



HEALTH Research Institute

Helping Everyone Achieve a LifeTime of Health

Research Projects

The HEALTH Research Institute leverages faculty expertise in a range of health-related research areas (i.e., alcohol, anxiety, cancers, depression, diabetes, gender difference, social determinants, suicide, tobacco and illicit drugs, etc.). Our relationships with a number of at-risk and vulnerable populations (i.e., African Americans, individuals who are homeless, Latinos/as, LGBT communities, women, individuals with behavioral and mental health care needs, outpatients, Medicaid/Medicare patients, etc.); and our understanding of contributory mechanisms to health-related disparities to forge new opportunities for interdisciplinary research projects collaboration that have the potential to lead in the development of innovative solutions that address a nationally recognized crisis.

ACHIEVING HEALTH EQUITY

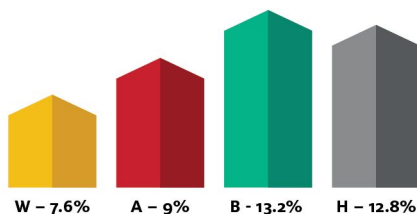
The “Helping Everyone Achieve a LifeTime of Health” (HEALTH) Research Institute is an interdisciplinary, university-wide research institute at the University of Houston (UH) whose mission is to address and eliminate a broad range of health disparities through cutting-edge prevention and intervention research. Health disparities are differences in the incidence, prevalence, mortality, and burden of disease seen between specific population groups that systematically confer disadvantage in the attainment of full health potential. The following are examples of health disparities in the United States:

Health insurance coverage: Percent uninsured



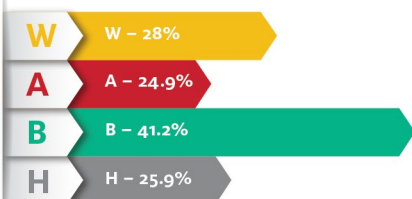
Source: 2015 US Census, <https://www.census.gov/library/publications/2016/dema/p60-257.html>

Diabetes: Rates of diagnosis



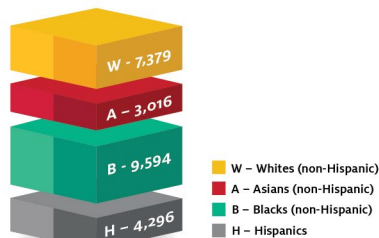
Source: <http://www.diabetes.org/diabetes-basics/statistics/>

Hypertension: Prevalence



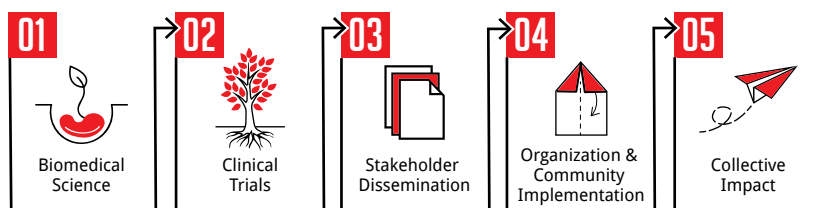
Source: <https://www.cdc.gov/nchs/products/databriefs/db220.htm>

Years of potential life lost: All causes



Source: <https://www.cdc.gov/nchs/data/hus/2013/021.pdf>

These and other systematic differences arise as a result of unfair, unjust, and unnecessary societal inequities. Thus, members of the HEALTH Research Institute are committed to collaborating with our community partners to design innovative research studies that provide novel multi-domain (e.g., biological, behavioral, built environment, sociocultural environment, & healthcare system) and multilevel (e.g., individual, interpersonal, community, societal) solutions to creating health equity for all.



HEALTH Research Institute - Rapid Translation Model



Treating Obesity in Underserved Communities in Houston (TOUCH) is a program funded by the UnitedHealth Foundation to help identify residents of Houston’s Third Ward and East End at risk for chronic diseases and connect them with programs and services to fully maximize their health potential. <https://touch.healthuh.com>



The mission of Taking Texas Tobacco Free is promoting wellness among Texans by partnering with healthcare organizations to build capacity for system-wide, sustainable initiatives that will reduce tobacco use and secondhand smoke exposure among employees, consumers, and visitors. www.takingtexasobaccofree.com



A partnership to address cancer disparities



The U-HAND Program is a long-term, collaborative partnership between the University of Houston and The University of Texas MD Anderson Cancer Center that supports and stimulates excellence in educational programming and innovation in research designed to affect health equity among racial/ethnic groups disproportionately affected by cancer disparities. www.uhandpartnership.com



@HEALTHuh



HRI@central.uh.edu



HEALTHuh Channel




hri.uh.edu





HEALTH Research Institute

Helping Everyone Achieve a LifeTime of Health

OUR VALUES

 **Innovation** – Pursuit of innovative and rigorous scientific inquiry that generates new knowledge which leads to a sustainable impact on mitigating – and ultimately eliminating – health disparities.

 **Empowerment** - Capacity to partner with stakeholders to derive a shared vision that empowers community-embedded change agents who are equipped to improve their quality and length of life.

 **Solutions** - Working with our community to discover and promote sustainable solutions to real-world health challenges.

DRIVEN BY COMMUNITY EXPERTISE

The HEALTH Research Institute builds strong partnerships with community stakeholders in Houston and beyond to inform research, intervention and dissemination strategies, and includes an active Community Advisory Board with partners representing a diverse range of interests, experience, and expertise.

MULTIDISCIPLINARY LEADERSHIP

Our leadership team includes a Director (Dr. Obasi), Co-Director (Dr. Reitzel), and an Executive Board comprised of UH faculty and community representatives. Moreover, members of the HEALTH Research Institute currently span Biomedical Engineering; Graduate College of Social Work; College of Medicine; The Law Center; Health and Human Performance; Psychological, Health, & Learning Sciences; and the Psychology Department.



Contact Us

Dr. Ezemenari M. Obasi
Founder & Director
emobasi@uh.edu

Dr. Lorraine R. Reitzel
Co-Founder & Co-Director
lrreitzel@uh.edu

Visit Us
HEALTH Research Institute
1100 Health 2
4849 Calhoun Road
Houston, Tx 77204
(713) 743-7401

Representative Funding Sources Supporting Research in the HEALTH Research Institute



UNITED HEALTH FOUNDATION*