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Research Digest - February 2014

Division of Public Health Sciences, Department of Surgery, Washington University School of
Medicine in St. Louis

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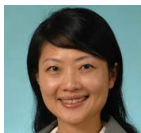


Research Digest

February 2014

From the Division of Public Health Sciences, Department of Surgery
Graham A. Colditz, MD, DrPH, *Chief*

Bariatric surgery works: meta-analysis shows reduced obesity-related comorbidities and weight stays off



| **Obesity Research** |
Su-Hsin Chang, PhD, et al.
Published in *JAMA Surgery*
[PubMed](#) | [Chang Profile](#)

Physicians should assess a patient's desire for shared decision making only after evidence-based discussion



| **Health Communication Research** |
Mary Politi, PhD, et al.
Published in *BMJ*
[Full Text](#) | [Politi Profile](#)

Last For the Sake of All brief covers chronic disease, health goals for African Americans in St. Louis



| **Chronic Disease Research** |
Bettina Drake, PhD, MPH, et al.
[Read the brief online](#)
[Drake Profile](#)

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Division News Briefs

- [Graham Colditz, MD, DrPH](#), chief, Division of Public Health Sciences, recently received a grant from The Aetna Foundation to promote digital health innovations for underserved communities. The grant will fund a pilot project that uses iPads with *Zuum* – a free app that estimates a user's disease risk and offers a customized plan for living a healthier life – in rural health clinics in southern Illinois and low-income clinics in St. Louis. *Zuum* launched in the iTunes app store in 2012 and is a distilled version of the long-running [Your Disease Risk](#) website. Participants in the pilot will complete the *Zuum* app in the clinic waiting area ahead of their primary care visits. They will then discuss their results with their health care providers and receive personalized health tips via text messages over the next three months. The immediate goal of the 12-month pilot is to assess the feasibility, generalizability, and potential benefits of integrating the app into diverse health settings.
- Registration is now open for the [Fourth Annual Comparative Effectiveness Research \(CER\) Symposium](#) on April 16, 2014, from 8 a.m. to 4 p.m. at the Eric P. Newman Education Center on the medical campus. This year's theme is "Methods in Patient Centered Outcomes Research (PCOR) and Comparative Effectiveness Research (CER)." [Aimee James, PhD, MPH](#), associate professor, Division of Public Health Sciences will lead a discussion on stakeholder



ABOUT US

This newsletter provides a select summary of research news from the Division of Public Health Sciences.

We are a team of researchers and clinicians dedicated to preventing disease, improving health outcomes, and promoting quality and access to health care.

The Division of Public Health Sciences is part of the [Department of Surgery](#).

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engagement in CER. Invited speakers include: Sharon-Lise T. Normand, PhD, Professor of Health Care Policy, Harvard Medical School & Harvard School of Public Health; David Meltzer, MD, PhD, Associate Professor of Medicine, The University of Chicago Medicine; and Joel Tsevat, MD, Professor and Associate Dean for Clinical and Translational Research, University of Cincinnati College of Medicine. [Click here to register.](#)

- Join us tomorrow, February 13, for the next seminar in the [Epidemiology and Clinical Outcomes Research Seminar Series](#) at 4:30 p.m. in the Doll & Hill Teaching Room in the Taylor Avenue Building. Michael Avidan, MBBCh, professor of anesthesiology and surgery, Washington University School of Medicine, will present "My Travails in the Lands of Negative Trials."

[Learn more about our research](#) | [Master of Population Health Sciences degree program for clinicians](#)

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