Program for the Elimination of Cancer Disparities (PECaD)
Report to the Stakeholders July 2017 - June 2018
Published August 2018

Expanding Engagement Efforts
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On the cover: PECaD and members of the Kathryn M. Buder Center for American Indian Studies volunteer time at the 28th annual Pow Wow at Washington University in St. Louis held on April 21, 2018. From left to right: Danielle Tavasti, Amy Ayala, Sarah Humble, Lindsey Manshack, Paulina Flores Jimenez, and Adriana Aramburu.
About the Program for the Elimination of Cancer Disparities (PECaD)

Annual Report to the Stakeholders
The purpose of this annual report is to provide our stakeholders with a summary of the progress made toward the elimination of cancer disparities in our region and our communities from July 2017-June 2018.

Who We Are
The mission of the Siteman Cancer Center’s Program for the Elimination of Cancer Disparities (PECaD) is to create a national model for eliminating local and regional disparities in cancer education, prevention, and treatment. Working through a community advisory committee and cancer site-specific community partnerships, PECaD develops outreach and education, quality improvement and research, and training strategies that foster healthy communities and environments less burdened by cancer disparities.

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Acknowledgments
We wish to acknowledge and thank the members of our Disparities Elimination Advisory Committee (DEAC), cancer site-specific community partnerships, and many community organizations for their dedication and collaboration to eliminate cancer disparities in our region.

Funding
PECaD has been funded by the National Cancer Institute at the National Institutes of Health (U54 CA153460) and the National Cancer Institute at the National Institutes of Health (P30 CA091842-14S1). Funds are also received through The Foundation for Barnes-Jewish Hospital, Washington University School of Medicine, and the Siteman Cancer Center. PECaD also receives additional funding from philanthropic organizations for specific programs and projects.
PECaD Program for the Elimination of Cancer Disparities

**BY THE NUMBERS 2017-2018**

**PECaD EXHIBITED AT**

- **34 COMMUNITY EVENTS**

**UPDATING PECaD ADS RAN IN**

- **4 LOCAL NEWSPAPERS**

**3+ NEW HEALTH PODCASTS WRITTEN BY PECaD RESEARCHERS & PHYSICIANS**

**175 COMMUNITY MEMBERS**

- Attended the 5th Annual Smart Health Community Cancer Education Days

**21 PRESENTATIONS GIVEN BY PECaD RESEARCHERS & PHYSICIANS**

- Dedicated cancer prevention messages on St. Louis Metro link and metro buses reached over 1 million riders per week.

**21 SCIENTIFIC PAPERS PUBLISHED**

**55 MEN SCREENED AT 4 PROSTATE CANCER SCREENING EVENTS**

**24 GRADUATES OF COHORT 4 OF THE COMMUNITY RESEARCH FELLOWS TRAINING PROGRAM**

**INFLATABLE COLON**

- Used at **8 EVENTS**

**1ST SMART HEALTH EVENT HELD AT CHRISTIAN HOSPITAL**

**SITEMAN CANCER CENTER**

Washington University School of Medicine
Barnes-Jewish Hospital

**10 PRACTICUM STUDENTS AND 5 MEDICAL STUDENTS**

- Received hands-on public health experience with PECaD
Overview

The Program for the Elimination of Cancer Disparities (PECaD) of the Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine was established in 2003 with institutional funds to address the excess cancer burden within the region and the state, particularly for minority and medically-underserved populations. We work with community partners to develop outreach and education, quality improvement and research, and culturally relevant training strategies that foster healthy communities and environments less burdened by cancer.

PECaD continues to expand our focus to new communities and partners while enhancing current partnerships to better serve our community. The St. Louis region is very diverse, allowing PECaD’s faculty and staff to engage in extensive community education and outreach. Providing community cancer risk awareness and education in minority populations is a pillar of our program.

Moving into our 15th year, PECaD recognizes and celebrates our past accomplishments, and looks forward to the future and our continued outreach and impact on reducing cancer burden in our community. We are excited to share many of this year’s accomplishments, including new and continued outreach in north St. Louis County, a focus on human papillomavirus (HPV) awareness, maintaining community relationships and education, and establishing new partnerships for community engagement.

Below: PECaD’s executive body, the Disparities Elimination Advisory Committee, meets in July 2018.
Leadership Updates

Overview

Our community advisory committee, the Disparities Elimination Advisory Committee (DEAC), serves as PECaD’s executive body. The DEAC is chaired jointly by an academic representative and a community representative. Our leadership structure also includes our Internal Scientific Leadership Team, which has community representation as well. The Leadership Team works to translate and mold recommendations and insights from our DEAC into programmatic approaches for our research, community outreach, and training programs. Both the DEAC and Internal Scientific Leadership Team work closely with community partners and our cancer community partnerships to shape our cancer site-specific programming strategies.

Updates

Our increasing engagement of community partners fostered new translation and cultural tailoring of materials during the 2017-2018 year with strong input to our DEAC from our partners. The Community Research Fellows Training (CRFT) fellows continue to increase engagement with community partners to sustain prevention programs and apply their skills. This importantly deepens the community engagement in our programs. The fellows engagement outside of cancer specific issues strengthens community-based research across the region. Given the catchment for Siteman Cancer Center includes over 20 percent of patients from medically underserved populations, we now have opportunities to apply lessons learned through PECaD to other communities with excess cancer burden.

“Over the years, PECaD has played an instrumental role in not only providing cancer education but also elevating the stark disparities among race as it pertains to cancer prevention and treatment. The ongoing commitment to all communities throughout the region has helped to increase awareness and reduce disparities.”

- Maranda Witherspoon Richardson, MPPA, PECaD Community Co-Chair
It was with great sadness when PECaD learned that Mikki Brewster, MSW, passed away in March 2018.

A strong advocate for our community and for reducing disparities in health, Mikki touched many lives. She was an integral part of PECaD, and served as co-chair of our Disparities Elimination Advisory Committee. She also regularly attended the Breast Cancer Community Partnership as a breast cancer survivor and advocate for breast health in the St. Louis region.

Mikki was very passionate about providing cancer screenings to community members, and was part of PECaD’s media campaign to remind and influence women to speak with their providers about mammograms. Her PECaD newspaper message promoting breast cancer screening is featured right.

As one of our PECaD partners said, “Mikki never met a stranger.” We will miss her smile and laugh, and the thoughtful insight she always brought with her. Our hearts and prayers are with her family.
**Current DEAC Membership (July 2017-June 2018)**

**Academic and Community Co-Chairs**

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Graham Colditz, MD, DrPH</td>
<td>Program Director, PECaD</td>
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<tr>
<td>Maranda Witherspoon Richardson, MPPA</td>
<td>Owner, MWR Consulting</td>
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**Community Members (Voting)**

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<tr>
<td>Leon Ashford, PhD</td>
<td>Community Advocate &amp; Prostate Cancer Survivor; Retired Professor</td>
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<tr>
<td>Denise Hooks-Anderson, MD</td>
<td>Assistant Professor, Saint Louis University School of Medicine; Department of Family and Community Medicine</td>
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<tr>
<td>Mikki (Mary) Brewster, MSW</td>
<td>Community Advocate &amp; Breast Cancer Survivor; Retiree of St. Louis Public School District</td>
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<tr>
<td>Galen Gritts, BS</td>
<td>American Indian &amp; Community Volunteer, Lutheran Indian Ministries</td>
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<tr>
<td>Sherrill Jackson, RN, CPNP, MSA</td>
<td>President, The Breakfast Club, Inc. &amp; Breast Cancer Survivor</td>
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<tr>
<td>Saundi Kloeckener</td>
<td>American Indian &amp; Community Volunteer; Retired School Teacher of Rockwood School District</td>
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<tr>
<td>Renata Sledge, MSW, LCSW</td>
<td>Program Director at Cancer Support Community of Greater St. Louis, O’Fallon, IL Hospital &amp; Health Care</td>
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<tr>
<td>Donald Suggs, DDS</td>
<td>Founder &amp; Owner, St. Louis American Newspaper</td>
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<tr>
<td>Sherry Taluc</td>
<td>American Indian &amp; Breast Cancer Survivor; Community Volunteer</td>
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**Academic/Institutional Members (Voting)**

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<tr>
<td>Bettina Drake, PhD, MPH</td>
<td>Associate Professor, Division of Public Health Sciences, Department of Surgery, Washington University School of Medicine</td>
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<tr>
<td>Lannis Hall, MD, MPH</td>
<td>Director of Radiation Oncology, Siteman Cancer Center at Barnes-Jewish St. Peters Hospital; Assistant Professor, Washington University School of Medicine</td>
</tr>
<tr>
<td>Aimee James, PhD, MPH</td>
<td>Associate Professor, Division of Public Health Sciences, Department of Surgery, Washington University School of Medicine</td>
</tr>
<tr>
<td>Vetta Sanders-Thompson, PhD</td>
<td>Professor, Washington University George Warren Brown School of Social Work</td>
</tr>
<tr>
<td>Molly Tovar, EdD</td>
<td>Director, Kathryn M. Buder Center for American Indian Studies and Professor of Practice, Brown School of Social Work, Washington University</td>
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Community Partnerships Updates

Overview

PECaD’s site-specific cancer community partnerships foster ongoing dialogue with community stakeholders, including individuals and community organizations in the region. Each partnership works to refine program strategies that are designed to reduce and ultimately eliminate cancer disparities. The partnerships create an avenue through which community cancer needs and priorities can be reflected in the implementation of PECaD activities.

The membership of each partnership consists of cancer survivors and advocates, representatives from community healthcare organizations and community-based organizations, community members passionate about cancer, and academic faculty members and staff. Partnerships meet regularly to review progress and refine goals and projects as needed.

PECaD has three site-specific community partnerships: breast cancer, colorectal cancer, and prostate cancer. Each group has actively participated in notable activities the past year that advance PECaD’s mission.

Breast Cancer Community Partnership

Originally launched in 2005, the Breast Cancer Community Partnership (BCaP)’s main goal has been to work towards eliminating breast cancer in the St. Louis region through multiple strategies including community outreach and education, research, and training initiatives to address disparities in breast cancer prevention and survivorship. Under the guidance of co-chair and long-time PECaD supporter, Debra Custer, BSHS, Program Manager of the Start Now Program at Touchette Regional Hospital in East St. Louis, IL, and co-chair, Donna Jeffe, PhD, professor of medicine at Washington University School of Medicine, PECaD faculty and staff have successfully revitalized BCaP after it’s relaunch in November 2016.

Throughout the BCaP monthly meeting there have been several guest speakers that have come to share their resources from their specific organization. We have had presentations from The Show Me Healthy Women Program, The Breakfast Club, and Food Outreach. These presentations have been beneficial to our community partners to use as resources when they go back to their perspective communities.

This past June, BCaP began a new focus, as St. Louis was recently reported to have the second highest rates of late-stage breast cancer diagnoses of any city in the United States. Because of these results, Susan G. Komen has announced an equity initiative to reduce the number of late-stage breast cancer diagnoses and breast cancer deaths.

As part of this initiative, Komen wants to use a collective impact model to help reduce breast cancer disparities in our city. Active leaders in the community were invited to provide their value, expertise and experience. BCaP would like to be involved with this project, and will continue meeting to bring together people from different disciplines and begin discussing possible solutions to create a plan to present to Susan G. Komen later this year.

Colorectal Cancer Community Partnership

The Colon Cancer Community Partnership (CCCP) has continued to meet quarterly and aims to provide cancer education, and promote screening to underserved community members across St. Louis and our surrounding regions.

The CCP worked to expand our colon cancer Smart Health Days to include multiple cancer types, and served as active volunteers for all of our Smart Health events. CCP members helped organize talks on colon cancer screening and on physical activity at this year’s Smart Health at Christian Hospital, and hosted two events in East St. Louis in fall 2017. We continue to disseminate our colon cancer resource guide and display the Colon Cancer Photovoice posters at community events. Our walk-
through inflatable colon, which educates people about polyps and colon cancer, has been featured at outreach events across the metropolitan region (see photo below).

Prostate Cancer Community Partnership

In the past year, the Prostate Cancer Community Partnership (PCCP) has continued their efforts of providing education and screening to underserved communities around the greater metropolitan area. The PCCP partnered with a number of churches and community organizations to conduct eight prostate cancer education and screening events in high need areas among high-risk populations in the St. Louis region. Over 80 African-American men were provided prostate cancer education, screening and follow-up over this past year. In 2017, the PCCP developed a Prostate Cancer Resource Guide that includes resources for screening and treatment, transportation, nutritional, and other forms of support and assistance. We have continued to share with our community partners including churches, cancer support groups and the Federally Qualified Health Centers.

In addition, members of the PCCP have developed and are currently distributing prostate-specific antigen (PSA) screening vouchers to be used during smaller community outreach events and health fairs. The screening vouchers allow for one free PSA test at one of three Siteman Cancer Center sites. Results and follow-up are provided to the participants in the same way we provide results with Dr. Arnold Bullock and follow-up with our in-person screening participants.

Below: The Prostate Cancer Community Partnership (PCCP) meets in June 2017.
PECaD’s key goals for community outreach and education are to engage in and extend effective outreach efforts that promote cancer prevention messages in the community, identify medically underserved parts of the community and related barriers to quality cancer care, and enhance community health and access to quality cancer care and health information.

To achieve these goals, PECaD must be involved with the community. PECaD understands the importance of community engagement and values community events and partnerships. In the following sections, PECaD welcomes new staff, presents updates on outreach with community partners including an overview of our 2018 Smart Health Community Education Days, a summary of the first year of Siteman Cancer Center at Christian Hospital, and spotlights our work for human papillomavirus (HPV) awareness and education. We then present our mass media marketing plan and campaign updates for the past year that include our newspaper and metro transit outreach campaigns.

PECaD Welcomes New Staff Members

PECaD welcomed three new staff members in winter 2018. Marilyn Wilson, MSW, joins PECaD as the new program coordinator; Amy Ayala, MPH, joins PECaD working in a part-time role; and Whitney Andersen joins PECaD as the Prostate Cancer Community Partnership coordinator.

Marilyn, who began as the new PECaD coordinator in March, has more than 20 years working in community health. She earned a bachelor’s degree from the University of Missouri-St. Louis, followed by a master’s degree in social work from Washington University in St. Louis. Amy, who joined PECaD in February, has previously worked in community nutrition education and public health programming. Amy earned her bachelor’s degree in dietetics at the University of Arkansas and then returned to school to complete her Master in Public Health degree at Saint Louis University. Whitney began in April as the Prostate Cancer Community Partnership coordinator, and received a bachelor’s degree in public health from St. Louis University. She works on the many Prostate Cancer Community Partnership projects and outreach.
Outreach with Community Partners

PECaD Community Events and Outreach

Spreading our cancer prevention and health disparity messages is a main objective in our outreach efforts. PECaD has remained committed to our program’s purpose in providing outreach and engagement within the communities that we serve. This past year, PECaD participated in 34 community outreach events including our own Smart Health Community Education Days, and The Kathryn M. Buder Center for American Indian Studies 2018 Pow Wow. We also partner with Siteman Cancer Center events, which provided cancer prevention education materials at an additional 28 events. PECaD expects to increase event attendance next year, especially in north St. Louis County and Illinois.

Smart Health Community Education Days

As part of PECaD’s commitment to community outreach, Smart Health Community Education Days were held in East St. Louis, Il and Christian Hospital in north St. Louis County. Smart Health was created by PECaD to provide our community partners with deeper learning opportunities relating to cancer prevention and research, to use the event as a platform to report back on research results, and to educate individuals and families about cancer research and its relevance. These events are designed to deliver intensive small group and one-on-one health education (consistent with Community Guide recommendations for increasing cancer screening) through small interactive workshops over the course of four hours. The workshop topics are jointly determined between community partners and PECaD’s community health educators.

Our East St. Louis event took place on September 9, 2017 and was held at a local church. Restoration Christian Community Church was a great partner in this event, helping PECaD reach more East St. Louis community members who participated in this free community cancer awareness event. This event was our third Smart Health event in East St. Louis. On June 30, 2018, PECaD hosted the Smart Health event at Christian Hospital. This was the first Smart Health event in north St. Louis County, and at Christian Hospital, and was well received by community members. We look forward to hosting another Smart Health event in north St. Louis County next year.

Our Smart Health events are free for attendees, and transportation through the St. Louis Metro Transit system is provided. The events are promoted through local newspapers, including The Independent News, the East St. Louis Monitor, and the St. Louis American. Community partners also help to promote event attendance. Emails are sent to our STL Connection e-newsletter list, and social media is utilized in inviting prospective attendees.
PECaD in North St. Louis County

With the launch of Siteman Cancer Center at Christian Hospital in July 2017, PECaD has been busy expanding our presence in the community. Throughout the fall and early winter, PECaD attended many community events, offering free cancer education resources and prevention information, as well as conducted multiple free prostate-specific antigen (PSA) testing to men in the area. PECaD also expanded our network within faith-based communities, and hopes to continue to grow those relationships in north St. Louis County.

In spring 2018, PECaD began planning the first Smart Health Cancer Community Education Day at Christian Hospital, and another metro bus and link campaign. PECaD also attended local community events in the spring and summer. In our new educational messaging, two PECaD members, Sherrill Jackson and Cheryl Gee, are featured in our newspaper expansion (featured below). Both Sherrill and Cheryl hope to inspire other north St. Louis County residents to work on their health habits to reduce cancer risk through eating healthy, exercising and getting screenings tests.

Additionally, PECaD is running a general 8ight Way to Reduce your Cancer Risk metro bus campaign through June 2019. In early September 2017, this same campaign was sent via Local Values, a St. Louis Post-Dispatch newspaper insert, to both St. Louis City and north St. Louis County residents to educate and remind residents of lifestyle habits to reduce cancer risk. In fall 2017, PECaD also expanded our partnerships with the St. Louis American, the Independent News, and the St. Louis Metro Transit system to include more cancer educational messaging specific to reducing cancer disparities.

As our next year begins, PECaD plans multiple community engagement activities to strengthen ties within north St. Louis County. PECaD, along with Siteman Cancer Center, will host community town halls in August and September 2018 to inform and answer community questions about the new Siteman Cancer Center at Christian Hospital. We hope these town halls will allow community members the opportunity to learn about Siteman, and invite community members to ask questions and engage in dialogue about the next phase of cancer care in north St. Louis County.

If you have any community event suggestions, please let us know at pecad@wustl.edu.
Focus for Winter 2018: HPV Vaccinations

As one of PECaD’s goal is to increase community education to help reduce cancer disparities in our region and beyond, a new campaign in winter 2018 was launched to address cancers associated with human papillomavirus (HPV), including cervical cancer. This campaign highlights the risks of HPV, and the benefits of the preventative HPV vaccine. Unfortunately, at least two strands of the HPV virus have been shown to cause cervical, vagina, and vulva cancers in women, penile cancer in men, and head and neck cancer in both men and women. However, the HPV vaccine available to children and young adults is safe and over 90 percent effective. Increasing HPV vaccination rates in Missouri, Illinois and nation-wide would help reduce the number of HPV-related cancers by 90 percent.

With help from Dr. Lindsay Kuroki, a gynecologic oncologist at Siteman Cancer Center and assistant professor of obstetrics and gynecology at Washington University School of Medicine, and the PECaD disparities elimination advisory board, PECaD was able to create a robust campaign for 2018. The first installment was an educational message that has been placed in local newspapers and appearing on social media. This message features Dr. Kuroki urging parents to talk with their physician about the HPV vaccine, and understanding the risks and benefits of the vaccine. Additionally, Dr. Kuroki wrote two editorials – one in the St. Louis Post-Dispatch and the other in the St. Louis American - on the importance of vaccinating children and young adults against HPV. PECaD also hosted a special screening of the documentary, Someone You Love: The HPV Epidemic, with help from the Missouri Department of Health in late January for cervical cancer awareness month. This community screening event was free and open to the public.

Above: Lindsay Kuroki, MD, MPH, speaks to a community audience about HPV vaccinations in January 2018.
Gateway Region YMCA Partnership

Beginning in winter 2017, PECaD faculty have been providing online blog content to the Gateway Region YMCA on health topics that span from cancer screening recommendations to understanding genetics and cancer risk to fitting in exercise in cold months. These monthly blog contributions have established a great partnership with the Gateway Region YMCA, which represents 26 YMCA locations in both Missouri and Illinois. The blogs are also shared via e-newsletters and social media.

In 2018, PECaD faculty members and the Gateway Region YMCA hope to grow this relationship by expanding opportunities past blog contributions to enhance healthier lifestyles for people living in this St. Louis region. For now, check out our monthly blogs on the Gateway Region YMCA’s website and social media.

8ight Ways Brochures Now Available for the American Indian Community

Recognizing another unique population in the St. Louis community, this past year, PECaD expanded the evidence-based 8ight Ways brochure series to include brochures for the American Indian and Alaska Native communities. In collaboration with the Kathryn M. Buder Center for American Indian Studies, PECaD is excited to offer these culturally responsive resources to our community members and organizations.

The 8ight Ways to Prevent Cancer and Stay Healthy brochure series is widely used throughout PECaD outreach and events. These evidence-based messages provide community education and modifiable lifestyle changes that can decrease cancer risk. Each 8ight Ways brochure highlights tips to reduce a person’s risk for breast cancer, colon cancer, staying healthy before cancer, maintaining a healthy weight, and tips to stay healthy after cancer. Online PDFs are available for download at 8ightWays.org. The 8ight Ways brochures are available in English, both regular and large print, and Spanish, Bosnian, and Vietnamese. If you or your organization would like to request free print copies, please email PECaD at pecad@wustl.edu.

Health Beyond Barriers Podcast Collaboration

PECaD’s faculty has been working with MindsEye Radio and LAMP, Language Access Metro Project, since spring 2016 to produce health-related podcasts. The free podcasts are produced by MindsEye Radio and featured as the “Health Beyond Barriers” radio segment. PECaD faculty write the content for the 10-minute health podcasts, which are then recorded in English, Spanish, Bosnian, Vietnamese, and Arabic. The podcasts are distributed within a 75-mile radius of Belleville, Illinois, and are available for listening through various smartphone and tablet apps as well as online. Topics that our faculty have written about during the past year include talking with your physician, affording your medications, and 8 ways cancer prevention works.

Your Disease Risk Relaunch

A revitalized health assessment tool created by PECaD program director, Dr. Graham Colditz, offers free health assessments online, and measures the risks of 17 mostly preventable diseases including cancer, type 2 diabetes, stroke, and more. Your Disease Risk also offers personalized tips for improving your health, and helps you understand your current cancer risk. PECaD often uses this tool at our health fairs, and shares information in our education campaigns, as does Siteman Cancer Center at regional events. Take control of your health today by visiting Your Disease Risk online at siteman.wustl.edu/YDR.
PECaD Member Appointed to MO ACS Board of Directors

Lindsey Manshack, MPH, a member of PECaD, has been appointed to the American Cancer Society (ACS) Missouri Area Board of Directors. In this newly created position, Manshack will work with four other ACS board members to reduce cancer disparities in the Missouri region through creating awareness, fundraising and strategic planning around cancer risk reduction and disparities. Her appointment runs through 2021.

Manshack, who works as a public health research coordinator at Washington University School of Medicine in St. Louis, spends time working with underserved populations to help inform them of cancer prevention strategies and increasing screening opportunities. Recently, Manshack helped lead efforts to increase mammography screening for American Indian women. She is an enrolled member of the Choctaw-Apache Tribe of Ebarb and a Gates Millennium Scholar.

Faculty Members Speak at Inaugural Missouri Colorectal Cancer Roundtable Meeting

PECaD faculty members Drs. Aimee James and Jean Wang were invited to speak at the 1st Missouri Colorectal Cancer Roundtable held in Columbia on June 16. This workgroup is the Missouri chapter of the National Colorectal Cancer Roundtable, and is working to increase colorectal cancer screening rates in adults ages 50 and up to 80 percent by 2018. Missouri falls short of screening guidelines, and hopes to increase this rate to reduce the number of cancer cases in the state.

PECaD’s Dr. Aimee James Appointed to Research Program Co-leader

Dr. Aimee James, associate professor of surgery and PECaD faculty member, was appointed as the new Prevention and Control Research Program co-leader for Siteman Cancer Center in winter 2018. In this role, Dr. James joined current program co-leader, Laura Bierut, MD, in providing scientific leadership that facilitates and supports transdisciplinary and translational prevention and control science.

Training Tomorrow’s Leaders

This year PECaD also welcomed three summer medical students: Ben Kim; Chanelle Chua; and Akua Nuako; and a spring practicum student, Brandon Smith, a member of Navajo Nation (featured right). Brandon is also an ambassador for the Kathryn M. Buder Center for American Indian Studies. Ben and Brandon each helped at PECaD outreach events.

Stay Connected with the PECaD e-Newsletter

Through PECaD’s quarterly e-newsletter, STL Connection, we continue to provide program information and updates with the over 400 community and academic partners who share our commitment to ending health disparities. Our newsletter is distributed via email four times per year. STL Connection was distributed in July and October 2017 as well as January, April and July 2018. Our next upcoming issue will be in October 2018. If you would like to add someone to our newsletter distribution list, please email pecad@wustl.edu.
Mass Media Updates

Newspaper Outreach and Education

PECaD continues to place cancer prevention education messaging in local newspapers. Throughout the past year, we ran four separate campaigns featuring PECaD members (both academic faculty and community members) who share their stories with cancer and modifiable ways to reduce cancer risk. These relatable and personal stories tie back to the evidence-based 8ight Ways to Stay Healthy and Prevent Cancer prevention strategies. PECaD placed these messages from August 2017 to June 2018 in the St. Louis American, The East St. Louis Monitor, the Belleville-News Democrat, and The Independent News. Each newspaper targets a unique and different target audience within the St. Louis region. PECaD also continued a partnership with the American Indian Graduate Magazine, a national magazine that reaches over 22,500 American Indians in the United States. As part of our campaign, we worked with two local American Indian women who share their health goals, and inspire other American Indians to focus on their own health.

During the past year, we created one new PECaD educational message that highlighted the importance of the human papillomavirus (HPV) vaccine. Dr. Lindsay Kuroki (featured right), a gynecologic oncologist at Siteman Cancer Center and member of the PECaD team, explains how effective the vaccine can be at preventing future cancer risks for children and young adults.

Including our new HPV message, PECaD ran 13 different cancer prevention messages in local newspapers across the St. Louis Metro region as well as our Local Values insert (see page 12). Additionally, thanks to our partners at Siteman Cancer Center, our PECaD messages have also been updated with a new clean and refreshing design that began in fall 2017. Topics in our revamped cancer prevention campaign include healthy eating tips, cancer screening reminders, physical activity importance, preventing sexually transmitted infections, smoking cessation, maintaining a healthy weight, collaboration with researchers, and colon cancer screening awareness and recommendations. These cancer prevention messages are featured both in print and online newspaper editions.
St. Louis Metro Transit Outreach and Education

Over the past year, PECaD continued our very successful St. Louis Metro Transit campaign. This partnership places our education messages on both the metro link and metro bus interior cars as well as on the exterior of metro buses. With nearly 1 million riders per week, PECaD is able to reach many of our community members through the city and county’s public transportation system. This year, we were also able to add two additional buses with routes near Christian Hospital in north St. Louis County that included our 8ight Ways to Stay Healthy and Prevent Cancer. These buses were fully wrapped with our signature messages and design. In spring 2018, we also added 10 St. Louis City and County buses that contained PECaD prevention messages on the exterior, 50 interior messages were placed inside the metro buses as well as 50 within the metro link cars. The metro buses and link prevention messages are displayed in both Missouri and Illinois. Examples can be seen below.

PECaD highlighted community residents from both St. Louis and the Metro East to stay consistent and increase recognition across media platforms as part of this campaign. We began our Christian Hospital buses in November 2017, and those are in service through June 2019. During this time, 150 interior metro bus and metro link messages are also being displayed. These messages feature healthy eating, smoking cessation, and the importance of physical activity as cancer prevention education stemming from the evidence-based 8ight Ways to Prevent Cancer and Stay Healthy campaign. We also created a special colon cancer screening message with a mother and daughter team (see below) reminding residents to be screened. Our spring 2018 metro run featured two new north St. Louis County residents who are also passionate about their health, and spreading awareness for cancer prevention. Sherrill Jackson and Cheryl Gee showcase their experience with staying healthy, and reducing cancer risk in their own PECaD messages.

**Above:** PECaD’s metro bus campaign in north St. Louis County and St. Louis City. **Below, left:** PECaD members, and mother and daughter, Bianca and Henrietta, encourage community members to schedule colon cancer screenings in a metro bus and metro link cancer prevention message. **Below, right:** A PECaD cancer prevention message is displayed on a St. Louis City metro bus featuring Sherrill, a PECaD member and cancer screening advocate.
Fourth Community Research Fellows Training Program Graduates

The fourth cohort of the Community Research Fellows Training (CRFT) program, a community training program offered through the Program for the Elimination of Cancer Disparities (PECaD), began in May 2017 with 24 trainees. This 15-week program, based on a Master of Public Health curriculum, provides community members interested in reducing health and cancer disparities with education and hands-on experience to take back to their own communities. Ideally, the CRFT alumni are then able to address health disparities within their own neighborhoods to also work towards PECaD’s goal of eliminating health disparities in our region.

The CRFT program began in 2012 and has now trained four cohorts thus far with over 125 total graduates. Previous alumni have engaged in community projects and received grant funding to explore ways to improve the health of their community members. May 2017 CRFT trainees (featured below) graduated in August 2017 with a certificate ceremony. PECaD plans to host and train a fifth CRFT cohort in summer 2019.

Community-based participatory research (CBPR) approaches are often used by universities to engage community stakeholders and address priority public health concerns. Engaging community members in the research process is often the missing link to improving the quality and outcomes of health promotion activities, disease prevention initiatives and research studies. CBPR is particularly useful for increasing community research capacity to address a broad array of public health concerns. Participating in comprehensive evidence-based public health research training can prepare community members for collaborative work with academic researchers and empower them as equal partners in the research process. For more information on the CRFT program, please email pecad@wustl.edu.

Community Research Fellows Training Cohort IV
Clinical Studies Outreach Core

The Clinical Studies Outreach Core has functioned as a component of PECaD since 2004. The core oversees compliance with Public Law 103-43 that requires all National Cancer Institute (NCI) funded clinical research enroll an adequate number of women and minorities. In addition, the core evaluates whether our clinical trials program is fulfilling a specific directive of the NCI, which is to ensure that the interventional therapeutic clinical trial enrollment is in alignment with the ethnic and racial diversity of our catchment population.

The goals of The Core are to:

1. Increase minority recruitment through active intervention and monitoring of clinical trials;
2. Increase minority participation until participation rates mirror the incidence of individual cancers, and;
3. Equalize the diversity of our catchment area population with our cancer center demographics.

The core reviews all studies that are institutional, therapeutic, and imaging as well as clinical studies with over 15 participants. All studies have a minority recruitment target based on the Siteman Cancer Center Data tables. Those tables outline the minority incidence rate for all disease sites and further stratifies by stage and gender. The research team receives feedback in the form of a letter which outlines the progress towards meeting the minority recruitment goal of the clinical study. A struggling clinical trial is placed on close follow-up and reviewed again in three to six months. In 2017, the core performed over 200 study reviews. Over 60 percent of the studies met or surpassed their minority accrual targets. 14 studies, representing eight percent of the clinical studies, closed with inadequate minority accrual. The main reasons given for poor accrual include: (1) complexity of the trial design, (2) minimal minority recruitment targets, and (3) mistrust in the healthcare community.

The core strives to understand the potential barriers and facilitators to engaging the Siteman population in clinical research. Over 250 patients completed a 26-item questionnaire covering five domains of barriers/facilitators. The barriers included: multiple role overload and socioeconomic stressors, mistrust of the health community, physician and social facilitators, religious beliefs, and personal stressors. The majority of the respondents were male and 16 percent were African American. Lower wage earners (income less than $35,000) reported greater barriers across all domains. When also stratified by education, respondents with less than a high school education indicated greater barriers across all domains. When stratified by race, African American respondents indicated a greater mistrust of the healthcare community and increased tension between religious beliefs and scientific tenets. The survey results have informed the development of our updated educational materials; a manuscript detailing all the results is near completion.

A new video from Siteman Cancer Center explains the importance of diversity in clinical trials. It is available online at youtube.com/Siteman-CancerCenter. The video features PECaD faculty member, Dr. Lannis Hall.
The St. Louis Regional Breast Navigator Workgroup

The St. Louis Regional Breast Navigator Workgroup was established in 2010 based on a recommendation from the St. Louis Integrated Health Network Breast Cancer Referral Initiative and the PECaD Breast Cancer Community Partnership. The workgroup’s main goals are to improve communication among regional navigators and to develop more efficient and effective processes for breast cancer screening, referral, diagnosis, treatment, and survivorship. PECaD supports and underwrites the activities of the workgroup, including administrative and logistical support, securing facilitator time, and fostering progress on discussion topics for the purpose of aiding the group’s advancement.

Membership of the St. Louis Regional Breast Navigator Workgroup includes front-line navigator representation from breast health centers, community health centers, other nonprofit primary-care providers, cancer-related nonprofit organizations, the St. Louis Integrated Health Network, the Show Me Healthy Women Program (the Breast and Cervical Cancer Early Detection Program for Missouri), patient-advocacy organizations, and the St. Louis City and County Health Departments. Navigators travel from a 150-mile radius to attend the meetings, both from Missouri and Illinois.

The breast navigator workgroup continues to meet regularly with high attendance to uncover important issues and discuss potential solutions. The agendas and featured topics are selected by the navigators themselves.

Within the changing healthcare policy landscape, the navigators continue to work together to advocate for optimal breast health care for their patients. This workgroup is supporting participants in strategizing how to navigate patients in multiple contexts, including prohibitively high-deductible health plans, the lack of Medicaid expansion by the Missouri Legislature, and new multifaceted challenges as they arise.
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>July 2018</td>
<td>Genetic Risk for Breast Cancer: Testing Update</td>
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<td>April 2018</td>
<td>Accessing Care for Undocumented Patients</td>
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<td>Jan 2018</td>
<td>Motivational Interviewing</td>
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<td>Oct 2017</td>
<td>Breast Health for Women under 40</td>
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<td>July 2017</td>
<td>Team Based Care</td>
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<td>April 2017</td>
<td>Outreach for Breast Health at Non-Healthcare Locations</td>
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<td>Jan 2017 &amp; Oct 2016</td>
<td>Cultural Competency Training</td>
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<td>July 2016</td>
<td>Reconstructive Breast Surgery</td>
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<td>April 2016</td>
<td>Building Resiliency within Ourselves and our Patients</td>
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<td>January 2016</td>
<td>St. Louis Breast Cancer Disparities</td>
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<td>October 2015</td>
<td>Breast Screening: When to Stop?</td>
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<td>July 2015</td>
<td>Breast Pain</td>
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<td>April 2015</td>
<td>Breast Health Concerns for Young Women</td>
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<td>January 2015</td>
<td>Safety Network Resources for Primary and Specialty Care</td>
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<td>October 2014</td>
<td>Breast Density Legislation: Missouri Senate Bill No 639</td>
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<td>July 2014</td>
<td>Affordable Care Act: Updates and Navigating the System</td>
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<td>April 2014</td>
<td>Breast Cancer Genetic Risk</td>
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<td>January 2014</td>
<td>Breast Cancer Prevention</td>
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<td>October 2013</td>
<td>Breast Imaging Update: Tomosynthesis</td>
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<td>July &amp; April 2013</td>
<td>Navigator Motivational Interviewing Tools</td>
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<td>January 2013</td>
<td>Support Groups for Breast Cancer</td>
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<td>October 2012</td>
<td>Overcoming Fear as a Barrier to Breast Care</td>
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<td>July 2012</td>
<td>Caring for International Patients</td>
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<td>April &amp; January 2012</td>
<td>Primary Care for Breast Care Patients</td>
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<td>October 2011</td>
<td>Patient Navigation: Skills, History, Data</td>
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<td>July 2011</td>
<td>Breast Cancer Risk Assessment Tools</td>
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<td>April 2011</td>
<td>Mobile Mammography</td>
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<td>January 2011</td>
<td>Compassion Fatigue: Care for the Caregiver/Navigator</td>
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<td>October 2010</td>
<td>Nonprofit Resources: Komen</td>
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<td>July 2010</td>
<td>Tracking Breast Cancer Screening Referrals</td>
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<tr>
<td>April 2010</td>
<td>Current Breast Cancer Referral Processes</td>
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Above: The featured topics and schedule for the Breast Navigators Workgroup.
Left: Mary Shannon, a GUIA Program Coordinator at Casa de Salud in St. Louis presents “Accessing Care for Undocumented Patients” at Breast Navigators meeting on April 26, 2018.
The Prostate Cancer Coalition

The Prostate Cancer Coalition is a group of health care providers and survivors in the Saint Louis Region who have come together to advocate Smart Screening for African American men, and men with strong family histories of prostate cancer. PECaD has comprised its leadership and supported outreach efforts into the community. The Prostate Cancer Coalition supports the American Cancer Society’s position, that there should be a discussion about the risks and benefits of screening, beginning at the age of 45 for African American men and younger, if there is a strong family history. African American men have the highest incidence and mortality of prostate cancer of any ethnic and racial group. One in six men are diagnosed with prostate cancer and one in 23 men die of the disease. When prostate cancer is diagnosed at an early stage, survival is over 95 percent. The Prostate Cancer Coalition advocates educating physicians and the community about the importance of screening and early detection. Our outreach in the last calendar year includes:

(1) More than 18,600 people visited the Prostate Cancer Coalition’s website, prostatecancercoalition stl.org, in 2017, where they could access educational materials and search for a doctor or health fair.

(2) Through our unique partnership with RX Outreach, a pharmaceutical company that offers reduced cost prescriptions, we provided educational materials on the importance of prostate cancer screening to more than 8,000 Missourians annually. These educational materials are shipped along with prescriptions.

(3) More than 350 people attended events sponsored by the Prostate Cancer Coalition in 2017, where they could receive free screenings and/or informational materials, leading to more than 200 health screenings, including prostate cancer evaluations.

(4) More than 2,000 educational materials on prostate cancer were distributed to health centers, doctor’s offices, churches, and the community through health fairs to educate people about prostate cancer risks and screenings in 2017.

(5) We partnered with over 90 churches to provide prostate cancer education across the St. Louis Metropolitan area. This included 15 churches in which we gave an oral presentation, passed out educational materials, and engaged in a question and answer session. These churches have entered into an ongoing partnership with the Prostate Cancer Coalition.

(6) The Our Healthy Men Prostate Cancer Question and Answer Radio Show began airing in June 2018. PECaD’s Dr. Arnold Bullock and Dr. Lannis Hall hosted 14 shows to inform the community regarding specific issues related to the prostate gland and prostate cancer. The radio show airs weekly on Gospel1600 in St. Louis and has its own station on iHeart Radio and iTunes.

(7) A marketing and educational campaign targeting high risk neighborhoods continues with eight billboards each averaging 30,000 media impressions. The billboards encourage screening and seeking information on prostate cancer.

Left: A billboard from the Prostate Cancer Coalition sits at the intersection of North Hanley and St. Charles Rock Road in St. Louis City.
Quality Improvements and Research Updates

Overview

The current research projects within PECaD continue to make progress. These projects, their accomplishments, and next steps are summarized below.

Aimee James, PhD, MPH

The PECaD grant funded a randomized control trial to promote colon cancer screening in rural and urban federally qualified health centers. Using techniques from community-based participatory research, we evaluated the implementation and impact of evidence-based strategies for improving colorectal cancer, allowing health centers to choose from a menu of strategies.

New! Another paper describing insurance lapses has been submitted to a journal. Papers from our Photovoice for Colorectal Cancer screening grant are under review.

New! The Understanding and Addressing Cost-Related Non-adherence to Medication grant, funded by NIH, is ongoing. To date, we have spoken with nearly 300 patients and providers about financial strain and medication costs. Some of the patient data findings were presented at the AACR Science of Cancer Disparities meeting in September 2017.

New! Data from the Reducing Rural Colon Cancer Disparities Through Multi-Level Intervention on Follow-Up After Abnormal Screening Tests grant are being prepared for publication and have been presented at multiple conferences. The team is preparing a next-step grant to continue the intervention.

Vetta Sanders-Thompson, PhD

Developing and Validating Quantitative Measures to Assess Community Engagement in Research: Addressing the Measurement Challenge.

The goal of this Patient Centered Outcomes Research Institute (PCORI) grant is to address measurement of community engaged research and its impact. The project, funded in February 2017, began as a program monitoring and improvement effort of the Program for the Elimination of Cancer Disparities (PECaD). The project is currently recruiting participants for a year and a half study. Preliminary data will be available in 2018, with publications forthcoming in 2019. A related publication appeared in Translational Behavioral Medicine.

Citation: Goodman MS, & Thompson VLS. (2017). The science of stakeholder engagement in research: classification, implementation, and evaluation. Translational Behavioral Medicine, 1-6.
Completed Projects Update

Community Research Fellows Training (CRFT) Program

Principal Investigator: Vetta Sanders-Thompson, PhD (2016-current) and Melody Goodman, PhD (2012-2015)
Funding: National Cancer Institute at the National Institutes of Health (U54 CA153460 and U54 CA153460-03S2) and Siteman Cancer Center

The project promotes the role of underserved populations in the research enterprise by increasing the capacity for community-based participatory research (CBPR) between researchers, community-based organizations, and community health workers in the St. Louis area. This unique training program aims to enhance community knowledge and understanding of the research process so that community members can participate in research projects as equal partners to address disparities.

Accomplishments and Next Steps
A certificate ceremony and reception honoring 45 fellows that completed the Cohort I training was held on August 8, 2013. A certificate ceremony honoring the 38 fellows that completed Cohort II training was held on August 21, 2014. A certificate ceremony honoring the 19 Cohort III fellows was held on August 20, 2015. A certificate ceremony honoring the 25 Cohort IV fellows was held on August 17, 2017. Over 125 community fellows have completed the CRFT training since 2013.

The Patient Research Advisory Board (PRAB) consisting of CRFT alumni who serve in an advisory role to academic researchers on issues of community engagement and ethical considerations of research from a community perspective continues to meet monthly.

New! Four members of the PRAB continue to work with the St. Louis County Department of Public Health on their SAMHSA-funded ReCAST grant.

New! Findings from Unemployment and Mental Health CBPR pilot project on the mental health needs of unemployed, African American women with children has been submitted for review to a public health journal.

New! Four CRFT alumni currently serve on a national expert review panel for a PCORI-funded research project that examines community stakeholder engagement in research.

New! Plans are underway to offer another CRFT training in 2019. Applications will be due in March 2019.


Right: CRFT program directors, left to right, Drs. Melody Goodman; Graham Colditz; and Vetta Sanders-Thompson, at the 2018 CRFT Cohort IV graduation.
Publications and Presentations

Papers


Presentations

Hall L. “Breast and Prostate Cancer Health.” [Oral Presentation]. Smart Health Cancer Community Education Day. 2018 June 30; St. Louis, MO.

Wang J. “Colon Health: Learn About Your Colon and Colon Cancer.” Smart Health Cancer Community Education Day. 2018 June 30; St. Louis, MO.

Thompson VS. “8 Ways to Prevent Cancer.” Smart Health Cancer Community Education Day. 2018 June 30; St. Louis, MO.


Hall L. “The Importance of Achieving Diverse Participation onto Clinical Trials: Fulfilling Mandate of a NCI Comprehensive Cancer Center.” [Oral Presentation]. Missouri Academy of Family Physicians Annual Spring Conference. 2018 June; Camdenton, MO.

Colditz GA. “Narrowing the gap: Addressing Disparities in Breast Cancer in St. Louis Region and Beyond” [Oral Presentation]. Harvard University. 2018; Boston, MA.

Colditz GA. “Increasing Weight of Evidence on Adiposity and Chronic Disease, Perspectives from Cell to Society” [Oral Presentation]. UCLA CTSI Distinguished Speaker Series. 2018 Jan 31; Los Angeles, CA.

Colditz GA. “Prevention of Obesity-Related Cancer at Population Level” [Oral discussion]. American Association for Cancer Research Obesity and Cancer conference. 2018 Jan 30; Austin, TX.


Politi M. “Stakeholders’ perspective on decision making about breast reconstruction: Recognizing ways to improve shared decision making between clinicians and patients” [Poster presentation]. Society for Medical Decision Making Annual Meeting. 2017 Oct 22; Pittsburgh, PA.

Drake BF. “Prostate Cancer Prevention and Risk Information” [Oral presentation]. Shalom Health Fest 2017. 2017 Oct 14; St. Louis, MO.

Thompson Sanders V. “Eight Ways to Prevent Cancer” [Oral Presentation]. Siteman Cancer Center at Christian Hospital community event. 2017 Oct 7; St. Louis, MO.

Colditz GA. “Translating epidemiologic research to improved population health through global engagement” [Oral presentation]. The Annual Scientific Meeting of the Australasian Epidemiology Association. 2017 Sep 29; Sydney, Australia.

Drake BF. “Prostate Cancer Prevention and Risk Information” [Oral presentation]. 100 Black Men 15th Annual Community Health Day. 2017 Sep 23; St. Louis, MO.

Waters EA. “Know Your Risk” [Oral presentation]. Siteman Cancer Center at St. Peter’s Grand Opening Community Event. 2017 Sep 16; St. Peter’s, MO.

Toriola AT. “Breast Cancer Risk and Prevention Information” [Oral presentation]. Siteman Cancer Center at St. Peter’s Grand Opening Community Event. 2017 Sep 16; St. Peter’s, MO.

Wang J. “Colon Cancer Risk and Prevention Information” [Oral presentation]. Siteman Cancer Center at St. Peter’s Grand Opening Community Event. 2017 Sep 16; St. Peter’s, MO.
PECaD Community Partners

“PECaD has continued to grow in depth and breadth of community engagement. Our growth assures me that PECaD will continue to impact disparities in our community in the years ahead. Our increasing number of partnerships is fundamental to this success.”

- Graham Colditz, MD, DrPH, PECaD Program Director

• 100 Black Men of Metropolitan St. Louis
• Affinia Healthcare Health Centers
• American Cancer Society
• American Red Cross
• Betty Jean Kerr Peoples Health Centers
• National Cancer Institute (NCI), Cancer Information Service
• Caring Committed Faith Communities
• Christian Hospital
• City of Florissant, MO
• Clear Channel Radio, Health Connections, Inc.
• Colon Cancer Alliance Gateway Chapter
• Community Women Against Hardship
• Danny Bell Cancer Center
• Delta Area Economic Opportunity Corporation
• East Side Health District
• Faith Community Joined for Health
• Family Care Health Centers
• Henry R Willis, Sr. Colon Cancer Foundation
• Lane Tabernacle CME Church
• Missouri Bootheel Regional Consortium Inc.
• Missouri Delta Medical Center in Sikeston
• Missouri Foundation for Health
• Mound City Medical Forum
• Myrtle Hilliard Davis Comprehensive Health Centers

• New Madrid County Health Department
• Poplar Bluff Regional Medical Center
• Southern Illinois Health Care Foundation
• St. Louis City Health Department
• St. Louis City Public Libraries
• St. Louis County Department of Health
• St. Louis Effort for AIDS
• St. Louis News Channel 5 KMOV
• Stoddard County Health Department
• Susan G. Komen for the Cure® St. Louis Affiliate
• Susana Wesley Family Learning Center, Inc.
• The Breakfast Club, Inc.
• The Empowerment Network
• The St. Louis American Foundation
• The St. Louis American Newspaper
• The St. Louis Integrated Health Network
• The St. Louis Mens’ Group Against Cancer
• The St. Louis Regional Health Commission
• The Wellness Community
• Tobacco Free Missouri
• Smoke Free St. Louis City
• Young Choices, Inc.
• East St. Louis Monitor Newspaper
• Restoration Christian Community Church
• Native Women’s Care Circle
• Touchette Regional Hospital
Program for the Elimination of Cancer Disparities (PECaD)
siteman.wustl.edu/prevention/program-for-the-elimination-of-cancer-disparities
314-747-1109
pecad@wustl.edu

To learn more about the Siteman Cancer Center,
please call 1-800-600-3606 or visit siteman.wustl.edu.

Dr. Lannis Hall presents on breast and prostate health at PECaD’s 2018 Christian Hospital Smart Health event.