

Since 1972, the center's researchers have set the standard for scientific analysis, applying cutting-edge technology to shed light on the lifestyle, behavioral, social, environmental, and genomic factors that can influence good health and healthy behavior. In each issue, project news, research updates, and announcements will be shared with the SPRC community and beyond.

Wellness Living Laboratory (WELL)

The mission of the Wellness Living Laboratory (WELL) is to build the scientific evidence base about wellbeing by conducting observational, intervention and biomarker research studies to inform best practices for building and sustaining wellbeing among all segments of populations, positively impacting individuals and communities. WELL's initial funding is through an unrestricted gift from the Nutrilite Health Institute Fund provided by Amway to Stanford University. The WELL team continues to make progress on several key fronts, including the following:

- Development of a core set of questions that will be used to measure both contributors to, and detractors from, people's wellbeing.
- Development of a web portal that will be the primary way in which our target population of people in the San Francisco Bay Area will access the online registry to answer the core set of questions.
- Pilot testing of the study protocol is underway that will be used in Hangzhou, China, where 10,000 participants will be recruited to participate in WELL-China. This work is being done in collaboration with our partners at Zhejiang University (ZJU). ZJU is one of China's oldest and most prestigious universities. It is a member of the C9 League - an alliance of nine elite universities in mainland China.



- SPRC and Dr. Stafford hosted a lunch at Stanford attended by a delegation from Zhejiang University. The delegation was led by the President of ZJU, Director of the Chronic Disease Research Institute, and the Chair of the Department of Nutrition and Food Hygiene.
- Formation of a research partnership with Fu Jen University in Taiwan, the goal of which is to collaborate with the Taiwan BioBank to learn about the contribution of genetics to wellbeing.
- The first WELL Advisory Board meeting was held in February 2016 - the advisory board is comprised of a multi-disciplinary group of respected international scientists, entrepreneurs and philanthropists.
- On-going "citizen science" engaged research projects being conducted in Santa Clara County in partnership with collaborators from the Santa Clara County Public Health Department.

Stanford Health 4 All

Stanford Health 4 All (H4A) is a 9-month professional certificate program designed to teach students the science and practice of preventing chronic diseases. In the first quarter of the program, H4A's fourteen Fellows completed courses in Healthy Living (Gardner), Design Thinking 4 Engaging Community (Prochaska, Young-Wolff), The Science of Prevention (Rosas, Azar), and Program Internship and Engagement (Thadaney, Harty).

Currently in the second quarter of the program, the Fellows are taking additional coursework and beginning to design and implement service – learning internship projects – all of which focus on chronic disease prevention and health & wellness promotion in diverse community settings.

Living Strong Living Well



As part of SPRC's community outreach program, Living Strong Living Well (LSLW) is a twelve week small group program designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease.

The program, started by the Health Improvement Program (HIP) in 2002, is offered without cost to the participants and is run in twelve YMCAs from San Francisco to San Jose. LSLW's goals are to help patients build muscle mass and muscle strength, increase flexibility and endurance, and improve functional ability and quality of life. Certified YMCA fitness instructors trained by HIP's program directors of LSLW, Joyce Hanna and Julie Anderson, give personal individualized instruction to the participants.

This program fulfills an important need of the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to return to their normal life. LSLW is implemented outside of the medical facility and integrated within a community-based setting, emphasizing that the program is about health, and not about disease. Over 2,000 people have come through the program that fills an important, and previously un-addressed, need of cancer patients and survivors.

Food and Greenhouse Gas

Climate change is one of the most urgent global issues and the food sector is a major contributor to greenhouse gas emissions. Different foods are associated with varying levels of greenhouse gas emission and to better understand the link between diet-related greenhouse gas emissions, food selection and nutrient intake Katarina Balter, PhD and visiting scholar, has developed a cutting edge method that combines traditional nutritional epidemiological methods with Life Cycle Assessment (LCA) data to assess the environmental impact of food.



This method has been validated and published and used in a large cohort study of 5,364 men and women aged 18-74. The dietary intake was assessed using a web-and meal based food frequency questionnaire called Meal-Q and the dietary data were linked to LCA data to generate the average greenhouse gas emission from food intake, expressed as kilogram CO₂ equivalents per day.

The next step is to study the nutrient intake from a diet generating low emissions compared to high emissions of greenhouse gas. The study will contribute to raising awareness about diet-related greenhouse gas emission in the general public and potentially influence future dietary guidelines.

Community Health and Prevention Research (CHPR)

The Master of Science (MS) Program in Community Health and Prevention Research (CHPR) is designed for students pursuing health-related careers focusing on chronic disease prevention, health and wellness promotion, and the pursuit of health equity. This year's application deadline for the MS in CHPR was December 1, 2015. The CHPR team has been busy reviewing and processing applications the last few months.

In its inaugural year, the program admitted 12 coterminial students with diverse backgrounds and interests (students' undergraduate majors included Human Biology; Sociology; Economics; Psychology; Computer Science; and Science, Technology, and Society). Now entering its second year, the program is accepting coterminial applicants, external applicants, and current Stanford graduate students seeking a dual degree.