Preventing Cervical Cancer among Latinas in South Texas

Dr. Deborah Parra-Medina, a researcher at the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio, is promoting the HPV vaccine to prevent cervical cancer in South Texas.

Her project, *Entre Madre e Hija*, trains peer educators to provide outreach and education about HPV—the virus that causes cervical cancer—and navigation support to both mothers and daughters (ages 11-17) who decide to receive the HPV vaccine.

The peer educators have reached more than 1,800 women so far.

“Our outreach efforts have been very successful,” Dr. Parra-Medina said. “We’ve found many girls who initiated the vaccine but did not complete the three-dose series. As a result, we expanded our efforts on increasing compliance with the three-dose series, too.”

*Entre Madre* is funded by the Cancer Prevention Research Institute of Texas.

Find out more in this [video](#).
Cancer researchers need racial/ethnic biospecimens.

Increasing the number of Latino biospecimens—or samples of biological material, such as blood, urine, saliva, tissue, tumors, etc.—will be critical to accelerating our understanding of the molecular basis of cancer and creating a more accurate genome in many types of cancers that disproportionately affect Latinos.

This, in turn, will spur development of better diagnostic tools and, ultimately, improve our ability to diagnose, treat and prevent cancer.

That's why I'd like you to know about The Cancer Genome Atlas (TCGA)

TCGA, a joint effort of the National Cancer Institute (NCI) and National Human Genome Research Institute (NHGRI), uses unites hundreds of researchers across the cancer care continuum with the intent of broadening knowledge and understanding of the underlying molecular basis of cancer by applying various genome-analysis technologies, including large-scale genomic sequencing.

TCGA is examining up to 500 samples for each tumor type, which will provide the statistical power needed to produce a comprehensive genomic profile of each cancer.

For more information on how you can help/participate, visit the TCGA website or contact the IHPR's Susan Serice at serice@uthscsa.edu.

Dr. Amelie G. Ramirez
Director, IHPR
20 Studies Tackle Latino Childhood Obesity Epidemic

The 20 pilot investigators of 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, recently issued a collection of research briefs.

These briefs analyze many 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.

The SaludToday Blog recently released a 20-part series summarizing the briefs.

Read each blog post:
- **Texas Study:** Latino Youth Perceive Their Weight Problems; Parents Don’t
- **Texas Study:** Mom-Daughter Exercise Program Improves Latinas’ Activity, Weight
- **Texas Study:** ‘Fit for the Lord’—How Churches Can Battle Latino Child Obesity
- **Texas Study:** Colonias Children More Likely to be Sedentary, Obese
- **Texas/Utah Study:** Exercise Can Boost Latino Students’ Fitness, Math Scores
- **Massachusetts Study:** Teaching Latinos How to Buy Healthier Foods
- **Massachusetts Study:** Health Coaches Key to Addressing Latino Lifestyle Issues
- **New York Study:** Parenting Tips Positively Affect Latino Parents’ Feeding Practices
- **Illinois Study:** Crime, Fear Keep Latino Children from Seeking Physical Activity
- **Illinois Study:** Fewer Than Half of Latino Families Eat Meals Together Daily
- **North Carolina Study:** Community Gardens Boost Latino Child Health
- **South Carolina Study:** Latino Children Face Many Barriers to Healthy Living
- **Tennessee Study:** Exposure to Rec Center Increases Use by Latino Families
- **California Study:** Menu Labeling Can Increase Health in Latino-Serving Restaurants
- **California Study:** After-School Fitness Programs Can Improve Children’s Health
- **California Study:** School Compliance with P.E. Policies Matters for Latino Fitness
- **Florida Study:** Docs Give Less Attention to Overweight-But-Not-Obese Children
- **Connecticut Study:** ‘Photovoice’ Empowers Latino Youth to Spark Policy Change
- **Maryland Study:** Young Latino Children More Likely to Be Obese

For more information, visit Salud America!

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**IHPR Publications and Presentations**

**Publications**

**Presentations**
Promotora of the Year: Marynieves Diaz-Mendez

Marynieves Diaz-Mendez is the 2011 LIVESTRONG Promotora of the Year.

Diaz-Mendez, a trained physician in her native Cuba, is a promotora—or trained community health educator—who has been working with Redes En Acción in the California Bay Area to increase Latino cancer survivors’ access to and knowledge of LIVESTRONG national navigation services.

Redes En Acción is a national Latino cancer research network led by the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio.

LIVESTRONG, founded by cyclist and cancer survivor Lance Armstrong, connects cancer survivors to the support they need, leverages funding and resources to spur innovation and engages communities and leaders to drive social change.

In her promotora role, Diaz-Mendez shares a wealth of knowledge and information with her survivor population by educating them about the importance of early screening, self-advocacy and education. In addition, she establishes valuable community connections and participates in project media campaigns.

Diaz-Mendez also serves as staff research associate and outreach worker for the Northwest Regional Network Center of Redes.

Find out more about Redes here or the LIVESTRONG promotores program here.

IHPR News Briefs

IHPR Event: Cancer Prevention & Women

Several IHPR researchers taught a crowd of more than 30 health professionals and social workers the importance of providing bilingual and culturally sensitive health care at a unique training event March 8, 2012, in San Antonio.

The event, “Cancer Prevention & Women: A Look at Programs that Address Health Disparities Among Medically Underserved Populations,” stemmed from a partnership between the IHPR and the San Antonio College (SAC) Empowerment Center. IHPR researchers Dr. Daisy Morales-Campos, Christina M. Carmona, Rose A. Treviño, Guadalupe Cornejo and Erika G. Casasola discussed Latino breast, cervical and colorectal cancer rates and cultural factors that impede individuals from preventative care.

They also discussed several of the IHPR’s community-based programs: Entre Madre e Hija, a cervical cancer peer-education program for Latina mothers and daughters; Salud San Antonio!, a program providing free educational presentations on prevention and early detection of breast, cervical, and colorectal cancer; and Muévete Más, a community initiative that offers exercise programs for Latina cancer survivors.

IHPR Director Named to Obesity Expert Panel

IHPR Director Dr. Amelie G. Ramirez has been named to a panel of external advisors for the National Collaborative on Childhood Obesity Research (NCCOR). NCCOR brings together four of the nation’s leading research funders—the Centers for Disease Control and Prevention, (CDC), the National Institutes of Health (NIH), the Robert Wood Johnson Foundation (RWJF) and the U.S. Department of Agriculture (USDA)—to accelerate progress to reduce the problem of childhood obesity in America. The organization seeks to maximize research outcomes, build capacity for research, support mechanisms to research translation and dissemination, and more. Visit NCCOR here.

IHPR Researcher Welcomes Newborn

Dr. Cynthia Mojica, assistant professor at the IHPR, and her husband, Luis De Luna, welcomed 7-pound, 3-ounce Loren on Feb. 28, 2012. This is the first child for Dr. Mojica, who has led the design, development and implementation of several IHPR research projects targeting Latino cancer health disparities, and her husband.
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.

Èxito! Grad: Rosalie Aguilar
San Antonio, Texas

Rosalie Aguilar grew up along the Texas-Mexico border and volunteered her time working in migrant worker clinics, an experience that spawned her interest in public and world health issues.

She dreamt of finding a way to help many people.

Originally this dream led Aguilar to envision a career in the medical field, but she soon discovered the abundance of possibilities that exist in public health, and she is currently pursuing her master’s degree in health and Kinesiology at the University of Texas at San Antonio—all with the encouragement of her family, friends and mentors.

While working as a graduate research assistant, her dream was further sharpened as she discovered that conducting research could be exciting and fulfilling.

Aguiar 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—on the advice of her mentor.

At the Èxito! Summer Institute in June 2011, she realized that a career in cancer research is something she “could be successful at and truly enjoy.”

“Èxito! helped me realize that there are many resources which exist to study cancer,” she said. “I also enjoyed the camaraderie I developed with my peers. It was encouraging to share ideas and thoughts with other individuals such as myself.”

Èxito! Grad: Diana Santiago Campos
Puerto Rico

Diana Santiago Campos has taken initiative in her professional life by pursuing a career in nursing in Puerto Rico.

Having earned a master’s degree and working as a registered nurse, Campos understands the importance of family and providing for those in need. Being the only one in her family to attend and complete college, she is well-respected and looked up to by her entire family.

Campos has always believed she wanted to pursue a doctoral degree.

A campus e-mail highlighted 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—and she thought the program would be a great opportunity to learn more about how to accomplish this goal.

At the Èxito! Summer Institute in June 2011, Campos learned the importance of choosing an area of research interest that will help her when she begins her search for the right doctoral program.

Hearing current researchers’ personal stories and their academic and family challenges showed her that a doctoral degree is attainable.

“Èxito! served as a guide for my future goals. It has assured me of my many capabilities,” said Campos, who plans to pursue a PhD within the next year or two in an area of substance abuse and mental health in adolescents.
‘Feeding Minds’: Tackling Hunger, Obesity Across Texas


The series aims to bring awareness to these overlapping issues and to share what government, community organizations and individuals are doing to combat them. Video segments tackle these epidemics in San Antonio, Dallas, Houston, El Paso and more.

Watch the full program in English or Spanish.
For more information, follow this effort on Facebook.

Texas News Tweets

Follow the IHPR’s Twitter feed, @SaludToday for all the latest news in Latino health, like:

- **Report**: Texas Widens Gap Over Other States in Percentage Uninsured
- **Poll**: McAllen-Edinburg-Mission Metro Area Residents Are Most Obese
- **Report**: Fresh Produce Vans Roll into Houston’s ‘Food Deserts’
- **Report**: Lubbock Program Reaches
- Out to Hispanic Preschoolers to Target Obesity
- **Op-Ed**: Texas State Senator’s Goal is to Get More African Americans, Latinos on Bikes
Helping Teens Start Strong: Youths Highlighting Healthy Relationships

By SaludToday Guest Blogger Kristin Schubert

According to the National Youth Risk Behavior survey, nearly one in 10 high school students nationwide has experienced physical dating violence.

With a higher prevalence of dating violence among black and Hispanic students and serious concern over the negative health impacts of dating violence—a national program by the Robert Wood Johnson Foundation (RWJF) is working to promote healthy relationships among young adolescents to stop the violence before it starts.

The program, Start Strong: Building Healthy Teen Relationships, targets 11- to 14-year-olds in 11 cities from Boston to Oakland, Calif.

Now in its fourth year, Start Strong has reached thousands of youths through education, community engagement, policy change, communications and social marketing. It also educates and engages parents, teachers, counselors, coaches and older teens to help younger adolescents develop positive, healthy relationship behaviors and attitudes.

As Dr. James Marks, senior vice president and director of the Health Group for RWJF often says, “We want to find the most promising ways to prevent teen dating violence because we know that the earlier that young people get relationships right, the better chance they’ll have to make their lives better over the long term. By addressing healthy relationships in middle school students and encouraging communities to embrace this idea, we’ll give those young people a strong advantage.”

Throughout the month, Start Strong teens across the country have been holding “flash mobs” at various locations in their own communities. These peaceful surprise events are incorporating music, dance, poetry, choreography and visuals as they take a stand against dating violence and abuse and share resources that can provide teens with support.

In New York, members of the Start Strong Bronx Teen Advisory Board put on “Freeze for Love” demonstrations at the Bronx Museum of the Arts. One moment they were just regular museum patrons, looking at paintings; the next moment, they were frozen in place, holding signs. Each sign offered words that represent a healthy relationship: Respect. Support. Safety. Happiness. Trust & Honesty.

As one teen who participated later explained, “Nobody should get hit for anything whatsoever, especially in a relationship.”

Follow the IHPR’s Twitter feed, @SaludToday for all the latest news in Latino health, like:

**Cancer**
- **Report**: Hispanics Missing the Mark for Cancer Screenings
- **Study**: Diabetes Linked to Kidney Cancer among Hispanics
- **Report**: Beauty Products and Cancer: Latinas, Know the Facts

**Other Conditions**
- **Report**: Cancer Outreach Programs Target Rural, Latino Arizonans
- **Report**: Cultural Health Study Underway to Demystify ‘Hispanic Paradox’
- **Report**: In Shocking Teen Tobacco Epidemic, about Half of Hispanic Students Both Smoke and Chew Tobacco
- **Report**: Hispanics’ Birthplace May Influence Stroke Risk
- **Report**: Debunking 5 Common Heart Disease Myths Plaguing Latinas
- **Report**: Latinas 3x More Likely than White Women to Have Abortion
- **Report**: ADHD on the Rise in Hispanics
- **Report**: Good Outcome, EMS Use Less Likely in Hispanics After Stroke
- **Report**: Racial Health Disparities Remain a Concern in North Carolina
The Importance of Culture in Childhood Obesity Prevention, Management

Efforts to provide culturally and linguistically appropriate care, family-based treatment programs, and support services could improve obesity care for racial/ethnic minority children, according to a new article in the journal Childhood Obesity.

The article, “Are You Talking to ME? The Importance of Ethnicity and Culture in Childhood Obesity Prevention and Management,” points out disparities in obesity rates among children ages 2-19: a 15.3% rate among whites and 20.8% among Hispanics.

Reasons for these obesity disparities are complex—such as cultural differences, acculturation, ethnicity-based perceptions of body image, physical activity and the environmental context in which families live—but several strategies target these issues. The article suggests:

- intervening in primary care regular visits;
- having clinicians gain greater awareness of the behavioral, social-cultural, and environmental determinants of obesity among ethnic minority populations;
- beginning prevention efforts early in life;
- recognizing and querying about culturally specific beliefs and practices;
- the role of the extended family in the household; and
- parents' beliefs of the causative factors related to their child's obesity.

The article is authored in part by Dr. Elsie Taveras, a pediatrician/researcher at Harvard Medical School and Harvard Pilgrim Health Care Institute in Boston and an advisor for Salud America!, a national childhood obesity network led by the Institute for Health Promotion Research at The UT Health Science Center at San Antonio.

The Importance of Culture in Childhood Obesity Prevention, Management

 Latino News Tweets

Follow the IHPR’s Twitter feed, @SaludToday for all the latest news in Latino health, like:

Healthy Lifestyles
- **Study**: Mexican-Americans’ Diets Suffer as They Abandon Traditional Foods
- **Study**: Low Food Security among Mexican Kids Linked to Poorer Diets
- **Report**: Hispanic Women at Higher Risk for Gestational Diabetes
- **Report**: Overweight/Obese Latino Youth More Likely to Have Asthma
- **Survey**: Most Latinas Prefer to Breastfeed and Raise Bilingual Babies
- **Study**: Docs Increasingly Prescribe Exercise; Hispanic Patients Showed Largest Increase in Exercise Recommendations

Care Issues
- **Report**: Demand Growing for Bilingual Spanish Speaking Healthcare Workers
- **Report**: Health Promoters Help Latinos Bridge Language, Service Gaps
- **Report**: Will mHealth Revolutionize Healthcare for Latinos?
- **Study**: Gaps Exist Along Hispanic Patients’ Journeys
- **Report**: Retiring Baby Boom Generation Will Rely on Immigrants, Hispanics
- **Report**: Hispanics Least Likely to Have Employer-Based Health Insurance
- **Poll**: 4 in 10 Hispanics Went Without

Demographics
- **Report**: New Data on Hispanic and Foreign-Born Populations in the U.S.
- **Poll**: Hispanics Say They Have the Worst of a Bad Economy
- **Report**: Of 500K Students Who Passed an Advanced Placement (AP) Exam in ’10, Just 14% Were Latino, 3.9% Black
- **Op-Ed**: Why Are Latino, Black Kids Punished More in School?
- **Report**: Duration of Residence in U.S. May Increase Risk of Preterm Birth in Latinas
- **Report**: Despite Teen Pregnancy Decrease, Disparities Remain for Hispanic Teens

Health Insurance in 2011
Helping Smokers Quit: Tobacco Cessation Coverage 2011

Check out the American Lung Association's annual *Helping Smokers Quit: Tobacco Cessation Coverage* report.

The new report documents the coverage of quit smoking programs and treatments available in each state and from the federal government and identifies the most and least quit-friendly states in the country.

Additionally, the report documents significant advances in the ongoing federal health care overhaul and other federal policies that will offer millions help in ending their deadly tobacco addiction. It also recognizes progress in this life-and-death effort and calls on policymakers at all levels to make quit-smoking services an urgent priority.

Read the full report [here](#).

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### Latino Resource Tweets

- **Campaign**: Discovery Familia’s Latino Heart Health Campaign

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### Resources

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

- **Spanish Podcasts**: Quitting Smoking, Autism, Healthcare and Asthma
- **Spanish Website**: Combat Eye Disease in Latino Communities
- **Website**: Introducing the New SaludToday Facebook Page
- **Website**: Introducing the New LIVESTRONG Facebook Page
- **Website**: Get Text Messages with Important Health Info from CDC
- **Online Tool**: Latina Moms and Moms-to-Be Can Get Free Health Tips by Texting BABY in English or BEBE in Spanish to 511411
- **Online Tool**: ‘Health Law Guide’ Helps Latinos Get Facts about Health Care Coverage

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### 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](#)

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### Ongoing Events

- **Seminars in Translational Research**
- **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.

Healthy Kids, Healthy Communities: Illinois

Healthy Kids, Healthy Communities: California

Healthy Kids, Healthy Communities: Kentucky

School’s ‘Morning Jog’ Program

San Antonio School Salad Bar Initiative

Latino Child Obesity: Did You Know?

Immigrants Pushing Apples in the Big Apple

The Risks of Consuming Sugary Drinks

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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