

Using REDCap (Research Electronic Data CAPture) to promote healthy behaviors in diverse Utah women

The Coalition for a Healthier Community for
Utah Women and Girls (UWAG)



Presentation Overview

- Introduction to Project and Partners
- Introduction REDCap
- Use of REDCap in the UWAG Study
- Panel Discussion with UWAG Team

Utah Women's Health Coalition



UWAG Partners

- Community Faces of Utah

- Best of Africa
- Calvary Baptist Church
- Hispanic Health Care Task Force
- Urban Indian Center
- National Tongan American Society
- University of Utah (C/E Team of the CCTS)
- Utah Department of Health

- University of Utah (COEWH and UWHC)



Our Strategy

- Community Based Participatory Research
 - Collaborative approach
 - Input and feedback from all partners about all aspects of study
 - Flexibility in protocols so each community can tailor activities
 - Bi-directional/multi-directional learning
- 2 Phases: Needs Assessment & Intervention/Evaluation
- Focus on sustainability & capacity building

What is the UWAG Study?

- Community Wellness Coaching Program
 - Motivational interviewing
 - Individualized goal setting
 - Practical strategies for healthy eating and active living
 - Based on CDC's *A New Leaf* program
 - Tailored using CBPR approach by UWAG partners
 - Monthly activities developed by each CFU community
- Coaches recruited by each CFU community, trained by UWAG staff
 - English, Spanish, Kirundi-speaking

Study Design

- Randomized trial of 12 month coaching program
 - Monthly contact vs. quarterly contact with coach
- Is a COMMUNITY WELLNESS COACHING approach more effective in decreasing obesity risk factors when administered with monthly (high intensity) vs. 4 times per year (low intensity) contacts?
- If so, does the improvement in health outcomes warrant the additional costs?

Implementation

- REDCap database developed
- CFU community leaders recruited community members to serve as coaches
- Coaches trained by UWAG staff
 - HIPAA, CITI
 - Wellness coaching
 - Data collection: interview and clinical measures
 - REDCap

What is REDCap?

- **R**esearch **E**lectronic **D**ata **C**apture
 - Developed by Vanderbilt University
- MySQL, Apache, php, javascript
- HIPAA compliant capable
- Web interface - must have internet connection!

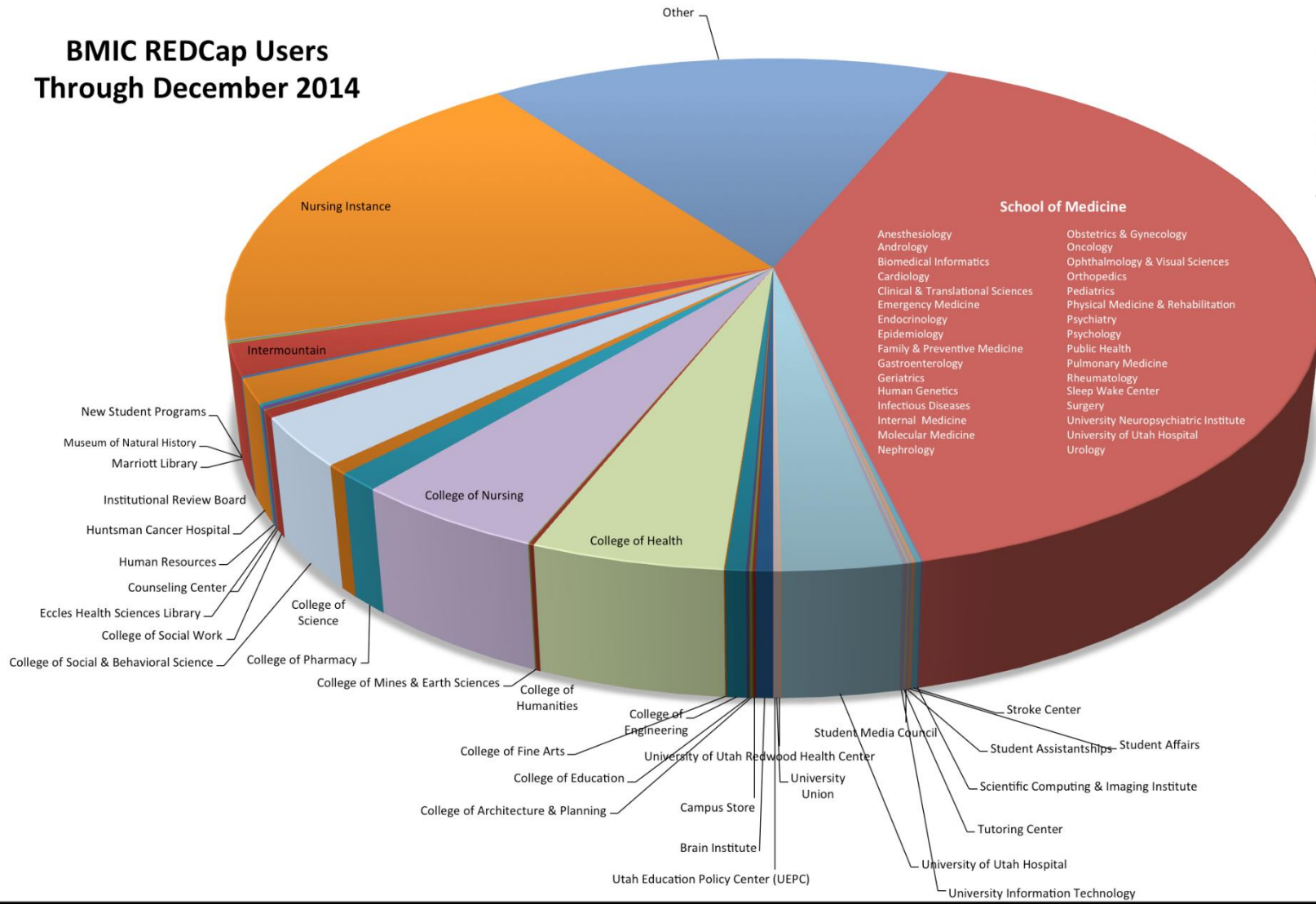
How has REDCap been used?

- The **REDCap Consortium** is composed of **1,416 active institutional partners** in **90 countries**
- The REDCap application allows users to build and manage online surveys and databases quickly and securely
- Currently in use by **164,000 projects** with over **224,000 users** spanning numerous research focus areas across the consortium

BMIC REDCap Users Through December 2014

Users: 2594

Projects: 1679
Production: 745
Development: 809
Inactive: 43
Archived: 82



Use of REDCap in UWAG Study

- Wellness coach collects baseline & follow-up data for 12 months
 - Interview questions:
 - Health knowledge and behaviors
 - Perceived benefits and barriers
 - Social Support
 - Mental health
 - Clinical data:
 - Blood pressure, BMI, waist-to hip ratio measured
 - Coaching, goal setting, tracking progress

Using REDCap to collect and store interview data:

01.bris.cu.utah.edu/redcap/active/redcap/redcap_v6.4.4/DataEntry/index.php?pid=32&id=3002&event_id=157&page=b...

ew Tab REDCap REDCap MCH Library Knowle... Add to Wish List

do healthy things such as eating right, exercising or quitting smoking?

(PLEASE READ RESPONSE OPTIONS)
* must provide value

73). How often do you make healthy choices about diet or physical activity because you want to be healthy for your children?

(PLEASE READ RESPONSE OPTIONS)
* must provide value

BODY IMAGE

74). How happy are you with your current weight?

(READ RESPONSES)
* must provide value

DEPRESSION SCREENING PHQ-2

Next I would like to ask you some questions about your mood.

75). Over the past two weeks, how often have you been bothered by any of the following problems?

Little interest or pleasure in doing things?

0 = Not at all (ENTER 0 IN THE ANSWER)
1 = Several days (ENTER 1 IN THE ANSWER)
2 = More than half the days (ENTER 2 IN THE ANSWER)
3 = Nearly every day (ENTER 3 IN THE ANSWER)

ENTER THE NUMBER FROM THE WOMAN'S ANSWER.

(IF PARTICIPANT DOES NOT KNOW OR IS RELUCTANT TO ANSWER ASK THEM FOR THEIR BEST GUESS)
* must provide value

76). Over the past two weeks, how often have you been bothered by any of the following problems?

Feeling down, depressed or hopeless?

0 = Not at all (ENTER 0 IN THE ANSWER)
1 = Several days (ENTER 1 IN THE ANSWER)
2 = More than half the days (ENTER 2 IN THE ANSWER)
3 = Nearly every day (ENTER 3 IN THE ANSWER)

ENTER THE NUMBER FROM THE WOMAN'S ANSWER.

(IF PARTICIPANT DOES NOT KNOW OR IS RELUCTANT TO ANSWER ASK THEM FOR THEIR BEST GUESS)
* must provide value

In multiple languages:

* must provide value

13). Mu ibi birukira ni ibihe vyerekana ivyo mukora?

(MAY SELECT MORE THAN ONE OPTION)

(READ RESPONSES)

- Nkora umunsi wose
- Nkora igice c'umunsi
- Nikorera utwanje
- Ndi umunyeshure
- Nguma mu rugo
- Narakukuritse
- Ndiko ndarondera akazi
- Nta kazi mfise
- Ibindi
- Sinzi
- Sinishura

14). Mukorera hanze yo mu rugo?

- Yes
- No

* must provide value

15). Umuryango wanyu wakoreyamadolari angahe mu kwezi guheje (uzijemo amahera yo gufasha abana, imfashanyo ya leta nk'amahera leta iha abadahise akazi, imfashanyo y'ivyokurya)?

* must provide value

16). Mu ndwi isanzwe, mukoresha amahera angahe mu kugura ivyo kurya? Murashiramo amahera mugura ivyo kurya vyo mu rugo, ivyo kurya mugura muburiro. Mushiremo n'imfashanyo y'ivyo kurya mwaronse.

* must provide value

17). Ni nde akorera amahera mu muryango?

- Ni je
- Ni uwo twubakanye
- Ni uyundi
- Sinzi
- Sinishura

(DO NOT READ: If woman reports two or more equal breadwinners click "other" and enter the details.)

* must provide value

18). Murafise asiranse yo kwivuzza nka asiranse bishura mbere ya HMO, canke asiranse za leta nka Medicare canke Indian Health Service?

- Ego
- Oya
- Sinzi

* must provide value

* must provide value

13). Cual de los siguiente representa MEJOR su estado de empleo?

(PUEDE SELECCIONAR MAS DE UNA OPCION)

(LEA LAS RESPUESTAS)

- Trabaja tiempo completo para un empleador
- Trabaja medio tiempo para un empleador
- Tiene su propio empleo
- Estudiante
- Ama de casa
- Jubilada
- Esta activamente buscando trabajo
- Desempleada
- Otro
- No sabe/no esta segura
- Se rehuso a responder

14). Trabaja fuera de casa?

- Yes
- No

* must provide value

15). Cual fue su ingreso familiar el ultimo mes en \$ dolares (incluyendo pension, manutencion, apoyo del gobierno tal como desempleo, seguro social y estampillas para comida)?

* must provide value

16). En una semana regular, aproximadamente cuanto dinero gasta en comida para su casa? Esto debe incluir el dinero que gasta en la despensa y en comida que compro de los restaurantes o lugares de comida rapida. Por favor incluya las estampillas para comida en este total si las recibe.

* must provide value

17). Quien es el sosten principal de la familia o el que gana el sueldo en su casa?

- Ella misma
- Esposo/pareja
- Otro
- No sabe/no esta segura
- Se rehuso

(Si la mujer reporta dos o mas personas que sostienen a la familia haga clic en "otro" e ingrese los detalles.)

* must provide value

18). Tiene algun tipo de cobertura medica, incluyendo seguro medico, planes prepagados tales como HMOs o planes del gobierno tales como Medicare o Servicio Medico Indigena?

- Si
- No
- No esta segura

* must provide value

- Yes

Clinical data:

https://redcap-dev01.bris.c.utah.edu/redcap/active/redcap/redcap_v6.4.4/DataEntry/index.php?pid=32&page=clinical_measures&id=1006

Apps Upcoming Utah Races New Tab REDCap REDCap MCH Library Knowle... Add to Wish List

Record Status Dashboard
- View data collection status of all records

Add / Edit Records
- Create new records or edit/view existing ones

Study ID 1006 Kassy,Keen
[Select other record](#)

Event: **Baseline (Arm 1: Baseline)**

Data Collection Instruments:

- Participant Name
- Enrollment Contact Info And Consent
- Participant Contact Tracking
- Baseline Interview
- Clinical Measures**
- Coaching Form
- Incentive Form
- CWC Review Form
- UWAG Staff Review

Lock all forms

Applications

- Calendar
- Data Exports, Reports, and Stats
- Data Import Tool
- Data Comparison Tool
- Logging
- Field Comment Log
- File Repository
- User Rights and DAGs
- Record Locking Customization
- E-signature and Locking Mgmt
- Randomization
- Data Quality
- API
- REDCap SOP

Project Bookmarks

- CFU Website
- Utah Tobacco Quit Net
- Utah Tobacco Quit Line
- High Blood Pressure Tools
- My Plate

Reports [Edit reports](#)

- Study Participants Sorted by ID
- Study Participants Sorted by Last Name
- Clinical Data

[Help & Information](#)

Editing existing Study ID 1006 Kassy,Keen

Event Name: **Baseline (Arm 1: Baseline)**

Study ID 1006

1). Date clinical measures taken
* must provide value 12-07-2012 Today M-D-Y

1a). Time the clinical measures started:
* must provide value 17:51 Now H:M

2). Systolic Blood Pressure (1st Measurement)
* must provide value 131

3). Diastolic Blood Pressure (1st Measurement)
* must provide value 82

4). Systolic Blood Pressure (2nd Measurement)
* must provide value 125

5). Diastolic Blood Pressure (2nd Measurement)
* must provide value 87

6). Systolic Blood Pressure (3rd Measurement)
* must provide value 130

7). Diastolic Blood Pressure (3rd Measurement)
* must provide value 85

8). Average Systolic Blood Pressure 128.7 View equation

9). Average Diastolic Blood Pressure 84.7 View equation

PLEASE SCROLL DOWN AND HIT "SAVE AND CONTINUE."

10). Height in inches
PLEASE MEASURE WOMAN WITHOUT SHOES AND REPORT HEIGHT IN INCHES.
* must provide value 64

11). Weight in pounds
PLEASE WEIGH WOMAN WITHOUT SHOES AND ENTER WEIGHT IN POUNDS.
* must provide value 150

12). Body Mass Index 25.7 View equation

13). Is the woman pregnant?
* must provide value Yes No reset

13a). Waist Circumference in Inches
(MEASURE THIS AT THE NARROWEST POINT BETWEEN THE RIBS AND HIPS, USUALLY ABOUT 30

Personalized Coaching Prompts

DEPRESSION SCREENING PHQ-2

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ENTER THE NUMBER FROM THE WOMAN'S ANSWER.

(IF PARTICIPANT DOES NOT KNOW OR IS RELUCTANT TO ANSWER ASK THEM FOR THEIR BEST GUESS)

* must provide value

77). DO NOT READ!

Depression Score is:

* must provide value

SLEEP

Let's talk briefly about how much sleep you get. You reported that on average, you get:

26). Less than 7 hours of sleep per night. Adults need 7-9 hours of sleep per night, and based on what you told me, you are not getting enough sleep each night. Sleeping 7-9 hours per night can actually help with many health problems including heart disease, diabetes, depression, and obesity.

DEPRESSION

Finally, during the interview, I asked you a series of questions to evaluate your mental health. Your answers to these questions are added together to give score which tells me whether you may be suffering from depression or not.

27). Your score on the depression screening questions indicates that you may be suffering from depression. I recommend that you make an appointment with a health care provider for a mental health evaluation. I can help you find a health care provider for this if you'd like.

58). On average, about how many hours do you sleep each night (If respondent works a night shift, ask how many hours she sleeps during the day)?

(Can include partial hours, e.g., 0.25, 0.50, 1.5, 2.5 hours etc.)

(IF PARTICIPANT DOES NOT KNOW OR IS RELUCTANT TO ANSWER ASK THEM FOR THEIR BEST GUESS)

* must provide value

COACHING PROMPTS:

Goal Setting Tools

30). What area of nutrition do you want to focus on:

27a). How many total servings of fruits AND vegetables do you want to eat?
* must provide value

30b). When will you do this?
* must provide value

- Every day
- Every week
- At breakfast
- At lunch
- At dinner
- When eating snacks
- At all meals each day
- At work
- At restaurants
- When cooking meals
- When baking
- At parties and get-togethers
- Other

30c). How long do you plan to work on this goal?
* must provide value

30d). So based on the answers to these questions, your nutrition goal is:
(PLEASE ENTER A SUMMARY OF THE "WHAT," "WHEN," AND "FOR HOW LONG.")

* must provide value

30d). On a scale of 0-10, where "0" means not important and "10" means extremely important, about how important is this goal to you?
* must provide value

30e). On a scale from 0-10, where "0" means you are not confident and "10" means you are very confident, about how confident are you that you can reach this goal?
* must provide value

30g). Would you like to set another nutrition goal? It is okay to focus on one goal at a time, but if there is something else you would like to focus on, I can help you with another goal? Yes No
* must provide value

Expand

reset

Randomization

41.) WHICH COMMUNITY WELLNESS COACH COMPLETED THIS INTERVIEW?

(Please type your name)

* must provide value

42). Randomize



Form Status

Complete?

Study ID 3002 Sara, Simonsens
(Arm 2: High Intensity)

Data Collection Instrument	Month 1 (1)	Month 2 (2)	Month 3 (3)	Month 4 (4)	Month 5 (5)	Month 6 (6)	Month 7 (7)	Month 8 (8)	Month 9 (9)	Month 10 (10)	Month 11 (11)	Month 12 (12)
Participant Name	<input checked="" type="radio"/>											
Participant Contact Tracking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Four Month Interview				<input type="radio"/>								
Eight Month Interview								<input type="radio"/>				
Twelve Month Interview												<input type="radio"/>
Clinical Measures				<input type="radio"/>				<input type="radio"/>				<input type="radio"/>
Coaching Form				<input type="radio"/>				<input type="radio"/>				<input type="radio"/>
Monthly Activity Tracking Form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Monthly Coaching Form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>			
Incentive Form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CWC Review Form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Annual Follow Up												
UWAG Staff Review				<input type="radio"/>				<input type="radio"/>				

Study ID 1006 Kassy, K
(Arm 3: Low Intensity)

Data Collection Instrument	Month 4 (1)	Month 8 (2)	Month 12 (3)
Participant Name	<input checked="" type="radio"/>		
Participant Contact Tracking	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Four Month Interview	<input type="radio"/>		
Eight Month Interview		<input type="radio"/>	
Twelve Month Interview			<input type="radio"/>
Clinical Measures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coaching Form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Incentive Form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CWC Review Form	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Annual Follow Up			
UWAG Staff Review	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Data Collection

- Scheduling
- Record Status Dashboard
- Add / Edit Records

Applications

- Calendar
- Data Exports, Reports, and Stats
- Data Import Tool
- Data Comparison Tool
- Logging
- Field Comment Log
- File Repository
- User Rights and DAGs
- Record Locking Customization
- E-signature and Locking Mgmt
- Randomization
- Data Quality
- API
- REDCap SOP

Project Bookmarks

- CFU Website
- Utah Tobacco Quit Net
- Tobacco Quit Line
- High Blood Pressure Tools
- My Plate

Reports

[Edit reports](#)

- Study Participants Sorted by Last Name
- Baseline Completed--HIGH INTENSITY
- Baseline Completed by ID
- Positive Consent
- Audio Uploaded
- Baseline Completed by ID--HHCTF
- Baseline Completed by ID--Calvary
- Baseline Completed by ID--Best of Africa
- Baseline Completed by ID--NTAS
- Baseline Completed by ID--UIC
- Consented?
- Baseline Coaching by ID (copy)
- 4-month interview completed by ID
- Baseline Completed by Date
- Randomized
- Time Spent
- Consent Uploaded
- Screened by ID--HHCTF
- Consented by ID --HHCTF
- Screened by ID --UIC

The Calendar application can be used as a project calendar within this project to help organize your schedule and keep track of any upcoming events. It will allow you to add or modify calendar events and then view them either in a daily, weekly, or monthly format below. To add a new note or calendar event to any day, click **+New** at the top of that day's box to begin entering the information. Since you have already defined multiple events for this project, you may additionally [generate a schedule](#) using your pre-defined Events, which will then be added to the calendar.

Day Week Month Agenda

April 2015

[Print Calendar](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			+ New 1 ☆ 3721 (Month 1) [Hispe] ☆ 2533 (Month 2) [Calve] ☆ 2508 (Month 7) [Calve]	+ New 2 ☆ 3502 (Year 2 Follow-u ☆ 5118 (Month 8) [Urbar ☆ 2511 (Month 7) [Calve ☆ 10:00am 5145 (Month	+ New 3 ☆ 2521 (Month 4) [Calve] ☆ 1042 (Month 12) [Best	+ New 4 ☆ 4546 (Month 1) [Natic ☆ 2058 (Month 9) [Calve] ☆ 5141 (Month 2) [Urbar ☆ 4529 (Month 12) [Nati ☆ 2512 (Month 7) [Calve ☆ 11:00am 1053 (Month
+ New 5 ☆ 4537 (Month 7) [Natio ☆ 2029 (Year 2 Follow-u ☆ 3705 (Month 11) [Hispe ☆ 3917 (Month 5) [Hispe ☆ 1044 (Month 12) [Best ☆ 10:30am 2538 (Month	+ New 6 ☆ 3916 (Month 6) [Hispe ☆ 1074 (Month 1) [Best ☆ 5107 (Month 7) [Urbar ☆ 3714 (Month 2) [Hispe ☆ 2507 (Month 7) [Calve ☆ 1:00pm 2524 (Month	+ New 7 ☆ 3925 (Month 4) [Hispe ☆ 1006 (Year 2 Follow-u ☆ 3926 (Month 4) [Hispe ☆ 3924 (Month 4) [Hispe ☆ 1064 (Month 5) [Best ☆ 2:00pm 2527 (Month	+ New 8 ☆ 3944 (Month 3) [Hispe ☆ 1075 (Month 1) [Best ☆ 1:00pm 2523 (Month ☆ 5:00pm 2522 (Month	+ New 9 ☆ 2509 (Month 7) [Calve ☆ 3054 (Month 10) [Hispe ☆ 5137 (Month 5) [Urbar ☆ 3501 (Year 2 Follow-u ☆ 1076 (Month 1) [Best +4 more	+ New 10 ☆ 5062 (Year 2 Follow-u ☆ 3715 (Month 2) [Hispe	+ New 11 ☆ 2539 (Month 1) [Calve ☆ 2513 (Month 7) [Calve ☆ 2520 (Month 5) [Calve ☆ 5111 (Month 11) [Urba ☆ 3724 (Month 1) [Hispe +2 more
+ New 12 ☆ 1043 (Month 12) [Best ☆ 2027 (Year 2 Follow-u ☆ 5127 (Month 5) [Urbar ☆ 3920 (Month 5) [Hispe	+ New 13 ☆ 1038 (Month 8) [Best ☆ 4538 (Month 4) [Natic ☆ 2032 (Year 2 Follow-u ☆ 2059 (Month 8) [Calve ☆ 12:19pm 2543 (Month	+ New 14	+ New 15 ☆ 3927 (Month 4) [Hispe ☆ 3904 (Month 7) [Hispe	+ New 16 ☆ 5149 (Month 1) [Urbar ☆ 5126 (Month 7) [Urbar ☆ 2930 (Month 4) [Calve ☆ 1079 (Month 1) [Best ☆ 3905 (Month 7) [Hispe ☆ 3906 (Month 7) [Hispe	+ New 17 ☆ 4544 (Month 2) [Natic ☆ 2063 (Month 7) [Calve ☆ 2060 (Month 8) [Calve ☆ 3717 (Month 2) [Hispe ☆ 3922 (Month 5) [Hispe +4 more	+ New 18 ☆ 1065 (Month 4) [Best ☆ 2544 (Month 1) [Calve ☆ 3726 (Month 1) [Hispe ☆ 6:00am 1068 (Month ☆ 1:00pm 2503 (Month
+ New 19 ☆ 5121 (Month 8) [Urbar ☆ 5133 (Month 6) [Urbar ☆ 1039 (Month 8) [Best ☆ 3718 (Month 2) [Hispe ☆ 3511 (Year 2 Follow-u +5 more	+ New 20 ☆ 5144 (Month 2) [Urbar ☆ 5134 (Month 6) [Urbar ☆ 3945 (Month 3) [Hispe ☆ 3508 (Year 2 Follow-u ☆ 1036 (Month 9) [Best +2 more	+ New 21 ☆ 4539 (Month 3) [Natic ☆ 1045 (Month 11) [Best ☆ 1040 (Month 8) [Best ☆ 1034 (Month 11) [Best	+ New 22 ☆ 5117 (Month 10) [Urba	+ New 23 ☆ 3909 (Month 7) [Hispe ☆ 4531 (Month 8) [Natic ☆ 3708 (Month 11) [Hispe ☆ 4534 (Month 8) [Natic ☆ 5124 (Month 8) [Urbar +2 more	+ New 24 ☆ 3910 (Month 7) [Hispe ☆ 5123 (Month 8) [Urbar ☆ 4532 (Month 8) [Natic ☆ 4533 (Month 8) [Natic ☆ 5128 (Month 7) [Urbar	+ New 25 ☆ 2531 (Month 2) [Calve ☆ 4535 (Month 8) [Natic ☆ 4536 (Month 8) [Natic ☆ 3929 (Month 4) [Hispe ☆ 3930 (Month 4) [Hispe +5 more
+ New 26 ☆ 5135 (Month 6) [Urbar ☆ 3720 (Month 2) [Hispe ☆ 3942 (Month 4) [Hispe ☆ 1063 (Month 5) [Best	+ New 27 ☆ 4542 (Month 3) [Natic ☆ 1048 (Month 8) [Best ☆ 1060 (Month 5) [Best	+ New 28 ☆ 3914 (Month 7) [Hispe ☆ 5050 (Year 2 Follow-u ☆ 2515 (Month 6) [Calve ☆ 1050 (Month 8) [Best ☆ 3943 (Month 4) [Hispe	+ New 29 ☆ 1059 (Month 6) [Best ☆ 3731 (Month 1) [Hispe ☆ 5:00am 1051 (Month ☆ 5:30am 1049 (Month ☆ 9:49am 2542 (Month ☆ 6:47pm 2548 (Month	+ New 30 ☆ 11:00am 2505 (Month		

Scheduling

The projected schedule below was automatically generated for Study ID "2503" based on your pre-defined Events for **Arm 2**. You may change the value of any dates generated below simply by clicking inside the date box and selecting a new date. Any dates generated below that fall on weekends will be listed in **red**. Click the *Create Schedule* button to finalize this schedule, which will then be added to the Calendar.

	Time (optional)	Date / Day of Week	Event Name
✘	<input type="text"/>	05/13/2015 Wednesday Range: 05/03/2015 - 05/23/2015	Month 1
✘	<input type="text"/>	06/12/2015 Friday Range: 06/02/2015 - 06/22/2015	Month 2
✘	<input type="text"/>	07/12/2015 Sunday Range: 07/02/2015 - 07/22/2015	Month 3
✘	<input type="text"/>	08/11/2015 Tuesday Range: 08/01/2015 - 08/21/2015	Month 4
✘	<input type="text"/>	09/10/2015 Thursday Range: 08/31/2015 - 09/20/2015	Month 5
✘	<input type="text"/>	10/10/2015 Saturday Range: 09/30/2015 - 10/20/2015	Month 6
✘	<input type="text"/>	11/09/2015 Monday Range: 10/30/2015 - 11/19/2015	Month 7
✘	<input type="text"/>	12/09/2015 Wednesday Range: 11/29/2015 - 12/19/2015	Month 8
✘	<input type="text"/>	01/08/2016 Friday Range: 12/29/2015 - 01/18/2016	Month 9
✘	<input type="text"/>	02/07/2016 Sunday Range: 01/28/2016 - 02/17/2016	Month 10
✘	<input type="text"/>	03/08/2016 Tuesday Range: 02/27/2016 - 03/18/2016	Month 11
✘	<input type="text"/>	04/07/2016 Thursday Range: 03/28/2016 - 04/17/2016	Month 12
✘	<input type="text"/>	04/02/2017 Sunday Range: 03/23/2017 - 04/12/2017	Year 2 Follow-up
✘	<input type="text"/>	03/28/2018 Wednesday Range: 03/18/2018 - 04/07/2018	Year 3 Follow-up
✘	<input type="text"/>	03/23/2019 Saturday Range: 03/13/2019 - 04/02/2019	Year 4 Follow-up

Storage of Supplemental Files

- Consent Documents
- Referral Forms
- Audio Files of Coaching and Interviews

Data Access

- Each community has access to their own data
 - Personalized reports
- Study staff have access to all data
- Easy export to SAS, STATA, SPSS

Conclusions

- REDCap is a great tool for CBPR work
- Low cost
- Community partners can access their own data
- Facilitates data collection/coaching by lay health workers
 - Multiple languages
 - Randomization
 - Scheduling and calendar
 - Tailored coaching prompts based on participant data
 - Personalized goal-setting

Thanks to:

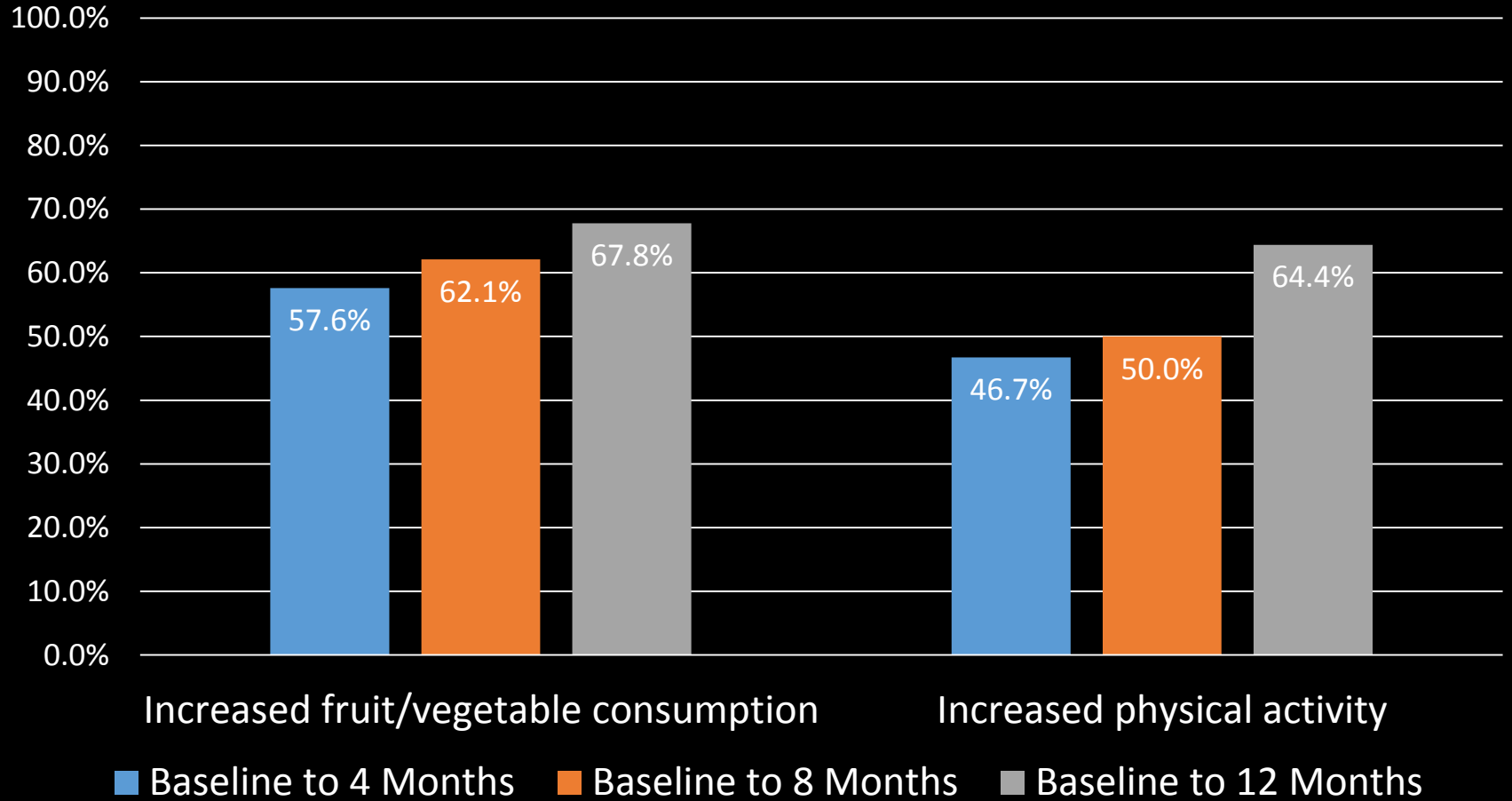
- Community Faces of Utah
 - Best of Africa: Valentine Mukundente, Esperance Rugamwa
 - Calvary Baptist Church: Pastor France A. Davis, Doriena Lee, Patricia Otiede, Cathy Wolfsfeld
 - Hispanic Health Care Task Force: Sylvia Rickard, Dee Dee Labato, Ana Sanchez-Birkhead, Jorge Arce-Laretta, Jeannette Villalta, Natalie Gutierrez, Olga Rubiana, Claudia Gonzalez
 - National Tongan American Society: Fahina Tavake-Pasi, Ivoni Nash, Edris Netzler Aiono, Se Toki
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 - Kathryn Rowley
 - Kalynn Fillion

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Extra Slides

Changes in Health Behaviors between Baseline and Follow-Up



Changes in Weight between Baseline and Follow-Up

