

Who are we?

The mission of the Rocky Mountain Prevention Research Center (RMPRC) is to advance healthy lifestyles and prevent chronic disease among residents and communities in the Rocky Mountain region by conducting, disseminating, and serving as a resource for community-based prevention research and policy.

The RMPRC is one of 33 Prevention Research Centers across the country funded by the Centers for Disease Control and Prevention (CDC). These PRCs are a network of academic health centers, partner communities and public health practitioners that conduct community-based participatory research to prevent disease and disability.

"The Prevention Research Centers epitomize what CDC is all about. . . Their efforts are resulting in the very information Americans need to choose safe and healthy lifestyles for themselves and their families."
-Julie Gerberding, CDC Director

The RMPRC is affiliated with the University of Colorado Denver and project investigators and faculty are based at this location. The majority of staff and research projects are conducted from the field research office in Alamosa, CO.

Community Advisory Board

The RMPRC is committed to the principle of involving our community partners in the research process. We rely on community members, including our Community Advisory Board (CAB), for input and decisions on the directions and scope of our research projects.

The CAB is comprised of community leaders and citizens, including school, city government and health providers in the San Luis Valley. They identify community needs and concerns, assist in engaging community members in the research process and provide input to the PRC on future direction of projects in the SLV.

Please Contact Us:

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Rocky Mountain Prevention Research Center

Promoting
Healthy Lifestyles,
Preventing
Chronic Disease



Research Projects:

School Environment Project (2003 - 2009)

This CDC funded intervention is designed to increase physical activity and healthy eating by making environment and policy changes in elementary schools throughout the San Luis Valley.

SLV Healthy Family Project (2003 - 2008)

This NIH funded family home visit program is designed to increase physical activity, improve diet and help family members achieve and/or maintain a healthy weight. Another goal is to help people with diabetes manage their disease.

Integrated Nutrition and Physical Activity Program (1998-2009)

This CDC funded program is designed to help kids at Boyd Elementary School eat a healthier diet. The classroom based curriculum integrates math, science and literacy standards through hands-on food preparation and tasting experiences.



Healthy Aging Network (2001 - 2009)

This is a CDC funded collaboration of nine PRCs throughout the country who are working towards improving the quality of life of our older adults. HAN partners with seniors and aging service providers throughout the San Luis Valley on issues such as physical activity, nutrition and healthy brain.

Other Projects:

- Cardiovascular Health Intervention Research and Translation Network
- Alamosa County Survey
- Prostate Cancer Screening
- Colorectal Cancer Screening
- PACT (Parents, Adults and Children Together)

IRAS Family Study

This study is a re-examination of the first Insulin Resistance Atherosclerosis Study (IRAS) study which started in 1991. The IRAS Family Study is examining the genetics of insulin resistance in past IRAS families. Further details regarding this study can be found at

<http://www.phsapps.wfubmc.edu/iras/>

Coming Alive

The RMPRC is a partner on this three-month, annual worksite health promotion program that encourages employees to exercise.

Healthy Habits

This is a partnership among local health professionals and community members whose mission is to promote healthy nutrition and increased physical activity in the San Luis Valley. A mobile kitchen at the weekly Alamosa Farmers' Market demos recipes with fresh fruits and vegetables.

