



## CANCER PREVENTION & RESEARCH INSTITUTE OF TEXAS

Award ID:  
PP110058

Project Title:  
More Than A Picnic: It's A Family Affair for Lifestyle Change

Award Mechanism:  
Health Behavior Change Through Public and Professional Education and Training

Principal Investigator:  
Shaw, Mary D

Entity:  
Texas A&M University

### Lay Summary:

The Black Family Reunion represents an untapped venue to engage, motivate, and sustain lifestyle behaviors that prevent or reduce risk for selected cancer sites. The proposed More Than a Picnic program will recruit reunion-planning Black families from three regional sites in Texas (Houston, Dallas/Fort Worth, and Bryan/College Station). Family health coaches, in partnership with trained health professionals, will be trained to deliver a 30 minute education session during the Reunion. Family units then will participate in a 12 month health education program to improve family lifestyle behaviors, structure family support networks, and obtain early detection screening services through other CPRIT funded programs (colorectal, mammography, cervical, and prostate screenings). If CPRIT screening services are not accessible, participants will be linked with other cancer prevention service providers. The project estimates to educate and train minimally 1,500 Black adults between the ages of 18 – 70, and at least 50 health care professionals. The three selected regional sites of Houston, Dallas/Fort Worth, and Bryan/College Station have a high concentration of Blacks of all ages who could potentially: (1) benefit from early detection cancer screening services; (2) utilize cancer prevention education programs and resources; (3) mobilize family units to engage in lifestyle change behaviors that reduce risk for cancer; and (4) have diverse health professionals who could be trained to support lifestyle change education, and utilize evidence-based strategies for increasing screening behaviors. Education and awareness are central to behavioral changes that lead to cancer prevention, risk reduction, and early detection. If the proposed project is successful, it will have a major impact on the cycle of cancer education, promoting healthy lifestyles, and engaging family members in early detection is the best protection screening programs. Cancer prevention, education, and screening is indeed a Family Affair for Blacks who bear a disproportionate burden of lung, cervical, breast, colorectal, and prostate cancer in Texas and the nation. The potential for the program to be replicated and used nationwide is enormous. Black Family Reunions are thriving in Texas and beyond.