



Program Summary Report:

Centers for Medicare & Medicaid Services
Minority Research Grant Program

December 2018



Table of Contents

Introduction	1
MRPG Activity: Fiscal Year 2018	2
Grantee Characteristics and Outcomes 2005-2018	3
<i>Target Populations and Reach</i>	3
<i>Target Condition and Key Outcomes</i>	4
<i>Dissemination of Minority Research Grant Findings</i>	5
Summary	5
References	7
Appendix A. Summary of Minority Research Grant Program, 2005-2018	8

List of Exhibits

Exhibit 1	Overview of Current and Recent Grantees	2
Exhibit 2	Geographic Distribution of Funded Institutions Awarded 2005-2018	4
Exhibit 3	Minority Research Grant Program Research Dissemination 2005-2018	5

Introduction

The Minority Research Grant Program (MRGP) is a part of the Centers for Medicare & Medicaid Services (CMS) efforts to identify and disseminate promising practices for reducing health disparities among minority beneficiaries. It supports CMS in its mission of achieving health equity for all CMS beneficiaries, by:

- ▶ **Supporting minority researchers** to pursue topics that impact minority beneficiaries;
- ▶ **Investigating health disparities** to achieve a better understanding of how to reduce disparities;
- ▶ **Fostering the dissemination of grantee research**, within CMS, and beyond; and,
- ▶ **Improving healthcare quality** for CMS minority beneficiaries in order to reduce health disparities.

The Program was founded in response to two Executive Orders that currently stand as:

- ▶ Executive Order 13779: White House Initiative to Promote Excellence and Innovation at Historically Black Colleges and Universities,
- ▶ Executive Order 13555: White House Initiative on Educational Excellence for Hispanics.

The Program historically consisted of two grants:

- ▶ **Historically Black Colleges and Universities (HBCU) Research Grant**, which provided funding for researchers from HBCUs to implement research activities that meet the needs of African American CMS beneficiaries; and the
- ▶ **Hispanic Health Services Research Grant**, which provided funding for researchers from Hispanic Serving Institutions (HSIs) to implement research activities that meet the needs of Hispanic CMS beneficiaries.

In 2018, the Program combined the two previously available funding opportunities for Hispanic health researchers and HBCUs under one grant program and expanded eligibility to include Asian-American Native American Pacific Islander Serving Institutions (AANAPISIs) and Tribal Colleges and Universities (TCUs). These changes were made to improve alignment with CMS OMH's overall mission and vision, streamline the application and review process, broaden the number of minority populations served by this Program, and increase responsiveness to the following Executive Orders, which call on agencies within the executive branch to bolster their support for minority serving institutions:

- ▶ Executive Order 13592: Improving American Indian and Alaska Native Educational Opportunities and Strengthening Tribal Colleges and Universities
- ▶ Executive Order 13515: Increasing Participation of Asian Americans and Pacific Islanders in Federal Programs

This report builds upon an earlier report summarizing grantee characteristics and performance from 1996-2005 by focusing on 44 grants made from 2005-2018.¹ It provides an overview of active grantees, as of fiscal year 2018, and a summary of characteristics and findings of previous grantees from the 2005-2018 fiscal years. This includes information about how previous grantees disseminated the results of their

studies through publications and presentations in the U.S. Further details on grantees' areas of focus, organization, type of institution, project name, funding period and award amount can be found in Appendix A, when available. By aggregating information about grantees and documenting their achievements, this report serves as a reference point for future efforts.

MRPG Activity: Fiscal Year 2018

As of October 2018, CMS is managing seven grantees; this includes those awarded in 2017 and 2018 as well as three with no-cost extensions (NCEs). CMS recently closed seven additional grants. Exhibit 1 provides an overview of the topics covered by these grantees.

Exhibit 1 Overview of Current and Recent Grantees

Grantees	Award Year	Institution Type (HBCU/ HSI)	Research Topic
Current Grantees			
University of Houston	2018	HSI	Developing an electronic fotonovela intervention in Spanish to support post-hospitalization symptom management, improve patient engagement, and strengthen patients’ natural supports
University of Puerto Rico Medical Sciences Campus		HSI	Reducing prenatal stress for women in Puerto Rico post Hurricane Maria through group prenatal care
Charles R. Drew University of Medicine & Science	2017	HSI	Reducing medication-related challenges among older adults with hypertension
Winston-Salem State University		HBCU	Preventing obesity through lifestyle change
Grantee with No-Cost Extensions			
The University of North Carolina Chapel Hill	2016	HSI	Increasing engagement in parent-provider interactions
University of Pittsburgh		HSI	Using Promotores, or community health workers, to improve access to care and health behaviors
Clark Atlanta University		HBCU	Increasing prostate cancer awareness among men
Recently Closed-out Grantees			
University of Miami School of Medicine	2015	HSI	Increasing uptake of immunizations among individuals with HIV
Texas Southern University		HBCU	Addressing uncontrolled asthma among children
Winston-Salem State University		HBCU	Adapting the Medicare Diabetes Prevention Program to faith-based settings
American University	2014	HSI	Using a culturally tailored mHealth strategy to educate women about Breast Cancer
Charles R. Drew University of Medicine & Science		HBCU	Improving blood pressure control among seniors
University of Texas at Arlington		HSI	Improving mental health disease literacy to increase depression screening and education
Dillard University	2013	HBCU	Educating women about the Human Papilloma Virus

Grantee Characteristics and Outcomes 2005-2018

This summary includes information from the 44 grantees funded between 2005 and 2018. Information related to the findings and dissemination of these grantees is specific to the 33 grantees who closed out and submitted final reports as of fiscal year 2018.

Target Populations and Reach

The MRGP has funded a range of projects focusing on various populations that experience health disparities. HBCU and HSI grantees have focused on health disparities affecting African Americans and Hispanics, respectively. Investigators supported by this funding have focused on various sub-populations within these groups, such as low income, older adults, and pregnant women. Some grantees focused on issues that predominantly affect men, such as colon cancer, while others focused on issues that predominantly affect women, such as breast cancer.

13,000+ African American and Hispanic study participants since 2005.

The average sample size of each study was approximately 340. Some studies compared multiple intervention groups, and some utilized intervention and control groups that were actively recruited from communities. With an average of three projects funded per year since 2005, the total number of minority individuals that participated in the MRGP studies totals over 13,000. This number underscores the potential that the Program has to sponsor research that effectively engages populations experiencing health disparities.

Grantee Spotlight

Navegantes para la Salud: Improving Healthcare Access and Utilization among Hispanic Women and Children, The University of South Carolina, 9/30/2011-9/29/2014. This project aimed to improve healthcare access and utilization of community clinics among Hispanic women and children through a culturally and linguistically tailored bilingual patient outreach and navigational support service and found that:

- ▶ Participants in the intervention group were more likely to appropriately access health services.
- ▶ Adults and children were more likely to attend scheduled appointments and had fewer missed appointments compared to those in the control group.
- ▶ The intervention group was more likely to initiate and receive appropriate prenatal services earlier than the control group.
- ▶ Children in the intervention group were less likely to use the ER and more likely to have an immunization compared to the control group.
- ▶ Participants in the intervention group had significantly higher rates of Medicaid enrollment (as opposed to being uninsured) compared with the control group.

Dissemination activities for this project included three presentations within the local community; six presentations at regional and national conferences; and one forthcoming manuscript to be published in the *Journal of Primary Care and Community Health*.

- ▶ **Health-related knowledge** among minority populations, particularly related to breast cancer, colorectal cancer, diabetes, hypertension, prostate cancer, proper medication use, and prostate cancer.
- ▶ **Health-related attitudes** and self-efficacy in the interventions they developed.
- ▶ **Health behaviors** such as prostate cancer screening, the purchase of healthier foods, breastfeeding rates, and preventive care utilization.
- ▶ **Health outcomes** such as decreased weight gain, improved blood sugar and blood pressure control, increased access to care, and reduced health care costs.

Dissemination of Minority Research Grant Findings

Many of the grantees reported disseminating their findings academically through peer reviewed journals and conferences, as well as to the communities that they served or that participated in their research. Exhibit 3 below illustrates the extent to which the 33 grantees that submitted final reports for 2005-2018 were successful in disseminating their results.

Exhibit 3 Minority Research Grant Program Research Dissemination 2005-2018



Summary

In accordance with CMS's vision of achieving health equity for all CMS beneficiaries, the MRGP supports the development of health services researchers who are able to successfully engage minority populations and conduct research that supports the elimination of health disparities for them. Through their work, these researchers have the potential to increase understanding and awareness of disparities, develop and disseminate solutions for reducing disparities, and accelerate implementation of effective actions.

Supporting these organizations aligns with the White House Initiatives. HBCUs and HSIs play a key role in providing high-quality education, job training and social support to under-represented and underserved populations, particularly African American and Hispanic individuals.⁴ HBCUs provide an environment in which minority students can empower one another, particularly through modeling academic and career success.⁵ Because of their strong relationships with local communities, HBCUs are able to conduct health disparities research that has the potential to more effectively engage and serve minority populations. By strengthening the capacity of these institutions and the researchers associated with them, MRGP seeks to widen the pipeline of health disparities researchers with connections to minority communities.

This report provides an overview of current activities as of fiscal year 2018 and a summary of characteristics and findings of previous grantees from the 2005-2018 fiscal years. During this period, a total of 44 grants were awarded. The grantees focused on a diverse range of health topics affecting African American and Hispanic individuals. Many grantees developed, implemented and evaluated the effectiveness of interventions geared toward improving disease-specific outcomes, as well as health care access and appropriate care utilization. Across this broad range of interventions, grantees reported improvements in health related knowledge, attitudes and behaviors. Grantees disseminated this work through community-oriented presentations and outreach as well as through peer-reviewed publications and academic presentations. By documenting the achievement of grantees, this report illustrates how MRGP can be an important mechanism for supporting health disparities research. It may also serve as a reference point for future efforts.

Grantee Spotlight

The Fayetteville Area Inter-Faith Commitment to Colorectal Health Awareness and Cancer Reduction in African Americans (The F.A.I.T.H Project), Fayetteville State University, 9/30/2006-9/29/2009. This project aimed to increase colorectal screening among African Americans 50 years of age and older. Investigators randomized churches and community-based organizations into intervention and control groups and delivered a 90-minute culturally-tailored educational program on colorectal health to the intervention group. A greater proportion of individuals received a colonoscopy post-intervention compared to the control group. Colorectal cancer knowledge significantly increased and cancer fatalism attitudes significantly decreased. The F.A.I.T.H. Project has resulted in one conference presentation and one publication that has been cited a total of 39 times in subsequent research articles.

References

1. Randolph S. *Program Assessment for the HBCU/Hispanic Health Services Research Grant Program.*; 2006. <https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/Reports/Downloads/Randolph.pdf>.
2. Wang Y, Beydoun MA. The Obesity Epidemic in the United States—Gender, Age, Socioeconomic, Racial/Ethnic, and Geographic Characteristics: A Systematic Review and Meta-Regression Analysis. *Epidemiol Rev.* 2007;29(1):6-28. <http://dx.doi.org/10.1093/epirev/mxm007>.
3. Centers for Disease Control and Prevention. *National Diabetes Statistics Report, 2017.* Atlanta, GA; 2017. <https://www.cdc.gov/diabetes/data/statistics/statistics-report.html>.
4. Penn GSE CMSI. *A Brief History of MSI*". <https://cmsi.gse.upenn.edu/content/brief-history-msi>.
5. Gallo R, Davis R. The Impact of Town–Gown Relationships on the Sustainability of African American Communities: An Examination of the Role of HBCUs. *J African Am Stud.* 2009;13(4):509-523. <http://www.jstor.org/stable/41819229>.

Appendix A. Summary of Minority Research Grant Program, 2005-2018

Disease Focus	Organization	Type of Institution	Grant Number	Project Name	Start Date	End Date	Federal Budget
Asthma	Texas Southern University	HBCU	1I0CMS331440	Uncontrolled Asthma Among Pediatric African Americans	9/30/2015	9/30/2017	\$215,000.00
Breast Cancer	American University	HSI	1H0CMS331362	The Role of a m-Health Technology in Breast Cancer Prevention among Hispanic Women	9/30/2014	9/29/2017	\$200,000.00
	Charles R Drew University of Medicines & Science	HSI	1H0CMS300041	An educational intervention program to increase mammography screening among Hispanic women in low income public housing; Lay title: The South Los Angeles Breast Health Promotion Project.	9/30/2005	3/29/2008	\$125,000.00
	Fayetteville State University	HBCU	1I0CMS300100	The Fayetteville Area Inter-Faith Commitment to Colorectal Health Awareness and Cancer Reduction in African Americans (The F.A.I.T.H Project)	9/30/2006	9/29/2009	\$119,598.76
Health Care Access	Jackson State University	HBCU	1I0CMS331295	The Community Health House and Health Worker Model: A Novel Intervention for Reducing Health Care Costs and Addressing Health Disparities	9/30/2013	9/29/2016	\$200,000.00
	The Regents of the University of California San Francisco	HSI	1H0CMS300102	The Effectiveness of a Promotora Health Education Model for Improving Latino Health Care Access in California's Central Valley	9/30/2006	9/29/2009	\$116,122.43
	The University of Pittsburgh	HSI	1H0CMS331535	Effectiveness of a Promotores Network in Improving Access to Care and Health Behaviors in Latino Immigrants in an Emerging Latino Community	9/30/2016	9/30/2016	\$215,000.00
	University of Houston	HSI	1W1CMS331632-01-01	Developing an electronic fotonovela intervention in Spanish to support post-hospitalization symptom management, improve patient engagement, and strengthen patients' natural supports	9/30/2018	9/30/2020	\$250,000.00
	University of South Carolina	HSI	1H0CMS330895	Navegantes para la Salud: Improving Healthcare Access and Utilization among Hispanic Women and Children	9/30/2011	9/29/2014	\$215,000.00

CMS Minority Research Grant Program

Disease Focus	Organization	Type of Institution	Grant Number	Project Name	Start Date	End Date	Federal Budget
Diabetes/ Blood Pressure	Bowie State University	HBCU	110CMS300099	Promoting Diabetes Self-Management among African Americans: An Educational Intervention in Prince George's County MD	9/30/2006	9/29/2009	\$107,226.79
	Howard University	HBCU	110CMS030310	Talking Fotonovelas to improve health knowledge, attitudes, and practices among community dwelling older AA's regarding diabetes and high blood pressure	9/30/2008	9/29/2011	\$85,192.61
	Meharry Medical College	HBCU	110CMS330899	Improving Diabetes Management in African Americans Using Community Health Centers	9/30/2011	9/29/2014	\$141,521.00
	National Hispanic Council on Aging	HSI	1H0CMS330897	Health and Wellness Interactive Bingo Health Game: Assessing its Effectiveness to Improve Diabetes Management among Hispanic Older Adults and their Families	9/30/2011	3/31/2014	\$119,615.00
	Nova Southeastern University Inc.	HSI	1H0CMS030309	Diabetes Literacy and Self-Efficacy Screening and Training Project (Project DLASST)	9/30/2008	9/29/2010	\$85,530.91
	Tennessee State University Center of Excellence	HBCU	110CMS030210	Addressing Barriers of Self Management Among African Americans with Type 2 Diabetes	9/30/2007	9/29/2010	\$125,000.00
	Texas Southern University	HBCU	110CMS300041	Determination of the Optimum Intensity of a Culturally Competent Community Based Diabetes Management Education for African Americans in Harris and Surrounding Counties	9/30/2005	9/29/2008	\$210,824.00
	University of Massachusetts Boston	HSI	1HOCMS300101/02	The Impact of Culturally Oriented Low Literacy Education in Diabetes Related Knowledge and Self Care Behavior in Hispanics with Diabetes	9/30/2006	9/29/2009	\$240,940.40
	Winston-Salem State University	HBCU	110CMS331439	The Hosea Project: Training, Equipping and Empowering Churches to Prevent Diabetes	9/30/2015	9/29/2017	\$215,000.00
Heart Disease/ Hypertension	Charles R Drew University of Medicines& Science	HBCU	110CMS331364	An Intervention to Improve Blood Pressure Control Among Hypertensive African American Seniors in South Los Angeles	9/30/2014	9/29/2017	\$200,000.00
	Winston-Salem State University	HBCU	110CMS330900	Sisters Together Empowered for Prevention and Success (STEPS)	9/30/2011	9/29/2014	\$109,326.00

CMS Minority Research Grant Program

Disease Focus	Organization	Type of Institution	Grant Number	Project Name	Start Date	End Date	Federal Budget
HIV/AIDS	California State University Long Beach Foundation	HSI	1H0CMS030209	Protect your family: get tested. Protégé tu familia: hazte la prueba	9/30/2007	9/29/2010	\$92,475.51
	University of Miami	HSI	1H0CMS330896	Increasing Medication Adherence among HIV+ Hispanics: A Culturally Tailored Application of the IMB	9/30/2011	9/29/2014	\$112,042.65
	University of Miami	HSI	1H0CMS331441	A Project to Adopt, Implement and Evaluate an Intervention to Increase the Uptake of Immunizations in HIV Infected People	9/30/2015	9/29/2017	\$112,042.65
	Virginia State University	HBCU	1I0CMS330898	Promoting HIV/AIDS Prevention Among Older African American Adults	9/30/2011	9/29/2014	\$153,572.00
HPV	Dillard University	HBCU	1I0CMS331297	Impact of a Human Papilloma Virus Educational Intervention Study (EIS) on the Knowledge, Health Beliefs, Health Behaviors, and Increasing the Use of Gardasil Vaccine in Women of Color	9/30/2013	9/29/2017	\$200,000.00
Maternal & Child Health	Arizona State University	HSI	1H0CMS030207	Familias Sanas (Health Families): A culturally grounded approach to improve the preconception care of Latino mothers.	9/30/2007	9/29/2009	\$124,239.83
	Shaw University	HBCU	1I0CMS300040	The Shaw-Duke Maternal and Infant Mortality Initiative: Interventions to Improve the Outcomes among Pregnant Medicaid Recipients	9/30/2005	7/29/2008	\$125,000.00
	The University Corporation (California State University Northridge)	HSI	1H0CMS330803	Telephone-Based Support and Education to Promote Breastfeeding Rates in Latina Medicaid Recipients	9/30/2010	9/29/2012	\$99,845.39
	University of Puerto Rico Medical Sciences Campus	HSI	1W1CMS331633-01-02	Reducing prenatal stress for women in Puerto Rico post Hurricane Maria through group prenatal care	9/30/2018	9/29/2020	\$250,000.00
Medication Adherence	Charles R Drew University of Medicines & Science	HBCU	1I0CMS030458	Multi-disciplinary investigational intervention on reducing polypharmacy and enhancing adherence to drug regime among AA elderly persons.	9/30/2009	9/29/2012	\$140,724.00
	Charles R Drew University of Medicines & Science	HSI	1H0CMS331621	Reducing medication-related challenges among older adults with hypertension	9/30/2017	9/29/2019	\$325,000.00
	Texas Southern University	HBCU	1I0CMS330801	Managing Medication Adherence in Elderly Hypertensive Patients through Pharmacists Home Visits	9/30/2010	9/29/2013	\$99,690.48

CMS Minority Research Grant Program

Disease Focus	Organization	Type of Institution	Grant Number	Project Name	Start Date	End Date	Federal Budget
Mental Health	The University of Texas at Arlington	HSI	1H0CMS331363	DESEO: DEpression Screening and Education: Options to Reduce Barriers to Treatment	9/30/2014	9/29/2017	\$200,000.00
	University of North Carolina at Chapel Hill	HSI	1H0CMS331536	Padres activos y terapeutas entregados: Increasing activation and engagement in parent-provider interactions	9/30/2016	9/29/2018	\$215,000.00
Obesity	Meharry Medical College	HBCU	1I0CMS331079	Obesity Prevention: An Education Intervention to Control Rapid Weight Gain Among African American Infants and Toddlers	9/30/2012	9/29/2015	\$199,937.00
	University of Massachusetts Boston	HSI	1H0CMS331089	Improving Food Purchasing Selection among Spanish-Speaking Hispanic Families	9/30/2012	9/29/2015	\$199,845.34
	University of Texas Health Center at San Antonio	HSI	1H0CMS030457	Nutrition and Exercise Start Today (NEST)	9/30/2009	9/29/2012	\$123,519.46
	Winston-Salem State University	HSI	1I0CMS331622	Preventing obesity through lifestyle change	9/30/2017	9/29/2019	\$325,00.00
	Winston-Salem State University	HBCU	1I0CMS331296	The COACH Approach to Obesity Prevention: Changing Outcomes, Attitudes, Character and Health	9/30/2013	9/29/2016	\$200,000.00
Prostate Cancer	Clark Atlanta University	HBCU	1I0CMS331537	Educational Interventions for Prostate Cancer Awareness among African-American Men in the South East Region	9/30/2016	9/29/2018	\$215,000.00
	Meharry Medical College	HBCU	1I0CMS030208	A Prostate Cancer Screening Program for Low Income African Americans	9/30/2007	9/29/2010	\$83,718.00