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## **FOR IMMEDIATE RELEASE**

### **EIGHTEEN SITES SELECTED TO EVALUATE EFFECTIVENESS OF eHEALTH TECHNOLOGIES**

**CHESTNUT HILL, MA, Sept. 9, 2003** – Seeking to realize the full potential of the emerging field of eHealth – the use of interactive technologies to improve health behavior and disease management – 18 sites have been awarded \$4.8 million in grants by The Robert Wood Johnson Foundation (RWJF) through its *Health e-Technologies Initiative* national program.

The number of health care consumers and providers using eHealth applications, particularly the Internet, to seek health information and communicate with others is rapidly increasing. According to the Boston Consulting Group, 80% of the 140 million adults who are online in the United States have used the Internet to look for health information and 96% of all physicians used Internet technology in 2002. In addition to using the Internet to enable and improve health and health care services, technologies such as interactive TV, interactive voice response systems, kiosks, personal digital assistants (PDAs), CD-ROMs, and DVD-ROMs can also be characterized as eHealth applications.

“Interactive health technologies can offer people the ability to obtain and use reliable health information and care services for health behavior change and disease management at a relatively low cost,” said Robin Mockenhaupt, Ph.D., M.P.H., RWJF deputy group director, health group. “While some eHealth initiatives have a promising early track record, clearly more understanding is needed about the design methodology as well as the potential impact for patients and consumers.”

Grant awards range from one to three years, and the grantees (see attached list) will focus on one of two categories: projects that address methodology and design challenges in evaluating eHealth applications; or, projects that evaluate the outcomes of existing applications.

“We are confident that the portfolio of exemplary, cutting-edge research represented by these grantees will advance discovery in the field of eHealth and enable consumers and providers to benefit as a result,” said David K. Ahern, Ph.D., *Health e-Technologies Initiative* national program director.

The *Health e-Technologies Initiative* national program office will provide the evidence base and knowledge required to build better eHealth programs. A resource and communication center of tools and materials to help translate the research into practice is in development. For more information on the program, visit [www.hetinitiative.org](http://www.hetinitiative.org).

The Robert Wood Johnson Foundation, based in Princeton, N.J., is the nation's largest philanthropy devoted exclusively to health and health care. It concentrates its grantmaking in four goal areas: to assure that all Americans have access to quality health care at reasonable cost; to improve the quality of care and support for people with chronic health conditions; to promote healthy communities and lifestyles; and to reduce the personal, social and economic harm caused by substance abuse, tobacco, alcohol and illicit drugs.

## List of Grantees – Methodology and Design Category

Baylor College of Medicine  
Houston, TX

*Factors Influencing Log-On Rates in an eHealth Obesity Prevention Program Promoting Healthy Eating and Physical Activity to 8-10 Year Old African American Girls*

Contact: Dr. Debbe Thompson

Boston Medical Center  
Boston, MA

*Development of a Longitudinal Qualitative Methods Manual and Quantitative Instrument for Evaluating Use of Multi-Contact eHealth Technologies by Patients and Consumers*

Contact: Dr. Ramesh Farzanfar

Carnegie Mellon University  
Pittsburgh, PA

*Creation and Evaluation of a Discourse Coding System to Assess the Benefits of Online Discussion on Mental and Physical Health*

Contact: Dr. Susan R. Fussell

Johns Hopkins Bloomberg School of Public Health  
Baltimore, MD

*Measuring Exposure to Online Health Messages Among Adolescents*

Contact: Dr. Dina Borzekowski

Kansas University Medical Center  
Kansas City, KS

*Development of an eHealth Provider-Patient Communication Measure*

Contact: Dr. Eve-Lynn Nelson

MedStar Research Institute  
Washington, DC

*Effectiveness Measures for Tele-rehabilitation*

Contact: Dr. Susan E Palsbo

Stanford University  
Palo Alto, CA

*Reliability of Outcome Data Collected via Internet*

Contact: Dr. Kate R. Lorig

The University of Texas Health Science Center at Houston  
Houston, TX

*Validation of Quality Criteria for Health Information on the World Wide Web*

Contact: Dr. Elmer Victor Bernstam

UCLA School of Medicine  
Los Angeles, CA

*Evaluating the Effectiveness of an eHealth Application to Improve Chronic Disease Management by Urban, Minority Children*

Contact: Dr. Adrian Martin Casillas

University of Washington  
Seattle, WA

*An Evaluation Framework for eHealth Survey Applications*

Contact: Dr. Bryant T. Karras

## List of Grantees – Outcome Evaluation Category

HealthMedia, Inc.

Ann Arbor, MI

*Efficacy of a Web-Based Tailored Weight Management Program With and Without Tailored Nutrition and Goal Setting Support*

Contact: Dr. Kevin J. Wildenhaus

Stanford University

Palo Alto, CA

*Internet Diabetes Self-Management: A Randomized Trial*

Contact: Dr. Kate R. Lorig

The Medstat Group, a business of the Thompson Corporation

Washington, DC

*Assessment of a Hand-Held and Internet Information Technology System to Improve Management of Cancer Related Pain, Fatigue, and Depression*

Contact: Dr. Tami L Mark

The Pennsylvania State University

University Park, PA

*Empowering Elders Through Technology*

Contact: Dr. Kathryn H. Dansky

The Research Foundation of SUNY

Syracuse, NY

*Using Tailored E-mails to Motivate Healthy Behavior, Improve Health Status, & Reduce Health Care Costs in Employee Populations: A Randomized Trial*

Contact: Dr. Patricia D. Franklin

The University of North Carolina at Chapel Hill

Chapel Hill, NC

*Health eCommunities: The Impact of Listservs on Cancer Patients*

Contact: Dr. Barbara K. Rimer

University of California San Francisco

San Francisco, CA

*Comparing the Effects of an Internet-Based to an Established Dyspnea Self-Management Program on Dyspnea, Exercise Behavior and Pulmonary Exacerbations in Patients with Chronic Obstructive Pulmonary Disease (COPD)*

Contact: Dr. Virginia L. Carrieri-Kohlman

University of Washington

Seattle, WA

*A Randomized Controlled Trial of Diabetes Disease Management Over the Internet*

Contact: Dr. Harold I. Goldberg

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