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Biography

Prof Ammerman is a Professor in the Department of Nutrition and Director of the Center for Health Promotion and Disease Prevention at the University of North Carolina at Chapel Hill (UNC-CH). She completed her undergraduate work at Duke University and all graduate training at UNC-CH. Her research focuses on the design, testing, implementation, and dissemination of innovative clinical and community-based nutrition and physical activity intervention approaches for health promotion in primarily low income and minority populations.

Dissemination and Implementation Science in Health Promotion

Although there have been many scientific advances addressing some of the most challenging public health and clinical care problems facing countries around the world, for the most part we have had much less success with translating this research into practice. Often programs and policies that are found to be effective in carefully controlled studies cannot be replicated with the same effect in larger or more diverse populations. The emerging field of dissemination and implementation (D&I) research is directly addressing this problem by developing and testing theories, study designs, and measurement strategies to learn more about how programs and policies are effectively implemented, scaled up, and disseminated. Prof Ammerman will discuss the basic theories, assumptions and strategies used in D&I research and how using these methods can help public health researchers and practitioners understand more about successful program and policy implementation. She will discuss the ways in which she has applied D&I methods to her own research efforts to more effectively reach underserved populations and demonstrate the work of the web-based Center for Training and Research Translation (Center TRT). The Center TRT was developed for the Centers for Disease Control and Prevention (CDC) and its mission is to enhance the public health impact of state and community obesity prevention efforts by providing the training and evidence public health practitioners need to improve health behaviors, environments, and policies in ways that are equitable, efficient, and sustained over time.

Prof Ammerman will discuss how dissemination and implementation science can enhance capacity building regarding the use of evidence-based practice and evaluation of health promotion interventions. Using descriptive materials provided regarding the Hong Kong Government's Health Care and Promotion Fund administered by the Food and Health Bureau, she will offer suggestions regarding how D&I science can support a diverse range of health promotion projects addressing such health topics as tobacco control, healthy lifestyle, nutrition, physical activity, mental well-being, and injury prevention. She will work with symposium participants and government leaders to discuss ways in which D&I science can be most helpful to their specific health promotion efforts and provide follow-up contacts and materials to help support this process.