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Join IHPR Research Networks

The IHPR directs *Rédes En Acción* on Latino Cancer and *Salud America!* on Latino childhood obesity.

Share Your News

Send news, story ideas or comments to IHPR@uthsca.edu.

New Project to Offer Cancer Education, Screening to Underserved Latinos

Step 1 Innovative cancer education.

Step 2 Cancer screening.

Step 3 Catching cancer at early, treatable stages.

Those steps comprise the life-saving idea behind *Salud San Antonio!*, a new \$2 million research project led by Dr. Cynthia Mojica, assistant professor at the Institute for Health Promotion Research at The UT Health Science Center at San Antonio.

Salud San Antonio! will partner with several community groups and employ community health workers — also known as *promotoras* — to teach Latinos in low-income, health-problematic areas on the city's West and South sides about breast, cervical and colorectal cancer and the benefits of cancer screening.

After *promotoras* teach, they'll refer Latinos for cancer screening and even help with travel to appointments, interpreting medical forms and more.



Cynthia Mojica

"This project can help detect cancer at early, more treatable stages by helping Latinos get screened who otherwise wouldn't because of lack of money, transportation, health insurance, or knowledge of the health system," Mojica said.

Despite effective tests to detect cancer early, much of Texas' breast, cervical cancer, and colorectal cancer cases are detected at late, less treatable stages.

Mojica, in an ongoing pilot study of *Salud San Antonio!*, found that many Latinas don't know when to start their screening, and many haven't been screened.

She wanted to see whether *promotoras* could teach small groups of Latinos about cancer, refer



We have four promotoras who will be based at four community

Go [here](#) and click "Dr. Cynthia Mojica" to watch Dr. Mojica talk about the pilot study that led up to her newest grant aimed to improve Latino cancer screening rates.

them to screening, then track them to make sure they get screened.

So far, it's working.

Most eligible Latinas in the pilot study have been screened for either breast, cervical, or colorectal cancer, or are being followed-up by *promotoras*.

The new grant — awarded in January 2012 by the Cancer Prevention and Research Institute of Texas — will expand on this success.

Mojica plans to use *promotoras* to educate 1,800 Latino men and women a year, reduce barriers to screening services, and improve screening rates by 1,200 screenings a year at project partner CentroMed, a federally qualified health center.

"This allows us to greatly expand what we've been doing in terms of giving people in underserved populations the opportunity to be screened," Mojica said.

Dr. Ian Thompson, director of the Health Science Center's Cancer Therapy and Research Center (CTRC), said he's delighted to see the project expand.

"Dr. Mojica's community outreach will give our friends and neighbors the opportunity to be screened for cancers for which early diagnosis can mean a cancer cure," he said.

Director's Corner



From IHPR Director
Dr. Amelie G. Ramirez

We've moved!

Our new address is:

Institute for Health Promotion Research
UT Health Science Center at San Antonio
7411 John Smith, Suite 1000
San Antonio, Texas 78229

The IHPR is still conducting research to reduce cancer health disparities among Latinos, but now we have more space for our growing workforce and are a bit closer to the main campus of the Health Science Center and the Cancer Therapy and Research Center, which are each just a few short blocks away.

We're also joining two other organizations that moved into this same building to allow collaborations to improve health, quality of care and education across South Texas.

Right next door, I'm happy to say, is Dr. Barbara Turner's Research to Advance Community Health (ReACH) Center, a joint center of the Health Science Center, the UT School of Public Health and the University Health System.

On the floor right above us is Dr. Sharon Cooper's San Antonio campus of the UT School of Public Health.

I think we're positioned — now more than ever — to make innovative, comprehensive strides to improve South Texas.

I'd like to thank many people for making this happen: Drs. Turner and Cooper; Dr. William L. Henrich, president of the Health Science Center; and Dr. Francisco González-Scarano, dean of the Health Science Center's School of Medicine.

We'd welcome anyone who wants to see our new digs or learn more about us. And as always, please feel free to visit on [online](#), too.

Dr. Amelie G. Ramirez
Director, IHPR

IHPR Staff Profile: Edgar Muñoz

How do you ace a special task to land a prestigious statistical internship at a World Health Organization collaborating center?

Use what you got for Christmas, of course.

Edgar Muñoz, asked along with fellow applicants to complete a data-analysis exercise in a programming language of their choice, invoked his gift — a limited-memory, BASIC-language programmable calculator from his Uncle Lisandro.

Muñoz, who at the time was a student at the University of Valle in his native Colombia, was using the calculator as his de facto home computer, squeezing his classes' statistical programs to fit its space by "downloading" (writing down by hand) and "uploading" (typing into the device) programs each night based on the next day's school activities.

"The internship panel was impressed because of the quickness I took to complete the task and the small amount of memory my program used," Muñoz said. "But I was just doing the same I was doing every night since last Christmas: typing one of my programs."

Muñoz got the internship — in which he helped design, conduct, analyze and evaluate public health interventions on injuries and violence prevention — and went on to hone his statistical skills working with many research scientists based in Colombia.

Today, Muñoz is a statistician at the Institute for Health Promotion Research at The UT Health Science Center at San Antonio.

He helps develop research protocols, conduct statistical analyses, identify and use available methodologies and data sets, and prepare reports.

"I like to think statisticians, epidemiologists, and public health researchers help hundreds or even thousands of people at once. That's my primary motivation," Muñoz said. "Secondly, you always are doing something new or trying a new approach of an old idea, so it is never boring and always keeps you on your toes."



Edgar Muñoz

Muñoz also participated in the statistical analysis of data collected for a seminal IHPR publication — the *South Texas Health Status Review*, a comprehensive profile of relevant health indicators for the South Texas region.

"As a result of this analysis, obesity was confirmed as the main health problem of the region, particularly among Latinos," said IHPR Director Dr. Amelie G. Ramirez. "The effects of obesity and its related conditions increase the risk of diabetes and are associated with some cancers and heart diseases."

Muñoz also has undertaken training to improve his professional skills, including courses and workshops in multivariate analysis, clinical trials, design of experiments, categorical data analysis, agent-based models, rapid assessment procedures, design of studies among Latinos, and health disparities measurement.

"This added training has stoked my interest in working in the design and evaluation of multilevel interventions, health applied spatial and temporal analysis, and health disparities among Latinos," Muñoz. "Being part of the solution is exciting."

Fun Facts

Hometown: Cali, Colombia

Family: Wife (Martha); Daughter (Natalia)

Hobbies: Chess

Favorite food(s): *Sancocho*, a Colombian chicken soup served with avocado, fried plantains, and *aji* (a hot sauce) on the side

Favorite movie(s): *Life is Beautiful*, *Inception*, *The Matrix*, *The Butterfly Effect*, *A Beautiful Mind*, *12 Monkeys*

Favorite book(s): *One Hundred Years of Solitude* by G. G. Marquez, *The Tunnel* by Ernesto Sabato

New Research Briefs Examine Obesity Epidemic Among Latino Youths

Salud America!, a Robert Wood Johnson Foundation national program based at the Institute for Health Promotion Research at The UT Health Science Center at San Antonio, has released a comprehensive collection of [research briefs](#) examining Latino childhood obesity.

Three new national briefs review current evidence with respect to Latino youth in these areas: the availability of healthy, affordable foods; opportunities for physical activity; and the impact of food marketing on diets and obesity rates.

These briefs also provide policy recommendations, including:

- ▶ Bringing healthy foods into neighborhoods and schools should particularly focus on Latino communities, as they are disproportionately affected by the epidemic.
- ▶ Policies that can help people be physically active in their neighborhoods should emphasize Latino populations because they are more likely to live in areas that do not support such activity.
- ▶ Efforts to reduce exposure to unhealthy food and beverage marketing should consider that Latino youth are particularly targeted by advertisers.
- ▶ Health programs and messages should be culturally sensitive, relevant for all

Download 3 National Research Briefs:

- ▶ [Influence of Media on Overweight and Obesity Among Latino Youth](#)
- ▶ [Addressing Nutrition, Overweight and Obesity Among Latino Youth](#)
- ▶ [Physical Activity, Overweight and Obesity Among Latino Youth](#)

Download 20 Grantee Research Briefs:

- ▶ [List of Grantee Briefs](#)

populations and produced in both English and Spanish.

In addition to these three briefs, 20 pilot grantees funded by RWJF through *Salud America!* have produced briefs highlighting their own, new research. These briefs analyze a wide range of issues, from the impact of menu labeling in small restaurants in Los Angeles, to how after-school programs can help Latino youth be active, to how community gardens can help lower-income Latino families eat healthier.

“These briefs provide a snapshot of the state of the Latino childhood obesity epidemic and describe how leaders and policymakers can more effectively address it,” said Dr. Amelie G. Ramirez, director of the IHPR and *Salud America!*

Latinos are currently the most populous U.S. ethnic minority. Nearly 40 percent of Latino children and teens are overweight and more than 20 percent are obese.



IHPR Presentations

Presentations

- ▶ Amelie Ramirez, IHPR. “The IOM Report on the Environment and Breast Cancer.” 13th Annual Community Update from the 34th Annual San Antonio Breast Cancer Symposium, Alamo Breast Cancer Foundation, Jan. 21, 2012. San Antonio, Texas.
- ▶ Amelie Ramirez, IHPR. “Tipping the Scales: Reducing Latino Child Obesity with Evidence & Policy Research.” 2012 Conference of The Academy of Medicine, Engineering and Science of Texas (TAMEST), Jan. 12, 2012. Houston, Texas.
- ▶ Amelie Ramirez, IHPR. Moderator for “The IOM Report on the Environment and Breast

Cancer.” 34th Annual San Antonio Breast Cancer Symposium, Dec. 7, 2011. San Antonio, Texas.

- ▶ Amelie Ramirez, IHPR. “Acculturation and Depressive Symptoms: Joint Barriers to Cancer Screening in Latino Breast Cancer Survivors.” San Antonio Breast Cancer Symposium, Dec. 7, 2011. San Antonio, Texas.
- ▶ *Health Behavior Meeting to Feature IHPR Research*

IHPR Researcher Dr. Deborah Parra-Medina and her colleagues will present a poster, “SMS in a multi-component physical activity intervention for Latino adolescent girls,” and demonstrate a technological advancement, “MessageSpace: A



Deborah Parra-Medina

health promotion research tool using SMS for automated message delivery and data collection,” at the 12th Annual American Academy of Health Behavior Meeting March 18-21, 2012, in Austin, Texas. The presentations feature work from Parra-Medina’s “Be Fit with Friends” program, which gives Latina girls ages 11-14 many options — from basic fitness equipment like jump ropes to volunteer opportunities to online social media, fitness video games and text messaging — to help overcome barriers to physical activity.

New Training Videos on Patient Navigation and Latino Cancer Issues

Check out these three training videos on cancer issues and research methods from *Redes En Acción: The National Latino Cancer Research Network*, a National Cancer Institute program led by the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio.

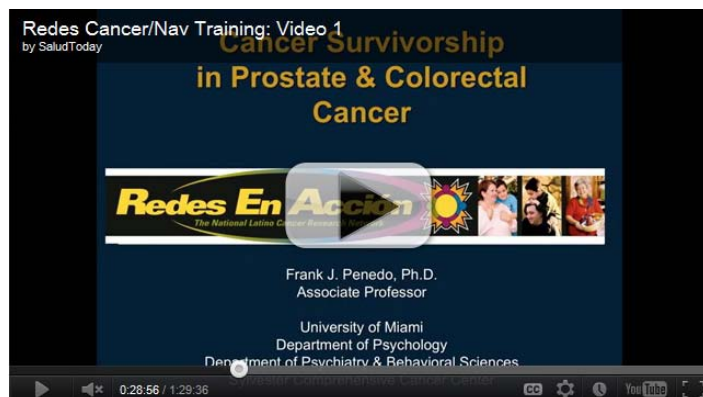
The videos were specifically used to train *Redes En Acción* researchers and patient navigators in San Antonio, Austin and Miami involved in a study examining how patient navigators who use the LIVESTRONG Cancer Navigation Services Program can improve the quality of life of Latino breast, colorectal and prostate cancer survivors.

The videos may be useful in other patient navigator studies involving Latinos.

Go [here](#) for more information about *Redes En Acción*.



Video 2 covers various lectures related to the research project including: a project overview; a LIVESTRONG Cancer Navigation Center overview; a training on an online database; and research implementation overview.



Video 1 teaches researchers and patient navigators the proper steps on how to manage a potential mental health emergency or psychological related emergency that may arise during a survivor's participation in the research study, as well as specific trainings on prostate and colorectal cancers.



Video 3 features a breast cancer presentation by Dr. Alfredo Santillán-Gómez, a surgeon at the Health Science Center.

IHPR News Briefs

IHPR's Dr. Ramirez Adds New Leadership Roles

In January 2012, IHPR Director Dr. Amelie G. Ramirez was chosen for a pair of leadership roles that will further her efforts to study cancer and improve the health of residents in South Texas and beyond. She was elected to the board of directors for C-Change, a national organization that aims to leverage the expertise of leaders from government, business and nonprofit sectors of society to eliminate cancer as a major health problem as soon as possible. The group's 22-member board of directors is elected to staggered three-year terms by a vote of the entire C-Change membership, including former President George H.W. Bush, cyclist Lance Armstrong, TV personalities Larry King and Paula Zahn, and more. See C-Change board members [here](#). Ramirez also was elected to the 2012 board of directors for The Academy of Medicine, Engineering and Science of Texas (TAMEST), which is chaired by U.S. Sen. Kay Bailey Hutchison. TAMEST provides broader recognition of the state's top achievers and builds a stronger identity for Texas as a center of achievement in these fields. See TAMEST board members [here](#). "I am honored by this tremendous recognition," Ramirez said. "I'm excited to be able to bring my focus on

the health and quality of life of disadvantaged populations, especially underserved Latinos."

IHPR Welcomes New Staff Employees

The IHPR added several staff employees in recent months. The list includes: Erika Gonzalez and Beatrice Cole, community health workers; Susan Serice and Armida Flores, health educators; Christina Carmona and Laura Zepeda, research area specialists; and Sonia Rocha, student associate. "We're excited to add new talent to our efforts to improve the health of those in South Texas and beyond," said IHPR Director Dr. Amelie G. Ramirez.

Two IHPR Staffers Welcome Newborns

Cynthia Wittenburg, an IHPR project coordinator, and her husband welcomed five-pound, 12-ounce Matthew Levi, on Nov. 21, 2011. Dr. Dorothy Long Parma, an IHPR instructor, and her husband welcomed 8-pound, 7-ounce Joseph Vojt on Sept. 5, 2011. Congratulations!



Matthew Levi



Joseph Vojt

Èxito! Program Helps Latinos Seek Doctoral Degrees, Research Careers



Below are inspiring testimonials from two graduates of the 2011 Summer Institute of Èxito! Latino Cancer Research Leadership Training, the Institute for Health Promotion Research's program that encourages Latino master's-level students or health professionals to pursue a doctoral degree and careers studying how cancer affects Latinos differently. Read more testimonials [here](#).

Apply [here](#) by March 1, 2012, for the next Èxito! Summer Institute and internships.

Èxito! Grad: Marievelisse Soto-Salgado Puerto Rico

Marievelisse Soto-Salgado grew up dedicated to solving public health problems in what she calls "La Isla del Encanto" — her hometown of San Juan, Puerto Rico.

She got her passion for science and research through her time obtaining a bachelor's degree in general sciences and a master's degree in public health. She's even been working for several years with a team of researchers at the University of Puerto Rico on a National Cancer Institute-funded cancer research project, and she coordinates a Biostatistics and Bioinformatics core and provides statistical support and consultation for cancer research projects.

Soto-Salgado knows she wants to continue working in Latino cancer research, but wanted to learn more about academic opportunities available in the U.S. before deciding to pursue a doctoral degree.

So she joined Èxito! Latino Cancer Research Leadership Training, which aims to increase diversity in Latino health disparities and cancer research by encouraging Latino master's-level students and master's trained health professionals to pursue a doctoral degree and a career in research.

"Before entering into the Èxito! program, I knew I was interested in a career in cancer control within the Latino/Hispanic community, but the Èxito! program helped me realize that this is definitely what I want do," Soto-Salgado said. "Through the speaker's presentations, I found a research area — the behavioral sciences research area — that I did not know, and now I want to explore before making my PhD."



Marievelisse Soto-Salgado

Èxito! Grad: David Irizarry McAllen, Texas

David Irizarry wasn't sure where his career path was heading.

With a background in political science and biology, he eventually decided to pursue a master's degree in public health at the Texas A&M Health Science Center's School of Rural Public Health in McAllen, Texas, where he also works as an administrative intern at a local hospital and a research assistant on campus.

To further refine his career path and learn about doctoral programs, he joined Èxito! Latino Cancer Research Leadership Training — which aims to increase diversity in Latino health disparities and cancer research by encouraging Latino master's-level students and master's trained health professionals to pursue a doctoral degree and a career in research.

Irizarry attended the Èxito! Summer Institute in June 2011 and networked with a variety of individuals, leaving with a better understanding of potential obstacles and tips when pursuing a doctorate degree.

He is now more certain than ever he will pursue a doctoral degree in an area of public health policy.

"Èxito! definitely sparked a greater interest in the possibility of pursuing a career in health disparities," Irizarry said. "I will start making decisions about my future over the next two months."



David Irizarry

Latino Liver Cancer Rates Are on the Rise... But Why?

Increasing rates of obesity and diabetes may be contributing to a steep rise in liver cancer, or hepatocellular carcinoma (HCC), among Latinos in the U.S., particularly in Texas.



Brad Pollock

U.S. HCC rates grew from 1.7 to 5 cases per 100,000 from 1980 to 2005, and reached 7.5 cases among Latinos, according to data presented at a recent American Association for Cancer Research conference by Dr. Amelie Ramirez, director of the Institute for Health Promotion Research at The UT Health Science Center at San Antonio.



Amelie G. Ramirez

Dr. Ramirez found that Latinos accounted for 33% of HCC cases in Texas and 75% of cases in South Texas, while also documenting corresponding increases in diabetes and obesity rates among Texas and South Texas Latinos, according to *The Oncology Report*.

Known risk factors for liver cancer include chronic viral infection with hepatitis B and/or hepatitis C, and lifestyle factors such as alcohol consumption.



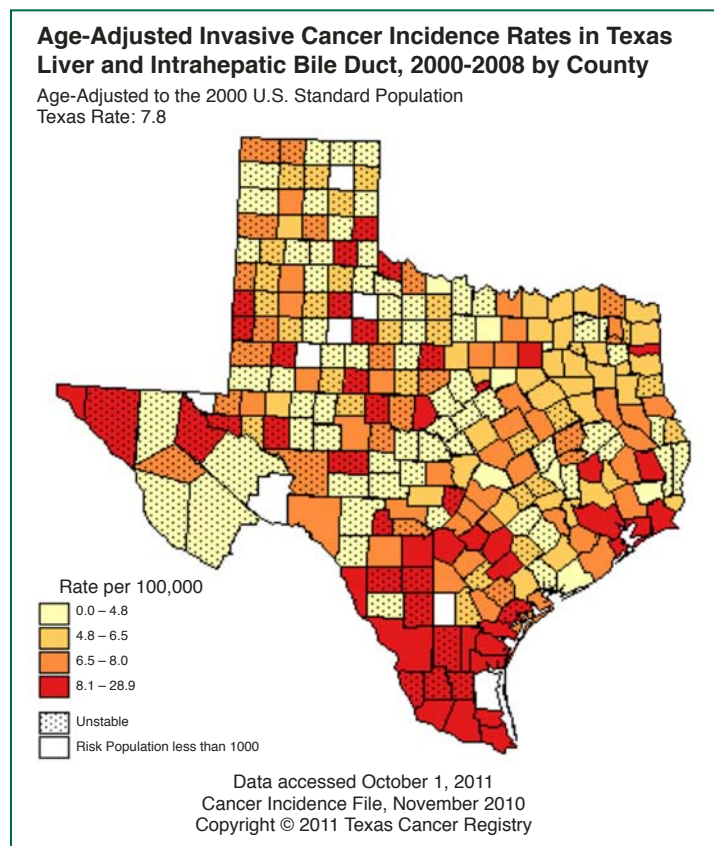
Sharon Cooper

However, these factors do not necessarily account for the majority of incidence in South Texas. Other conditions especially prevalent in South Texas are suspected to play a role — such as obesity and diabetes, as Ramirez’ study suggests.

Dr. Brad Pollock, professor and chair of epidemiology and biostatistics at the Health Science Center, recently received a nearly

\$770,000 award to investigate environmental influences in HCC in South Texas.

“We...observed higher-than-expected rates of liver cancer in specific areas of Bexar County that may reflect higher-than-expected levels of aflatoxin in nearby residents,” Pollock said. While aflatoxin is not usually considered a major contributor to liver cancer in the U.S., there may be more opportunities for



exposure through ingestion of aflatoxin-contaminated cornmeal in South Texas.

Pollock’s team will geographically analyze patterns of occurrence in South Texas.

“Given their increasing incidence and still very poor survival, liver cancers are of great public health significance,” Pollock said. “Identification of risk factors could lead to a significant decrease in the burden of this disease in South Texas and other populations.”

Read more about Ramirez’ study [here](#) and Pollock’s study [here](#). Dr. Sharon Cooper of the UT School of Public Health is also a collaborator on these efforts.

Texas News Tweets

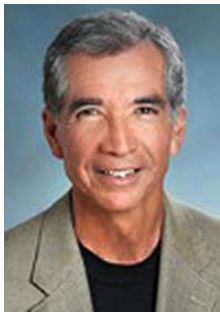
Follow the IHPR’s Twitter feed, [@SaludToday](#) for all the latest news in Latino health, like:

► **Report:** Mental Health Professionals in San Antonio Are Designing Bipolar Disorder Treatments Specifically for Hispanics (*MySanAntonio.com*)

Report: 1 in 2 U.S. Hispanic Girls Will Get Pregnant Before Age 20; Teen Pregnancy Rates Remain High in San Antonio (*KSAT-TV*)

Latino Dad Helps Child Cancer Patients and Families Travel to Chemo Appointments

When his only child Emilio died of cancer shortly before his sixth birthday, Richard Nares found his world was shattered. As he and his wife tried to put their lives back together, Nares realized his priorities had changed.



Richard Nares

“All I wanted to do was help other families who were going through what we went through,” said Nares, who was an artist and picture framer.

Putting his family’s tragedy and hard-earned knowledge to use, Nares and his wife

Diane established the Emilio Nares Foundation to transport underprivileged families whose children are battling cancer to their medical visits at Rady Children’s Hospital in San Diego. “We’ve been in their shoes,” said Nares, referring to the parents. “We’re reliable. They trust us. We don’t miss a day and they know that. And we’re bilingual.”

Today Nares’ foundation serves thousands of families each year with transportation to and from medical visits, multiple education and support programs, cooking classes, and knitting and sewing groups.

For developing a successful model to support and transport low-income families with children battling cancer to medical visits, Nares has been named one of 10 recipients of the Robert Wood Johnson Foundation Community Health Leaders Award. The award honors exceptional men and women who have overcome significant obstacles to tackle some of the most challenging health and health care problems facing their communities.

Nares’ own experience with his son Emilio gave him a unique perspective on what families need to help their child battle cancer. “When your child has cancer, his immune system is suppressed. It is dangerous for him to ride public transportation and sit next to someone who has a cold,” said Nares, who started out by using his own car to transport families until he was overwhelmed with requests.

“I met a mom whose son had a brain tumor. She had to leave her home at 4:30 in the morning and change buses five times to get to the hospital by 9 a.m. Imagine what a horrific travel experience that was for her and her 2-year-old,” he said, which is why his program’s vans are sterilized and fully stocked with snacks, cleaning materials, and towels to help when the children suffer reactions to chemo or other treatments.

U.S. Cancer Rates Keep Falling; Biggest Decline Among Hispanic, Black Men

A new report from the American Cancer Society indicates that cancer death rates are continuing to fall, dropping by 1.8% per year in men and 1.6% per year in women between 2004 and 2008, thanks to advances in cancer screening and treatment, *Reuters reports*.

Cancer death rates among Hispanic men (2.3%) and black men (2.4%) had the biggest declines.

But the news is not all good.

According to the *Reuters* report, several cancer types — pancreas, liver, thyroid, and kidney and melanoma — rose. Rates of esophageal cancer rose in both whites and Hispanics.

Community Health Leaders National Program Director Janice Ford Griffin said that the selection committee honored Nares for his “nonstop caring and commitment” to helping needy families with children battling cancer.

To read more, go [here](#).

Latino News Tweets

Follow the IHPR’s Twitter feed, [@SaludToday](#) for all the latest news in Latino health, like:

Cancer

- ▶ **Report:** Ways Women Can Reduce Breast Cancer Risk (IOM)
- ▶ **Study:** Latinas More Likely to Die of Breast Cancer (*L.A. Times*)
- ▶ **Study:** Elderly Hispanics and Blacks Are Less Likely to Get Screened for Colorectal, Prostate Cancers (*MedPage Today*)
- ▶ **Blog Post:** A Latina’s Journey Back from Cervical Cancer (*A New Camino Blog*)

Other Conditions

- ▶ **Report:** Hispanics, Still Victims of Health Disparities (*Hispanically Speaking News*)
- ▶ **Study:** Patients with Cirrhosis More Likely to be Hispanic & Less Educated (Press Release)
- ▶ **Study:** Ethnic Disparities Persist in Depression Diagnosis, Treatment; Hispanics’ Depression Rates Higher (*PsychCentral.com*)
- ▶ **Study:** More Hispanic High-Schoolers Smoke (18%) than Hispanic Adults (16%) & More Troubling Hispanic Smoking Stats (*Hispanically Speaking News*)

- ▶ **Report:** Largest U.S. Study of Hispanic Health Gets Underway; Hopes to Solve “Hispanic Paradox” (*KPBS Radio*)
- ▶ **Study:** STDs Still Big Problem for Latinos, Blacks (*Fox News Health*)
- ▶ **Report:** Latinos Polarized as CDC Recommends HPV Shots for Boys (*Fox News Latino*)
- ▶ **Study:** 1 of 8 Americans Are “Hard of Hearing”; Among Older Adults, Hispanics Have Higher Rates of Hearing Loss (*Baltimore Sun*)

How a Dentist is Educating Hispanics on Preventing AIDS/Diabetes/Violence

In the early days of his career — and also of the HIV/AIDS epidemic — Gabriel Rincón, DDS, spent part of his dental residency caring for AIDS patients in the final stages of their disease. During the late 1980s and early 1990s, there was not much information being circulated about HIV, particularly in New York City's Mexican American community, for whom the topics of sex and gender roles were taboo.

"I saw people in my community getting infected with HIV/AIDS, yet there was nothing in Spanish about the disease or how to prevent it," Rincón said.

So Rincón developed a culturally sensitive presentation to educate Mexican Americans and other Latinos about HIV, its signs and symptoms, how it is spread, and how it can be prevented. He bought an overhead projector and traveled to restaurants, factories, and churches to give his presentation. "I talked to anyone who would listen," Rincón said. His efforts led him to launch Mixteca Organization, Inc., which provides health and education programs to thousands of Latino New Yorkers each year.

For his undaunted quest to educate and support Latino immigrants in need, Rincón has been named one of 10 recipients of the Robert Wood Johnson Foundation



Gabriel Rincón

Community Health Leaders Award. The award honors exceptional men and women who have overcome significant obstacles to tackle some of the most challenging health and health care problems facing their communities.

After a year of making his presentation on HIV/AIDS, it became clear to Rincón that his

community also was severely affected by heart disease and diabetes, so he started to educate about those issues as well. He found himself helping Latino immigrants get access to basic health care. Nearly a decade later, in 2000, someone suggested that he turn his work into a nonprofit organization.

Today, in addition to offering a broad range of health education programs, Rincón's Mixteca provides literacy and computer classes, English language courses, and after-school programs. "A young man we worked with just graduated from the Rochester Institute of Technology. In order to be healthy, you have to be educated," Rincón said.

Originally from Puebla, Mexico, Rincón was 17 years old when he came to the United States in 1972. "My family was very poor but I wanted to study, so I thought I could find a better life in the United States," said Rincón, who found himself working as a dishwasher until immigration sent him

Lay Health Advisor Training and Cancer Knowledge

The **findings** of an educational outreach program for Latinos in New York and Arkansas demonstrate the impact of training and how lay health advisors (LHA) may be recruited at different levels of knowledge and experience and be successfully trained in key program elements.

Esperanza y Vida (Hope & Life), a program to increase breast and cervical cancer screening for diverse Latinas, incorporates Latino LHAs (men and women) and cancer survivor role models, sobrevivientes, in the program delivery.

Data analysis indicated a significant increase of both breast and cervical cancer knowledge for attendees trained as LHAs (pre = 60%; post = 80%).

back to Mexico. He became a dentist while in Mexico, learned English by reading Ian Fleming's popular James Bond books, and then came back to the United States in 1984. "Sometimes things happen in life for a reason," said Rincón, who had to repeat dental school in the United States before being allowed to practice here, and who continues to practice dentistry in Brooklyn.

Community Health Leaders National Program Director Janice Ford Griffin said that the selection committee honored Rincón for his compassion and commitment to tackling culturally sensitive health issues.

To read more, go [here](#).

Latino News Tweets

Follow the IHPR's Twitter feed, [@SaludToday](#) for all the latest news in Latino health, like:

Healthy Lifestyles

- ▶ **Report:** U.S. Obesity Rates Plateau (at a High Level); Rates Still Higher in Blacks, Latinos (*SaludToday*)
- ▶ **Report:** Higher Tax On Sugar-Sweetened Beverages Could Most Benefit Latino Kids, Who Saw 49% More Ads for Sugary/Energy Drinks (*Huffington Post*)

- ▶ **Study:** Young Women Often Fail to Recognize Recent Weight Gain of Up to 11 Lbs (*Zee News*)
- ▶ **Report:** Diabetes "Pandemic" Takes Severe Toll on Border-Area Hispanics (*Tucson Sentinel*)
- ▶ **Study:** Obese Hispanic Men Earned \$8K Less than Normal-Weight Counterparts (*Newswise*)

Care Issues

- ▶ **Report:** Mental Health Workforce Shortage More Critical in Latino, Black Communities (*SaludToday*)
- ▶ **Report:** Hispanics 32% Less Likely and Blacks 20% Less Likely than Whites to Get Colonoscopy, Despite Insurance, Access (*Health Behavior News Service*)
- ▶ **Study:** Hispanics Far Less Likely to Use Post-Hospitalization Facilities and Services (Press Release)
- ▶ **Report:** Flu Vaccination Rates Up, Especially Among Hispanic, Black Kids (*Fox News Health*)

Sugary Drinks 101 for Latinos

Young people are being exposed to a massive amount of marketing for sugary drinks, such as full-calorie sodas, sports drinks, energy drinks and fruit drinks, according to a new [study](#) from the Yale Rudd Center for Food Policy & Obesity. The study is the most comprehensive analysis of sugary drink nutrition and marketing ever conducted.

Data indicate that the companies involved target young people, especially black and Latino youth.

In a two-part interview with *SaludToday*, Jennifer Harris, director of marketing initiatives for the Rudd Center, details exactly how beverage companies are marketing to Latino youth, how sugary drinks contribute to childhood obesity and what parents need to know to ensure their children and teens are getting the nutrition they need.

Read Part 1 [here](#) and Part 2 [here](#).



Jennifer Harris

Latino Resource Tweets

Resources

Follow the IHPR's Twitter feed, [@SaludToday](#) for all the latest news in Latino health, like:

- ▶ **Spanish Materials:** Novelas for Breast Cancer Education Created by Latina Survivors
- ▶ **Website:** Get Text Messages with Important Health Info from CDC
- ▶ **App:** Smart Glucometer App May Help Latinos with Diabetes
- ▶ **Report:** Speaking the Language of Improvement: The Importance of Language in Commercial Health Insurance Plans
- ▶ **Report:** Lessons Learned and Prevention Strategies for TB Transmission across the U.S.-México Border

Funding

Grant Roundup

The following organizations have open research funding opportunities or lists:

- [The U.S. Office of Minority Health](#)
- [Susan G. Komen for the Cure](#)
- [AACR](#)
- [NIH Obesity Grants](#)
- [NCCOR Obesity Grants](#)
- [RWJF](#)
- [CPRIT](#)
- [Live Smart Texas](#)

Ongoing Events

Seminars in Translational Research

Seminars in Translational Research (STRech) [unite investigators](#) from The UT Health

Science Center and UTSA in basic, clinical and social sciences to highlight the stages of the scientific translation of research discoveries.

Continuing Education Audio Conferences

The Teleconference Network of Texas at The UT Health Science Center at San Antonio has developed [audio conferences](#) on topics like blood banking, microbiology, nutrition updates, health education and training, social work and more. Register by calling 1-800-982-8868.

CancerCare Workshops

CancerCare, in partnership with *Redes En Acción*, which is led by the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio, will offer free workshops on a variety of issues. Register [here](#).

Video Roundup

Click on the images below to view the video for each.



Tackling Latino Health Issues



What Is the Single Best Thing You Can Do for Your Health?



Child Obesity Prevention among Latinos



Living with Type 2 Diabetes: A Teen's Journey



Latinos, Others Honored for Overcoming Obstacles



Challenges to Healthy Eating in Border Region



Quality P.E. as a Solution to Child Obesity



Texas' Mental Health Workforce Shortage

About the E-newsletter

This E-newsletter is produced quarterly by the Institute for Health Promotion Research. Please send news items or story ideas to IHPR@uthscsa.edu.

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