Investigator Spotlight

Health Care Systems Scholars Program

NIA IMPACT COLLABORATORY
TRANSFORMING DEMENTIA CARE



Amanda Szabo-Reed, PhD, MS-CR
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Health Care System Partner
The University of Kansas
Health System

"I look forward to partnering with The University of Kansas Health System to co-design and embed Food Is Medicine and Exercise Is Medicine approaches within primary care dementia workflows to improve care for people living with dementia and their care partners."

Dr. Szabo-Reed is a research associate professor in the School of Medicine, Division of Physical Activity and Weight Management at The University of Kansas Medical Center. Her research program focuses on developing, evaluating, and translating lifestyle-based interventions that improve cognitive health, reduce dementia risk, and enhance quality of life for people living with dementia (PLWD), individuals at risk for dementia, and their care partners. Dr. Szabo-Reed's current research includes an NIH-funded clinical trial investigating the independent and combined effects of resistance and aerobic exercise training on brain health and cognition in older adults, as well as efforts to integrate evidence-based nutrition and physical activity interventions into routine health care delivery. This award will provide Dr. Szabo-Reed with the opportunity to transition from effectiveness research to embedded pragmatic clinical trials by working alongside health system partners to co-design, assess feasibility, and prepare sustainable lifestyle-based dementia care interventions for PLWD and their care partners.

Embedding Food is Medicine and Exercise is Medicine into Dementia Care: A Primary Care Co-Design and Feasibility Study

Dr. Szabo-Reed will partner with clinical, operational, informatics, and lifestyle medicine leaders at The University of Kansas Health System to co-design and assess the feasibility of integrating Food Is Medicine and Exercise Is Medicine programs into primary care dementia workflows for people living with dementia (PLWD) and their care partners. Using workflow mapping, feasibility assessment, stakeholder engagement, and multilevel co-design strategies, this partnership aims to: 1) identify primary care workflow opportunities for embedding Food Is Medicine and Exercise Is Medicine programs within dementia care, 2) assess organizational readiness, data infrastructure, staffing, and implementation considerations for sustainable integration, and 3) develop foundational planning materials for a future embedded pragmatic clinical trial (ePCT) focused on improving outcomes for PLWD and their care partners. The Scholar Year will strengthen a sustainable partnership between Dr. Szabo-Reed and The University of Kansas Health System, generate the feasibility and implementation knowledge needed to integrate Food Is Medicine and Exercise Is Medicine into dementia care workflows, and position the team to pursue future ePCTs that improve outcomes for PLWD and their care partners.