

APPALACHIAN TRANSLATIONAL RESEARCH NETWORK:

2019 HEALTH SUMMIT Summary Report

October 14-15th
Nationwide and Ohio State
Farm Bureau 4-H Center

*Co-hosted by The Ohio State University Center for Clinical and
Translational Science & Ohio State University Extension*

Sponsored by:



THE OHIO STATE UNIVERSITY
COLLEGE OF NURSING

MARTHA S. PITZER CENTER FOR
WOMEN, CHILDREN AND YOUTH



Appalachian Translational Research Network

Table of Contents

Agenda.....pages 2-3

Planning Event Timeline.....page 4

Attendee Evaluation.....pages 5-12

| Monday, October 14, 2019 | |
|--------------------------|--|
| 11:30-12:00 | Registration / Pick-up Boxed Lunch |
| 12:00-12:15 | <p>Welcome</p> <p>Rebecca Jackson, MD <i>Executive Director, The Ohio State University Center for Clinical and Translational Science</i></p> <p>ATRN Executive Committee member</p> |
| 12:15-1:30 | <p>Opening Program / Lunch</p> <p>Bright Spots Community Analysis</p> <p>Mark Holmes, PhD <i>Director, Cecil G. Sheps Center for Health Services Research University of North Carolina</i></p> |
| 1:45-2:45 | <p>Breakout Session One (3 tracks, see breakout session flyer for details)</p> <ul style="list-style-type: none"> • Mental Health / Substance Abuse / Opioids – Room A • Health Equity Across the Lifecourse: Social Determinants of Health – Room B • The How-to's of Collaborative Research Partnerships in Appalachian Communities – Room C |
| 2:50-3:30 | <p>Breakout Session Two (3 tracks, see breakout session flyer for details)</p> <ul style="list-style-type: none"> • Mental Health / Substance Abuse / Opioids – Room A • Health Equity Across the Lifecourse: Older Adults – Room B • The How-to's of Collaborative Research Partnerships in Appalachian Communities – Room C |
| 3:40-4:10 | Poster Viewing Session |
| 4:15-5:15 | <p>Creating Healthier Communities by Forming Community/Academic Partnerships and Getting Funded</p> <p><i>A panel of experts in rural funding opportunities guides an interactive networking session</i></p> <ul style="list-style-type: none"> • Jana Reese, MS, <i>Rural Health Information Hub</i> • Megan Simpson, <i>The Greater Kanawha Valley Foundation</i> • Christine Mulvin, MTSC, <i>The HealthPath Foundation of Ohio</i> |
| 5:30-6:00 | ATRN Association Meeting |

| | |
|----------------------------------|--|
| 6:00-7:30 | <p>Dinner and Program</p> <p>Xinzhi Zhang, MD, PhD, FACE, FRSM <i>Program Director, Division of Clinical Innovation National Center for Advancing Translational Sciences</i></p> <p>The History and Culture of Appalachia Through Stories and Music</p> <p><i>An “edu-tainment” presentation by Walt Michael, Founder and Executive Director of Common Ground on the Hill in Westminster, Maryland, and Bob Lucas, song-writer and playmaker from Mad River Theater in Bellefontaine, Ohio.</i></p> |
| Tuesday, October 15, 2019 | |
| 8:30-9:50 | <p>Breakout Session Three (3 tracks, see breakout session flyer for details)</p> <ul style="list-style-type: none"> • Mental Health / Substance Abuse / Opioids – Room A • Health Equity Across the Lifecourse: Social Determinants of Health – Room B • Environmental Health – Room C |
| 10:00-11:20 | <p>Breakout Session Four (3 tracks, see breakout session flyer for details)</p> <ul style="list-style-type: none"> • Mental Health / Substance Abuse / Opioids – Room A • Health Equity Across the Lifecourse: Children/Adolescents – Room B • Chronic Disease and Women’s Health – Room C |
| 11:25-11:45 | <p>ATRN Journal Discussion</p> <p>Kaitlin Vollet Martin, PhD, MPH Post-Doctoral Scholar University of Kentucky, College of Public Health, Department of Epidemiology</p> |
| 11:45-12:00 | <p>Announcement of Collaborative Seed Program for ATRN</p> |
| 12:00-12:30 | <p>Break / Pick-up Boxed Lunch</p> |
| 12:30-2:00 | <p>Closing Program</p> <p>Community Engagement in Action: A 3-State Conversation about the Rural Opioid Project</p> <ul style="list-style-type: none"> • Judith Feinberg, MD– PI, <i>West Virginia Project</i> • William Miller, MD, PhD, MPH – PI, <i>Ohio Project</i> • April Young, PhD, MPH – PI, <i>Kentucky Project</i> |

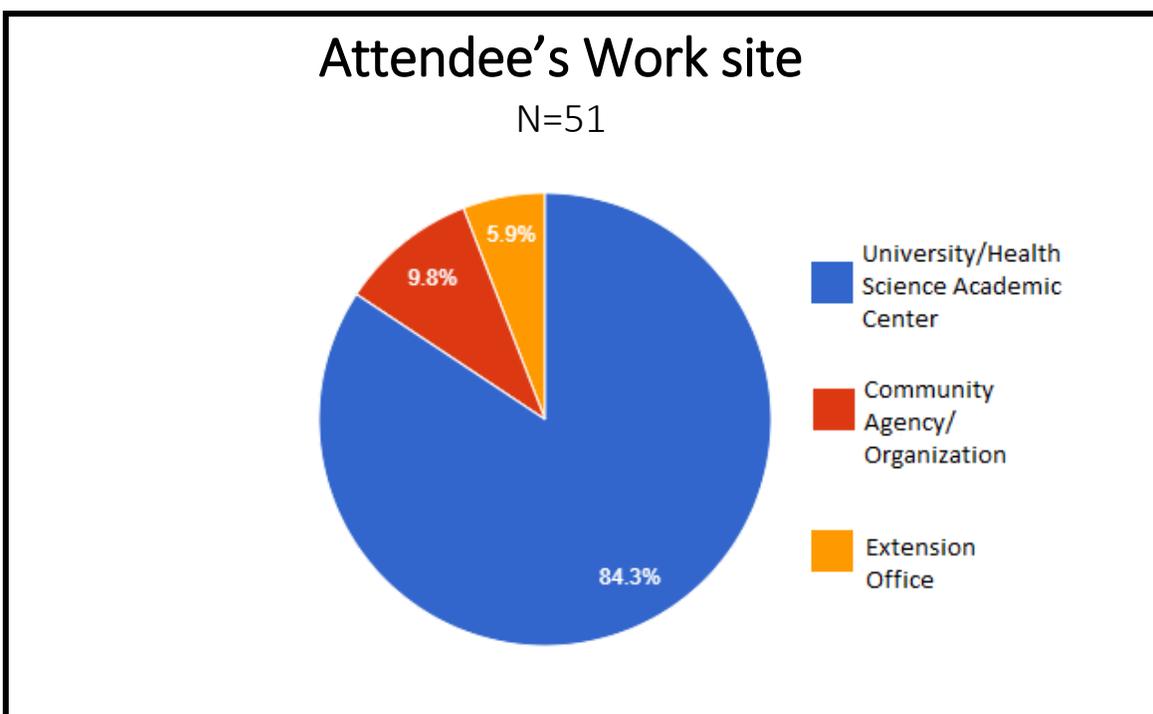
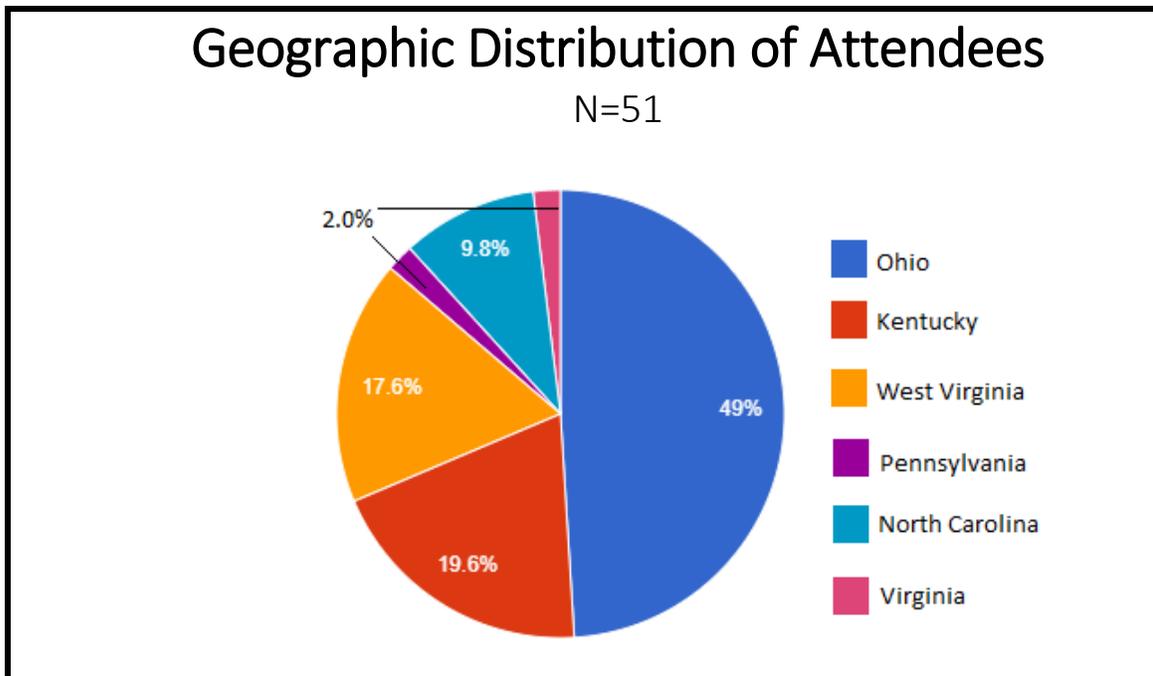
Planning Event Timeline

1. Reserve Space – 10 months before
 - 3 rooms
 - Space for registration table, posters, catering
 - Confirm whether building provides poster easels
2. Reserve Hotel Blocks – 7 months before
3. Podium Presentations and Posters
 - Call for submissions: 5 months before
 - Initial deadline: 4 months before
 - Extended deadline: 3 months before
 - Decisions made: 2.5 months before
4. Registration Launch – 4 months before
5. Agendas
 - Main agenda
 - Breakout sessions agenda
6. Catering – 2 months before
 - 2 lunches, 1 dinner
7. Travel & Hotels for speakers – 2 months before
8. Bags & Promotional Items – 1 month before
9. Bios – 1 month before
 - Key note speaker
 - Panelists
10. Survey – 1 month before
 - Develop questions
 - Make survey – Qualtrics or REDCap
11. Volunteers – 1 month before
12. Folders – 1 week before
 - Name tags
 - Agendas
 - CTSA info sheets
 - Local guide
 - Pens, notepads, etc...
13. Signs – 1 week before
 - Parking
 - Rooms

Attendee Evaluation

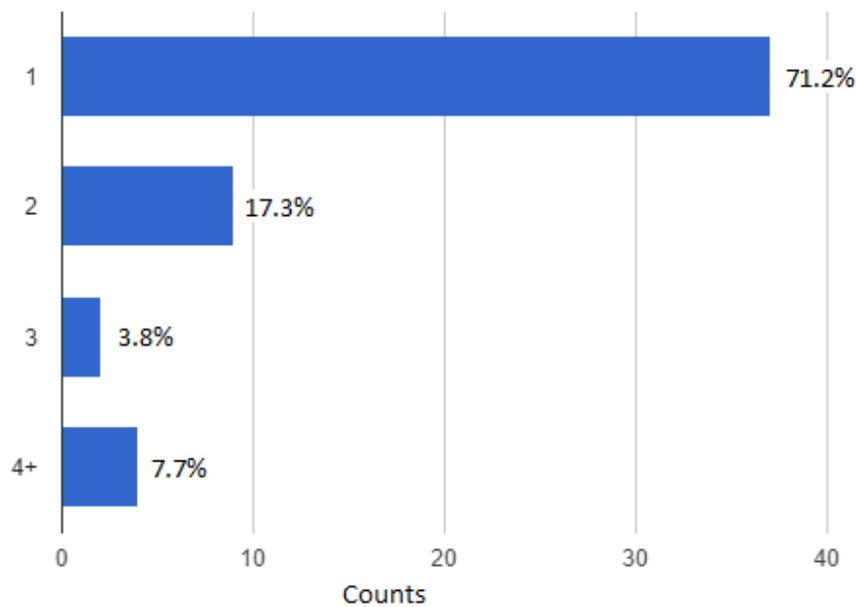
Methods

The total number of Summit attendees was 138. Of 140 registered individuals, 128 attended the Summit. Additionally, there were 10 day-of registrants. Evaluation surveys via REDCap were sent to all registered attendees and day-of registrants. 52 individuals completed the survey. All evaluation data are from the REDCap survey. Quantitative data include counts and percentages based on survey completions. Qualitative data were taken verbatim from survey records.



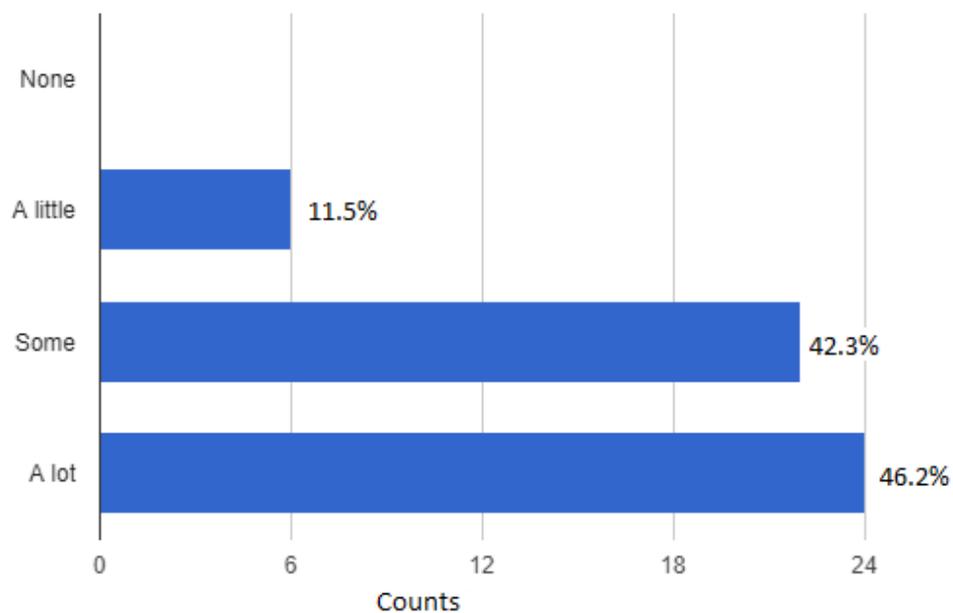
How many ATRN Summits have you attended?

N=52



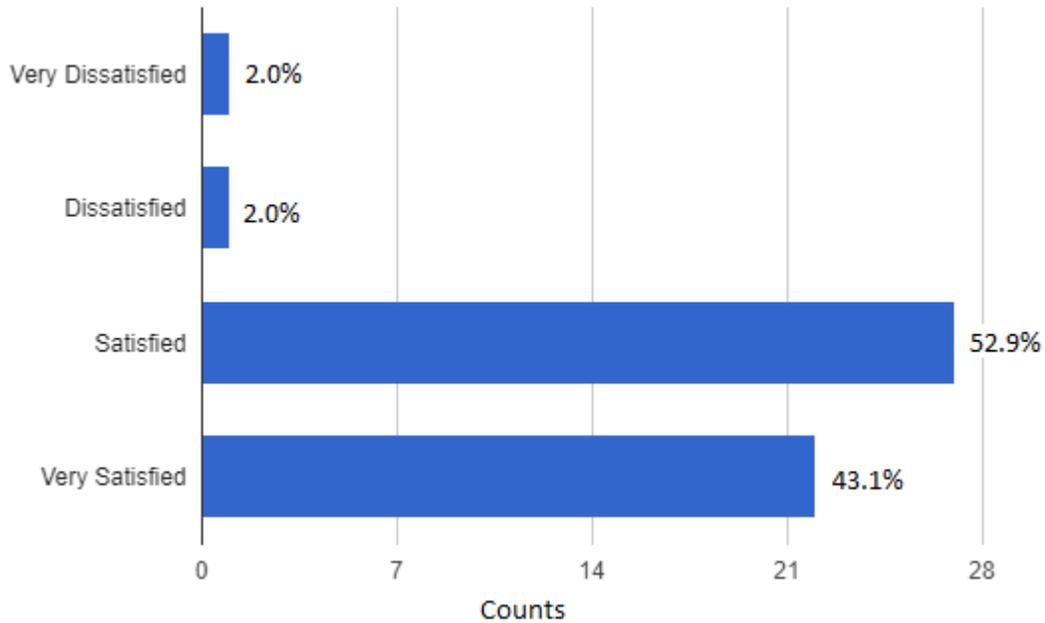
Rate the amount of new information you received during this Summit

N=52



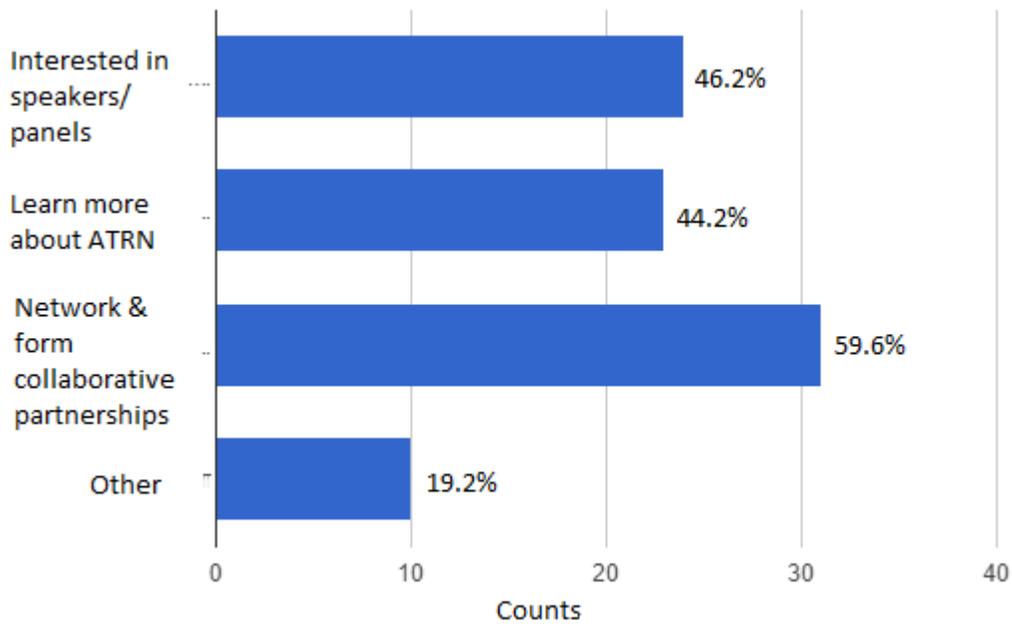
Overall, how satisfied were you with this Summit?

N=51

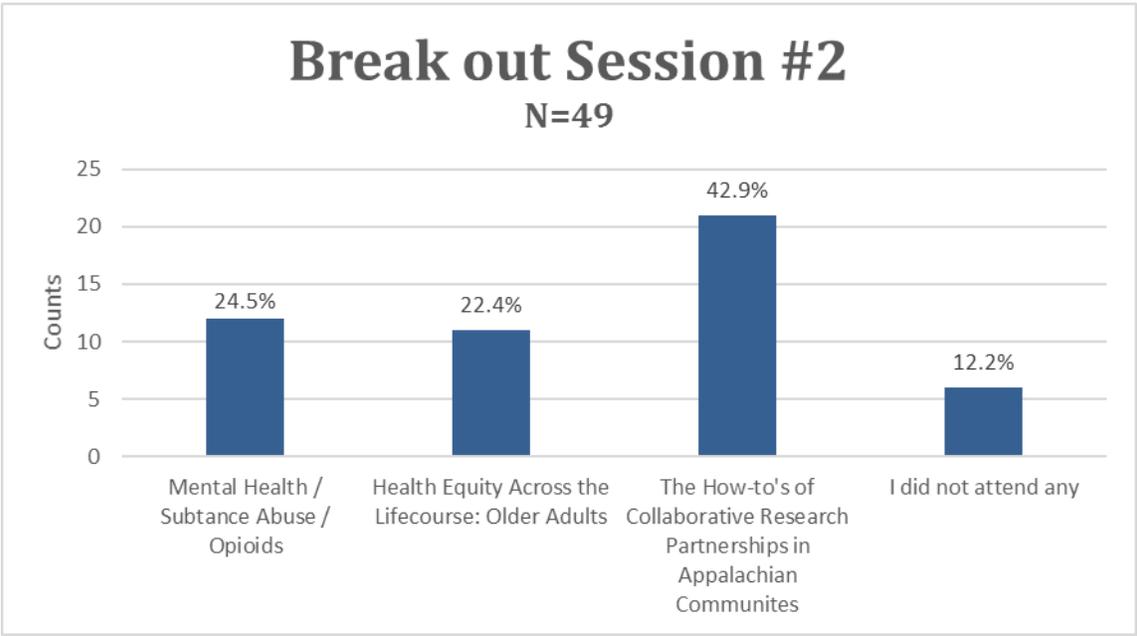
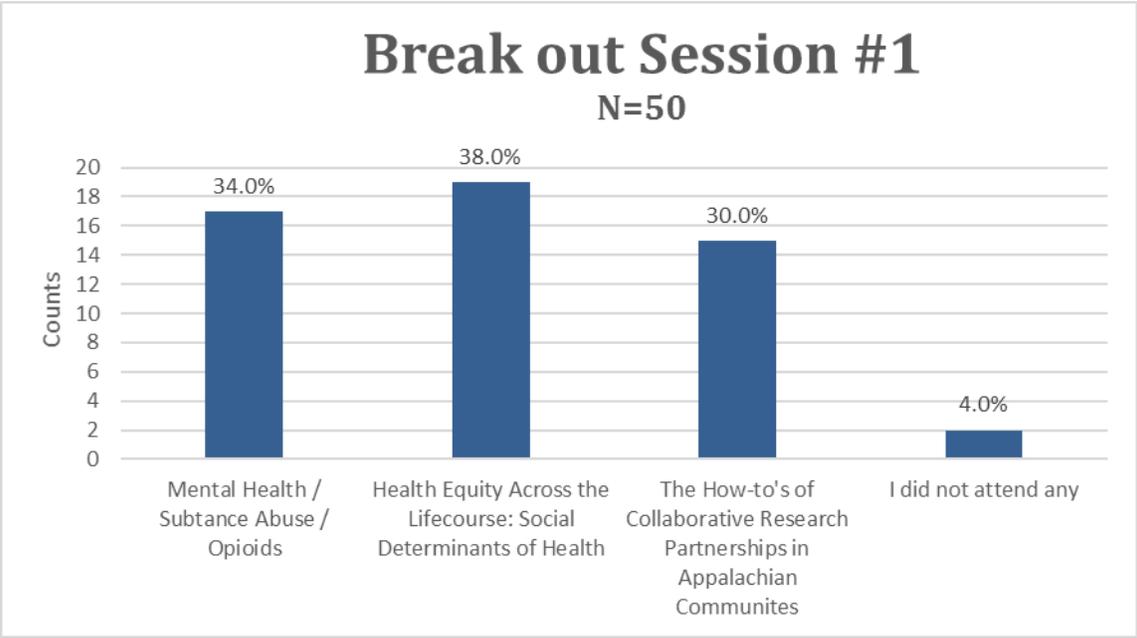


What were your primary reasons for attending this Summit?

N=52

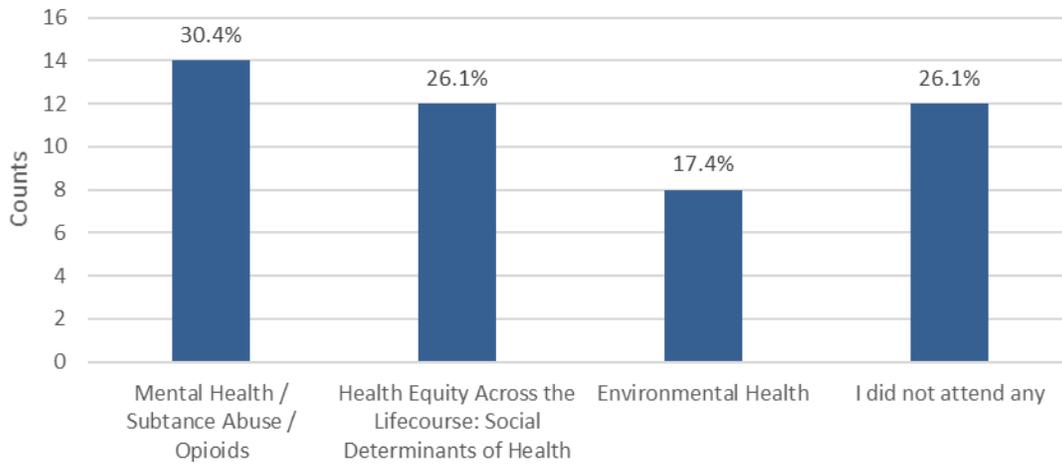


Which break out session(s) did you attend?



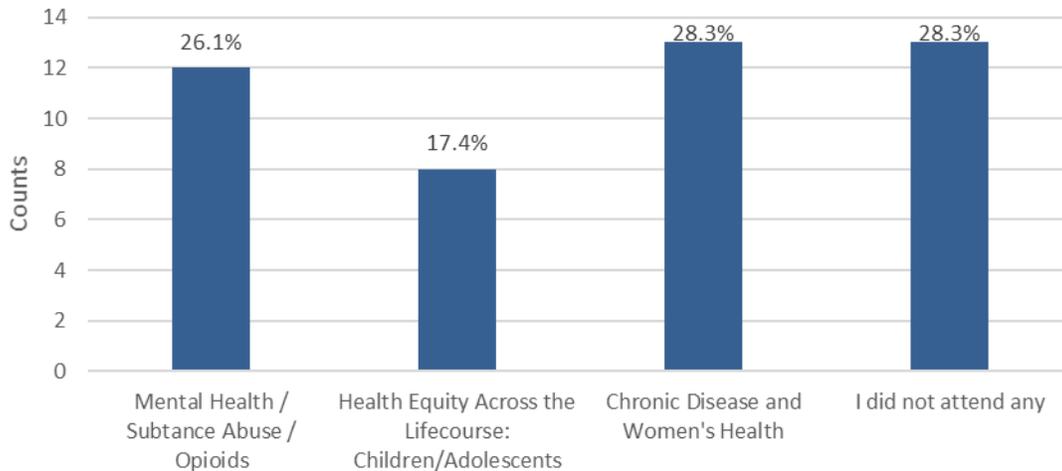
Break out Session #3

N=46



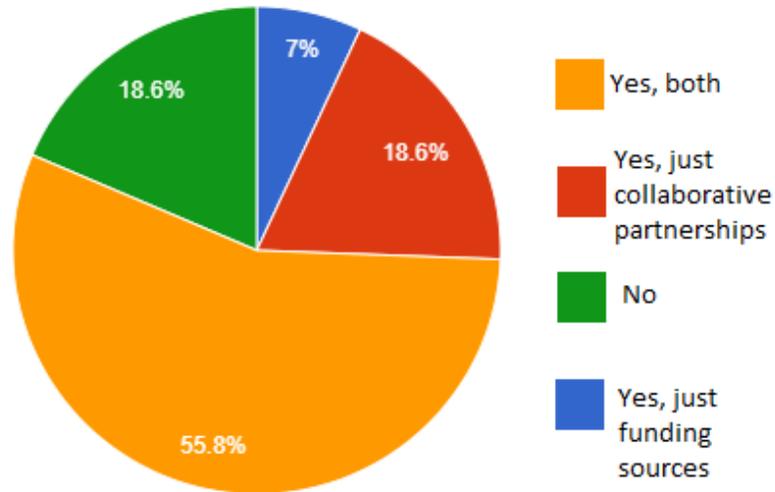
Break out Session #4

N=46



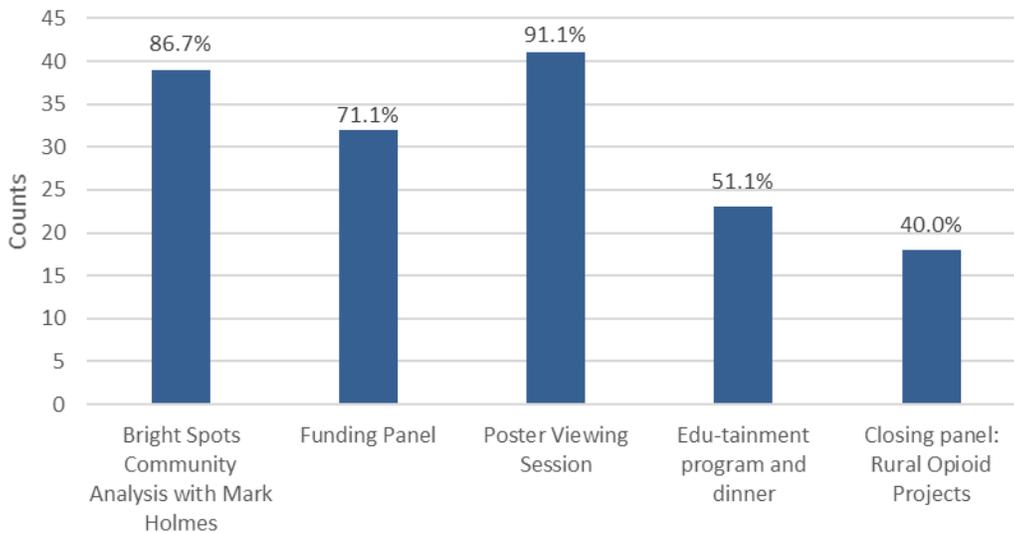
Did the funding panel help you identify funding sources and/or collaborative partnerships?

N=43



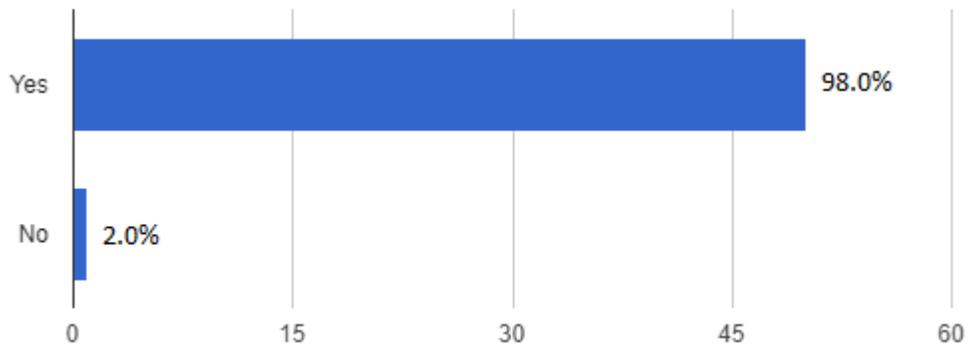
Please select all the events you attended at the Summit

N=45



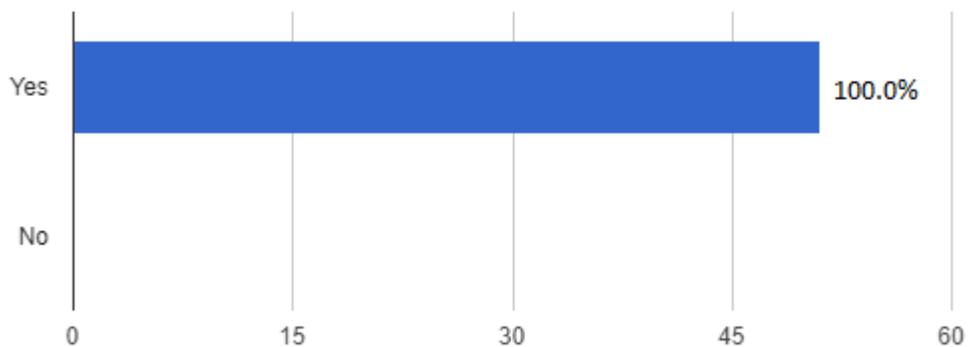
Do you plan to attend future ATRN Health Summits?

N=49



Would you recommend attending future ATRN Health Summits to others?

N=49



Most helpful/impactful features of the Summit:

- Breakout sessions
- Networking, bright spots
- I study women's health so the panel about women's health/chronic illness was really impactful. The set-up of the summit was comprehensive, but not overwhelming like other conferences I have attended.
- The bright spots research presentation was the best and gave me ideas about what to study next and help patients
- Presentations
- Posters, opioid
- Breakout sessions, funding panel
- Diverse array of speakers
- Funding panel, opioid 3 state summary, LOVED generation rx!!!, rehab gardening project, ATRN Journal
- Learning more about funding sources
- Networking
- Opioid projects panel was very interesting and very informative. I really appreciated this information!
- Networking with other individuals, learning more about translational research, and connecting with other state contacts
- Chronic Disease and Women's Health session
- The funding panel and the closing panel
- Talking to people during breaks
- Social Determinants and the funding panel.
- Learning how to connect basic research to community needs, and seeing the varying health collections methods currently in use.
- The lecture series
- Time to network
- The ability to learn about the work being done in and around Appalachia.
- Everything! Love the networking opportunities.
- Funding panel
- Funding panelists were very knowledgeable and helpful.
- Some of the breakout sessions were very informative, especially Dr. Chavan and Dr. Beverly.

Least helpful/impactful features of the Summit:

- The sessions were far too short and the presentation bled together which made it very difficult to digest the information.
- Excess emphasis on OPIOIDS without adequately focusing on other issues affecting Appalachia - see detailed comment below. Also - Basic science was relegated to a couple of WVU / Marshall posters - and they clearly felt left out! Moving forward - my suggestion

would be to either scrap basic science altogether - or please give basic / translational science the same status as community based research and invite them for breakout sessions as well - though I am afraid this will be attended only by a VERY select handful of people!

- How-to session
- The gap time between events because we were ahead of schedule was inconvenient. But also, the entertainment with dinner was nice, but it would have been nice to have the lectures right before instead of gap time then the music.
- I don't think the "twitter" networking portion went as planned. Perhaps have table top discussions on specific topics and then use a timer to switch from table to table with a facilitator/expert on the topic that stays at the table while participants move every 15 minutes?
- Dinner and entertainment.
- Some of the presenters in breakout sessions were very similar. The dinner program was a little long.
- Longer Poster Session
- Condense events a bit, keep moving
- It seemed very focused on collaboration and funding, which did not apply to my specific situation.
- The networking part of the funding panel had potential but felt like it needed more organization.

Suggestions of themes/ideas for next year's Summit:

- Changing demographics of Appalachia, Changing health patterns of Appalachia, Successful multi-state initiatives
- Sleep disturbances
- Increase the emphasis on women's health / reproductive health - this summit might as well have been renamed the OPIOID summit because that was the clear focus of the organizers. Clearly - the opioid crisis is timely and needs to be addressed - but it is NOT the ONLY problem facing Appalachia - it was disappointing to see very little emphasis on other themes / problem areas. I would have restructured the summit based on disease areas - diabetes / cardiovascular disease / substance abuse / cancer / reproductive or women's health / mental health issues and so on.
- Recognize the ATRN Communication team and schedule a face to face meeting for the members. Attendance went down for dinner/entertainment and it went down for the second day - how can we increase attendance?
- pilot grant mechanisms, best practices
- As someone who was born and raised (and now working, raising a family here), I would love to see the "us" and "they" language go away at this summit. Many presenters referred to those living in Appalachia as "they", and it was a bit off putting, for me. I think that the content and value, weight of the information could be increased if presenters identified as

Appalachian- especially so if they are life long Appalachians. Who better to teach us about a culture, area, people, than those living the experience?

- Disability, the continuum of care across the ages: pediatric, adolescent and adult, Gen Xers Health concerns of this generation: vaping, social media, gun shootings, etc. Autism and other intellectual/developmental disabilities.
- How to get help for poor people.
- More environmental health!
- Select some of the Bright Spot communities and have them present.
- Additional coverage of older adulthood.
- Drawing outside funding into the Appalachian region. Example of connecting bench top work to community health survey.
- Health Care for Special needs
- How to ask people to partake in research in Appalachia.

Additional Comments or Feedback:

- I learned a lot and enjoyed my time at the summit. This was my first experience with ATRN; I will try to be in attendance next year!
- Please make the break out sessions longer or have less presenters as the session felt far too cramped.
- The Edu-tainment session was really enjoyable.
- All the food supplied for the second day was very good but on the first day I was very disappointed to see no breakfast and just coffee. As it was much earlier I expected to be fed something for the morning. Also the temperature in the main conference room was ridiculously cold; made it hard to pay attention.
- The edutainment program was FANTASTIC - very well done! would have been even better to expand the scale of this and invite more performers and presenters to join this - the audience presence and participation was abysmal and part of this might have been the deficiency on the part of the organizing committee in appropriately advertising and promoting this rare gem of an event!
- Request speakers to be onsite at least 30 minutes before their scheduled presentation if they pre-submitted their PowerPoint. Be onsite at least 45 minutes before their scheduled presentation if they DID NOT pre-submit their PowerPoint. Would have like to have more hand outs by presenters.
- While I love that the music celebrates Appalachian history, etc. I also have concerns that the type/style may feed the Appalachian stereotypes that exist. Perhaps we can find ways to celebrate what the people of Appalachia are doing today, artistically/musically? I love and appreciate all sides of this piece of the culture, but it seems that the same style is featured in nearly every Appalachian themed event I attend. In real life, every day community events... I rarely (if ever) hear/see this genre represented. We are a diverse culture in so many ways and it would be great to see/hear that diversity displayed. We may surprise some people with what we do!
- It would be helpful to have a designated time keeper in each room. Also, allow time between sessions so you have an opportunity to move from room to room without missing

a speaker or disrupting a speaker. The food was amazing and the ease of parking and getting to the meeting site was excellent. The cost benefit of this summit was excellent

- The temperature was variable in the room. Not enough food.
- Judge the posters. This adds to enhancing the viewing of posters.
- The food was varied and good, while the staff in charge of the conference were very kind and knowledgeable.
- Need more food. More time for posters. Need more power at the tables - in today's technology world, we need ample power at EVERY table to make the world go around.