



## HIGHEST EVER ATTENDANCE AT PECAD SMART HEALTH COLON CANCER EDUCATION COMMUNITY EVENT



One of PECaD's aims is to reach out to the community regarding health disparities that exist in greater St. Louis and Southwestern Illinois. We do that through community advisory boards, one of them being the Colon Cancer Community Partnership (CCCP). CCCP comprises of clinicians, researchers, community organizations, and community members. Together, the CCCP came up with a plan to reach out to the community through community participatory research (our Photovoice project), attending health fairs for our target population, and hosting education events.

On Saturday, April 25, PECaD and the CCCP hosted their second 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. This year's Smart Health event had 52 participants from the surrounding community and metropolitan area - more than double the number of participants from the first Smart Health event in 2014.

The event had 30 to 45-minute breakout 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 they might not have been asked in an open setting.

PECaD would like to thank: Alpha Kappa Alpha Sorority, Inc. for their volunteerism; Judge Jimmie Edwards for offering Innovative Concept Academy as the event space; Drs. Damon Clines, Sean Glasgow, Jean Wang; all of our presenters, Vetta Sanders Thompson, PhD; ShaNeco Tori Fennoy; Lori Jones; and Danielle Hodges; and the community members who attended this very informative event. The collaboration among these individuals made the event a big success. Strategic planning is underway to take Smart Health to East St. Louis, Illinois later in 2015.

## PECAD SHARES CANCER PREVENTION INFO AT 25TH ANNUAL WASHINGTON UNIVERSITY IN ST. LOUIS POW WOW



With over 5,000 people in attendance throughout the day, PECaD was honored to participate in the 25<sup>th</sup> Annual Washington University in St. Louis Pow Wow on Saturday, April 4, 2015, for the second year in a row. Through this community engagement event, PECaD members (Leon Ashford, PhD; Galen Gritts; Saffiyah Muhammad, MPH; and Aimee James, PhD, MPH), were able to provide education materials on colon, breast, and prostate cancer. Of the 61 women and 30 men who stopped by the PECaD table, most Pow Wow attendees took a specific interest in talking about prostate cancer.

PECaD and [the Kathryn M. Buder Center for American Indian Studies](#) continue to collaborate on preventative care for the American Indian community in St. Louis. The purpose is to enhance existing relationships and build new bridges for community-based participatory research, training, and education to improve the health of American Indians and Alaska Natives. Until recent decades, cancer was virtually unknown in American Indian and Alaska Native communities. Cancer is now the second-leading cause of death among American Indians, resulting in 26% of all deaths in this population, and is the leading cause of death among Alaska Natives. Although age-adjusted rates of cancer mortality in the general U.S. population have steadily declined, no such abatement is observed in American Indians and Alaska Natives. These groups have the poorest rates of five-year survival from all cancers combined among all U.S. racial and ethnic groups, and they face numerous barriers to participation in cancer clinical trials.

As a result, there is a need for cancer education and resources in the American Indian and Alaska Native populations. PECaD's community impact efforts with American Indian and Alaska Native populations will continue to flourish in the coming months.

## TWO LOCAL EVENTS, ONE BIG IMPACT: PECAD FOCUSES ON COLON CANCER AWARENESS IN MARCH

On March 14, the Cancer Agencies Network (CAN) sponsored the annual Cancer Wellness Event. 135 people attended six breakout sessions about survivorship and wellness while living with cancer. The

keynote speaker was Dan Duffy, a cancer survivor and co-founder of the Half Fund. PECaD was one of the 33 booths in the resource area that offered information from the greater metropolitan area. We were able to give 41 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.

The Siteman Cancer Center is part of the Cancer Agencies Network (CAN). CAN provides cancer patients and their loved ones with valuable information through educational programs and interactive classes, networking opportunities with professionals and peers, and an introduction to community cancer resources in the greater metropolitan St. Louis area. To learn more about CAN visit [cancerstl.org](http://cancerstl.org)

The 7<sup>th</sup> annual St. Louis Undy Run/Walk was on Saturday, March 28 in Forest Park. While it was a very cold morning, this did not stop the runners, survivors, family members, and supporters from joining in the fight against colon cancer. Over 2,000 individuals participated this year, and the event successfully raised nearly \$150,000, which will go towards the Colon Cancer Alliance. PECaD and Siteman held an educational booth and displayed an interactive colon model for people to learn more about the disease. Visit [Colon Cancer Alliance](http://ColonCancerAlliance.org) to learn how you can become involved.

## CONTINUED IMPACT: PECAD RESEARCH PROJECT ALUMNI START THE PATIENT RESEARCH ADVISORY BOARD

The new St. Louis Patient Research Advisory Board (PRAB) is now accepting proposal and project review submissions from St. Louis area investigators and organizations that are doing community-engaged or community-based health research. The PRAB was launched to build bridges between the community and researchers through a mutually beneficial, collaborative framework that increases research knowledge, advocates for community health concerns, and address health disparities.

The PRAB will serve in an advisory role to academic researchers on issues of community engagement, building trust, and ethical considerations of research and study design. The PRAB will ensure grant proposals and research activities are comprehensive, ethical, professional, authentic, accurate and reliable, and use measures that can be realistically implemented in identified community settings.

The PRAB was founded by and consists of alumni from the Community Research Fellows Training Program (CRFT) at the Washington University School of Medicine, a 15-week course on research methods for community members taught by academic researchers and led by Melody Goodman, PhD, assistant professor of surgery, Division of Public Health Sciences, Department of Surgery. PECaD funded the first CRFT cohort project. The PRAB co-chairs are CRFT alumni Jackie Wilkins and Vanessa Loyd. All members of the PRAB are certified to conduct research with human subjects by the Human Research Protections Office at Washington University School of Medicine.

Proposals must be received by the first of the month to be reviewed at that month's meeting. Investigators interested in having a proposal reviewed by the PRAB should submit:

1. RFA or funding announcement
2. Full proposal (including human subjects and informed consent documents where applicable)
3. List of specific items they would like feedback on or questions for the PRAB

The PRAB meets monthly and will accept proposals on a rolling basis. If you have questions about the PRAB, or would like more information, please contact Goldie Komaie at [komaieg@wudosis.wustl.edu](mailto:komaieg@wudosis.wustl.edu). Read more information online [here](#).

## WELCOME NEW STAFF



Veronica Hicks, MPH, joined the Drake Lab in February 2015 as a Statistical Data Analyst. Hicks, a Miami native, received her Master of Public Health degree with a specialization in Biostatistics from the Robert Stemple College of Public Health and Social Work at Florida International University in 2014. As part of the Drake Lab, she will be working on the Prostate Cancer Prospective Cohort study to identify prostate cancer recurrence. She will also be working on a study to assess disparities in prostate cancer outcomes using data from the VA. Both projects are led by Bettina Drake, PhD, MPH, assistant professor of surgery, Division of Public Health Sciences, Department of Surgery.

PECaD also welcomes Matthew R. Frank, MPH/MSW 2016 Candidate at the Brown School, Washington University in St. Louis, a tribal member of the Navajo Nation in New Mexico, the new public health graduate research assistant for PECaD. Matthew obtained his Bachelor of Science degree in Biochemistry and a minor in Biology in 2009 from Fort Lewis College in Durango, CO and a Bachelor of Arts in Anthropology and Sociology, and a minor in Gender/Women Studies at the University of Missouri-Kansas City in 2013. Prior to joining the PECaD team, he served two years as an AmeriCorps Kansas Volunteer in Lawrence and Kansas City and worked in a youth emergency shelter as a PRN case worker.

### PECaD In The Community

In March, PECaD placed an [8-page insert](#) in *The St. Louis American* newspaper focused on cancer prevention and health disparities. The insert featured people involved with PECaD sharing stories of their work or experience with cancer.

### Did You Know?

May 10-16 is [National Women's Health Week](#). June 7 is [National Cancer Survivors Day](#). June 15-21 is [National Men's Health Week](#).