



based trainees who may want to participate in research as a part of their future careers. The first cohort includes 41 residency trainees at 10 residency programs spread across 8 communities (**Fresno, Martinez, Richmond, Salinas, San Jose, Santa Rosa, Walnut Creek, and Vallejo**). For more information about TIPR and how your local residency program can participate in the future, contact Saji Mansur ([saji.mansur@ucsf.edu](mailto:saji.mansur@ucsf.edu)).

### **SFBayCRN Research Updates:**

#### ***Smoking Cessation in the Context of Complex Social Needs:***

Shortly before the pandemic, SFBayCRN completed a pilot smoking cessation research program in collaboration with **Contra Costa Health Services** supported by California's Tobacco-Related Disease Research Program. Our first paper from the study was published in *Patient Education and Research* and can be accessed [here](#). We recently presented findings from our TRDRP-supported smoking cessation study at a CDC consortium meeting. You may view the recorded webinar on this [link](#).

#### ***The Value of Enhanced Self-Management Support from Health Educators to Improve Outcomes in Type 2 Diabetes:***

SFBayCRN is delighted to share results of our 5-year NIH-funded study called "Connection to Health", which demonstrated significant improvements in health-related behaviors and social needs (food, utilities) for patients enrolled in either of two different self-management support programs. A key finding established added mental health benefits, with greater decreases in diabetes distress and stress for those enrolled in the version of the program delivered by health educators with special training in patient engagement. Many thanks to **Contra Costa Health Services, La Clinica, LifeLong Medical Care, Marin Community Clinics, and Petaluma Health Center** for their collaboration and commitment that allowed us to complete this study successfully! Study results were recently published and can be accessed [here](#).

### **Call for Abstracts:**

#### ***16<sup>th</sup> Annual Health Equity and Anti-Racism Symposium***

The UCSF Health Equity and Anti-Racism (HEAR) Symposium showcases research and action to advance health equity and anti-racism. The annual event builds community among health equity-focused researchers across disciplines and facilitates connection and collaboration across UCSF and the wider community. Submissions that focus on health equity, anti-racism research, and health and healthcare disparities are welcomed. The symposium is scheduled for October 2023 in-person in San Francisco. Details for submissions and accessible accommodation can be [found here](#).