

TIPS TO BUILD AND SUSTAIN A PROGRAM OF RESEARCH

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Agenda

- Considerations for early investigators
 - Protected time, participation in trainings, and mentoring
- Stages of research
 - Identify the stage of your research
- NGO “Seed” Funding– Formative Work

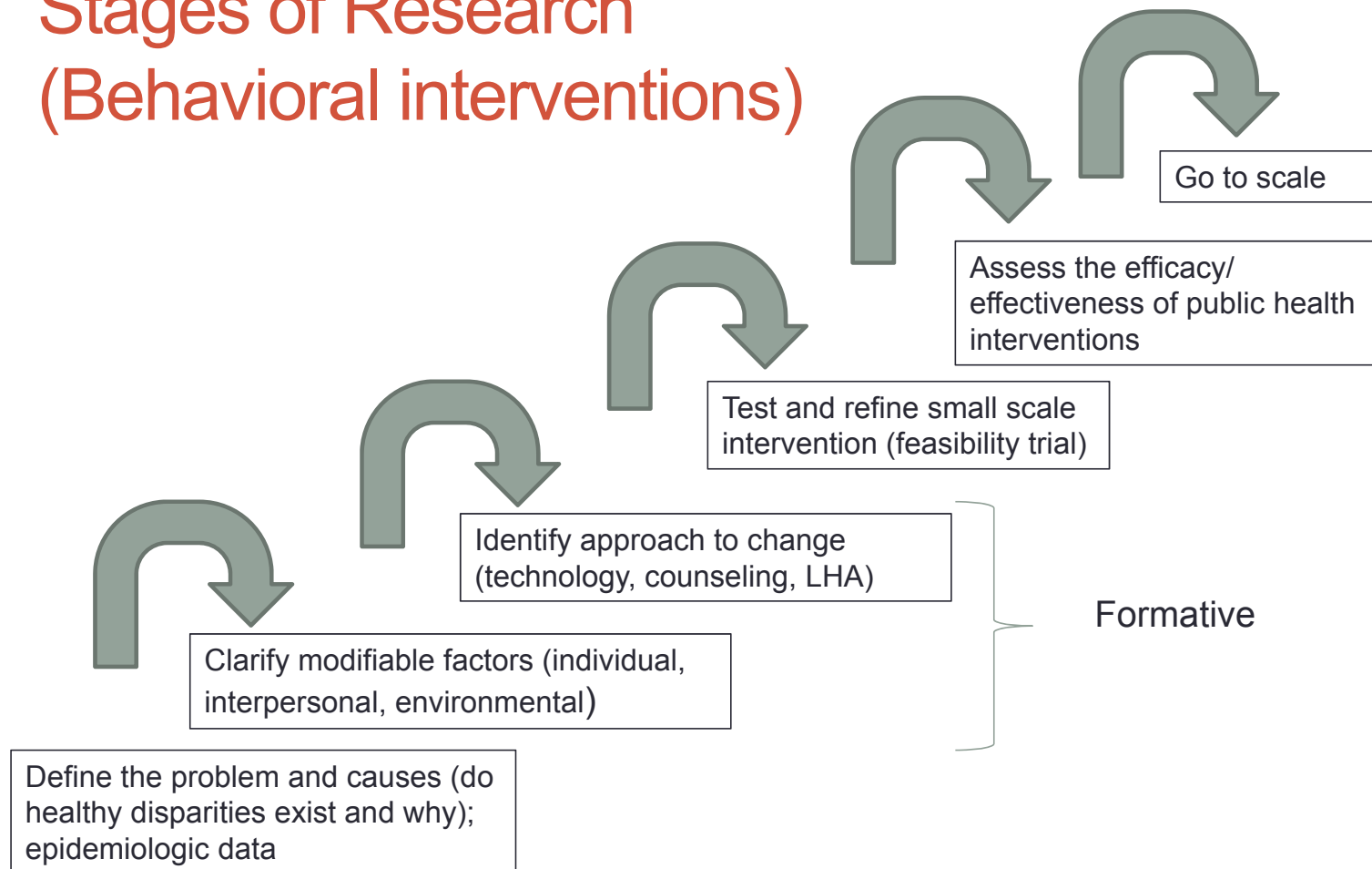
Early in the process: Protected time, attend trainings, connect with a productive group

Step	Source/benefits
Protected time: Seek funding support	NIH: F32, K-award ACS: postdoctoral research
Participate in professional trainings	NIH RCTs, Intervention development, D&I research
Connect with a strong mentor and productive team	Publish research, collaborate on grants

Early in the process: Good mentoring and Mentorship

- Being able to allow proper balance of providing space for independence (individuality) while being available for guidance and support
- Having a good reputation of being a good scientist and strong track record of success; someone who is productive
- Provide opportunities to be on grants and chapters/manuscripts, review manuscripts/grants; facilitate collaborations; leadership
- Respectful and good role model

Stages of Research (Behavioral interventions)



Adapted from De Soyza, et al., 1998 and Wight et al., 2016

Stages of Research (example)

Phases	Importance of this phase	Example
Formative phase (university funds, other)	Informs the development of the larger study. Help refine ideas, build relationships in the community, provide opportunities for leadership, publish in a specific area	Focus groups and in-depth interviews about factors associated with physical activity. Important lessons learned: size of church matters, types of activities that would be important in churches.
Feasibility trial (R21, Howell Foundation, other)	Informs the development of the larger study. Allows to pilot test intervention and evaluation protocols, examine the preliminary efficacy of an intervention	Worked with one church, pre and post design, used accelerometer for the first time, helped estimate power for larger trial
Efficacy trial (R01)	Examine the impact of a multilevel intervention compared to a control condition	Randomized churches to intervention vs. control,

Building and sustaining a program of research

Increasing physical activity among Latinas

Target	Formative	Feasibility trial	Efficacy trial	Implementation study	Dissemination study
Adult Latinas	What individual, social, and environmental factors influence Latinas' PA?	Can a multilevel program led by promotoras influence Latinas' PA?	Does a multilevel intervention increase Latinas' PA compared to an attention control condition?	What factors facilitate an organization led intervention promoting physical activity among Latinas?	What factors influence dissemination of a multi-level physical activity program among Latinas?
Mechs	R03/other	R21	R01	R01	R01
Young Latinas and parents	What individual and family level factors influence young Latinas' PA?	Can a family based intervention influence young Latinas' PA?	Can a family based intervention increase young Latinas' PA?	What factors influence Latinas' PA compared to a promotor led intervention?	What factors influence disseminator of a multi-level PA program among young Latinas?
Mechs	R03/other	R21	R01	R01	R01

Adapted from Dr. Karen Emmons' Life Plan

NGO “Seed” Funding – Formative Work

- University Funds
 - Industry Consortia (e.g., BCBS, FedEx Institute)
 - Development/Advancement – Local Philanthropy
 - Local Foundation – Conversion Foundations
 - Multi-sector Funding (Law, Nursing, Engineering)
- State Funds/Public Health
 - Health Department/Block Grants
 - State Higher Education grants
- Health Care System
 - Clinical or Population Health Research Collaboration
 - Community Benefits
 - Foundation

National Grants & Philanthropy

- Grantmakers in Health

<https://engage.gih.org/fundingpartnerlist/>

- Partners in Information Access for the Public Health Workforce

<https://phpartners.org/grants.html>

- Professional Societies (e.g.)

American Medical Association

American Nurses Society

American Public Health Association