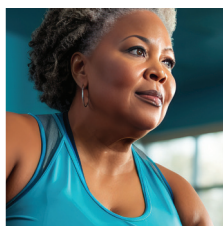
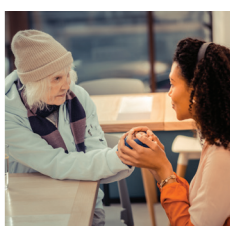
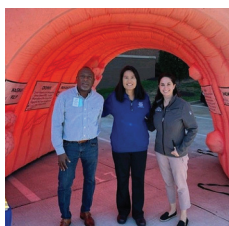


Siteman Cancer Center's
Community Outreach
and Engagement Report
2022

Program for the Elimination of Cancer Disparities



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Program for the Elimination of Cancer Disparities (PECaD)

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Mission

About the Program for the Elimination of Cancer Disparities (PECaD)

Siteman Cancer Center's Program for the Elimination of Cancer Disparities (PECaD) fulfills NCI's Community Outreach and Engagement requirements for NCI-designated cancer centers.

Our mission is to assure that all cancer patients and communities benefit from the clinical and scientific advances at Siteman to reduce the cancer burden and related disparities, while engaging communities to promote health equity across Siteman's catchment and beyond.

The main priority areas are:

- To accelerate outreach, education, and access to clinical resources in Siteman's catchment
- To evaluate the cancer burden and related disparities in Siteman's catchment population
- To support catchment-focused research and promote diverse participation in clinical trials
- To evaluate community engagement and progress toward achieving goals

PECaD seeks to promote equity across all populations. Cancer burden and related disparities are monitored and addressed within populations receiving fewer access and resources, specifically those related to race and ethnicity (minority), geography (rural), as well as the interaction between those disparities.

Moving into our 20th year, PECaD recognizes and celebrates our past accomplishments. Keeping in mind there is still work to be done, we are excited to share this year's successful outcomes including the expansion of virtual outreach, the development of new partnerships in the faith-based community and rural areas while also fostering relationships to expand state level collaborations.

PECaD seeks to promote health equity across all populations.



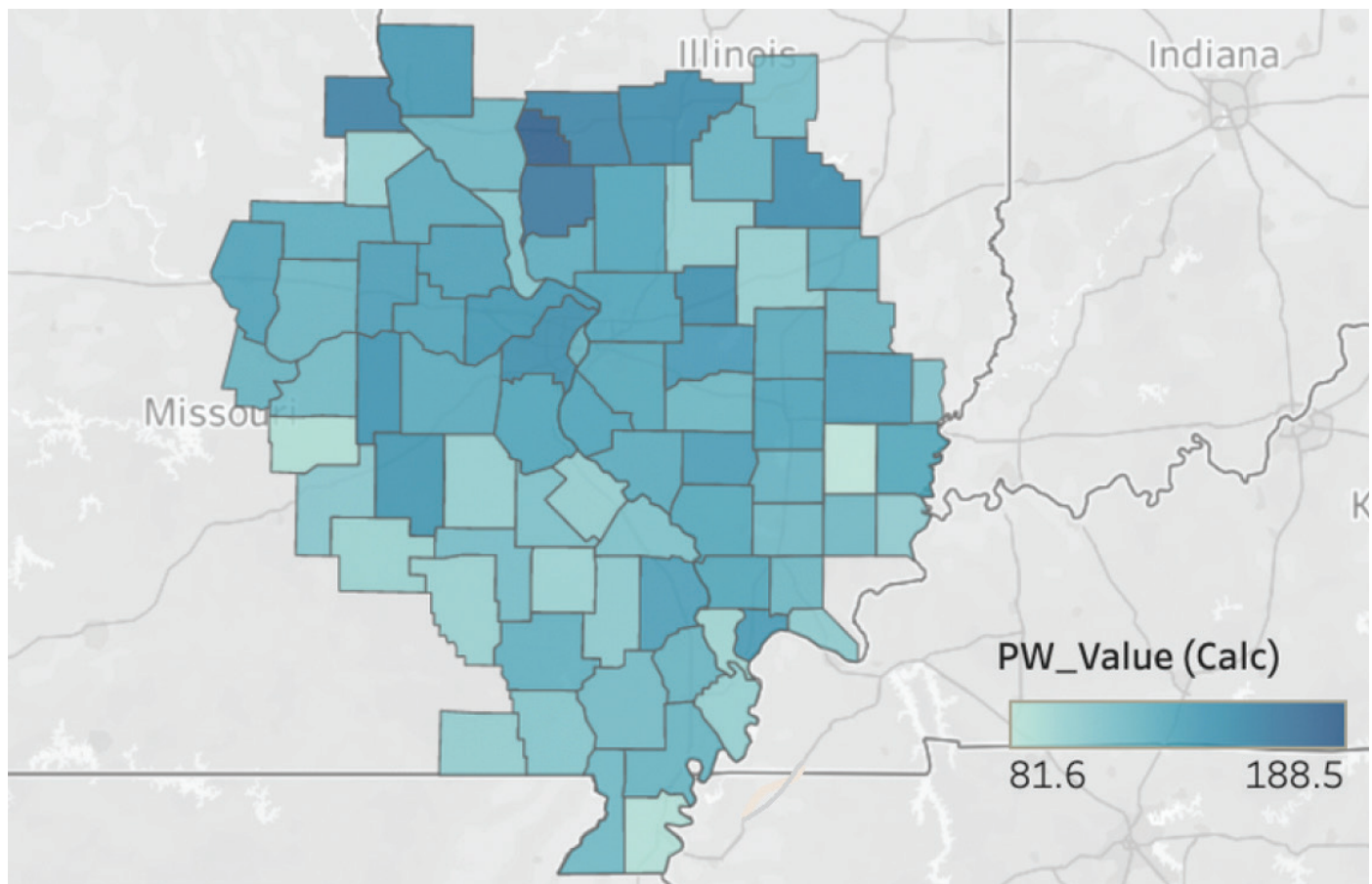
Catchment Demographic

Populations Explained

Siteman's catchment spans 82 counties across Missouri and Illinois. The counties exhibit significantly different levels of health coverage and overall cancer burden. The population of the catchment is extremely diverse, with 15% of the population living in a rural area. Minority populations in the catchment make up 20.5% of the total population. Among racial minorities, 13.7% are African American, 2% are Asian, and 4.8% self-identified as other minorities. 2.7% of the catchment population identifies as Hispanic/ Latino. In addition, 29% of the catchment population lives in a Medically Underserved Area (MUA).

Total Population	481,3508
Minority	20.46%
Education	
HS Diploma or below	37.94%
Age	
Below Age 40	50.35%
Age 40-64	32.38%
Age 65 over	17.27%
Nativity	
Immigrant	3.77%
Disability	14.58%
Poverty	
Below 200% of Federal Poverty Level	8.52%

82 | Missouri Counties Covered 15% | Live in Rural Areas 20.5% | Are Minority Population 29% | Live in Medically Underserved Areas



2020-2022 PECaD Facts

Events

From 2020-2022
(In-Person & Virtual)

114
total events

18,141
attendees

Total Community Partners

47

Catchment Survey

Our catchment survey data have shown that during late 2020, close to **50%** of surveyed participants postponed their cancer screening appointments (38% Mammogram, 45% Pap test, and 56.9% colonoscopy).

50%

Outreach Partnerships

COE established seven new community partnerships in 2021 including collaborative efforts with members from the MO Extension Program, regional breast and prostate cancer support organizations, a federally qualified health center, and a national non-profit cancer support community organization.

Community Based Programs

4

Smoking
Cessation

Transportation
Program

Pastoral
Program

Colorectal
Cancer
Screening

Who We Are

DEAC Team

The Program for the Elimination of Cancer Disparities (PECaD)

The Disparities Elimination Advisory Committee (DEAC), consists of cancer survivors and advocates, representatives from community health-care organizations, representatives from community-based organizations and academic/university faculty members and staff.

The DEAC meets quarterly and provides overall guidance and direction for PECaD programs and initiatives. This amazing group of individuals helps prioritize community needs within PECaD and provide input in the development, implementation and evaluation of

our cancer control and prevention activities, and recommends additional collaborations as needed to eliminate cancer disparities.



Rev. Edmund Lowe

DEAC Chair

The African American Methodist
Episcopal Church



Galan Grits

Lutheran Indian Ministries



Valeda Keys

CEO of Valeda's Hope



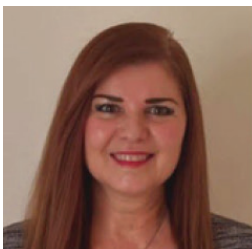
Sherrill Jackson

Founder of the Breakfast Club



Dr. Jade James-Halbert

Obstetrics & Gynecology
Care STL



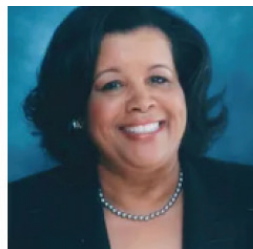
Yvonne Buhlinger

Executive Vice President
Affinia Healthcare



**Maranda Witherspoon-
Richardson**

CEO MWR Coaching, and Consulting



Sen. Robin Wright-Jones

Executive Director of
The EmpowermentNetwork



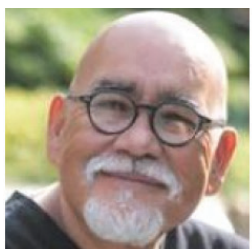
Sherry Taluc

Native Women's Care Circle



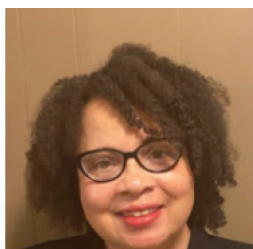
Dr. Donald M. Suggs

Publisher and Executive Editor
of The St. Louis American



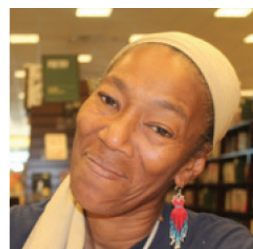
Sal Valadez

LiUNA Midwest Region -
LECET - Eastern Missouri Laborers'
District Council



**Adrienne
Hunter-Green**

CEO of Angles with a Vision
Lincoln University Cooperative
Extension Services



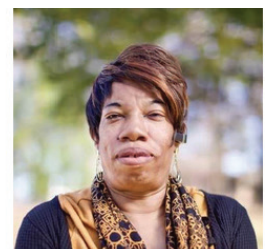
Saundi Kloeckener

Native Women's Care Circle



**Pamela L. Begay,
PhD, LCSW**

Director-Kathryn M. Buder Center
for American Indian Studies



Nancy Maxwell

Founder of Carbondale United

Leadership Team

The Program for the Elimination of Cancer Disparities (PECaD)



Bettina Drake, PhD, MPH
PECaD Director
Associate Director of Community
Outreach & Engagement (COE)



Keisha Windham, PhD, DPA, MPPA
Assistant Director of PECaD
Outreach Church



Sarah Chavez, PhD
Assistant Director of PECaD for Research
and Strategic Partnerships



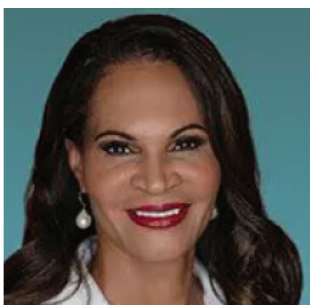
Rev. Edmund Lowe
DEAC Chair
The African American Methodist
Episcopal Church



Aimee S. James, PhD, MPH
Co-Lead Prevention and Control



Vetta Sanders-Thompson, PhD
Chair, Center for Community Health
Partnerships and Research



Lannis Hall, MD, MPH
Director, Clinical Studies Outreach



Graham Colditz, MD, DrPH
Associate Director of Prevention
and Control



Kia Davis, ScD, MPH
Director, Community Research Fellows
Training Program



Chongliang Luo, PhD
Siteman Biostats Core



Mark Fiala, MSW, PhD
Chair, Health Equity Fellow



Jean Wang, MD, PhD
Chair, MO Colorectal Cancer Roundtable

PECaD Staff

The Program for the Elimination of Cancer Disparities (PECaD)

Moving into our 20th year, PECaD would like to thank its cancer-focused community partners and the Community Outreach and Engagement (COE) staff for their ongoing efforts to reduce the cancer burden in our community. We are excited to share this year's many accomplishments, including the increase of in-person events post-COVID and continuing our webinar series.



Keisha Windham, PhD, DPA, MPPA
Assistant Director of PECaD
Outreach Church



Charles H. Cogshell Psy, B.A.
E-IMR, TREM, IDDT, MARS
Community Health Worker



Sharvitti Broussard
Public Health Research Coordinator II



Jennifer Tappenden, MS
Diversity in Clinical Trial Monitor



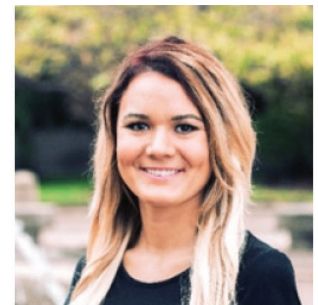
Liyan Jin, MPH
Statistical Data Analyst



Sarah Chavez, PhD
Assistant Director of PECaD for Research
and Strategic Partnerships



Hank Dart
Senior health communications lead



Mary McKee, MPA
Media/Marketing Administrator

Community Partnerships and Collaborations

Overview

PECaD's cancer community partnerships foster ongoing dialogue with community stakeholders, including individuals and community organizations in the region. The goal is to refine program strategies designed to reduce and ultimately eliminate cancer disparities. The partnerships create an avenue through which community cancer needs and priorities can then be reflected in the implementation of program activities.

Members of each partnership consist of cancer survivors and advocates, representatives from community health-care organizations, representatives of community-based organizations, and academic faculty members and staff.

Together, partnership members regularly review progress and update/refine goals and projects as needed. We encourage

faculty and staff within Washington University to attend partnership meetings to learn about community cancer priorities and interact with community members. This enhances the relevance and reach of research activities to community priorities and needs.

PECaD collaborates with community organizations to address cancer disparities and promote cancer education in the community. We also support and provide cancer screenings in the community as well as education on clinical trials. For more information about our outreach efforts, please visit our website at siteman.wustl.edu/pecad.

You may also visit our clinical trials website at siteman.wustl.edu/prevention/pecad/clinical-trials/ to learn more about different types of trials that are available.

Cancer survivors and advocates, representatives from community health-care organizations, representatives of community-based organizations, and academic faculty members and staff are all members of our community partnerships.



Breast Cancer Partnership (BCaP)

Community Partnerships and Collaborations

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. Since 2017, under the leadership of BCaP co-chairs and long-time PECaD supporters, Debra Custer, breast health navigator, and Donna Jeffe, PhD, professor of medicine at Washington University School of Medicine, BCaP has continued its focused efforts to reduce breast health disparities in the greater

St. Louis metropolitan area. Each month, academic and community members give presentations and updates about the work they are doing. BCaP members are invited to attend other activities supported by the Siteman Cancer Center. For example, many community and BCaP members attend the annual Pow Wow, which is hosted by the Kathryn M. Buder Center for American Indian Studies at the Brown School at Washington University. The Siteman Cancer Center mammography van is available onsite at the Pow Wow for women to receive a mammogram.

Our main goal has been to work towards eliminating breast cancer in the St. Louis region through multiple strategies.



Collorectal Partnership (CCCCP)

Community Partnerships and Collaborations

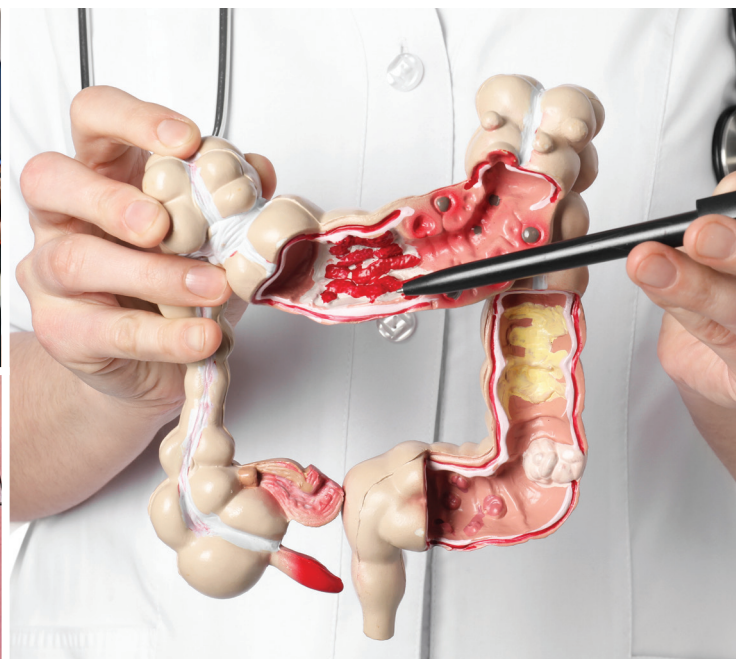
The Colorectal Cancer Community Partnership strives to:

- Develop strategies to reduce the burden of colorectal cancer among those with the highest rates of colorectal cancer in the St. Louis metropolitan area. These people are often screened less or not at all, which leads to worse outcomes once diagnosed.
- Work with local providers, community members and cancer survivors to raise awareness and decrease the burden of colorectal cancer, from prevention through survivorship.
- Identify resources for colorectal cancer and work with providers and community members to raise awareness of pathways to such resources.
- The partnership has developed a colorectal cancer community resource guide to complement existing tools and further classify local resources for easy access among community partners and patients.
- Increase awareness of research opportunities among partnership members and increase community involvement in research, including study participation and contribution to research design and sharing of results.
- The partnership serves as a forum for researchers and clinicians to communicate with partnership members about their current studies and interests.
- Leverage partnership activities by obtaining additional funding to help eliminate colorectal cancer disparities.



Vetta Sanders Thompson
Improving the health of African Americans

We are committed to providing colon cancer education and promote screening to underserved community members across St. Louis and our surrounding regions.



Prostate Cancer Partnership (PCCP)

Community Partnerships and Collaborations

A coalition of providers, the Prostate Cancer Coalition, led by Dr. Lannis Hall and Dr. Arnold Bullock has worked to implement a Health Maintenance Alert in EPIC to promote guideline appropriate prostate cancer screening.

The Prostate Cancer Community Partnership strives to:

- Reduce and ultimately eliminate disparities in prostate cancer outcomes, especially among African Americans who experience the heaviest burden from the disease.
- Promote awareness and access to state-of-the-art prostate cancer care and educational information.
- Increase awareness and understanding of prostate cancer, diagnosis and treatment. Over the years, prostate partnership members have participated in hundreds of community health fairs and provided educational material about prostate health.
- In addition to education, the prostate partnership has secured funding to provide free prostate cancer education, screening and follow-up care for high-risk men.
- Improve the participation rates of minorities in health research studies, including biorepositories.

Our goal is to reduce and ultimately eliminate disparities in prostate outcomes among underserved men.



Regional Breast Navigator Workgroup

The goal of the St. Louis Regional Breast Navigator Workgroup is to improve communication among regional navigators and to develop a more efficient and effective process for breast cancer screening, referral, diagnosis, treatment and survivorship. The Regional Navigator's Workgroup meets quarterly to discuss strategies to provide patients with care access and coverage for treatment.

The St. Louis Regional Breast Navigator Workgroup was established in 2010 based on the 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 workgroup's activities, including administrative and logistical support, securing facilitator time, and fostering progress on discussion topics for the purpose of aiding the group's advancement.

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

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



Dr. Heidi Miller
Lead Facilitator for the Navigator's Work Group

Our main goals are to improve communication among regional navigators and to develop more efficient and effective processes for screening, referral, diagnosis, treatment, and survivorship of breast cancer.

2022 Agenda Topics

TOPICS	SPEAKERS
• Breast Cancer Chemotherapy Explained and Side Effects	Dr. Bisi Ademuyiwa
• Compassion Fatigue and Coping Skills	Dr. Gladys Smith
• Breast Pain	Dr. Katherine Glover-Collins
• Breast Cancer-Genetic Testing	Dr. Amy Cyr
• Helping Breast Health Patients get Primary Care Access	Joyce Driver and Brittany Jones of Integrated Health Network (IHN)

Community Outreach and Engagement Initiatives

Overview

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 care and health information.

For example, in 2021, PECaD's Colorectal Cancer Community Partnership (CCCP) introduced the distribution and navigation of the colon cancer self-test. The colon cancer self-test is a non-medically invasive procedure that allows individuals to take their test at home and mail back to our designated laboratory.

In addition, PECaD also developed a strong partnership with the First Ladies of Greater St. Louis and co-hosted the Annual First Ladies Health Equity Seminar. The goal of this seminar was to raise awareness on the cancer disparities within the St. Louis Metro Area. The event included free prostate cancer screenings, mammograms, a host of other health screenings, as well as connections to community resources and educational sessions.

PECaD's key goals for community outreach and education are to engage in and extend effective outreach efforts that promote cancer prevention messages.



Events

Community Outreach and Engagement Initiatives

A Red Circle Community Health Event

PECaD kicked off its community outreach and engagement events in February 2022 with ARed Circle, a nonprofit organization in the North County area. The program educated approximately 100 hundred individuals received education on the different types of cancer disparities.

The Breast Cancer Community Partnership (BCaP) facilitated a Prevention and Planning session on February 9th with all of its community networks. The goal of the session was to address the barriers that prevented at-risk women from getting screened. The session focused on six topics which included health disparities, clinical trials, genetic testing, treatment continuum, building trust, and access to services. The outcome of the session resulted in the community networks agreeing that more work is needed for patients to access services for high-risk patients.

The goal of the session was to address the barriers that prevented at-risk women from getting screened.

Webinar Events

In late February, PECaD's Prostate Cancer Community Partnership hosted a webinar titled "Clinical Trials: The Need for Participation." The event focused on the importance of clinical trials for prostate cancer treatments, who's eligible to enroll, and a survivor's perspective of being enrolled in a clinical trial. The speakers included: Dr. Lannis Hall, Radiation Oncologist, Dr. Melissa Reimers, Medical Oncologists, and Mr. Ronald Johnson a cancer survivor. The success of the event led to over 30 community members in attendance.

In March 2022, PECaD's Colorectal Cancer Community Partnership and Care STL hosted a webinar series titled, "Understand Healthcare pt. 3: Transitioning into Medicaid Expansion." The event focused on how Missourians could apply for Medicaid since the passing of the Expansion and the community resources available through the federally qualified health centers (FQHCs) and organizations that support the international communities. Over 70 attendees were present at the webinar event. The speakers include: Lucas Caldwell-McMillian, managing attorney, from the Legal Services of Eastern Missouri, LaChelle Livingston, director of population health, from Care STL, and Dianne Carty, director of social services with the Bilingual International Assistant Services.

100

Over 100 people attended the two webinar events

Outreach in the Bootheel

In early August, The St. John AME Church hosted its back-to-school fair which included school supply giveaways and health education. The event was organized by Pastor Dinah Tatman, an older woman of St. Louis City. Over 100 community members attended and received education on breast, prostate, and colorectal cancer from the PECaD team.

Dr. Nicole Robinson, a stage four cancer patient and host invited PECaD to attend the Hatz4Hearts's Pink Carpet Community Gala. This amazing event was held in honor of breast cancer survivors to raise funds for continued research.

Dr. Katherine Glover-Collins received the physician in action award and Dr. Aimee James received an award for Research and Community Engagement.



Hatz4Hearts's
Pink Carpet Community Gala

Events

Community Outreach and Engagement Initiatives

Hazelwood School District

Hazelwood School District, Siteman Cancer Center, and the Program for the Elimination of Cancer Disparities partnered to bring awareness and information to the Hazelwood East, Hazelwood Central, and Hazelwood West students. The goal of this event was to share our breast health program, including early detection information, exciting updates on the prevention of breast cancer, and helping student's high school win a grand prize.

In mid-April PECaD partnered with the Hazelwood School District for the "Tell Your Mama" campaign. This event was

led by Dr. Lannis Hall and supported by BJC and the Urban League of the Greater St. Louis Metro Area. The event was hosted at all three high school locations. Over 800 students were educated on breast cancer disparities in addition to tips on how to encourage the women in their lives to get screened. Students received educational materials in addition to the "Tell Your Mama" postcard with a QR code link. The QR code contained educational materials on breast health. The schools tracked the number of times the students shared this information with their family members. Students were encouraged to show this information to receive a grand prize. The

school district recently (November 2022) announced that Hazelwood West was the grand prize winner of the campaign. The students were awarded a cell phone charging station for their efforts.

The goal of this event was to share important breast health information to students and have them educate other family members.



Events

Community Outreach and Engagement Initiatives

The Journey to Wellness

PECaD kicked off its colorectal cancer screenings at The Journey to Wellness community health fair event at New Journey Church where individuals received colorectal cancer education by Dr. Jean Wang and Dr. Keisha Windham. The members received a free fecal immunochemical (FIT) or self-test if they met the screening criteria. PECaD screened 7 community members for colon cancer and 20 community member for prostate cancer.

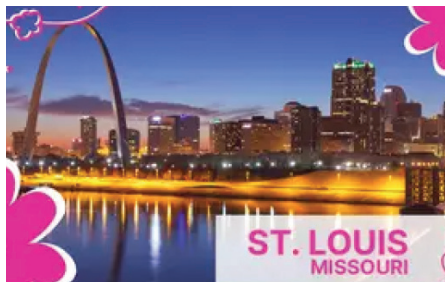


The event focused on colorectal and prostate cancer screenings and education.

June 2022 Cancer Survivorship Month

The Siteman Cancer Center Survivorship Program, PECaD, and Gateway to Hope hosted a webinar event titled “Hey Are You Okay? Conversations on Mental Health and Survivorship.” The webinar event focused on the mental health conditions cancer survivors face after treatment and what resources are available to help them with their diagnoses. The event was moderated by Melanie Gowdy, director of community outreach and mobilization. The speakers included Dr. Carolina Salvador, medical director of integrative medicine and health, Dr. Kate Huelsman, a psychologist at BJC, and Ms. Kristine Kualge a cancer survivor.

Webinar addressed mental health issues after diagnosis, treatment and survivorship.



Sista Strut

PECaD attended the annual Sista Strut in October with Siteman Cancer Center to raise awareness about breast cancer issues among women of color. The second-largest breast cancer event in the St. Louis Metropolitan Area with over 2,000 attendees. Women who attended the event received screening through the Siteman Cancer Center's Mammography Van. PECaD provided education through its 8 Ways materials.



A race event to raise awareness about breast cancer issues for women of color.



Events

Community Outreach and Engagement Initiatives

First Ladies' Health Equity Seminar

PECaD concluded its outreach and educational efforts at the Second Annual First Ladies' Health Equity Seminar held at Greater Grace Church in Ferguson, MO. The event focused on the importance of breast and prostate cancer screenings due to the high disparities in the St. Louis Metro area in addition to the risk of endometrial cancer among African American women. The event also focused on mental health among cancer survivors. During the event, free screenings were provided to the attendees which ranged from breast, prostate, and colon cancer tests. Attendees also received a free A1C test, cholesterol, and blood pressure checks. Free COVID-19 and flu vaccinations were also available. Over 800 people attended the event.

A special thanks to the following First Ladies for all of their time and planning:

- Chair, Nina Jones, Greater Grace Church of Ferguson
- Linda Battle, Bread of Life Pentecostal Apostolic Church
- Keyonna Blake, New Sunny Mount Missionary Baptist Church
- Carlotta Burton, New Northside Missionary Baptist Church
- Wanda Cummings, Christ Family Refuge Ministries
- Sanoris Francis, New Life Empowerment Church
- Linda Holloway, Solomon's Temple Church
- Melanie Johnson, Bethesda Temple Church of the
- Doris Middleton, City of Life Christian Church
- Lorraine Mosby, Gethsemane Church of the Living God
- Bridget Perkins, Centennial Christian Church
- Brandy Rice, Canaan Galilee Missionary Baptist Church
- Tamra Rogers, First Baptist Church of Chesterfield
- Sonja Scott, Lively Stone Church of God
- Dorretta Stephens, Temple Church of Christ of the Apostolic Faith
- Crystal Swanigan, Grace Apostolic Church

800 Over 800 people attended the health equity seminar.



Events

Community Outreach and Engagement Initiatives

Smart Health East St. Louis

PECaD Kicked-off its Smart Health Community Health Education Day at the Jackie Joyner-Kersey Center in East St. Louis, IL. Smart Health was created by PECaD to provide our community partners with a deeper learning opportunities relating cancer prevention and research. PECaD utilizes this platform to report back on research results, and to educate individuals and families about cancer research and its relevance. The event is designed to deliver small-group and one-on-one health education through short presentations and a question and answer session over the course of the hours. This year's Smart Health event included a faculty panel who spoke on breast, colorectal, and prostate cancer. The event also included a survivorship and caregiver's panel. Attendees were able to participate in live physical activities. The Smart Health events are free for attendees, and lunch is provided.

Provide our community partners with deeper learning opportunities relating to cancer prevention and research.

National Rural Health Conference

The National rural cancer control conference was hosted by Siteman Cancer Center and the Community Outreach Engagement in August of 2022, "Addressing Policy and Structural Barriers to Improve Rural Cancer Health". The planning committee included leaders in rural cancer control across the US along with NCI, and community stakeholders presented their work and collaborations alongside academic presentations.

The first day of the conference focused on the intersectionality of access to care/service delivery; cancer care and prevention; and race/ethnicity disparities and how those disparities are exacerbated by rurality. The second day focused on how cancer center programs have identified key opportunities to address implementation in special population, building capacity and data

0 needs, and how we can align with other agencies serving rural communities. The conference was held in a hybrid format with 247 registered attendees (69 in-person, and 178 virtual).

Special guests from NCI included Dr. Katrina Goddard, Director of Cancer Control and Population Sciences at the National Cancer Institute, Dr. Shobha Srinivasan Senior Advisor for Health Disparities in the Office of Director, Division of Cancer Control and Population Science, National Cancer Institute, and Dr. Robin Vanderpool, Chief of Health Communication and Informatics Research Branch (HCIRB) in the Division of Cancer Control and Population Science at the National Cancer Institute.

Scan to see a session recordings and presentations



Dr. Katrina Goddard



Dr. Shobha Srinivasan



Dr. Robin Vanderpool



Campaigns

Community Outreach and Engagement Initiatives

CHERYL MAKES PREVENTION PART OF HER ROUTINE



Living a healthy lifestyle is a true sentiment to Cheryl's daily routine. After quitting smoking in 1990, Cheryl began exercising, adding in both cardio and weight training. She also cooks healthy meals for herself and family. Cheryl understands how important a healthy routine is to preventing cancer, and continues to work hard to maintain her own health. She also encourages you to consider easy lifestyle changes to improve your own health, and reduce your own cancer risk.

The Program for the Elimination of Cancer Disparities (PECaD) supports healthy lifestyle changes, such as quitting smoking, exercising, and eating healthy, to reduce cancer risk.

For more research-proven ways to lower your cancer risk, visit 8ways.wustl.edu

Cheryl | Fitness Advocate

SITEMAN CANCER CENTER | **BARNESJEWISH** Hospital

MAKING HEALTHY CHOICES TO PREVENT CANCER



As a cancer prevention researcher, Dr. Drake works every day to uncover new ways to help you live healthy and cancer free. That's good news for the future, and even better, there's good news to share today. There are already several research-proven ways to lower your cancer risk. One way is maintaining a healthy weight. To get to a healthy weight, Dr. Drake recommends focusing on eating a healthier diet and exercising more regularly. Ask a health care provider for help reaching and maintaining your healthy weight.

For more research-proven ways to lower your cancer risk, visit 8ways.wustl.edu

Betina Drake, PhD, MPH
Cancer Prevention Researcher at

Good Taste

SCIENCE REVEALS MORE REASONS TO BANISH BOOZE

LET'S MIX IT UP! Apple-Ginger Fizz

NONALCOHOLIC BEER
The beer market is continuing to grow, and nonalcoholic beer is becoming a more popular choice. Nonalcoholic beer is a good choice for those who want to enjoy a beer without the alcohol. It's also a good choice for those who want to enjoy a beer without the calories. Nonalcoholic beer is a good choice for those who want to enjoy a beer without the sugar.

NONALCOHOLIC WINE
Nonalcoholic wine is a good choice for those who want to enjoy a wine without the alcohol. It's also a good choice for those who want to enjoy a wine without the calories. Nonalcoholic wine is a good choice for those who want to enjoy a wine without the sugar.

STAYING HYDRATED
Staying hydrated is a good choice for those who want to enjoy a healthy lifestyle. It's also a good choice for those who want to enjoy a healthy lifestyle. Staying hydrated is a good choice for those who want to enjoy a healthy lifestyle.

TEA
Tea is a good choice for those who want to enjoy a healthy lifestyle. It's also a good choice for those who want to enjoy a healthy lifestyle. Tea is a good choice for those who want to enjoy a healthy lifestyle.

INGREDIENTS
1 cup apple juice
1 cup ginger juice
1 cup water
1 cup lemon juice
1 cup orange juice
1 cup pineapple juice
1 cup kiwi juice
1 cup mango juice
1 cup peach juice
1 cup cherry juice
1 cup strawberry juice
1 cup blueberry juice
1 cup raspberry juice
1 cup blackberry juice
1 cup elderberry juice
1 cup mulberry juice
1 cup fig juice
1 cup pomegranate juice
1 cup dragon fruit juice
1 cup passion fruit juice
1 cup guava juice
1 cup papaya juice
1 cup mango juice
1 cup pineapple juice
1 cup kiwi juice
1 cup orange juice
1 cup lemon juice
1 cup lime juice
1 cup grapefruit juice
1 cup watermelon juice
1 cup cantaloupe juice
1 cup honeydew juice
1 cup melon juice
1 cup peach juice
1 cup cherry juice
1 cup strawberry juice
1 cup blueberry juice
1 cup raspberry juice
1 cup blackberry juice
1 cup elderberry juice
1 cup mulberry juice
1 cup fig juice
1 cup pomegranate juice
1 cup dragon fruit juice
1 cup passion fruit juice
1 cup guava juice
1 cup papaya juice

PREPARATION
1. In a large pitcher, combine all the ingredients.
2. Stir well.
3. Serve over ice.

YOUR HEALTH TIPS
1. Drink water.
2. Eat healthy.
3. Exercise.
4. Get enough sleep.
5. Manage stress.

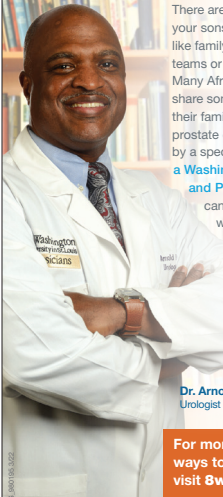
RECIPE FACTS
1. This recipe is for 4 servings.
2. Each serving is 1 cup.
3. Total calories: 100.
4. Total sugar: 20g.

8IGHTWAYS TO PREVENT BREAST CANCER

CANCER SURVIVORS' 8IGHTWAYS to stay healthy after cancer



MAKE SCREENING PART OF THE CONVERSATION



There are lots of things to share with your sons, grandsons or nephews, like family traditions, favorite sports teams or grandpa's secret recipe. Many African-American men also share something else with the men in their family — a high risk of developing prostate cancer. When caught early by a specialist like **Dr. Arnold Bullock**, a Washington University physician and PECaD leader, prostate cancer is often treatable. Talk with your doctor about your risk for prostate cancer and whether getting screened is the best option for you. Start a new family tradition — prostate cancer screening can save lives.

Dr. Arnold Bullock | Washington University Urologist at Siteman Cancer Center

For more research-proven ways to lower your cancer risk, visit 8ways.wustl.edu

PECaD PROGRAM FOR THE ELIMINATION OF CANCER DISPARITIES | **SITEMAN** CANCER CENTER | Washington University in St. Louis School of Medicine | **BJC** HealthCare

SCREENING SAVES LIVES



Henrietta and Bianca, mother and daughter as well as PECaD members, work with community organizations and members to help connect, educate and promote health education and prevention to the community. They know an important part of cancer prevention is screening. Colon cancer is the second leading cause of cancer death in the U.S. However, screening tests help catch colon cancer early, when it's most treatable. Exercise and a healthy diet can also prevent up to 75% of colon cancer.

Henrietta and Bianca | Cancer Prevention Advocates

For more research-proven ways to lower your cancer risk, visit 8ways.wustl.edu

PECaD PROGRAM FOR THE ELIMINATION OF CANCER DISPARITIES | **SITEMAN** CANCER CENTER | Washington University in St. Louis School of Medicine | **BJC** HealthCare

CONNECTING FOR A HEALTHIER COMMUNITY



When **Rebecca Valadez** was diagnosed with lung cancer in 2009, she and her husband, Sal, struggled to find the support services that would help them deal with the emotional difficulty of a cancer diagnosis and treatment. The community they lived in at that time had few support groups, and although family and friends were there, the road was difficult.

Today, Rebecca is cancer-free, and the couple advocates for improved community support for people going through health crises of their own. As a Mexican American immigrant, Sal knows that immigrant communities can especially lack such resources—he works to bring awareness to existing resources for health education and care, and campaigns for new resources to improve the health of all communities.

Rebecca and Sal | Community Health Advocates

For more research-proven ways to lower your cancer risk, visit 8ways.wustl.edu

PECaD PROGRAM FOR THE ELIMINATION OF CANCER DISPARITIES | **SITEMAN** CANCER CENTER | Washington University in St. Louis School of Medicine | **BJC** HealthCare

Screening Programs

Community Outreach and Engagement Initiatives

- In-person attendance at the First Ladies event was capped at 150 and an additional 600 attendees attended virtually.
- In-person attendees were able to receive mammograms on our mammography van (24 mammograms – 5 were overdue mammograms), free prostate cancer screenings (14 PSA screenings), COVID (25) and flu vaccinations (14), and cardiovascular screenings (44) including blood pressure, glucose, and cholesterol.
- COE provided colorectal cancer education with our inflatable colon where over 70 discussions were held on colorectal screening. Twenty individuals were navigated to a colonoscopy.
- SCC has a robust community-based screening program for breast; prostate, with free PSA tests; and a newly-developed free colorectal cancer screening program using FIT tests. COE continues to work closely with the SCC Mammography Outreach program to provide culturally tailored educational materials and recommend the counties and zip codes for the Mammography Van to target based on rates of late-stage at diagnosis/mortality and connections to community partners in those areas to host mobile mammography events.
- In 2021, the mobile mammography program provided 806 mobile mammography screenings to un- and underinsured women
- PECaD was able to provide free cancer screening and educational materials to over 30 men

30%

Our Smoking Cessation program strategy has increased the percentage of patients receiving smoking-cessation treatment from about 2% at the start of the study to nearly 30%.



Screening Programs (cont.)

Community Outreach and Engagement Initiatives

- **Smoking Cessation**
Researchers at Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis have found that a program that targets patients for smoking-cessation treatment while they're visiting a clinic for cancer care gets more cancer patients into such treatment than previous methods. The program also helps more cancer patients quit successfully, and its costs are lower than prior methods that involved referring cancer patients to specialists. They used electronic health records to determine which patients at Siteman were smokers. Then, while the patients were in the clinic to see oncologists, nurses and medical assistants offered the patients help to quit smoking. This strategy has increased the percentage of patients receiving smoking-cessation treatment from about 2% at the start of the study to nearly 30%. Further, the number of patients who successfully quit smoking increased from about 12% to more than 17%. Patients are offered access

to phone or text based counseling, an app designed to help them quit, referral to a smoking-cessation group, and evidence-based medications to support attempts to quit. Pharmacists are available to ensure that any smoking-cessation drugs prescribed will be safe to use in conjunction with chemotherapy.

- **Transportation Program**
Transportation assistance is handled by the Social Workers for both BJH and Washington University. Cab vouchers, gas cards and rides through Kaizen, our ride share platform, are offered to those who are either self-identified or identified by a staff member as someone needing transportation assistance. The Transportation assistance program is in its second year and in 2021, SCC provided 164 rides, up from 66 rides in 2020. The overwhelming majority of the rides originate from zip codes with higher social needs and more cancer burden compared to the rest of our catchment area with an average of 8.5 rides per patient.

- **Pastoral Program**
- **Colorectal Cancer Screening Program**
A newly developed free colorectal cancer screening program using FIT tests was launched in 2021. We work closely with the SCC Mammography Van to target counties and zip codes with late-stage diagnosis and mortality, connections to community partners in those areas to host Mobile Mammography events, as well as provide culturally tailored educational materials. COE implements free prostate cancer (PSA) with them and is finalizing a program to provide colorectal cancer (FIT tests) community-based screenings. Colorectal cancer screenings will begin in 2022.

SITEMAN PSYCHOLOGY SERVICES

NATIONAL LEADERS IN CANCER

Tobacco Use Treatment Program

"Make this your final quit attempt"

Quitting smoking and tobacco use can reverse or stop the progress of many chronic conditions. You can improve your health, manage your condition better, and even prevent symptoms. This is true regardless of how old you are or how long you have been using tobacco. Quitting can be hard and may require multiple tries. The good news is there are proven treatments—medications and counseling—that can improve your chances of quitting for good. This free program walks you through all the steps needed to give yourself the best shot at becoming tobacco free.

Who: Any Siteman lung screening patient who has used any tobacco product, including e-cigarettes, in the past 30 days.

Where: The program is offered by telephone or video conferencing via Zoom.

When: 5 consecutive group sessions followed by monthly relapse prevention group sessions. Groups session are Thursday from 10:00 to 11:00 AM.

Group facilitator: David Morris, PhD, CTTS and Kait Huelsman, PhD

Cost: Free of Charge

Talk to your nurse coordinator to determine if this group is right for you and to place referral for the group.

Offered by the Siteman Psychology Service
Supporting patients, families, and caregivers through the cancer experience

Transportation's Impact on Health and Cancer Care

COMMUNITY SNAPSHOT

Transportation influences people's daily lives, their health and the health of their community. Investments in transportation infrastructure such as sidewalks, bike lanes, trails, and public transit can help people stay healthy by:

- Providing a place to be physically active
- Decreasing air pollution
- Helping prevent traffic accidents and injuries

However, transportation barriers can make it difficult for some to access health care services, including cancer care.

Transportation barriers can lead to missed or delayed appointments, overall poorer health and widened health disparities. Inefficient access to transportation often occurs with other social determinants of health like lower income, reduced mobility, being a person of color, less social support, being uninsured or underinsured, and living in rural or medically underserved areas.

DATA FOR OUR REGION

Car ownership
Percentage of households with no vehicle in the St. Louis catchment area:

1. St. Louis City, MO
2. Knox, MO
3. Wyandotte, KS
4. Jackson, MO
5. Leno, KS
6. Fulton, MO
7. Monroe, MO
8. Washington, MO
9. Ione, MO
10. Atchison, MO

MISSOURI

KEY:

- 0-23
- 24-44
- 45-119
- 120-249
- 250-711

For county specific data see our infographic: <https://data.siteman.org/transportation>

QUICK FACTS

- 5.8 million people in the U.S. (1.8%) delayed medical care in 2017 because they did not have transportation, according to Wolff (2020).
- 1.6 million rural households do not own cars, and public transportation is only available in 40% of rural counties. Cancer patients living in these counties face significant barriers to treatment, according to the U.S. Department of Agriculture.
- 75% of patients deal with a lack of transportation as a major barrier to receive screening for breast, cervical and colorectal cancer, according to patient care navigators.

Use of transportation resources
Highest rates of medical transportation requests (by county) in 2018 from 2-1-1 data from Missouri and select counties in Illinois and Kansas

Source: <https://data.siteman.org/transportation>

Summary
In the Siteman catchment area, 144,868 households (7.4%) across rural and urban areas are without cars. While ACS has provided 327 rides to cancer care appointments in 2018, much less within St. Louis city and county. There are programs to help ease the transportation barriers, but the need persists.

Program for the Elimination of Cancer Disparities (PECaD)

Take Home Your Free Colon Cancer Test

Are you between the ages of 45-75?

Never had a colonoscopy? (or has it been more than 10 years since your last one?)

No one in your family with colon or rectal cancer?

If you answered YES to all of the above, then you qualify for a free colon cancer test!

Scan the QR code to register for a free test.

Research

Program for the Elimination of Cancer Disparities (PECaD)

Clinical Trial Research

We have updated our process to monitor diversity in clinical trial accruals to be more efficient. The Clinical Studies Outreach team provides an automated, quarterly email to PI's on their open trial accrual demographics. A second automated email will compare their trial accrual demographics (race/ethnicity, rural/urban status) to that of the current clinic population. This allows each researcher to track their trial accrual metrics more regularly and allows programs

to evaluate whether program-level metrics are being impacted by specific trials not meeting their accrual goals. COE works with programs and researchers to provide strategies to reduce barriers. Diversity in clinical trial accrual continues to be reviewed by SCC Sr. Leadership quarterly which Drake attends. Internal resources: one-on-one consultation with Lannis Hall, lead of Clinical Studies Outreach within COE; group consultation with PRAB; Meetings with our DEAC or specific community partnership; gap analyses to identify lack of trials overall or at specific locations; CRA training on historical mistrust, patient barriers, and strategies to increase knowledge among patients so they can make an informed decision on whether to participate.

These efforts have led to 24.7% minority accruals for interventional trials which exceeds the 20.5% minority population in the catchment. Minority treatment

accruals are 13.2%, compared to 15.5% SCC minority patient population. Accruals among rural participants is 12.3% interventional, compared to 16.9% in the catchment. 12.7% treatment accruals, compared to 13% rural SCC patients.

Training and Education

- Community Research Fellows Training Program: Siteman continues to support the annual Community Research Fellows Training Program (CRFT), which had its first virtual adaptation in 2021 graduating 23 fellows. In 2021, applications were announced for pilot projects to be funded in 2022. CRFT, a well-established community-based training program, has been implemented five times by Siteman, training over 100 community members. The program's goal is to equip community members with the skills to collaborate with researchers, implement their own research questions, and serve on advisory boards and IRBs. CRFT graduates are certified by WU IRB for conducting human subject's research. Based on the Master of Public Health curriculum and CBPR principles, the 15-week program consists of weekly three-hour evening sessions. A graduation ceremony is held, and fellows receive certificates signed by Siteman's Director Timothy Eberlein. The program features a textbook co-edited by Vetta Sanders Thompson, containing lecture content, activities, and tests, enabling implementation beyond our catchment

area. Expansions have taken place in Mississippi, Alabama, and New York with a youth-focused CRFT.

- Health Disparities Seminar Course: This course, developed in 2021 by Drake and Erika Waters, is set for enrollment in Fall 2022. It will be open to medical students, residents, fellows, and COE Health Equity Fellows. The course aims to examine the impact of structural and social determinants of health on the creation and perpetuation of health disparities. By the end of the course, students will be equipped to define health disparities, understand how social and structural determinants of health, including interpersonal and structural racism, contribute to health disparities at each stage of cancer development, and identify strategies to assess and address health disparities in their own research.
- WashU High School Summer Scholars Program on Cancer Disparities Research: In coordination with the College of Arts and Sciences, COE staff developed a new program encouraging 33 students from diverse backgrounds to learn how social determinants of health contribute to health disparities and achieving health equity. Final projects developed health education materials tailored to a population with known health disparities.

24.7%

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CLINICAL TRIALS
The Importance of Diversity in Clinical Trials:
Today's Studies are Tomorrow's Cure

If you have received a vaccine, antibiotic or medicine for a common disease, the high blood pressure or diabetes, you have benefited from clinical trials. Thousands of women, men and children of many ethnic and racial groups participate in clinical trials each year to learn the best way to prevent, screen, diagnose and treat disease. Participation from different ethnic and racial groups is necessary to ensure that new drugs benefit all people.

What is a clinical trial?
Clinical trials are research studies that try to answer specific questions. Some objectives answer the safety and effectiveness of new therapies or to improve quality of life. Other clinical trials are studying if the new treatment is more effective than the current standard treatment for the disease.

Why should you participate?
All patients in cancer care have received treatments people are willing to take part in clinical trials. Clinical trials have benefits and risks.

Some of the benefits include:

- You may receive a treatment that is not widely available.
- The treatment may be able to cure you earlier than the current standard treatment.
- You will have an expert team monitoring your care and well-being.
- You will help others by advancing cancer research.

Some of the risks include:

- The new treatment may not work for you, even if others benefit.
- The new treatment may have unknown side effects which might be worse than the standard treatment.
- Most trials are experimental. Most trials compare a new treatment with a current standard treatment. You may be assigned to a study group that receives the new treatment or the standard treatment.

Why is diversity important?
In the past, clinical trials mostly included white men, despite the fact that women and other ethnic or racial groups suffer from the same disease. In fact, studies suggest that women living that women and people from different ethnic and racial groups may respond differently. They need to ensure that treatment results from clinical trials benefit the only one effective for all people.

Logos: SITEMAN CANCER CENTER, Washington University, UHealthCare, PECaD

Training and Education

Program for the Elimination of Cancer Disparities (PECaD)

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Community Partners

Program for the Elimination of Cancer Disparities (PECaD)

- 100 Black Men
- Lennie Harrison III
- Lane Tabernacle
- Pamela Rice
- Angels with a Vision
- Adrienne Hunter-Green
- St. Louis American
- Dr. Donald Suggs
- MWR Consulting
- Miranda Witherspoon-Richardson
- The Kathryn M. Buder Center for American Indian Studies
- Dr. Pam Begay
- LiUNA Midwest Region Missouri & Kansas Laborers District Council
- Sal Valadez
- Carbondale United
- Nancy Maxwell
- Fathers and Families Support
- Reginald Slaughter and Aubrey Yates
- The Salvation Army Ferguson Empowerment Center
- Jason Acklin
- Kappa Alpha Psi Fraternity, Incorporated
- Kel Ward
- Restoration Christian Community Church
- Cheryl Gee
- The Witness Project
- Mrs. Lillie Allen
- Lutheran Indian Ministries
- Galen Gritts
- ReVital Cancer Rehabilitation
- Hilary A. Hinrichs
- The First Ladies' Health Equity Seminar
- The First Ladies of Greater St. Louis
- The Links, Incorporated
- Angela Brown, Lannis Hall, Joyce Balls-Berry, and Jonelle Lofton, Karen Morrison
- Make Health Happen The University of Illinois Extension
- Rima Abdul Isaid Abu
- Missouri Department of Health and Senior Services
- Alicia Jenkins and Valerie Butler
- St. John A.M.E. Church Kennett, MO
- Pastor Dinah Tatman
- Hazelwood School District
- Dr. Rhonda Key and Michelle
- Pink Ribbon Good /formerly known as "Pink Ribbon Girls"
- Cory Smallwood
- The Breakfast Club
- Sherrill Jackson
- Hatz 4 Hearts
- Nicole Robinson
- Valeda's Hope
- Valeda Keys
- Gateway to Hope
- Katie Manga, Heather Burns, Kelli Eckel Kamp, Ashley Holmes and Sarah Gaston
- Native Women Care Circle
- Sandra McClain- Kloeckener, Basmin Reddeer, Sherry Taluc
- Susan G. Komen
- Dawna Currigan and Sierra Johnson
- A Red Circle
- Erica Williams, Kayla Franco, and Lauren Puplambu
- Integrated Health Network
- Joyce Driver
- Show Me Healthy Women /City of St. Louis Location
- Elissa Keppner and Margaret Laycock
- Affinia Healthcare
- Naila Murtic, Yvonne Buhlinger, Linda Moreland
- Casa De Salud
- Lenor Roy
- Puentes DeEsperanza
- Edda Berti
- Archwell Health
- Debra Custer (Co-Chair)
- SSM Health
- Kim Thorwegen
- Cancer Support Community
- Dannie Hodges, Haylee Nix, and Kelly O'Neal
- Sinclair School of Nursing
- Allison Anabari
- The J/ Sharsheret Supports STL
- Debbi Braunstein
- Missouri Breast Health Coalition
- Jennifer Lunceford
- REACH
- Kym Radford
- Butterfly Beginnings
- Nedra Stevenson
- St. Clair County Health Department
- Katheryn Weisenstein and Loreen Crockett
- African Methodist Church
- Rev. Edmund Lowe
- The Empowerment Network
- Robin Wright-Jones, Mellve Shahid, Sr., Dewey Helms, Raymond Marbury
- St. Louis City Health Department
- Bobie Williams
- CareSTL
- Deneen Busby