

Overview

The Center for African American Health (the Center) is committed to improving the health and wellbeing of the African-American Community.

For approximately two years, the Center, in partnership with AMC Cancer Research Center (AMC) has facilitated a Community-Based Participatory Research (CBPR) project aimed at cancer risk reduction for African Americans in Metro Denver. Essential to the success of the CBPR process is involving community in every step of the visioning, planning and implementation process.



Perhaps you have had the opportunity to be involved with the project in some way such as attending one of the Partnership Summits, participating in a focus group, or through regular feedback from our mailings or the Faith & Health Ministries collaboration. Thank you for sharing your time and guidance throughout this process. The Center believes it can empower the community to live well by promoting active and healthy lifestyle behaviors.

This brochure is designed to bring you and the community up-to-date about the project and to invite you to join us in the next phase of the project – a pilot intervention program.

Key Terms

CBPR – Community-Based Participatory Research is defined as scientific study conducted in communities and *in partnership with researchers*. The research process must include community members, persons affected by the health condition, disability or issue being studied, or other key stakeholders in the community's health. In CBPR, there must be *full participation* in each phase of the work (from conception - design - conduct - analysis - interpretation - conclusions - and communication of results).



NIH – The National Institutes of Health is the primary Federal agency for conducting and supporting medical research.

Research – A way to test a theory through an organized method. One of the purposes of research is to develop useful knowledge and to contribute to what is already known.

Randomization – A way to select research participants (like flipping a coin).

Pilot Intervention – A pilot intervention is an excellent way to find out if your study can be a feasible program.

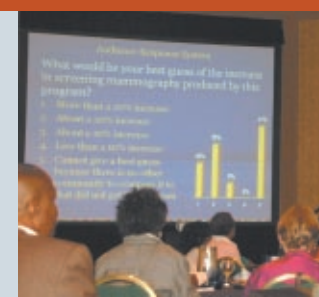
ARS – The Audience Response System is a powerful way to instantly collect and display opinions, data and information with large groups of people.

Table-Talk and On-the-Go – Feedback tools utilized by Cancer Prevention staff to gather the guidance, opinions and preferences of Faith and Health Ministry partners and other community members.

Background – Cancer Prevention Program

The purpose of the Cancer Prevention Program is to develop ways to reduce or eliminate the high risk of various cancers that affect African Americans in metro Denver. In Colorado, African Americans have the highest death rate from cancer overall of any ethnic group. Rates from other cancers are much greater than the state average:

- Prostate cancer – 2x the state average;
- Colorectal cancer – 1.5x the state average;
- Breast and lung cancer – 1.3x the state average.



In the spring of 2005, the Center and AMC submitted a collaborative proposal to the National Institutes of Health (NIH), and the National Center for Minority Health and Health Disparities. The project was awarded a three-year planning grant to develop ways to reach out to community in order to discover how to reduce the burden of cancer.

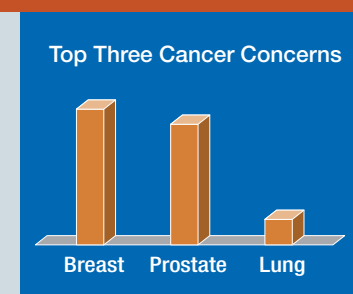
The Cancer Prevention Program received guidance from Faith & Health Ministries (a collaborative initiative of the Center) including pastors, liaisons, church members, and other partners in community. Additionally, national, regional and local leaders (known as External and Community Advisory Boards) were recruited to offer additional guidance for the planning process.

A pilot program, based on community input, will be designed to reduce cancer health disparities.

Partnership Summit I (January 2006)

The first Summit provided participants with an overview of CBPR and a presentation on cancer-related health disparities and African Americans. Feedback from attendees included:

- The project should collaborate with Faith & Health Ministries' pastors and liaisons to communicate critical health information;
- Be inclusive in strategies and approaches;
- Stress the practical benefits of CBPR;
- Place high regard on mutual trust and listening;
- Keep the community informed on the initiative's progress.



Partnership Summit II (June 2006)

Summit II moved the partnership closer to developing a cancer prevention program. "Table-Talk" break-out sessions and "On-the-Go" interviews provided feedback from community.



Summit II highlights included:

- Pastor Randolph West, Jr., Senior Pastor at St. Stephen Missionary Baptist Church, offered an inspiring personal testimony reinforcing the need for screenings and early detection;

- A keynote speech by the Honorable Peter C. Groff, President Pro Tem, Colorado State Senator and his call to action which described health disparities among African Americans as the, "next civil rights movement."

"Table-Talk" and "On-the-Go" Results:

- Significant support for delivering pilot programs in diet, nutrition, physical activity and cancer screening;
- Collaborating with churches is a great way to bridge the "trust gap;"
- Cancer prevention success must include a variety of approaches.

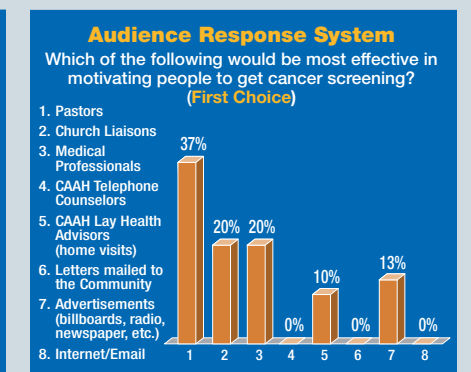
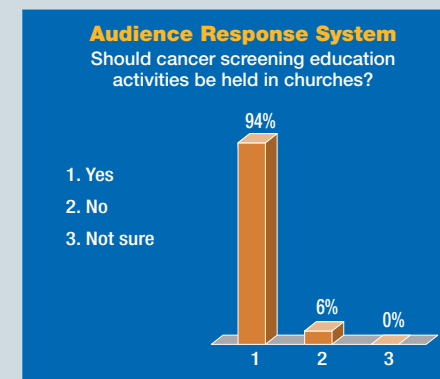
Partnership Summit III (October 2006)

Summit III provided attendees with the opportunity to give their opinions on how the pilot program should be implemented.

To gather this instant feedback, each participant used a keypad to respond to questions asked during the pilot program presentations. The responses were immediately displayed. This was one of the most talked about aspects of the Summit.



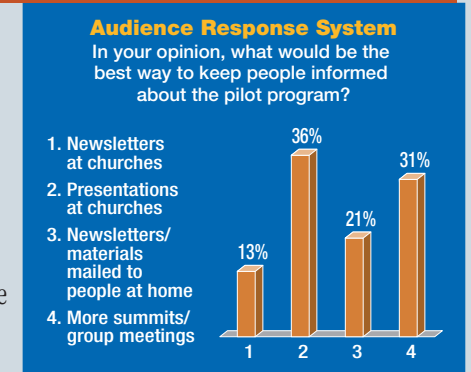
Highlights:



Partnership Summit IV (April 2007)

"I think the pilot study is good, because what it is doing is making people more aware of the necessity for good health."

Summit IV provided community participants with a detailed look at the cancer pilot program, an overview of the research design, and the plan to deliver the pilot program.



What's Next?

The Pilot Intervention Program

This research study is designed to find out if a church-based intervention involving diet, nutrition and exercise could prevent or reduce the risk of cancer. The program will consist of 120 participants from Faith and Health Ministries. The selected participants (selected randomly like flipping a coin) will take part in an eight-week program and follow up (booster) sessions three and six months later.

During the program, participants will meet twice weekly for group sessions involving diet, nutrition, cancer screening education, and low impact physical activity. Each participant will receive three health assessments (with results given to participants) and the following outcome measures will be collected:

- Body Mass Index (BMI)
- Blood Pressure
- Percentage Body Fat
- Cholesterol, Glucose, Lipid Profile
- Resting Heart Rate
- Step Test
- Health Questionnaire

What it Means to be a Host Church Site

"The study should be done for the results that it can bring about (for the community), not necessarily because somebody is going to give you something or you are going to receive benefit."



The Host Church Site will be asked to:

- Encourage your congregation to consider signing up to see if they can be a part of the program;
- Determine the date and time (same time for all 8 weeks) for the sessions to take place at your church;
- Provide enough space to accommodate chairs, tables and space for physical activity for 20 participants;
- Provide access to electrical outlets;
- Provide access to kitchen facility, if available (desired but not required);
- Identify church staff responsible for opening and closing the building.

Over the next months, FHM Pastors and Liaisons can expect the following:

- A letter to FHM Pastors/Liaisons confirming interest in the program;
- Interested churches will be randomized (like flipping a coin) into the program (a total of 6 churches);
- Church attendees will be asked to confirm interest in the program;
- Twenty (20) people from each of the 6 churches will be randomly selected (like flipping a coin) into the program and asked to attend an orientation session;
- Participant orientation for the people randomly selected to participate in the 8-week program;
- Selected participants will schedule health assessment appointments during the orientation;
- The 8-week program will begin in January, 2008 at each participating church location;
- Participants will meet at the Host Church Site 2 times per week for approximately 3 hours each meeting;
- Participants will meet for follow up (booster) sessions 3 and 6 months after the 8-week program has ended for approximately 4 hours each session.

Mission Statement

The Center for African American Health is committed to improving the health and wellbeing of the African-American community.

Community-Based Cancer Prevention Program for African Americans



The Center for African American Health

Empowering the Community to

Live Well!

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References:

2005 Health Disparities Report



The Center for African American Health

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