

# Center for Healthful Behavior Change

## Overview

Division of Health and Behavior  
Department of Population Health

## ***Brief History***

The Center for Healthful Behavior Change was founded in 2008 when Dr. Gbenga Ogedegbe was recruited to NYU School of Medicine from Columbia University Medical Center. The center started as a small operation in the Department of Medicine, Division of General Internal Medicine, with three faculty, five research staff and approximately \$1.5 million per year in NIH funding (direct costs). In 2011, the center joined the newly formed Department of Population Health. The center has grown to nine faculty and over thirty research staff including four fellows. Center funding has more than tripled to approximately \$5 million per year in direct costs.

## ***Vision and Mission***

The center's vision is to become a global leader in translational behavioral medicine research, training, and education.

The mission of the center is to improve population health by:

- Developing, testing, evaluating, and disseminating innovative behavioral interventions in clinical and community-based settings.
- Creating and training a new cadre of investigators in translational behavioral medicine research.
- Serving as a resource to NYULMC research and clinical community for developing conceptual, theoretical and applied models of health behavior change through multidisciplinary collaboration.

## ***Center for Healthful Behavior Change Faculty Research Interests***

Table 1 lists the current faculty members in the center and their research interests.

**Table 1. Center for Healthful Behavior Change Faculty and Research Interests**

<b>Faculty Member</b>	<b>Research Interests</b>
Gbenga Ogedegbe, MD, MPH, FACP Professor	Health disparities; Behavioral interventions targeted at cardiovascular disease risk reduction in minority populations; Global health; Task-shifting strategies to improve cardiovascular disease in LMIC
Girardin Jean-Louis, PhD Professor	Health disparities; Sociocultural and environmental determinants of health; Tailored behavioral Interventions; Treatment adherence; Health literacy
Mary Ann Sevick, ScD, RN Professor	Management of complex chronic disease; Use of mobile technology in behavioral interventions
Joseph Ravenell, MD Assistant Professor	Black men's health; Cardiovascular and cancer risk reduction; Community-based interventions; Physician-targeted interventions
Antoinette Schoenthaler, EdD Assistant Professor	Medication adherence; Patient-provider communication; Cardiovascular risk reduction in minority populations; Community engagement; Motivational interviewing; Training lay health advisors, nurses, and health coaches to deliver behavioral interventions
Tanya Spruill, PhD Assistant Professor	Behavioral interventions; Clinical trials; Practice-based research; Psychosocial factors in hypertension
Natasha Williams, EdD, MPH, MSW Assistant Professor	Health disparities; Cardiovascular risk reduction in minority populations; Psychosocial factors in sleep disorders and cardiovascular disease among minority populations
Ramin Asgary, MD Clinical Assistant Professor	Health disparities; global health research
Stephen Williams, MD Clinical Assistant Professor	Psychosocial factors in resistant hypertension and subclinical hypertension in minority populations

## Center for Healthful Behavior Change Funding

Table 2 provides a summary of the current funded research activities led by Center for Healthful Behavior Change faculty.

**Table 2. Center for Healthful Behavior Change Faculty Principal Investigator Funding**

Faculty Member	Project Title	Sponsor	Sponsor Award Number	Project Period Start Date	Project Period End Date
Ogedegbe, O.	Faith-based Approaches in the Treatment of Hypertension	NIH/NHLBI	5R01HL092860-05	9/5/2009	6/30/2015
Ogedegbe, O.	ECRIP – Home BP Telemonitoring Grant	NYSDOH	N/A	7/1/2014	6/30/2015
Ogedegbe, O.	NYU-UG Cardiovascular Research Training Institute	NIH/FIC	5D43TW009140-04	9/5/2011	7/31/2016
Ogedegbe, O.	Task Shifting and Blood Pressure Control in Ghana: A Cluster- Randomized Trial	NIH/NHLBI	5U01HL114198-02	5/4/2012	3/31/2017
Ogedegbe, O.	Center for Stroke Disparities Solutions	NIH/NINDS	5U54NS081765-03	9/30/2012	8/31/2017
Ogedegbe, O.	Center for Stroke Disparities Solutions - Revision - 1 (Admin Supplement)	NIH/NINDS	3U54NS081765-02S1	9/1/2013	8/31/2017
Ogedegbe, O.	Center for Stroke Disparities Solutions - Revision - 2 (Admin Supplement PIII)	NIH/NINDS	3U54NS081765-02S2	9/1/2013	8/31/2015
Ogedegbe, O.	Center for Stroke Disparities Solutions - Revision - 3 (Diversity Supplement Seixas)	NIH/NINDS	3U54NS081765-03S1	9/1/2014	8/31/2017
Ogedegbe, O.	Midcareer Investigator Award in Patient-Oriented Research for Dr. Gbenga Ogedegbe	NIH/NHLBI	5K24HL111315-02	12/15/2011	11/30/2016
Asgary, R.	VIA+Cervicography Training for Community Health Nurses for Cervical Cancer Screening in Ghana	NYU GIPH	N/A	9/1/2014	8/31/2015
Jean-Louis, G.	Psychosocial and Environmental Determinants of Insufficient Sleep Among Blacks	NYU-HHC CTSI	N/A	11/15/2013	3/31/2015
Jean-Louis, G.	Chronic Moderate Sleep Restriction in Older Long and Older Average Sleepers	NIH/NHLBI via Arizona State University	5R01HL095799-02	5/1/2013	6/30/2016
Jean-Louis, G.	Tailored Sleep Health Education: A Community Engaged Approach	NIH/NHLBI	5R25HL116378-02	9/6/2013	6/30/2017
Jean-Louis, G.	Center for Stroke Disparities Solutions--Training Core	NIH/NINDS	5U54NS081765-03	9/30/2012	8/31/2017
Jean-Louis, G.	Program to Increase Diversity Among Individuals Engaged in Research in Behavioral Medicine and Sleep Disorders	NIH/NHLBI	2R25HL105444-05	9/18/2014	5/31/2018

Faculty Member	Project Title	Sponsor	Sponsor Award Number	Project Period Start Date	Project Period End Date
Jean-Louis, G.	Tailored Peer-Based Sleep Health Education and Social Support in Blacks with OSA	NIH/NIMHD	1R01MD007716-01A1	7/2/2014	3/31/2019
Ravenell, J.	Faith-based Approaches to Treating Hypertension and Colon Cancer Prevention	NIH/NHLBI	5R01HL096946-05	8/14/2010	6/30/2015
Schoenthaler, A.	Racial Differences in Patient Provider Communication and Medication Adherence	NIH/NHLBI	5K23HL098564-05	9/1/2010	6/30/2015
Schoenthaler, A.	Helping Hypertensive Latinos to Improve Medication Adherence	AHA	12GRNT11670001	7/1/2012	6/30/2015
Schoenthaler, A.	Keep on Track: Insights for Community Health	AHRQ	5R21HS020982-02	9/1/2012	7/31/2015
Schoenthaler, A.	Telephone Visits at Gouverneur Healthcare: A Pilot Randomized Control Trial	HHC	N/A	1/1/2015	12/31/2015
Sevick, M.	Program to Improve Care in Complex Chronic Disease	NIH/NINR	7K24NR012226-04	8/1/2013	7/31/2016
Sevick, M.	Lifestyle Management of CKD in Obese Diabetic Patients	NIH/NIDDK	1R01DK100492-01A1	9/18/2014	7/31/2018
Spruill, T.	Perseverative Cognitions: Assessment and Associations with Stress, Sleep and BP	NIH/NHLBI	1R21HL111967-01A1	8/1/2013	7/31/2015
Spruill, T.	NYU/CUNY Health Promotion and Disease Prevention Research Center (Managing Epilepsy Well: Adapting Project UPLIFT for Hispanic Adults with Epilepsy)	CDC	1U48DP005008-01 (SIP 14-007)	9/30/14	9/29/19
Spruill, T.	AED Adherence, Depression and Quality of Life in Chinese Patients with Epilepsy	FACES at NYU Langone Medical Center	N/A	9/1/2014	8/31/2015

### ***Collaborative Initiatives***

Center faculty are key collaborators on a wide range of other research investigations led by colleagues in departments from across the School of Medicine and from various institutions nationwide. Table 3 provides a summary of the current funded research activities on which Center for Healthful Behavior Change faculty serve as Co-Investigator.

**Table 3: Additional collaborative roles on extramurally funded research**

Faculty Member	Project Title	Sponsor	Sponsor Award Number	Project Period Start Date	Project Period End Date
Ogedegbe, O.	A longitudinal study of adherence to medication in black men with hypertension (PI: Lewis)	NIH via Univ of Pennsylvania	5R01NR013491-03	9/1/2012	6/30/2016

<b>Faculty Member</b>	<b>Project Title</b>	<b>Sponsor</b>	<b>Sponsor Award Number</b>	<b>Project Period Start Date</b>	<b>Project Period End Date</b>
<b>Ogedegbe, O.</b>	Incorporation of a Hypertension Working Group into the Jackson Heart Study (PI: Muntner)	NIH via Univ of Alabama at Birmingham	5R01HL117323-02	7/15/2013	6/30/2016
<b>Ogedegbe, O.</b>	Blood Pressure, Cerebral Perfusion and Cognitive Outcome in Hypertension (PI: Glodzik)	NIH/NHLBI via Psychiatry	5R01HL111724-02	3/6/2012	1/31/2017
<b>Ogedegbe, O.</b>	Blood Pressure Visit Intensification for Successful Improvement of Treatment (PI: Fiscella)	NIH via Univ of Rochester	5R18HL117801-02	9/1/2013	6/30/2018
<b>Ravenell, J.</b>	NYU/CUNY Health Promotion and Disease Prevention Research Center (Understanding the Barriers to Colorectal Cancer Screening among South Central Asian Immigrants in the United States) (PI: Trinh-Shevrin)	CDC	1U48DP005008-01 (SIP 14-013)	9/30/2014	9/29/2015
<b>Ravenell, J.</b>	Community Based Research to Improve Organ Donor Registration Among Black Men: Formative Evaluation (PI: Wall)	NIH/NIDDK via Emergency Medicine	5R01DK099639-02	7/1/2013	6/30/2017
<b>Ravenell, J.</b>	Optimizing Educational Video Designs to Improve Minority Organ Donor Registration (PI: Wall)	NIH/NIDDK via Emergency Medicine	1R01DK098610-01A1	4/5/2014	3/31/2018
<b>Schoenthaler, A.</b>	Investigation of Motivational Interviewing and Prevention Consults to Achieve Cardiovascular Targets (PI: Gianos)	Private Donor	N/A	5/1/2012	4/30/2016
<b>Schoenthaler, A.</b>	Center for Drug Use and HIV Research Discovery to Implementation and Back: Research Translation for the HIV/SU Epidemic (PI: Deren)	NIH/NIDA via NYU College of Nursing	5P30DA011041-03	4/15/2013	12/31/2015
<b>Schoenthaler, A.</b>	Platelet Activity & Cardiovascular Events Following Vascular Surgery (PI: Berger)	NIH/NHLBI via Cardiology	5R01HL114978-02	8/19/2013	7/31/2018
<b>Spruill, T.</b>	Motivational Interviewing as a Patient-centered Behavioral Intervention to Improve Medication Adherence in Rheumatoid Arthritis Patients with Inadequately Controlled Disease Activity (PI: Scher)	Pfizer via Rheumatology	9064737	1/1/2014	12/31/2016

## ***Training & Education Initiatives***

The center is deeply committed to training junior investigators down to high school students in the conduct of translational behavioral medicine research.

### **Postdoctoral Fellows**

The center supports postdoctoral fellows for a 2-3 year term, providing individual guidance from experienced mentors and active participation in funded projects led by faculty. The Center is currently supporting three fellows: Azizi Seixas, PhD, David St. Jules, RD, PhD, and Amanda Shallcross, ND, MPH.

### **ECRIP Fellows**

The center is supporting a research fellow, Sunil Penesetti, MD, for one year via the Empire Clinical Research Investigator Program (ECRIP). Under the supervision of Dr. Ogedegbe, the fellow conducts pilot research and provide patient care in the Hypertension Specialty Clinic in the Bellevue Ambulatory Care Practice up to 2 days per week.

### **Summer Students**

The center hosts high school, undergraduate, and graduate students each summer to work with center faculty to gain hands-on experience in patient-oriented research, data entry, and development of a research project.

### **Training Grants**

The center currently has three NIH-funded initiatives to train junior investigators to conduct research.

- **Program to Increase Diversity Among Individuals Engaged in Research in Behavioral Medicine and Sleep Disorders (PRIDE; R25HL105444):** The goal of PRIDE is to develop and sustain a network of minority faculty committed to pursue careers in behavioral and sleep medicine targeted at cardiovascular risk reduction. Dr. Jean-Louis and Dr. Ogedegbe serve as Principal Investigators of PRIDE.
- **NYU/UG Cardiovascular Research Training Institute Program (CaRT; D43TW009140):** The goal of CaRT is to establish of a network of 40 investigators committed to career in cardiovascular research in Ghana. Dr. Ogedegbe is Principal Investigator of CaRT along with colleagues at Loyola University and University of Ghana.
- **Center for Stroke Disparities Solutions Training Core (CSDS; U54NS081765):** The goal of the training core of the CSDS is to provide 16 junior faculty with adequate training and mentoring to develop successful academic careers in behavioral and translational sciences targeting reduction of stroke disparities. Dr. Jean-Louis directs the CSDS training core.

### **Research Supplements to Promote Diversity in Health-Related Research**

The NIH makes funds available for supplements to funded initiatives to improve the diversity of the research workforce by supporting and recruiting students, postdocs, and eligible investigators from groups that have been shown to be underrepresented in health-related research. The center currently has one active research supplement at the post-doctoral level in support of Azizi Seixas, PhD.

### **Training in Motivational Interviewing**

Motivational interviewing (MINT) is a directive, person-centered approach to counseling designed to motivate people for behavior change by helping them to recognize and resolve the discrepancy between their present behavior, and their future personal goals and values. The Center has faculty and staff who are recognized by Motivational Interviewing Network of Trainers, an international organization of trainers in motivational interviewing. Our MINT trainers regularly conduct multi-day MINT trainings with teams conducting research or delivering patient care, tailored to the needs of the audience.

## ***Clinical Services***

Dr. Ogedegbe is Director of the Hypertension Specialty Clinic in the Ambulatory Care Practice at Bellevue Hospital Center. He sees patients one half-day per week. Dr. Ravenell sees patients one day per week and Dr. Williams sees patients two half-days per week.