



## CANCER PREVENTION & RESEARCH INSTITUTE OF TEXAS

Award ID:  
PP160036

Project Title:  
Establishing a Comprehensive Cancer Prevention and Support Program  
within Asian American Communities in Houston and Austin Areas of Texas

Award Mechanism:  
Competitive Continuation/Expansion - Evidence-Based Cancer Prevention  
Services

Principal Investigator:  
Sun, Helen

Entity:  
Light and Salt Association

### Lay Summary:

Need: There are a total of 398,342 Asian Americans (AAs) living in Houston and Austin areas (49% of Texas's total AA population). AAs vary substantially with respect to demographic, cultural, linguistic, and socio-economic characteristics. With the exception of Asian Indians, a disproportionately large number of Asian subgroups speak a language other than English at home.

Cancer is the leading cause of death among AA populations in the US and Texas. Although statistics show that cancer burdens differ among AA subgroups, the five most common sites of cancer diagnosis for AAs in Texas from 2007 to 2011 were: breast, lung, colon, prostate and liver (53.4% of all cancer diagnoses), and the four most common sites of cancer death were: lung, colon, liver and breast (51% of all cancer deaths). There is significant evidence that incidences of, and deaths resulting from, these cancers can be reduced or prevented with the adoption of healthier lifestyles, increase in physical activity, improvement of nutrition, and early detection screenings. However, statistics show lower than average screening rates for prostate, colorectal, breast, and cervical cancers among AAs.

While the initial project has successfully met its goals, it focuses on Chinese Americans living in Houston and Austin areas of Texas only. The proposed project will expand the scope of the initial project to Vietnamese, Korean and Filipino communities, which have large foreign-born populations that, in addition to high cancer burdens, have higher rates of illiteracy and experience greater cultural, linguistic and structural barriers to quality health care access. Lack of coordinated efforts and resource sharing among local AA community-based organizations further contribute to these gaps. Thus, establishing culturally and linguistically competent cancer prevention and support programs within each AA community is key to effectively reducing service gaps and disparities in diagnoses and deaths among different AA populations.

Overall Project Strategy: The proposed project is a joint effort of 12 AA community-based organizations, clinics and universities targeting Vietnamese, Chinese, Filipino and Korean communities in Houston and Austin areas. Its four major components include: prevention/ education; screening; survivorship services; and capacity building. The

cancer prevention and screening components address colon, breast, cervical and liver cancer, and healthy eating. Methods of service delivery include: seminars, workshops, health fairs, newspaper articles, and TV programs, one-on-one education, and curriculum-based nutrition classes. The screening services include mammogram, Hepatitis B and C, FOBT, and Pap Smear/HPV tests. The survivorship program provides group-based interventions, patient navigation, and one-on-one support for cancer patients and the capacity building component builds a network among, and strengthens capacities of, local AA community organizations to address cancer disparities.

**Specific Goals:** The main project goal is to reduce cancer incidence and deaths among AA populations in Houston and Austin areas. The specific goals are to: (1) engage four AA communities in systematic changes toward desired health behaviors; (2) increase screening rates for breast cancer, colon and cervical cancer, and Hepatitis B&C within four AA communities; (3) enhance the quality of life among AA cancer patients and/or survivors in four AA communities; and (4) establish a network among, and build the capacities of, local AA community-based organizations to address cancer disparities. It is expected that 77,786 AAs will be educated about breast, colorectal, cervical, and liver cancer prevention; risk factors; the importance of screening and early detection; and healthy lifestyle behaviors. Among those receiving such education, 600 individuals will attend curriculum-based nutrition classes and an additional 3,015 AAs will receive cancer screening services. At least 430 cancer patients and survivors will receive support services including navigation services, transportation and language assistance, and psychological consultations.

**Significance and Impact:** The proposed project will build upon the success of the programs already implemented in the initial project and other evidence-based practices. Using various culturally- and linguistically-appropriate outreach mechanisms in different AA communities, the project expects to reach more of the target population and generate more behavioral changes. Through coordinated efforts, resource sharing and providing appropriate training for staff and volunteers, the proposed project targets 49% of Texas's total AA population and will significantly enhance AA communities' capacities to address cancer disparities within different AA subgroups.