

## **FAQs (Frequently Asked Questions)**

### **What is the vision of the Center of Excellence (COE)?**

To reduce disparities in adverse pregnancy outcomes by improving women's *preconceptional* (prior to conception) and *interconceptional* health status and health care in Central Pennsylvania's high risk, medically underserved populations, with a special focus on the region's rural communities.

### **What is the mission of the COE?**

To conduct multidisciplinary research on the risks of preterm birth and low birthweight in diverse populations in the region; provide a multiorganizational structure for implementing and testing an innovative population-based intervention in partnership with the community; provide education to students and new investigators through coursework and mentored research related to women's health and pregnancy outcomes; and increase the capacity for research on women's health and pregnancy outcomes at all partnering institutions.

### **Who are the COE partners?**

The COE is a collaborative four-year project partnering four Central Pennsylvania organizations: The Pennsylvania State University, Family Health Council of Central Pennsylvania, Franklin and Marshall College, and Lock Haven University of Pennsylvania.



### **What is the CePAWHS (*C-paws*) project?**

CePAWHS (Central PA Women's Health Study) is a two-phase research project designed to reduce incidence of preterm birth and LBW babies by improving the health of high-risk women *before* they become pregnant and *between* pregnancies. CePAWHS is the main research project of the Central PA COE.

### **What is the first phase of CePAWHS?**

CePAWHS-1 is the first comprehensive survey ever conducted on the health of Central Pennsylvania women. It was completed in 2004-05. The survey interviewed 2,290 women ages 18-45 who reside in the 28-county study region of Central PA, including 288 Amish women in Lancaster County, and 248 16-17-year-olds seeking services at Family Health Council of Central PA family planning health clinics.

## **CENTRAL PENNSYLVANIA CENTER OF EXCELLENCE (COE) FOR RESEARCH ON PREGNANCY OUTCOMES**

### **What is the second phase of CePAWHS?**

CePAWHS-2 is a randomized trial of a program designed to help women who may have a future pregnancy to improve their health status and health habits. Using the findings about key risk factors for preterm birth and low birthweight from CePAWHS-1, the researchers have designed a multi-session group program to:

- ~ provide a free health screening
- ~ enhance behavior change skills related to key risks
- ~ improve women's health literacy
- ~ provide information about accessing health and social services

The program will be tested in a randomized trial in multiple communities in Central Pennsylvania during 2005-08.

### **Who will be targeted for recruitment to the CePAWHS-2 study?**

Women who reside in low-income rural communities in the 28-county study region of Central PA will be recruited to the CePAWHS-2 program trial.

### **How is the Central PA COE's CePAWHS project funded?**

CePAWHS is funded by the Pennsylvania Department of Health with non-formula tobacco settlement funds.

*For more information, please visit our website:*

*<http://www.womenshealthcoe.psu.edu>*