Program for the Elimination of Cancer Disparities (PECaD)

Annual Report to Stakeholders 2014-2015

Celebrating 10 Years of Impact

Published August 2015
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ABOUT THE PROGRAM FOR THE ELIMINATION OF CANCER DISPARITIES (PECaD)

Annual Report to 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. This report provides updates for ongoing work within PECaD from July 2014 to June 2015.

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.

Program Director

Graham A. Colditz, MD, DrPH

Niess-Gain Professor, Chief, Division of Public Health Sciences, Department of Surgery, Washington University School of Medicine; Associate Director of Prevention and Control, Siteman Cancer Center; and Deputy Director, Institute for Public Health at Washington University in St. Louis
**PECaD Staff**

Saffiyah Muhammad, MPH – *Program Coordinator*

Meera Muthukrishnan, MPH – *Research Assistant*

Katy Henke – *Media and Marketing Coordinator*

Jennifer Tappenden, RHIA – *Data Manager*

**Acknowledgements**

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

**Funding**

PECaD is funded by the National Cancer Institute at the National Institutes of Health (U54 CA153460), 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.
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 training strategies that will foster healthy communities and environments less burdened by cancer disparities.

In the ensuing 12 years, our greatest efforts have focused on expanding outreach to new communities and partners while enhancing current partnerships to better serve our community, which includes the Metro-East area of Illinois. Along the way we’ve consistently progressed and evolved while staying true to our mission and vision, to educate and engage our community on the importance of cancer prevention.

On the evening of Tuesday, September 15, 2015, we will celebrate the accomplishments of PECaD, honor those who have worked diligently to reduce cancer disparities, and provide our community members and partners an opportunity to reflect on the range of activities that PECaD has initiated to reach out to the community. We are excited for this wonderful occasion as we journey into the next phase of PECaD.

From the PECaD Co-Chairs:

“PECaD’s commitment to reducing disparities in cancer education, prevention and treatment over the past ten years has helped to create informed and healthy communities. When the community understands their health and the importance of healthy living, it creates a model for healthy behavior.”

Maranda Witherspoon, MPPA Community Co-Chair

“PECaD has grown tremendously. The increasing depth and breadth of faculty and community engagement, together with new opportunities assure me PECaD’s impact will continue to grow. Securing continuing funding has been a major achievement”

Graham Colditz, MD, DrPH Academic Co-Chair
LEADERSHIP UPDATES

Overview

Our community advisory committee, the Disparities Elimination Advisory Committee (DEAC), serves as our 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 the Internal Scientific Leadership Team work closely with community partners and our cancer community partnerships to shape our cancer site-specific programmatic strategies.

In the Fall of 2014, we welcomed our new Program Coordinator, Saffiyah Muhammad, MPH. Ms. Muhammad completed her Master of Public Health from Saint Louis University in 2011. With PECaD, she coordinates many outreach activities and collaborates with the cancer center outreach personnel. Ms. Muhammad and PECaD have taken the lead responsibility in outreach and community engagement within the most underserved parts of our catchment areas. PECaD also welcomed Saint Louis University School of Public Health practicum students, Danielle Boyd and Emir Kandzetovic in Fall of 2014 and Washington University in St. Louis George Warren Brown School of Social Work practicum students Sarah Smith and Jessica Merrick in Summer 2014 and Spring 2015, respectively.

Left to right: Danielle Boyd, Emir Kandzetovic, and Saffiyah Muhammad.
In Spring 2015, PECaD developed new partnerships and emerging partnerships with several community organizations in East St. Louis, Illinois. Our Program Coordinator has helped PECaD gain new partnerships with Alpha Kappa Alpha Sorority, Incorporated, Innovative Concept Academy, East St. Louis Housing Authority, Southern Illinois Healthcare Foundation, East Side Health District, and multiple faith-based organizations that span across the St. Louis metropolitan area and Metro-East.

Above: PECaD members discuss cancer screening and prevention at a Community Health Fair event in January 2015
## Current DEAC Membership

### Academic and Community Co-Chairs

<table>
<thead>
<tr>
<th>Name</th>
<th>Title/Position</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, MPPA</td>
<td>Program Officer, Missouri Foundation for Health</td>
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### Community Members (Voting)

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<thead>
<tr>
<th>Name</th>
<th>Title/Position</th>
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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>Pamela Jackson, RN, BSN, MA</td>
<td>Community Volunteer &amp; Advocate</td>
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<tr>
<td>Sherrill Jackson, RN, CPNP, MSA</td>
<td>President, The Breakfast Club; Certified Pediatric Nurse Practitioner, Betty Jean Kerr People’s Health Centers, Inc.</td>
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<tr>
<td>Veronica Richardson, RN, MSN, MBA</td>
<td>Vice President of Quality Improvement, Affinia Healthcare (formerly Grace Hill Neighborhood Health Centers)</td>
</tr>
<tr>
<td>Donald Suggs, DDS</td>
<td>Founder &amp; Owner, St. Louis American Newspaper</td>
</tr>
<tr>
<td>Galen Gritts</td>
<td>Community Ambassador, Kathryn M. Buder Center for American Indian Studies at Washington University; Community Volunteer</td>
</tr>
<tr>
<td>Rev. Donna Smith-Pupillo, RN</td>
<td>Executive Director, Deaconess Faith Community Nurse Ministries</td>
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### Academic/Institutional Members (Voting)

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<th>Name</th>
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<tr>
<td>Sarah Gehlert, PhD, MSW, MA</td>
<td><em>E. Desmond Lee Professor of Racial and Ethnic Diversity, Washington University George Warren Brown School of Social Work</em></td>
</tr>
<tr>
<td>Melody Goodman, PhD</td>
<td><em>Assistant Professor, Division of Public Health Sciences, Department of Surgery, Washington University School of Medicine</em></td>
</tr>
<tr>
<td>Lannis Hall, MD, MPH</td>
<td><em>Director of Radiation Oncology, Siteman Cancer Center at Barnes-Jewish St. Peters Hospital; Assistant Professor, Washington University School of Medicine</em></td>
</tr>
<tr>
<td>Aimee James, PhD, MPH</td>
<td><em>Associate Professor, Division of Public Health Sciences, Department of Surgery, Washington University School of Medicine</em></td>
</tr>
<tr>
<td>Vetta Sanders Thompson, PhD</td>
<td><em>Professor, Washington University George Warren Brown School of Social Work</em></td>
</tr>
<tr>
<td>Molly Tovar, EdD</td>
<td><em>Director, Kathryn M. Buder Center for American Indian Studies, Brown School of Social Work, Washington University</em></td>
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COMMUNITY PARTNERSHIP 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 health care organizations, representatives of community-based organizations, and academic faculty members and staff. Partnership members meet regularly to review progress and refine goals and projects as needed.

We have three site-specific community partnerships — breast cancer, colorectal cancer and prostate cancer. Each group has actively participated in notable activities that have advanced PECaD’s mission.

Breast Cancer Community Partnership

The Breast Cancer Community Partnership (BCaP) expanded outreach efforts to North County breast cancer survivors, increasing access to programs and services designed to assist survivors in leading healthier lives. The BCaP remains engaged with the academic community and local community organizations. BCaP members identified programs available to the community; however, it was noted that many programs are underutilized. Multiple reasons for underutilization were identified including location of programming and lack of community member and provider knowledge. A subcommittee continues to address the issue of underutilization of services available to survivors. The subcommittee drafted a plan to market existing programs to the community and bring current programming into the communities that are in greatest need of services. The subcommittee decided to focus on “Life after Survivorship” with the theme “Engaging the Community, Empowering Survivors.”
As a result, the BCaP agreed that the Return to Wellness (RTW) program would provide an excellent pilot program opportunity for reaching survivors in North County. PECaD’s partner, Cancer Support Community of Greater St. Louis, had already received funding to launch RTW in North County, so PECaD was able to join this effort and assist with programming and logistics. RTW was offered at K.I.S.S. Fitness in Florissant, which is owned by a new PECaD volunteer. The purpose of this seven-week program was to empower breast cancer survivors, provide opportunities to connect with other survivors, and learn about healthy lifestyle choices. The program included educational workshops, support group discussions, and gentle exercise. Mikki Brewster, Dr. Vetta Sanders-Thompson, Dr. Denise Hooks-Anderson, and Dr. Lannis Hall each spoke to the survivors during the program. RTW North County was a huge success, with 14 participants (enrollment is generally 10 to 12 people) and several waitlisted participants. Cancer Support Community of Greater St. Louis is seeking additional funding and plans to partner with PECaD’s BCaP to implement the program again in fall 2014.

PECaD also supports Sista Strut, the largest African American breast cancer rally and 3K walk in the United States. For the past 4 years, PeCaD has provided educational materials and speakers at the rally and pre-rally events. Each year a portion of the proceeds from the event has been donated to Siteman Cancer Center for research and community outreach. PECaD has also provided educational materials and speakers for the annual symposium of several breast cancer advocacy groups in the St. Louis community. These groups include Valeda’s Hope, the Black Women and Breast Cancer Survivor Project and the Breakfast Club.

The Community Partnership Center, originally funded by Susan G. Komen for the Cure, has held a series of events for survivors who live in the Wells, Goodfellow, Kingshighway neighborhood. These include a yearly Mother-Daughter brunch with speakers, a talk by Dr. Sarah Gehlert on breast cancer mortality disparities, and two sessions on lymphedema and its treatment. In addition, a program on breast cancer was held at Gateway High School, with Drs. Lannis Hall speaking. Survivors from the neighborhood helped plan and prepare African head clothes to distribute to area hospitals for women undergoing chemotherapy. They also participated in the preparation of a YouTube video on minimizing the effects of breast cancer-related lymphedema with Dr. Gehlert and the Lymphedema Management program at Washington University for distribution to women whose insurance will not cover formal lymphedema treatment.

The BCaP is also developing a breast cancer resource guide that will be accessible to survivors and those going through treatment. The resource guide includes information...
about screening opportunities, treatment and support services, such as transportation and medication assistance.

Prostate Cancer Community Partnership

In the past year, the Prostate Cancer Community Partnership (PCCP) has partnered with local community groups and churches to provide education, screening, and resources to primarily high risk and underserved communities. The PCCP partnered with 100 Black Men on their first community education day to provide education and screenings in August of 2014. The partnership will again be working with 100 Black Men during the community education day September 12, 2015. One new partnership that the PCCP worked with during the past year was the city library. The PCCP was able to provide education and resources during the library’s “Movember” event promoting men’s health throughout the month of November. The community outreach and screening events are made possible with additional funding secured from The St. Louis Men’s Group Against Cancer. Additionally, the group has expanded its membership to include new members from Kathryn M. Buder Center for American Indian Studies at Washington University. One of the goals of the PCCP was to support navigation of men through the screening and treatment process. The PCCP is now supporting a new initiative with Siteman Cancer Center to bring patient navigation, similar to the breast cancer patient’s navigation, to high-risk prostate cancer patients in the region. Another effort involving Drs. Drake and Hall, Siteman Cancer Center, and members of the PCCP is the recently established Prostate Cancer Coalition. The Prostate Cancer Coalition advocates for “Smart Screening” to raise the awareness of PSA screening in high risk men through campaigns targeted at healthcare offices, clinics, and health events in the community and supported by healthcare providers and survivors from the St. Louis Region.
Colorectal Cancer Community Partnership

The Colorectal Cancer Community Partnership (CCCP) has continued its outreach efforts this year by participating in health fairs, planning and implementing community education events, and distributing a colon cancer resource guide for the St. Louis Metro and Metro-East community. The CCCP continued to do outreach to the Latino community. In October 2014, the CCCP participated in a community health fair for the Hispanic population by providing information on colon, breast and prostate cancer and showing the interactive models. In March 2015, three PECaD research assistants attended St. Francis Community Services’ (formerly known as Catholic Charities Southside) Amigas Latinas group, a weekly meeting of Latina women who discuss and learn about issues pertinent to their community. The “Cancer 101” PowerPoint developed by a former practicum student in 2013 was translated and presented in Spanish to the Amigas Latinas group.

In February 2014, Drs. Jean Wang and Evelyn Marquez-Mello approached the CCCP to help with the creation of a colon cancer video that would promote screening. The video was part of a research study to see its effectiveness on increasing screening rates for BJC Primary Care Clinic patients. A few CCCP members were featured in the video and the entire group helped in the editing process which took place over the next year. The final seven minute video was shown at the colon cancer community education events in April and July 2015.

“Smart Health- Knowledge is Power: Learning about Your Colon Health” took place on April 25, 2015 in North St. Louis. Forty-five attendees enjoyed learning about ways to stay active and prevent colon cancer. The event provided access to local doctors, researchers, and health professionals through panel discussions and a “Meet the Expert” lunch. Attendees regarded the presenters and the information gained as the highlight of the day, and rated the entire event very highly. Planning for a community education event to be held in East St. Louis, Illinois, started in March of 2015 with the help of local agency partners and took place in July 2015.

The Colon Cancer Resource Guide was completed this year with the help of BJC Creative Services. Over 350 guides have been distributed to organizations such as the American Cancer Society, federally qualified health centers, gastroenterologist and colon and rectal surgery offices, and the nurse ministry community. The second re-printing of the guide is underway which will allow greater distribution to underserved community members. CCCP continued to boost its membership by adding representatives from Affinia Healthcare
(formally Grace Hill Health Center) and Gateway Digestive and Liver Center as well as representatives from East St. Louis.

Left: The cover of CCCP’s Colon Cancer Resource Guide
OUTREACH AND EDUCATION UPDATES

The key goals of PECaD’s Community Outreach and Education Program 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
- Enhance community health and access to quality cancer care and health information

Newspaper Campaign

Our longstanding tradition of placing cancer prevention education ads in The St. Louis American newspaper continued in 2014-2015. Through this outreach platform, PECaD reaches nearly 245,000 readers each week.

The latest 10-month campaign featured people involved with PECaD (academic faculty, staff and community members) sharing stories of their work or experience with cancer. These relatable and personal stories tied back to one of the key cancer prevention messages that PECaD wanted to share to the newspaper readership.

Each ad ran twice per month, once in the general news section and once in the Health Matters section. An advertorial column in Health Matters provided additional space to tell the person’s story, share more about PECaD, and provide cancer prevention information and resources.

In March 2015, all of the ads from this campaign ran together in a special 8-page insert. The insert included information about PECaD’s mission and the Eight Ways to Prevent Cancer. Click here to view the insert online. Moving forward in 2015, we plan...
to partner with newspapers in East St. Louis and the surrounding areas for visibility within the Illinois community.

Additional Examples of Ads from our Newspaper Campaign
Outdoor Billboard Campaign

In 2013, PECaD ran its first prevention campaign using outdoor billboards. This high-impact campaign was continued in 2014. This platform gives us the benefit of targeting cancer prevention messages in zip codes with historically high rates of cancer disparities, and the twelve-week run time provides the added benefit of message repetition. In fact, the billboards had an estimated **10,295,380 impressions** over the twelve-week run.

The sixteen billboards — 11x30 feet each — went up in early August 2014 at major intersections or prime visibility spots in North St. Louis City and North County. There were three different billboard designs, each using a person from our newspaper campaign to create continuity and increase the likelihood of recognition across platforms.
Stay Connected! Read the PECaD Newsletter

Through our quarterly newsletter, STL Connection, we continue to provide program information and updates with the nearly 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 August and October 2014 as well as February, April and August 2015. Our next upcoming issue will be in November 2015.

If you would like to add someone to our newsletter distribution list, email pecad@wudosis.wustl.edu.
On Saturday, April 25th, 2015, PECaD hosted its free community event, Smart Health-Knowledge is Power: Learning about YOUR Colon Health. The event was held at Innovative Concept Academy, formally known as Blewett Middle School, and impacted 52 members from the surrounding community and metropolitan area. With the support of the CCCP and a supplement grant awarded to Dr. Aimee James, this event marked their 2nd community education event in St. Louis, MO.

The event hosted 30 to 45 minute break out sessions which included:

- Fact or Fiction: Colon Cancer
- Colon Health
- Frugal Fitness
- 8 Ways to Prevent Cancer
- Healthy Cooking Demonstration
- You’ve Been Diagnosed: Now What?
- Research and YOU
What was most exciting was that attendees had the opportunity to talk informally with doctors and facilitators over the “Meet the Expert” lunch. This provided a more intimate and comfortable environment for participants to ask questions that might not have been asked in an open setting.

PECaD and the CCCP would like to thank Alpha Kappa Alpha Sorority, Inc. for their volunteerism, Judge Jimmie Edwards for offering Innovative Concept Academy as the event space, our presenters, Drs. Damon Clines, Sean Glasgow, Jean Wang, Vetta Sanders Thompson, ShaNeco Tori Fennoy, Lori Jones, Danielle Hodges, Michelle Dougherty, and Harvey Ferdman, and the community members who attended this very informative event. The collaboration among these individuals made the event a big success.

Public Libraries in St. Louis City and County

In preparation for the Saint Louis Public Library’s (SLPL) 2015 “Speaker’s Series”, SLPL, along with their community partners, sought out to collaborate on ideas for potential topics and demonstrations. As vested community partners of SLPL, PECaD was able to provide the recommendation that ideas for the 2015 program planning should come directly from the residents of the communities served by each of the five library branches.

Surveying the community members proved to be very successful, in that, a total of 564 surveys were completed and collected in just two weeks. The results from the survey concluded that individuals are most interested in the topics of Exercise, Budget-Friendly Nutrition, and Food Myths and Safe Dieting. Survey totals for demonstrations were most popular for Stress Relief, Healthy Cooking: Quick Meals, and Healthy Cooking: Budget Friendly.

During the most recent CHISS Committee meeting, the overall results of the survey were closely analyzed. From that, it was determined that the top two presentation topics, Exercise and Budget Friendly Nutrition, and most popular demonstration topic, Stress Relief, should be the focus for the 2015 programs.
In order to increase participation from members of the community, the original program format will shift from traditional speaking presentations to interactive presentations, punctuated by short speaking segments. Several ideas were shared; ultimately, it was decided that emphasis would be geared towards the concept of “portable presentations”. The portable presentations will be done multiples times throughout the various library branches.

More in Library Partnership News...

In the Annual Report to Stakeholders 2013-2014, we featured project information on health information kiosks that are located at five Saint Louis Public Library (SLPL) branches. This project is the result of PECaD’s library partnership with SLPL and the Becker Medical Library (BML) at Washington University School of Medicine. The purpose of the health information kiosks is to enhance the availability of consumer health information, pertaining to cancer prevention and other health disparities. The kiosks are fully stocked with cancer education pamphlets, i.e. “8 Ways to Prevent Cancer” and other pertinent health information.

By placing these kiosks in the convenience of the local libraries, PECaD has the ability to capture a broader and diverse audience, with prevention messages, in hopes of eliminating cancer and other prevalent health disparities in the community we serve. Currently, five St. Louis Public Library branches, Buder, Carpenter, Central, Schlafly, and Julia Davis, operate Health Information Library Kiosks.
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 (IHN) 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.

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<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 + April 2013</td>
<td>Motivational Interviewing for Navigators</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 + 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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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, from Missouri and Illinois.

The St. Louis Regional Breast Navigator Workgroup, PECaD, the Breast Health Center, and the Division of Public Health Sciences, Department of Surgery, are working together with organizations in the Bootheel region as direct response to requests to establish a workgroup in that area. As a result of this team effort, a regional breast navigator workgroup has been established in the Bootheel. PECaD’s role is to advise and support, providing an explanation of patient navigation, an overview of how the St. Louis Regional Breast Navigator Workgroup began and currently operates in St. Louis, and assist as the Bootheel determines which local partners need to be at the table. Over the last eight months, PECaD and the St. Louis Regional Breast Navigator Workgroup have worked in the Bootheel to coordinate navigation efforts across organizations in an effort to better serve members of that community. These coordinated efforts assist in reducing barriers for community members to receive the care they need. Bootheel regional breast navigator workgroup meetings are held bi-monthly, and PECaD will continue to serve as a support for this region in years to come.

Also, during the initial implementation of the Affordable Care Act, the navigators will continue to work together to advocate for breast health care for their patients. This workgroup will support participants in figuring out how to navigate patients in multiple contexts, including prohibitively high-deductible health plans, the lack of Medicaid expansion by the 2014 Missouri Legislature, and new challenges as they arise.
PECaD in the Community: NEW Events and Outreach

This year, PECaD expanded outreach efforts to include several new events. These new platforms are building bridges with a wider array of community partners with the hope of spreading our cancer prevention and health disparity messages even farther.

On August 2, 2014, PECaD participated in the 2014 Back to School & Community Empowerment Festival. This event focused on general cancer prevention information and was primarily for low-income families in the community. Dr. Vetta Sanders Thompson spoke to radio listeners, on cancer prevention, particularly the 8 Ways, during this event.

On October 12, 2014, two PECaD research assistants, Suzanne Lino Camacho and Noemi Lopez, participated in the Latino Health Fair which took place in St. Cecilia’s Church. Two-hundred and forty-six attendees benefited from free blood pressure, blood sugar, and cholesterol checks as well as information from various community organizations. PECaD provided educational materials in Spanish regarding breast, colon and prostate cancer, and talked to attendees about those cancers using interactive models.

Speaker’s Series: See No Evil, Speak No Evil: The Story Your Eyes and Mouth Tell about Your Health took place on October 28, 2014. The Speakers’ Series is designed to bring medical & public health professionals in addition to pharmacists and local community organizations together to share accurate, up-to-date health information with community members and answer any questions community members may have. The Speakers’ Series seeks to identify the library, a staple in the community, as a key resource for health information. The provision of prostate screenings is directly linked to PECaD’s focus of eliminating cancer disparities in this region. Men from underserved/underinsured communities were screened and provided the opportunity to connect with a Siteman physician to receive care and treatment, if needed, regardless of their ability to pay. The hope is that this will lead to a reduction in cancer mortality rates among high risk groups in our region.

PECaD’s Prostate Cancer Community Partnership member, Raymond Marbury, attended the Movember Mini Health Fair for Men’s Health Awareness Month at SLPL Central Library on November 12, 2014. The Library hosted a mini-health fair (just the three tables) focusing on men’s health issues, specifically prostate cancer, testicular
cancer, and mental health. These three topics are the focus of the Movember Foundation, an international non-profit organization that uses the growing of moustaches throughout the month of November to raise awareness to men’s health issues, and the Library’s partner in our Movember programming. PECaD provided various educational material on prostate cancer prevention and screening.

PECaD joined the annual WUSM Health Happenings Fair on January 30, 2015. This event was open to all Washington University Employees and the public. During this event, PECaD provided a wealth of information pertaining to colon, breast, and prostate cancer. Practicum students, Danielle Boyd and Emir Kandzetovic, had the opportunity to interact with attendees and guide them through the use of our hands-on education models.

PECaD along with Siteman Cancer attended Southern Illinois University-Edwardsville Black Heritage Month Health and Culture Fair on February 12, 2015. This event provided us the opportunity to interact with college students. We provided information on breast, prostate, and colon cancer. Most attendees were really interested in the importance of screening and the cancer models that were on display.

On March 14th, 2015, the Cancer Agencies Network (CAN) sponsored the annual Cancer Wellness Event. One hundred and thirty-five people were able to attend six different breakout sessions about survivorship and wellness while living with cancer. PECaD was one of the 33 booths in the resource area that offered information from the greater metropolitan area. PECaD research assistant, Suzanne Lino Camacho, practicum student Jessica Merrick, and CCCP member Bianca Smith gave people information on colorectal, breast, and prostate cancer. Many were interested in our colon and prostate models and were very eager to learn more about PECaD’s activities.

St. Francis Community Services hosts a weekly group for Spanish speaking women interested in discussing and learning about issues that are important to the Hispanic community, called Amigas Latinas. On March 26, 2015, three PECaD research assistants, Suzanne Lino Camacho, Noemi Lopez, and Dayana Delgado presented “Lo Básico de Cáncer” a translation of the Cancer 101 presentation first developed by a PECaD practicum student. Twelve engaged community members learned about colon, lung, and breast cancer as well as ways to prevent these diseases.
On March 28, 2015, the 7th annual St. Louis Undy Run/Walk was held at Forest Park. Over 2,000 individuals participated this year, and successfully raised nearly $150,000 which will go towards the Colon Cancer Alliance. PECaD and Siteman held an educational booth and even displayed an interactive colon model for people to learn more about the disease. Overall, the Undy Run/Walk was a successful event and we cannot wait to participate again in 2016.

Left: An inflatable colon was used during the St. Louis Undy 2015 Run for event attendees to see disease in the colon.
QUALITY IMPROVEMENT & RESEARCH UPDATES

Overview

The current research projects within PECaD continue to make progress. These projects, their accomplishments, and next steps are summarized on the following pages. PECaD also has one new spin-off grant:

James, A. Supplemental funding awarded under PECaD parent grant to expand network of partners in the Colorectal Cancer Partnership, conduct priority-setting exercises with partners, develop a resource guide on colorectal cancer, and conduct colorectal cancer outreach activities, tying the Supplement activities to the Full Research Project. $65,000 total. 9/1/2014 to 8/31/2015.

Completed Project Updates

A Systems-Level Intervention to Increase Colorectal Cancer Screening in Community Health Centers

Principal Investigator: Aimee James, PhD, MPH
Funding: National Cancer Institute at the National Institutes of Health (U54 CA153460-7717 and U54 CA153460-05)
Timeline: 2010 to present

This project works with safety-net health centers in St. Louis City and St. Louis County in Missouri, in East St. Louis/St. Clair County in Illinois, and in the Bootheel region of Missouri. This is a randomized control trial testing the effectiveness of community health center-selected, systems-level, evidence-based interventions for increasing rates of colorectal cancer screening.
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<th>ACCOMPLISHMENTS</th>
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<tr>
<td>✓ Eleven health centers recruited for randomization</td>
<td>□ Analyze data to determine program effects.</td>
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<tr>
<td>✓ Organizational assessments and interviews completed</td>
<td>□ Continue exit surveys and provider surveys</td>
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<tr>
<td>✓ Highly-tailored intervention implementation menus offered to each health center</td>
<td>□ Share findings with partners, local stakeholders, and national science community.</td>
</tr>
<tr>
<td>✓ Colon cancer screening interventions implemented at all intervention health centers</td>
<td>□ Continue study of intervention dissemination</td>
</tr>
<tr>
<td>✓ Exit surveys with the health centers have been started to assess implementation and perceptions of the intervention and the study</td>
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<tr>
<td>✓ <strong>NEW!</strong> Completed participant recruitment and follow up at first eleven health centers</td>
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<tr>
<td>✓ <strong>NEW!</strong> Recruited two new health centers from Kansas City, MO</td>
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<tr>
<td>✓ <strong>NEW!</strong> Oral presentation at AACR Science of Cancer Disparities Meeting</td>
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Using Photovoice to Engage Community Members About Colorectal Cancer Screening

Principal Investigator: Aimee James, PhD, MPH  
Funding: National Cancer Institute at the National Institutes of Health  
(R21 CA147794)  
Timeline: 2011 to 2014

This project used a participant-driven approach in which community members are provided with cameras to capture images relevant to colorectal cancer screening. The community-selected images and narratives gathered from this study can be built upon for future community-based studies and outreach to promote cancer screening and eliminate colorectal cancer disparities.

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<td>✓ Full Photovoice process completed by three groups of people</td>
<td>□ Continue to identify local sites for displaying posters</td>
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<tr>
<td>✓ Reception and showcase of Photovoice images open to the public; attended by 50 people</td>
<td>□ Continue to disseminate findings from the research study</td>
</tr>
<tr>
<td>✓ Images and messages integrated into PECaD outreach activities</td>
<td>□ Educate other researchers about Photovoice methodology</td>
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<tr>
<td>✓ NEW! Paper in press in Qualitative Health Research.</td>
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Left: A participant’s Photovoice poster depicting screening burn-out.

I've had so many false alarms, I'm starting to get screening burn-out. There was the negative cervical biopsy nine years ago, the negative breast biopsy four years ago, the suspicious mole that turned out to be benign... It's hard to keep going through those emotions, over and over again. I'm tired of it.

So there was a part of me that didn't want to start getting colonoscopies, just didn't want to open that mysterious bag and see where I was going. But I did it anyway, which is what you do when you're a responsible grown-up and all that, right?
Community–Based Participatory Approach to Improving Breast Cancer Services for Women Living in St. Louis

Principal Investigators: Sarah Gehlert, PhD (pictured) and Graham Colditz, MD, DrPH
Funding: Susan G. Komen For The Cure®: Vulnerable Community Grant
Timeline: 2011 to 2014

Using a variety of information sources, this project aimed to understand disruptions in the course of breast cancer treatment as a possible explanation for excessive breast cancer mortality in North St. Louis. In collaboration with four local community partners (Betty Jean Kerr People’s Health Centers; Committed Caring Faith Communities; Christian Hospital; and Women’s Wellness Program of the Saint Louis Effort for AIDS), this project sought to enhance community trust by creating an established presence in the community. One publication has been submitted, one is under review and one is about to be submitted.

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<td>✓ Community Partnership Center continues to serve the community</td>
<td>□ Continue presentations on health topics in schools, churches, and community-based organizations</td>
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<tr>
<td>✓ Established a breast cancer survivor support group with monthly brunch meetings</td>
<td>□ Collaborate with the City of St. Louis Department of Health on programs and interventions based on findings which allows expansion of breast cancer support groups to work on positive messages and outreach</td>
</tr>
<tr>
<td>✓ NEW! Funding from SCC/Sista Strut to create informational lymphedema DVD for women on Medicaid used in Breast Clinic (in partnership with the Lymphedema Management Program at the Washington University School of Medicine) and make available colorful African head wraps for women undergoing chemotherapy</td>
<td>□ Collaborate with stakeholders to support breast cancer navigation services</td>
</tr>
<tr>
<td>✓ NEW! Global Health fellowship placement for Washington University undergraduate student Gina Phillips and subsequent senior honors thesis</td>
<td>□ Publication “Patterns and Determinants of Breast Reconstruction after Mastectomy at a National Cancer Institute-Designated Comprehensive Cancer Center” (Connors, Goodman, Noel, Gehlert) to be submitted in August</td>
</tr>
<tr>
<td></td>
<td>NEW! Breast cancer treatment delay disparities project using Group Model Building with City of St. Louis Department of Health (Hovmand, Williams, &amp; Gehlert)</td>
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*Right:* Women at the breast cancer survivor support group.
Program for the Elimination of Cancer Disparities (PECaD)

Community Research Fellows Training Program

Principal Investigator: Melody S. Goodman, PhD
Funding: National Cancer Institute at the National Institutes of Health (U54 CA153460 and U54 CA153460-03S2) and Siteman Cancer Center
Timeline: 2012 to 2015

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.

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<tr>
<td>✔ Certificate ceremony and reception honoring 45 fellows that completed the training (Cohort I) on August 8, 2013</td>
<td>□ Conduct follow-up interviews with Cohort III participants</td>
</tr>
<tr>
<td>✔ Community Advisory Board that meets quarterly and includes five Cohort I fellows and one Cohort II fellow</td>
<td>□ Release findings from New Face of Homelessness CRFT CBPR pilot project on the health needs of homeless women ages 45-64</td>
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| ✔ NEW! Provided technical assistance for the development of a Patient Research Advisory Board 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 | □ Program expansion:  
  • The CRFT program has been implemented in Mississippi with a first cohort of 25 completing the program in December 2014.  
  • CRFT-MS will start training a second cohort of fellows in September 2015.  
  • We are working with sites in Nashville, TN and Indianapolis, IN to adapt the program. |
| ✔ NEW! Certificate ceremony honoring the 38 fellows that completed Cohort II training was held on August 21, 2014 | |
| ✔ NEW! Nineteen community research fellows completed cohort III (2015) training   | |

NEW! Certificate ceremony honoring the 38 fellows that completed Cohort II training was held on August 21, 2014

NEW! Nineteen community research fellows completed cohort III (2015) training
NEW! A certificate ceremony honoring the 19 Cohort III fellows was held on August 20, 2015

NEW! Over 100 community fellows have completed the CRFT training in 3 years

Above: Cohort II community research fellows, Drs. Eberlein, Colditz, Goodman, at the August 2014 ceremony.
Preferred Consent Models for Secondary Uses of Biospecimens Among Diverse Women

Principal Investigator: Bettina F. Drake, PhD, MPH (pictured) and Kim Kaphingst, ScD
Funding: National Cancer Institute at the National Institutes of Health (U54 CA153460-03S1)
Timeline: 2012 to present

This project investigates preferences for models of informed consent for secondary research uses of biospecimens among a racially and socioeconomically diverse sample of women. This supplemental project builds upon PECaD resources and existing collaborations with community organizations. A partnership with Siteman Cancer Center and The Breakfast Club, Inc. has been created to recruit women who have used breast health services in the past.

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<tr>
<td>✓ Created three plain language materials to supplement informed consent process</td>
<td>□ Analysis of collected data</td>
</tr>
<tr>
<td>✓ Presented data about designing plain language consent materials at a local</td>
<td>□ Prepare research findings for publication</td>
</tr>
<tr>
<td>educational fair</td>
<td>□ Present research findings at both local and</td>
</tr>
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<td></td>
<td>national conferences</td>
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<tr>
<td>✓ NEW! 359 participants have completed the randomized aim; accrual goal has</td>
<td></td>
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<tr>
<td>been reached</td>
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<tr>
<td>✓ NEW! Final data collection has been completed</td>
<td></td>
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<td>✓ NEW! Shared research findings with both community and organizational</td>
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<tr>
<td>stakeholders</td>
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<tr>
<td>✓ NEW! Article in-press about women’s preferences for models of consent</td>
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35
Above: Plain language brochures describing a model of informed consent
Evaluating the Impact of PECaD

Principal Investigator: Cassandra Arroyo-Johnson, PhD
Funding: National Cancer Institute at the National Institutes of Health (U54 CA153460 and U54 CA153460-03S2)
Timeline: 2014 to present

The purpose of this pilot project is to work with the PECaD Evaluation Team to develop an evaluation plan that fits within the PECaD framework. The goal is to (1) provide a detailed evaluation of PECaD’s program, project, outreach, and training activities that are required by the funding agency; and (2) Estimate CBPR impact on improving health in the region.

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<td>✓ NEW! Manuscript published in <em>Progress in Community Health Partnerships</em> comparing CBPR Surveys from PECaD and the Minnesota CNP</td>
<td>□ Distribute 2015 PECaD CBPR Survey to all PECaD members</td>
</tr>
<tr>
<td>✓ NEW! 2013 PECaD CBPR Survey results presented to DEAC</td>
<td>□ Validation of Community Engagement Scores scale</td>
</tr>
<tr>
<td>✓ NEW! Manuscript in progress on PECaD CBPR effectiveness and Mistrust of Medical Researchers</td>
<td>□ Evaluate partnership progression since PECaD 1</td>
</tr>
<tr>
<td>✓ NEW! 2015 PECaD CBPR Survey developed</td>
<td>□ Compare results of 2015 survey with 2011 and 2013 surveys</td>
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<td></td>
<td>□ Estimate CBPR impact on PECaD outcomes.</td>
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**TRAINING PROGRAM UPDATES—POST Docs**

PECaD’s Transdisciplinary, Community-Based Participatory Research Training Program is designed to produce accomplished researchers capable of using the tools of community-based, clinical and basic research to establish independent research programs in the service of underserved patients and communities. Led by Drs. Sarah Gehlert and Aimee James, trainees engage in meaningful professional development activities, including a Research Methods Workshop Series, Transdisciplinary Journal Club, Works in Progress, and more.

The PECaD postdoctoral training program has over a dozen trainees (including both postdocs from our formal training program and other young researchers who have participated in PECaD projects).

**NEW!** We received a grant from the National Cancer Institute to support Postdoctoral Training in Cancer Prevention and Control (T32 CA190194; PI: Graham Colditz, MD, DrPH; Training Director: Aimee James, PhD, MPH)

**NEW!** A paper was published in *The Journal of Cancer Education* in 2014 describing our training program. Entitled, “A framework for training transdisciplinary scholars in cancer prevention and control”, the paper is available for download.

**Trainee: Jean Hunleth, PhD, MPH**

**Mentor:** Dr. Aimee James

**Research Interests:** Dr. Hunleth is interested in addressing health inequities in the St. Louis region and globally through community-engaged and contextually-rich research. The goal is to identify and interrupt the social and economic processes that underpin disparities in cancer-related mortalities. Her approach is informed by more than ten years of work on health-related interventions and anthropological research projects in Zambia. Dr. Hunleth’s research in Zambia included an 18-month ethnographic and participatory research project with children, in which she examined children’s roles in caring for adults who suffered from TB and HIV. As both a practitioner and researcher, Dr. Hunleth is dedicated to translating local knowledge into programmatic and policy changes to reduce barriers to diagnosis and care.

**Recent Work with PECaD:** Dr. Hunleth completed her post doc in February 2015. She has stayed with the Division of Public Health Sciences as a Research Scientist and is working on her book, which is based on her dissertation. Dr. Hunleth has a manuscript in press built around on the Photovoice project. The manuscript, *Beyond Adherence: Health Care Disparities and the Struggle to Get Screened for Colon Cancer*, examines
how individuals from medically underserved areas experienced and gave meaning to colorectal cancer.
PUBLICATIONS AND PRESENTATIONS

Papers


**Academic Presentations**

Hunleth J., Hughes, Smith, McCray, Bowen, & James A.S.  Cost and consequence: Ways in which cost is a barrier to colon cancer screening. Poster to be presented at the AACR Science of Cancer Disparities Annual Meeting, San Antonio, TX, November 2014.


Goodman M.S.  “Engaging Communities to Address Health Disparities” Keynote presentation at the 8th Annual African-American Nursing History Conference. St. Louis, MO Feb 2015.


Goodman M.S. “Engaging communities to address health disparities” keynote presentation at BJH 8th Annual Multidisciplinary Research Conference St. Louis, MO October 2014.


Gehlert S. “Integrated Multilevel Interventions to Address the African American and White Disparity in Breast Cancer Mortality: A Tale of Two Cities” American Academy of

For more information about PECaD, call 314-747-4611 or email PECaD@wudosis.wustl.edu

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