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## Appalachian Research Day: Come Sit on the Porch

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# Appalachian Research Day: Come Sit on the Porch

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University of Kentucky Center of Excellence in Rural Health, Hazard, KY



## Background

Rural Appalachian communities in eastern Kentucky suffer from some of the Nation's most concerning health disparities. Community-based research can be an effective way to address health disparities by identifying problems and sharing innovative solutions. However, challenges exist in recruiting and retaining research participants in rural populations that can often be difficult to reach. Partnerships between researchers and communities are essential to the success of the research process, particularly translation of findings back into the community.

## Methods

Appalachian Research Day is a one-day annual event that offers a unique forum for university-based researchers to disseminate health disparities research findings directly into the community where the research was conducted. Research participants, healthcare providers and community stakeholders attend the event to learn the outcomes of community-based studies focused on diabetes, stroke, heart disease and cancer.

## Appalachian Research Day Content



Oral Presentations



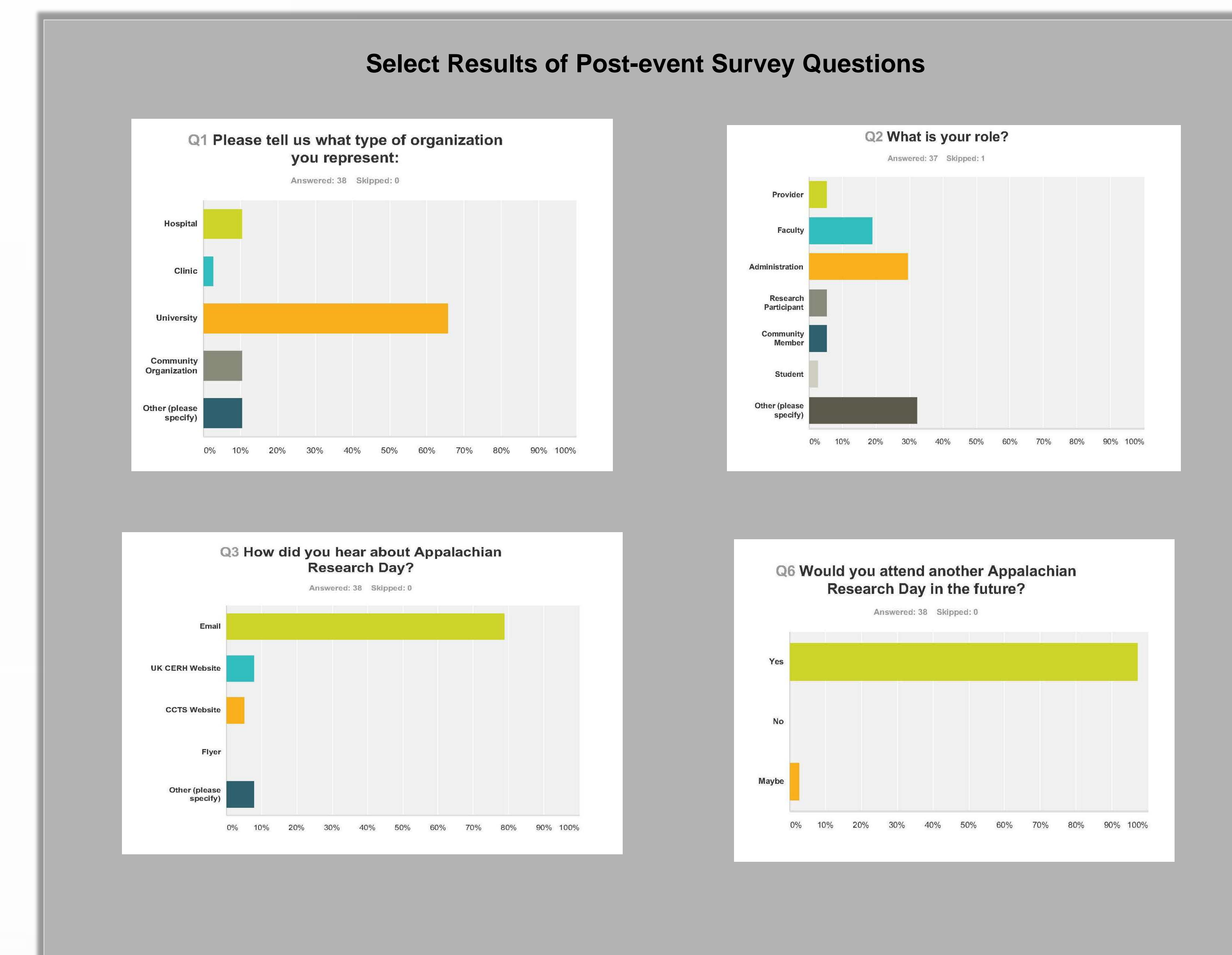
Poster Presentations



Research Recruitment Exhibits

## Outcomes

Over 100 people attended  
News Coverage by local CBS Affiliate and National Public Radio



## Conclusion

Appalachian Research Day is a unique forum that demonstrates that successful community-based research:

- Begins at the local level.
- Is built upon the foundation of relationships among individuals, neighbors, and groups who have common questions and concerns.
- Benefits from partnerships between communities and researchers.
- Requires strategies for successful recruitment and retention of special populations that can be difficult to reach.
- Offers opportunities for local research dissemination and implementation.

## Recognition

The UK Center of Excellence in Rural Health thanks the UK Center for Clinical and Translational Science Community Engagement and Research Program for their support.

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**Appalachian Research Day**  
"Come Sit on the Porch"

Community-based research begins at the local level, built upon the foundation of relationships with individuals, neighborhoods and groups who have common questions and concerns. Appalachian Research Day is an opportunity to join in the discussion and learn about findings from research studies that have occurred in eastern Kentucky.

Wednesday, April 29  
10:00 am - 4:00 pm  
UK Center of Excellence in Rural Health  
750 Morton Blvd.  
Hazard, KY

### Come learn about research projects in our community and how you can get involved:

- Lung Cancer Studies in Eastern Kentucky  
*Susanne Arnold, MD*
- Improving Cardiovascular Health in Socioeconomically Austere Rural Communities  
*Debra K. Moser, DNSc, RN, FAAN*
- Early Childhood Behavior Study  
*Christina Studts, PhD, LCSW*
- Stroke Navigator Study  
*Patrick Kitzman, PhD, MSPT, and Violet Sylvia, PhD*
- Improving Diabetes Outcomes (I DO)  
*Fran Feltner, DNP*
- Is Participating in Research Right for Me?  
*Mallory Powell, Roxane Poskin and Wayne Noble*