdowne Resort located near historic Leesburg, Virginia, to host the Sept. 29-Oct. 1, 2004 Innovators' Meeting.



www.lansdowneresort.com