

A Congressional Briefing

Taking Control of Our Health – Applying Research on the Self-Management of Chronic Illness

Friday, March 12, 2004
10:00 am - 12:00 pm
2168 Rayburn House Office Building

More than 45 percent of adults struggle with a chronic condition that affects their daily activities. From diabetes to asthma, heart disease, depression, obesity, and AIDS, more and more Americans are living with chronic illnesses. More than 90 million Americans live with one or more chronic illness; at least 22 million live with three chronic illnesses. Coping with a complex chronic illness such as diabetes affects the individual as well as family members throughout the entire lifespan.

There is considerable evidence that individuals themselves can play a major role in managing their conditions. Similarly, for a range of conditions interventions that promote better self-care have been shown to reduce mortality, disability, absenteeism, and unnecessary health care utilization. Effective self-management includes a broad range of health, lifestyle, and self assessment and treatment behaviors, often with the assistance and support of others. Three distinguished social and behavioral scientists will discuss current scientific knowledge about self-management and directions for research that have the potential to improve the ability of people to manage and enhance their health. This research is funded by the National Institutes of Health and voluntary health organizations.

Speakers:

Jacqueline Dunbar-Jacob, Ph.D., RN, FAAN,	University of Pittsburgh School Of Nursing
Dana P. Goldman, Ph.D.,	RAND, Inc.
James O. Hill, Ph.D.,	University of Colorado Health Sciences Center
Virginia Cain, Ph.D. (moderator)	Acting Director, Office of Behavioral and Social Sciences Research, National Institutes of Health

Sponsored by:

The Decade of Behavior

and

**The Coalition for the Advancement of Health
Through Behavioral and Social Sciences Research**

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Speakers' Biographies

Jacqueline Dunbar-Jacob, PhD, RN, FAAN, is the Dean at the University of Pittsburgh School Of Nursing, as well as Professor of Nursing, Epidemiology and Occupational Therapy, and the Director of the School of Nursing's Center for Research in Chronic Disorders. She has been involved in the study of patient adherence to treatment in individual studies and multi-center trials, addressing a variety of patient populations including rheumatological conditions, cardiovascular risk factors, diabetes, HIV/AIDS, cancer screening, depression, and transplantation. Her research career spans the last 24 years, funded mostly by the National Institutes of Health, and most recently funded by the National Science Foundation. In 2000, Dr. Dunbar-Jacob was appointed to National Advisory Council for the National Institute of Nursing Research, and in 2001, she received the Chancellor's Distinguished Research Award at the University of Pittsburgh for her past and current research. In 2003, she was accepted into the Robert Wood Johnson Executive Nurse Fellows program. She is a fellow in the Society for Behavioral Medicine, the American Academy of Nursing, and the Academy for Behavioral Medicine Research, the American Psychological Association and the American Heart Association. Currently, Dr. Dunbar-Jacob is the President-elect of the Academy of Behavioral Medicine Research and formerly, the President of the Society of Behavioral Medicine. She received her BSN from Florida State University, a master's degree in psychiatric nursing from University of California at San Francisco, and her PhD in counseling psychology from Stanford University.

Dana P. Goldman, Ph.D. holds the RAND Chair in Health Economics and is Director of RAND's Health Economics program. He is also a faculty member in the David Geffen School of Medicine and School of Public Health at UCLA. Dr. Goldman's research interests combine applied economics with health care delivery, with a focus on the economics of chronic illness. Dr. Goldman was the recipient of the 2002 Alice S. Hersh New Investigator Award that recognizes the contribution of scholars to the field of health services research. He also received the National Institute for Health Care Management Research and Educational Foundation award for excellence in health policy. Dr. Goldman is a Research Associate with the National Bureau of Economic Research and Director of the UCLA/RAND Postdoctoral Health Services Research Training Program. He received his Ph.D. in Economics from Stanford University and a B.A in Economics from Cornell University.

James O. Hill, Ph.D. is Professor of Pediatrics and Medicine at the University of Colorado Health Sciences Center in Denver, Colorado. Dr. Hill also serves as the Director of the Center for Human Nutrition, a nutrition center funded by the National Institutes of Health. He is a past chair of the NIH Nutrition Study Section. He served as Chair of the World Health Organization Consultation on Obesity in 1997. He is a Past President of the North American Association for the Study of Obesity (NAASO). He was also a member of the Expert Panel on Obesity of the National Institutes of Health that developed U.S. guidelines for the treatment and prevention of obesity. Dr. Hill is currently involved in a public health initiative for obesity prevention in Colorado, Colorado on the Move™ that was officially launched in the fall of 2002. A national version of America on the Move™ was launched in July 2003. Dr. Hill holds a B.S. degree from the University of Tennessee and M.S. and Ph.D. degrees from the University of New Hampshire in Physiological Psychology. He has published over 200 scientific articles and book chapters in the area of obesity. His research in the obesity field involves how to both prevent and treat obesity. Dr. Hill is a cofounder of the National Weight Control Registry, a registry of individuals who have been successful in maintenance of a reduced body weight. He is the recipient of a prestigious MERIT award from NIH. He lectures widely about the obesity epidemic.